CONGRATULATIONS to:

- 11 Yr 7 students who raised $650 for Jump Rope for Heart- Well Done!
- Our Dance Ensemble – see the news on page 2! - Fantastic result Girls.
- Ria for her essay comp win - see page 2.
- Students who had fantastic mid year reports - now is the time to ensure you are working towards a great second half report.
- Those students who had 100% attendance rates for term 2, 2008 - resilience is a huge asset.
- Jessica Cox, Year 9, who has been selected to compete in an Open Debate for the Sydney Region for Aboriginal students at Parliament House. Well done!

BEST OF LUCK TO:-

- Year 12 in the upcoming Trials and HSC Exams - 13 years of hard work coming to an end.
- Barbara Nogo in Year 7 at the National Figure Skating Championships in Brisbane.
- All students performing in the upcoming Music and Drama days, and of course those performing at the MADD Night - see next column for ticket details.
- Year 11 and 12 students whose Art work will star at the upcoming Art Show - see the ad on page 8.
- Zoe Withers who is off to Armidale to play with Sydney Region Lawn Bowls team.

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- Dance, Textiles & Netball page 2
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ATTENTION ALL PARENTS!

Our next Car Boot Sale is being held on Saturday 6 September, 10.00 a.m. - 2.00 p.m. in association with the Art Exhibition.

To book a spot please call Bernie on 9787 7168

OR please bake something and bring it along on the day.

P & C Association

MADD

THURSDAY 4 SEPTEMBER

7:30 p.m. start

In the MPC

Tickets limited to four [4] per family @ $5.00 each.

Tickets MUST be pre-purchased at Office C. There will be NO sales at the door.

See the best Music, Art, Dance and Drama Performances on offer.

STOP PRESS-Congratulations to the P and C who have been successful in gaining $8000 sponsorship for the school band program from Canterbury Hurlstone Park RSL.
DANCE ENSEMBLE

SELECTED FOR STATE DANCE FESTIVAL

The dance ensemble this year consists of 20 very dedicated students from Years 7, 8 and 9. In June they performed their item “Gypsy” at the Sydney Region Dance Festival and due to the success of their performance, the State Dance audition panel have selected them to perform at the State Dance Festival at the Seymour Centre.
This is a great opportunity for the girls to perform at such a prestigious event and it is an indication of just how much their dance technique and performance skills have developed this year.
Congratulations girls!
The ensemble will perform at the Seymour Centre on Tuesday 9 September at 7.30pm (Box office: 9351 7940).

NETBALL NEWS

The under 15’s netball teams have really improved this term. Both A and B teams have had some good wins overall. The sportsmanship and school spirit has been very evident this term. Good luck to all the netball teams who make it into the semi-finals.

Mrs Y Bear

TEXTEILES TECHNOLOGY

Below is a picture of a sample of “Sea and Sand” cushions produced by the Year 9 Textiles Technology class which were inspired by sea creatures, sea scapes, coastal textures and sounds, as well as traditional images and items associated with the beach.
Fabrics were carefully selected during a shopping excursion to Spotlight, Bankstown. A range of decorative techniques were employed in order to create these completed items.

GOOD NEWS

Congratulations to Ria Andriani (Year 11) who has won over $200 Aust. in an essay competition. Ria found this competition on the internet. She wrote her essay in Indonesian, her first language. The topic that Ria wrote about was ‘Integration’.
Ria writes about her bitter and sweet experiences as a blind student integrated in a mainstream school.
Without meaning to, Ria reminds us to appreciate the opportunities we have every day. It takes someone who has had to go without those things we take for granted to remind us how lucky we are.
We are very pleased and proud of Ria for this achievement.
Are there any other beautiful budding writers out there at Canterbury? Perhaps you can find another competition on the net.

Mrs McDougall (ISTV)
French Breakfast (7N)

Recently 7N had a French Breakfast. The French Breakfast consisted of croissants, baguettes (French stick), chocolate milk and a lot of different varieties of cheese. Everybody enjoyed the breakfast and all went home with a full stomach. Many mums were wondering why their daughters were not interested in dinner that night. When we had our French Breakfast we learnt about the many different foods and ways of eating like the French people do.

Each of the students were told to bring a specific food (requested by the teacher), to make the French Breakfast as real as possible.

Everyone of the students were talking about the breakfast days after it happened. Everyone liked it and it was better than we imagined.

Now all we have to do is work on our teacher and convince her to have another one soon!

By Catherine Davey, Dina Soliman and Rosana Sanchez ~ 7N

Enviro-Ninjas

Thirteen members of the Enviro-ninjas Green DEAR group with help from Ms Jones and Mr Ralph battled the elements on Wednesday August 8, all hoping to achieve one goal, the construction of a frog pond.

Rain poured, worms wiggled, mud was shovelled and everyone got their hands just a little bit dirty.

Spirits however were not diminished by the trials and tribulations, and with the final stone set in place on the outskirts of the dark, marble like bath there was joyous cheering all around.

The idea began with the youngest members of the Green DEAR, Year 8, wanting to find a way to raise awareness within the school environment by creating something students could enjoy and interact with. With a first failed attempt using simply rocks and plastic sheeting the year 8’s ventured on, enlisting the help of their fellow ninjas and peers.

The frog pond approximately 1300 x 600 x 250 (mm) is situated between the TAS and Science blocks and is just one of the many projects underway.

The Enviro-ninjas created in 2007 is a small group of students who strive for environmental awareness and for the school to become more environmentally friendly. Current projects in the works include a better and more efficient recycling system, the "lights off" campaign and the eminent frog pond. Beginning next term the Enviro-ninjas will also be handing out awards for the best and worst environmentally friendly teachers.

The Enviro-ninjas will soon begin recruiting eager Year 7’s and waving goodbye to the current Year 11’s. Year 7 nominations and selection will begin week 5.

A special thank you to Mr Ralph for all his hard work.

By Emma Kennedy (Year 11)
I wish Year 12 students every success in their Trial examinations and HSC. Copies of the 2009 UAC books have been distributed at the Year 12 Year meeting. I will be available to assist students with their University and TAFE applications at recess and lunchtime and in the Learning Centre. I encourage students to attend the Open Days which are listed in the UAC guide. Year 10 have been very busy with their TVET applications and have applied for property services, nursing, accounting, fashion design, tourism, children’s services, animal care, sport and recreation and beauty therapy. Many of these students are also intending to do a traineeship with the help of Ada McKay TDET. Links to Learning students had their first excursion to the Collaroy Centre on Friday 1 August and are looking forward to visiting the Powerhouse Museum, a TAFE and a Careers Reference Centre. Finally, good luck to our students who are participating in the Great Engineering Challenge this Tuesday August 5 at NSW University.

Mrs Bear
Careers Adviser

HEAD LICE
The school has become aware of a number of cases of head lice in recent months. It would seem there are more around than usual. We ask all families to read the information below (taken from the Department of Education website) about head lice. Please talk to your daughters about behaving sensibly and kindly towards their classmates. It does not help the situation if students make hurtful comments or exclude others in these situations. Head lice spread through head to head contact; once off the head they do not survive. Treat the head to have the best chance of success.

It can be extremely frustrating and time consuming to deal with head lice, so we ask all families and caregivers to be vigilant, patient and thoughtful.

Changed advice
Up to date information on head lice is important as there are many misunderstandings about ‘head lice’ and how to treat them effectively.
NSW Health has recently conducted a research project in NSW to find out more about head lice and effective ways of treating infestations.
As a result, advice from NSW Health to parents and school staff has changed significantly.
This Department has worked collaboratively with the Federation of Parents and Citizens in support of this research project.

Results of research show that:
Head lice infestations are a common occurrence, particularly in primary schools.

- about 23% of primary students have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person’s head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments
- daily combing of white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits)

Information on effective treatment is essential to break the cycle of head lice infestation.

What you can expect from your school?
Advice from NSW Health indicates that there is no need for students to be sent
home or excluded from school because of head lice. Observing students scratching their heads is not a reliable or efficient means of assessing head lice prevalence in the school. Where one student has head lice this serves as a warning light that there is likely to be an infestation in either specific classes or across the whole school population, including staff.

**Tips for parents in reducing the spread of head lice:**
- regularly check your children’s hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

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**A FREE LECTURE FOR HSC STUDENTS**

In the last week of August, The School for Excellence is presenting a lecture titled ‘Mastering the Exams’ so as to assist students in their preparations for the final BOS examinations. This unique lecture is designed to provide students with the best opportunities to maximise examination scores. During the course of this program, students will learn vital skills that will help optimise performance in the examinations, as well as strategies that will maximise learning and cut down on study time!

**In addition, students will be taught how to:**
- Plan and execute exam preparation timetables
- Employ the most effective learning techniques and maximise knowledge retention
- Set out answers so as to optimise examination scores
- Use examination trends, assessment and marking schemes as well as student responses to past examination questions to their advantage
- Capitalise on consequential marks
- Combat “panic attacks” and “mind blanks”

Valued at over $150, this lecture is **FREE OF CHARGE** to Year 11 and Year 12 students. We do, however, request that those students participating in this program make a gold coin donation (or greater) to the **Oxfam** representatives that will be attendance on the day.

Students may reserve their place in this lecture by completing our online registration form at [www.tsfx.com.au](http://www.tsfx.com.au) or by calling our office on 1300 364 173.

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**IMPORTANT DATES**

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<td>28.8.08</td>
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<td>5 - 6.9.08</td>
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<td>6.9.08</td>
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<td>10 - 14.11.08</td>
<td>School Certificate Exams</td>
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**LEAD THE CHALLENGE**

Leadership>Excellence>Achievement>Diversity
Students in Years 8 & 9 participated in the first of two annual mentor training day on August 7th. About 80 students prepared for the leadership role of welcoming new Year 7 students in 2009. Workshops on the day included understanding the role of the mentor, learning about resilience, and ways of coping with change and challenge in our lives. Experienced Year 10 mentors lead the day, guiding the students through a "protective layers fashion parade" to teach about the idea of resilience, and running a thrilling "smartsies relay" to show the importance of teamwork and encouragement in a group. The Year 10 leaders were: Rosa Framhein, Komal Prasad, Sisilia Hui and Jasmine Alfas. A big thankyou to these girls for giving so willingly of their time to make the day a success. The workshops this year were taken from the NSW Stet Student Representative Council’s "Creating Connections: Student to Student" resource, which is based on the Mind Matters program to promote positive mental health and wellbeing in adolescents. Our very own Ivy Tran (Year 10, State SRC) was involved in producing this resource.

Ms J. Ronayne

CGHS had a fantastic result at the Zone Athletics Carnival this year. A big congratulations to Lydia Maiva Yr 8 for breaking the record in the 14 yrs Shot put, throwing over 10m to win. We came 4th out of 13 schools in our area. This week, 10 of our students will be representing the St George Zone at the Sydney East Area Athletics Carnival.

Lynette Brown Yr7  12yrs 200m, long jump
Lydia Maiva Yr 8   14yrs Discus, shot put
Courtney Mahoney Yr9 15yrs Hurdles, relay team
Christina Schwartz Yr9 15yrs 1500m
Priscilla Taumalolo Yr10 16yrs Shot put
Melanie Leniwasa Yr10 16yrs 100m, 200m, 400m and relay team
Theodora Fokas Yr10  15yrs Shot put
Edin Akai Yr10       Relay team
Victoria Marsters Yr11 16yrs 400m, 800m, relay team, discus
Roana Maiva Yr11  17yrs Shot put

We wish the girls good luck in their competition events.

Ms Hunter ~Athletics Manager

Hi my name is Barbara Nogo, I’ve been figure skating professionally from April 2007. I have two [2] coaches a Russian coach named Andre Filipov and an Australian coach named Tim Heinick. While doing singles I also do team skating, we had the NSW Figure Skating Championships which were held at Canterbury Olympic Ice Rink where my team placed 3rd. On 14 August I will be competing in the Australian Figure Skating Championships in Brisbane.

Barbara, Year 7 on the Ice
Welcome to the season for couch potatoes. Not sure about you but I am suffering through this exceptionally cold snap for Sydney by staying glued to Beijing 2008. I may not have a "plasma high definition flat screen" but I can still enjoy and ADMIRE all our athletes giving it their all as they swelter in the humidity and haze.

What about the topography of the cycling road race? Our power walkers do not face any such killing gradients each Wednesday.

We are currently surveying staff to try to meet our increasing need for non grade activities which are low cost and close to CGHS. Any ideas or offers please contact Ms Hayes in the PE dept. Cycling along the Cooks River? Sounds idyllic and it is flat!

Yes not only has the price of petrol risen but so have the fees at Canterbury Aquatic. We have cancelled cardio there which is a shame as too many girls are struggling to bring the money each week.

Luckily we have moved to a seasonal flat rate for Grade. All families are reminded that the $50.00 fee for Winter Grade teams are due and invoices will be sent out.

We are approaching the competitive end of our winter season. Ms Delmas reports that out of 23 Grade Teams a fantastic total of 16 have made it into the semis. Well done to all our Grade teachers, referees and of course the girls who play keenly each week. You are reminded that uniform and code of conduct become particularly important at this time of the winter season. Please ensure correct footwear is worn and that you have all signed off on your Sport Rolls which document your ages.

It was inspiring to be passed this evening on my rather, ambling walk by 2 Canterbury girls jogging along the river carrying a soccer ball on the way to skills practice in the park.

I wonder how many others of you are exercising regularly? It helps keep the mind ready for learning and the soul receptive to friends and family.

Keep active
Ms Playfair

What is Tournament of Minds?

Tournament of Minds is a problem solving competition for teams of students from both primary and secondary years. They are required to solve demanding, open-ended challenges through dramatic presentations.

Tournament of Minds is an opportunity for students with a passion for learning and problem solving to demonstrate their skills and talents in an exciting, vibrant, and public way.

The Challenge...

Teams are required to work together on a Long Term Challenge for six weeks without assistance from teachers, parents or peers. Students present the product of their ideas - their challenge solution - to a panel of judges and an audience on Tournament Day. They have ten minutes in which to present and must do so within a 3 metre by 3 metre performance area.

The teams must also participate in an unseen Spontaneous Challenge on Tournament Day. This challenge requires rapid interchange of ideas, the ability to think creatively and well developed group cooperation skills.

This year there are 14 students from Years 7 - 10 who will participate in this year's Regional Final on Saturday 30 August, wish them luck.

John Bailey

P & C

REDUCE YOUR TAX!

Donate to the school building fund. Donations over $2 are tax deductible.

This is a great way to support the school and help your tax bill. Donations can be made by paying by cheque, Eftpos or cash at Office C. The P & C will then issue you with a formal receipt.

SCHOOL COSTS

Thanks to all families who continue to pay off school costs. A reminder that if you have been on an overnight excursion and are paying off across the year that regular small payments will get rid of the bill!
NEWSLETTER BY EMAIL

If you are happy to receive the school newsletter by email instead of by snail mail - please email attention Jayne to the schools email, the email address you want the notification to go to Canterbury-h.school@det.nsw.edu.au

We will from the next edition email you notification that the newsletter is available on the website. The newsletter costs $400 + an edition to mail and emailing will reduce costs and allow us to redirect these funds to other school services.

SCHOOL ATTENDANCE - PROCEDURES

Regular attendance at school is essential if students are to maximise their potential. While parents are legally responsible for the regular attendance of their children, school staff, as part of their duty of care, monitors part or whole day absences.

Principals may grant:

- sick leave to students whose absences are satisfactorily explained as being due to illness. The Principal may request a medical certificate when absences are frequent or prolonged.
- ‘Leave’ to students totalling not more than 15 days per school year.

Principals may decline to accept as satisfactory an explanation for an absence. Applications for leave in excess of 15 days (eg. for family holidays, domestic necessity, employment or health of the child) should be treated as applications for exemption from school attendance. Application for Exemption forms are available from the school and must be returned to the principal before the leave is required allowing time (at least 14 school days) for the application to be processed. Please note that we continue to inform all parents by SMS message if students are absent. Please explain all absences with a note to the roll call teacher or a doctor’s certificate.

PLEASE MAKE SURE THAT THE MOBILE NUMBER WE HAVE FOR YOUR NOTIFICATION by SMS is CORRECT - This costs significant money per year and the aim is for your students safety - please help us to eliminate wasted SMS to incorrect mobile numbers by contacting us to ensure we have the correct one.