Congratulations to:

- Year 8 Debating team who have won through to the Regional semi-finals with a great win against Sydney Girls High.
- Year 7, 8 and 9 SRC members for great work on leadership workshops with our feeder primary schools.
- A group of Year 7 & 8 students who have been presenting information about the educational program at Canterbury Girls to years 4 and 5 students at a large number of primary schools. Well done girls!
- Tessa George and Ruby Brooks-Pastor who as CGHS environmental ambassadors are presenting at the Water Project student symposium this week. Well done!
- Deputy Principal Judy Playfair who will be recognised as a local sporting identity when a plaque is laid in Mary McKillop Park this week by Canterbury City Council. Ms Playfair swam for Australia as a teenager in the 1968 Olympics.

Special thanks to:

- St Pauls Church for hosting a special service and lunch for Year 12 students and staff during our week of celebrations for Year 12.
- Western Suburbs Leagues Club and Campsie RSL Sub Branch for recent donations to the P & C of $100 and $200 respectively.
- Canterbury Hurststone Park RSL for the donation of $5000 to partially fund the Duke of Edinburgh program.

THE DUKES TURN TEN

This year marks the tenth year that Dukes (The Duke of Edinburgh Award Scheme) has been running at Canterbury Girls High School (a licensed operation). Teachers are trained in bushcraft, first aid, and CPR before they take expeditions. All expeditions are walked by the staff in the months preceding the camp. More information about this years past and future camps is enclosed.

UNICEF: DAY FOR CHANGE

On 25th October the school was involved in a learning program called UNICEF: Day for Change. Year 8 were chosen as the guinea pigs for our program and were observed by some SRC and Year 11 drama students. After assembling in the canteen area the Year 8 girls were assigned a group and went to their allocated room.

On arriving at their room they were once again split into groups but little did they know that this would determine their classes in the role play society of Ancient Ville. In the group I observed there were three elites who feasted on cake and poppers with an abundance of necessities and luxuries. The next group of five girls was known as the nobles who had a packet of Tim Tams, cordial and middle class supply of necessities such as education and housing. The last group of remaining girls had drawn the short straw and become the serfs of our role play society. They had a loaf of bread, a bottle of water and very little to sustain such a large group.

From here the girls were told they had twenty minutes to live in ‘Ancient Ville’ with the resources they had been given. There were also various rules restricting the movement and communication between the groups. After twenty minutes a lot of trade, communication and tyranny had occurred but we were interested to hear about the other group’s success and swiftly headed back to the old hall to report back on the events of our group.

After listening to all the different groups ‘twenty minutes in Ancient Ville’ we found that we all ended in different circumstances. Many groups showed a rebellion by the serfs who ultimately took over Ancient Ville while our group showed the greatest power maintained their control by using the resources to their advantage.

This exercise showed us about how the distribution of resources in our world is extremely unjust forcing 25% of the world to live in absolute poverty. I think being part of this program really raised awareness and just showed us how really lucky we are. All the Year 8’s had a great time and would like to thank all the teachers who made this possible.

By Gabrielle Craven 8C (SRC Observer)
SILVER DUKE’S CAMP

On the morning of 10th April, students and both Mr Carritt and Ms Delmas set off to the Duke of Edinburgh Silver Camp for 2006. A coastal trek from Otford to Cronulla being a 28 km walk.

Arriving at Otford station with all our packs we were faced with one of the steepest and hardest climbs, when we hadn’t even begun the official coastal walk. We were all equally exhausted already but eager to begin our walk.

While walking down a shrubby mountainside Tamara injured her ankle, something was definitely wrong. A plan was organised, Mr Carritt and Ms Delmas called for help, meanwhile as rescue was on the way Mr Carritt managed to carry Tamara as far as he could whilst the rest of us cooperated and shared both Mr Carritt and Ms Delmas back packs. This was a hard task but proved to test our strength and cooperation skills as a group and we successfully achieved this. Tamara was taken to hospital via helicopter and couldn’t continue the walk.

By nightfall we reached our first campsite, pitched our tents and made dinner, all very exhausted but extremely proud of what we all achieved together.

Waking up the next day refreshed we continued our walk. We were amazed with all the beautiful landscapes and beaches we passed through including Little and Big Marley Beach, where recess and lunch was held. After lunch we were faced with another difficult task which relied on our teamwork. We were hit with a vital fork in the path. After some disputes we learnt how to properly read a map and scout an area to come to a decision as a group, with the help of both teachers. By the end of the day we had finally reached the end of our walk to Bundeena and came to rest at Bonnie Vale campsite, where we met other camping schools. We reached Bonnie Vale with hot showers, proper toilets, marshmallows by the fire, all together a good team spirit and all slept well that night.

The next morning we woke and had a morning walk on the beach and then packed our belongings to catch a ferry from Bundeena to Cronulla then a train, reaching Canterbury Station at around midday with all seven students and two teachers remaining. Thanks to Ms Delmas, Ms Lee and Mr Carritt for making one of the most memorable and challenging camps we’ve ever been to. We look forward to our next Dukes camp in December with more challenging tasks, new experiences and skills.

Barbara and Sara Freitas

The Tyranny of Image ~ Some facts about Eating Disorders

Earlier on in the term, some SRC members travelled to Town Hall to attend the Annual Youth Conference – ‘The Tyranny of Image’. This was supported by EDA (Eating Disorders Association) and a number of speakers shared their experiences. Some of the speakers were the Deputy Mayor of Sydney and the Nutritionist for Australian Idol to name just a few. It was an inspiring and eye-opening experience for all. Here are some facts:

What is an eating disorder?
Eating disorders are illnesses that cause a person to have harmful eating habits. They are most common among teenage girls and women, and often linked with depression and anxiety. Eating disorders can and will affect anyone no matter female, male, religion and/or cultural background.

The two most common types are:

1. **Anorexia** – when a person refuses to eat. This can lead to dramatic weight loss, serious health complications, depression, infertility and death.

2. **Bulimia** – when a person consumes large amounts of food which are normally high in fat and sugar (binge eating) and then followed by force vomiting. However, with bulimia, a person won’t normally become sickly underweight (normally anorexia). Though it does contribute to severe health consequences, depression and death.

What causes an eating disorder?
There is no simple answer to that question. Eating disorders is a complicated physical and mental health problem which develops over time (if not stopped) due to many factors. Some contributing factors are: pressure of all sorts, constant thinking of body image, relationships, trauma, low self esteem and depression. It is incredibly damaging psychologically and physically.

Help!
Help can be found within family, friends, teachers and/or trusted confidants. The ‘Eating Disorders Foundation’ (EDA) in Australia is a non-profit organisation which is widely known for its works and raising awareness. It has a website which can answer your questions and takes emails. Visit the site on [www.eda.org.au](http://www.eda.org.au) if you know someone who or yourself suffer from an eating disorder, it is important to understand that there are no quick fixes, but there is help and as they say ‘the sooner the better’! An eating disorder is a serious matter and is too big of a weight to carry on you.
Just remember:

- Your appearance will not determine your success and achievements in this life
- All celebrities and models are airbrushed in pictures
- There is no such thing as having the 'perfect body'
- Eat healthily and remember – food is not an enemy!

Statistics

- 60% of anorexia sufferers will die
- 40% of bulimia nervosa sufferers will die
- 6% of women in Australia are affected by bulimia
- 1 in 100 school girls have anorexia
- 1 in 20 women admit to having an eating disorder
- 1 in 4 know someone who has one

Ivy Tran ~ SRC

SCHOOL CANTEEN NEWS

Hi everyone,

What a fantastic couple of terms we have had in the Canteen, with a mix of warm winter cooked meals and now some great summer dishes.

Our current summer menu includes:

- Chicken chilli wraps with lettuce, tomato, cucumber, carrot and low fat mayo.
- Beef ravioli with home cooked basil and garlic tomato sauce
- Roast turkey with Swiss cheese, sun dried tomato and avocado on Turkish roll toasted.

We have introduced some non halal products for variety but we still offer over 80% halal. Some regular summer items such as sushi will also be on order over the next few weeks. One our hot food suppliers allow us a bonus and so we have donated over $600 of this bonus to the school.

As part of the Healthy Canteen initiative and new Canteen guidelines, all sugar sweetened drinks have either been removed or alternatives have offered. Products such as Coke, Pepsi and Fanta have been removed and substituted for light or diet options. Most of our soft drinks and slurpees are low in sugar or 100% juice such as our new Fuze range from P & N. We will be developing some new strategies with other canteens to keep offering variety and healthy options.

We are offering a huge range of deli options at the moment and want to remind students to pre-order before school or during breaks.

If you have any questions regarding our healthy foods, catering or suggestions you may like to make, please do not hesitate to call us at the School.

Regards

Lydan Canteen Manager and Operator

OCTOBER, 2006

CANTABRIAN SCHOLARSHIP 2007

Each year the Cantabrian Ex-Students’ Association sponsors a Year 10 student with a scholarship to assist her in continuing with her studies through to Year 12. Eligible applicants are assessed on their scholastic abilities, communication skills and their interaction with other students.

This year, interviews were held on 26th October and two students were selected to share the scholarship. They are Belinda CARVALHO and Linh NGUYEN.

The selection panel found the decision difficult because all the students were of a high calibre and committed to succeeding in their HSC studies.

Congratulations to the successful applicants.

C. Beatty ~ Year 10 Adviser

PERFORMANCE NEWS

Planning is well under way for the 2007 Extra Curricular program in Performance.

Groups will include:

- Concert Band- Rehearsals Mondays 3.15- 4.15
- Junior Band-Rehearsals Monday lunch time
- Dance Ensemble
- Junior Dance group-Tuesday lunch time
- Jazz Band
- Choir
- Theatresports

The New Band director, Jason Isaacs will be performing and speaking to all students on the 28/11/06 and this will be followed up with a parent information evening on the 4.12.06 at 7.30 in the Old Hall. More information will be sent home regarding this as it gets closer. As well tutors will be available for students and the schedule of costs and available tutors in currently being prepared. The program of performances for the year has been confirmed and lots of opportunity for public performances have been made available Community Ensemble Evening, Public Education Day Celebration, School Bands Festival at the University of NSW, Yamaha concerts … and more!
BUILDING RESPECTFUL RELATIONSHIPS FOR ARABIC-SPEAKING WOMEN

An 8 week supportive group for women to explore what is important to them in relationships. Topics include: Change, Safety, Dignity and Respect, Well being Power and Control, Self esteem

Program will be delivered in English and Arabic

When: Mondays from 30th October – 18th December
Time: 9.45 a.m. – 12 noon
Cost: Free
Venue: Bankstown Women’s Health Centre
Morning Tea provided
Free childcare (registration essential)
For more information or to book, contact Rouada on 8713 7700 or Joanne on 9796 7708

A Joint project of:
Bankstown Women’s Health
Centre NESB Women’s Support
Project (WSAAS Funded)
Creating Links Co-op Ltd
Bankstown Women’s Domestic Violence
Court Assistance Scheme

For immediate support go to
Kids Help Line Ph: 1800 55 1800
Talk about issues and solutions on the Forums.

AUSTRALIAN MATHEMATICS COMPETITION (2006)

On 27th July, 2006 103 students from Canterbury Girls High School participated in the Australian Mathematics Competition.

Congratulations go to the following girls who have demonstrated skills at a high level and have been awarded certificates of merit as follows:

3 Certificates of High Distinction
Year 12 ~ Feifei Chen -Percentile Rank: 99
Year 11 ~ Hui Zhang - Percentile Rank: 99
Year 8 ~ Helen Hoang - Percentile Rank: 100

10 Certificates of Distinction
Year 12 ~ Wei Cao - Percentile Rank: 89
Amy Li - Percentile Rank: 85
Year 11 ~ Annie Ko - Percentile Rank: 79
Year 10 ~ Lina Liang - Percentile Rank: 93
Year 9 ~ Eun Young Ko - Percentile Rank: 98
Ashanthi Abeyewardene - Percentile Rank: 94
Irina Dima - Percentile Rank: 93
Susie Shin - Percentile Rank: 90
Year 7 ~ Viviane Nguyen - Percentile Rank: 90
Sheridan Wen - Percentile Rank: 88

34 Certificates of Credit
Year 12 ~ Amy Li, Bo Ram An, Elsa Huang, Zhou Chen
Xu, Hong Jia (Jenny) Li, Keshani Jayaweera
Year 11 ~ Jenny Jang, Jessica Tran, Ngan (Kim) Duong,
Lily Chau, Duy (Kim) Ngoc Nguyen
Year 10 ~ Jennifer Quach, Aninta Finconia, Francesca
Wong, Sabrina Khan
Year 9 ~ Cecilia Ho, Susan Le, Cherie Chau, Zoe Withers,
Soyeon Kim, Tracy Chen
Year 8 ~ Nancy Tran, Theodora Fokas, Natasha Burrows,
Anna Liang, Sana Shahid, Samantha McKay
Year 7 ~ Orani Abeyewardene, My Lin Tran, Diane Chan,
Ianna Wu, Lisa Nguyen, Jinny Mun, Christina Schwartz

Prudence Award Winner: Eun Young Ko (Year 9)
(This is awarded in each school to the student who has the highest number of consecutive questions correct, starting from Question 1)

Mr Sim - coordinator

P and C News
The Planned Annual General Meeting has been re-scheduled for the 28th March 2007
Next 2006 P and C Meeting
22.11.2006
All Welcome
WELCOME TO DUKE OF EDINBURGH SCHEME AT CANTERBURY GIRLS HIGH IN 2006!

If you like enjoying yourself out-of-doors, learning how to cook on an open fire, keeping yourself fit, enjoying the company of your school friends while you do all this, having a hobby, and sometimes helping others, then this club is for you!

Duke of Edinburgh Scheme started up in 1997 here and there are around 110 students in the school that have or are now participating in the camps and excursions and are really enjoying all of it.

We will be having two camps for students that are joining this year so if you are over the age of 13 years and 9 months, you may be interested to hear some more about it.

Year 8/9 BRONZE Camp – 30th November to 2nd December to be held at:- Perry’s Lookdown, near Blackheath in the Blue Mountains National Park.

The camps are to introduce you to bushcraft and camping skills. You will be cooking your own food, going bush-walking, enjoying the fresh air and learning about the bush! Our camps are in school time, cost around $35 - $60 and are accompanied by teachers from our team.

The Principal and all teachers in the school, agree that working towards the Duke of Edinburgh Scheme helps girls to gain confidence, to grow in all areas of student leadership and achievement and is a way for young people to face the challenges of our modern complicated world.

Students work towards the Bronze Award first, which takes about six months. There are three other main parts to complete, as well as the expedition. These are: Helping Others, Hobby and Sport.

A badge and certificate are presented in recognition of her achievements. Each student is encouraged to work at her own pace through the challenges of Silver and Gold (which take about one year each to achieve) and may continue even after leaving school (up to the age of 25).

The awards are recognised worldwide as the scheme is operating in sixty countries and are a great plus for your Resume. People in the community have recognised this scheme with all its merits for about thirty years now. A small team of teachers have worked hard for this to happen, and as it is a school camp, will be there to show you the ways of Adventure.

The Costs: You need to pay $66 insurance (once only), which covers you for all activities that you do involved in Dukes, for all your school years. Each year in Dukes, you will progress to more camps, in tents, up to twice a year! And other bushwalks and adventures.

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CANTERBURY GIRLS HIGH NEWS

SPORT, HOBBIES AND HELPING PEOPLE

Everyone here is a pretty special girl and deserves to do great adventures, like camping during the week, when everyone else is doing school! However, to get your Bronze Award you need to complete each of these sections as well.

These things are done in your own time, and you keep a record of them yourself. All you need to do is explain them to us, and show us your own record every few months. We don’t come and help you do your hobby, or sport – you can do that yourself! When you have completed each of your challenges then show your record book to Ms Lee to sign off.

The main thing is that you TRY it, and try to KEEP GOING at your sport, hobby or helping people, till you are better at it than you were before you started. Everyone will want to do different things, and that’s fine. YOU choose what you want to do. This is what we would like you to do for the Bronze Award.

SPORT:

Show us that you can keep fit, or do a sport for about twenty hours, over a time of two months (but it can’t be PE or school sport). It’s a great idea to keep fit, and you have to work on it a bit, as you get older. Some ideas are: ice skating, soccer, aerobics, cycling, dancing and swimming but you can choose anything! Even walking to and from school is acceptable.

HOBBY:

Follow a hobby, or interest for about six months. How easy is that! You probably already have a hobby, and it’s good to have an interest other than schoolwork. Here are some ideas: art, photography, cookery, drama, computing, making a collection, historical surveys, public speaking, magazine production, reading, knitting, crafts, playing a musical instrument, gardening, keeping pets, chess, fishing, refereeing, astronomy etc. You see it can be anything and YOU choose it, but you have to stick to it, not swap and change all the time!

HELPING SOMEONE:

Helping someone is really great and can make YOU feel really great! It can be something that you already do, such as some Interact, Streamwatch, Cooks River Environment Watch (CREW), SRC activities; or helping a little student in the primary to read, helping the Librarian, helping at the local preschool or reading to an elderly person. You have to choose to help someone outside your own family. The team would like you to do fifteen hours spread over three months, to show that it is not just a once only thing, to qualify for your Bronze Medal. We will help you obtain a volunteer position if you choose to do something outside the school.
The expeditions organised for this term are:

**Bronze** Beginners Camp at the Basin in Kuringai Chase National Park in week 6 (22nd to 24th November). Camping equipment is fully supplied and the Environmental Education Staff from Gibberagong will be with us to supervise canoeing and other activities. The students will be supervised by Ms Lee. Travel is by bus and ferry.

**Silver/Gold** expedition in Week 9 is from the 11th to 13th December. This camp is for experienced walkers and is to the Blue Gum Forest in the Blue Mountains National Park. Travel is by train and students carry their tents, equipment and food. Students will be accompanied by experienced bushwalkers, Ms Delmas and Mr Free.

*Ms Lee ~ Dukes coordinator*

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**Commonwealth Grant Updates**

1. Work has started on the $144,000 Multi Media facilities- completion is set for term 1 2007.
2. Two toilet blocks will be updated in the January vacation, this is being funded by the NSW Government. As part of this works water saving facilities will be installed. This is being funded by the $38,000 Commonwealth Water Grant.

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**The Water Project** – Students preparing for the Students Symposium on water scarcity- where CGHS students will present on our student’s fantastic environmental awareness- the Symposium is being hosted by Sleek Geeks- Adam Spencer and Dr Karl on 3/11/06- CGHS has won 33 separate Environmental Awards in the past 10 years- Excellent Work.