Congratulations to:

- **Debby Liman**, Year 10 who has gained the Cantabrian Scholarship 2010-2011.
- The incoming SRC executive- **Debby Liman**, President, **Sera Gulbag-Vice President**, **Helen Wang, Secretary**, **Lisa Tran-Treasurer**
- Year 8 Debating Team **Lulu Lucas, Kasey Clarke, Sara Jeffries and Rosie Schofield** who were zone winners. Year 10 Debating team, **Orani Abeyewardene, Lucy Chen, Chloe Smith, Nina Hill-Potter** who were regional quarter finalists and Year 11 **Danielle Barnett, Gabrielle Craven, Ivy Tran, Pearl Dadd Daigle** who reached regional quarter finals. Well done to all Debaters.
- **Noha El-Sankari, Melia Soleman, Martina Bolding-Ciccarelli and Michelle Flowers**, from Year 9 who are acting as mentors in a program called ‘Watertight’ which is aimed at increasing awareness of students’ water conservation at Canterbury Public school.
- **Jocelyn Yoo** of Year 11 who has successfully completed a Drawing course at the National Arts School. This culminated with an exhibition from all the students which was held on the last weekend of the school holidays.
- **Sui Fong Fung** of Year 9 who was a NSW state finalist out of ten selected in a Google 4 Doodle competition entitled ‘My Wish For Australia’. This is an outstanding achievement as there were over 2,500 schools that entered from all over Australia. A tremendous accomplishment!

Thank you to:

- **The Parents and Citizens Association** who have donated $10,000 to the school to purchase a new colour photocopier for use by students in the school library. Thank you to all those parents who have assisted in fundraising for the P and C this year.
- **Cantabrian Association** who recently donated $1000 for a new lectern for Cantabrian Hall. We thank them for the ongoing support of our students and school. On Saturday 17/10/09 100 ex students came together in Cantabrian Hall for lunch. There were students ranging across the decades with some from the 30’s, 40’s, 50’s, 60’s, 70’s and 80’s. The oldest ex-student present that day left school in 1928!! Many stories of happy days at school were retold and a great day of memories and sharing of life journeys was had.
- All members of the school community who donated for **Pink Ribbon Day** - we raised $880 for the Jane McGath foundation.
- All families who have continued to pay for fees and excursions across the year. All families will receive a final year invoice in the mail in the next week.

Welcome to:

Mrs Maria Hong who has joined our staff as a Korean Community Liaison Officer. Mrs Hong works to support students of Korean background.

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October, 2009

LEAD THE CHALLENGE
LEADERSHIP>EXCELLENCE>ACHIEVEMENT>DIVERSITY
Rehearsals are now in full swing for the School Spectacular! CGHS is involved in a large capacity this year with both the choir and dance ensembles performing and teachers assisting in the choreographic and production teams. The choir will be part of the Secondary Arena Choir featured on stage throughout the performance.

The dance representatives are privileged to be performing with some of the strongest dancers in the Sydney region in the Aladdin segment which will close the show. As well as helping students rehearse, we are pleased to announce Ms Boshell is choreographing a number of items in the concert. We are grateful to have her expertise on our staff, working with our dancers. Ms Hunter will also be working behind the scenes throughout Spec week as part of the production team. The students and teachers are working tirelessly to perfect their performance and are eager to be part of this grand showcase.

**Choir Ensemble**
Yr 7 Scout Eastment, Isabelle Robinson, Yr 8 Rosana Sanchez, Yr 9 Justine Burgess, Kristy Biuvanua, Aumea Framhein, Josephine Falesita, Fiona Haider, Mele Kupu, Lucy Panucci, Rheannon Tolley, Year 10 Orani Abeyewardene, Caitlin Jurd, Nicole Salouros, Diane Chan, Ianna Sunwu, Anne Huang.

**Dance Ensemble**
Yr 7 Grace Forbes, Maddie Kelly, Jaz Reynolds, Yr 8 Jessica Foley, Barbara Nogo, Maja Skundric, Kristie Vranjkovic, Yr 10 Caroline Badart-Prentice, Olivia Boyd, Jessica Cox, Helen Eade, Eloise Jennings, Christina Mitrevski, Barbora Pekorova, Tara Smith, Christina Schwartz.

The School Spectacular will be held on Friday 27th and Saturday 28th November. Tickets can be purchased from the Ticketmaster website [www.ticketmaster.com.au](http://www.ticketmaster.com.au). For all other information please visit [www.schoolsspectacular.com.au](http://www.schoolsspectacular.com.au)

Thankyou to Mrs Cateris, Ms Hunter, Ms Boshell and Ms Flannery for giving our students the opportunity to be part of the performance and for their involvement over the School Spectacular journey.

Congratulations to all students involved and as they say in showbiz “break a leg”.

**STUDENT WELFARE NEWS**

Last term we ran two successful programs to support Year 8 and 9 students in positive relationships and managing emotions. The first was Approaching Conflict Creatively which was run in partnership with Canterbury Earlwood Caring Community Centre. This was implemented over 8 weeks of hourly sessions covering topics of conflict triggers, understanding feelings and needs, emotional health, and strategies to deal with conflict creatively.

The second program was Rock and Water, which was facilitated by Ms Moodie and the NSW Health School Link Coordinator for our region. Mariam Ayash, Jennifer Khan, Jessie Zhu, Angela Paraskeva, Jessica Juliane and Kim Tran were the participants. This is the group's report:

“This term we met every Tuesday to take off our shoes and socks together. Why, I can hear you asking? We were participating in a program called Rock and Water, which is about learning how to control anger and emotions. There are 3 main ideas to help you 1) grounding 2) centre and 3) focus. Grounding is your footwork and...”
you have to be stable and balanced. Centre is about making your posture strong and straight. Focus is about being aware of what is going on around you and your body. Over 8 weeks we covered many different and fun activities. We were taught how to stay calm in an argument and how to stay positive and ignore negatives around us. Also we learned how to handle situations without getting into trouble. The main important thing is to respect each other.”

CLO’s
Currently our Community Liaison Officers (CLOs) are Ella Wang, for the Chinese speaking community, and Maria Hong, for the Korean speaking community. Both CLOs work on Thursdays. An appointment with them can be made by contacting the school office. During Term 4 we will also have the services of a Pacific background CLO to support students in Years 7 and 8, on Thursdays and some Fridays.

In term 3 we ran a series of workshops to support our African background students, facilitated by two members of the local African community. These workshops included developing an original dance performance for inclusion on Dance Day and activities with a focus on team work and cooperation, developing confidence and self-esteem, and communication skills to support positive relationships and learning. We have also maintained our links with the community organisation STARTTS which specialises in supporting and counselling young people from refugee backgrounds.

Anti-Bullying and Senior Student Support
Currently the Year Advisers are working together to develop student surveys on bullying and support for senior students. The feedback will be used to update our anti-bullying strategies as well as to develop the structures of support in the senior years of schooling, in line with the higher school leaving age.

Mentor Training
The second of our two mentor training days for Years 8 and 9 will take place in week 6 of this term. Students will then run the welcome to Year 7 series of workshops with Year 7 2010.

LINKS and LEAPS
The Year 9 LINKS and LEAPS programs will continue to run in Term 4, with graduations towards the end of term. LINKS are about to undertake some TAFE taster courses in coming weeks, and LEAPS will attend an excursion to the Downing Centre courts and meet in the courtroom of Judge Ainslie-Wallace who will run a mock trial with the group.

Pathways and Ted Noffs Counselling
We continue to work in partnership with Canterbury-Bankstown Career Connections’ Jenna Bollinger to offer the Pathways program on Friday mornings to Years 10 and 11 students. The Ted Noffs Drug and Alcohol Counselling Service’s Sarah Cox is also at school every Friday morning for individual and small group meetings.

Year 11 Camp and Picnic Days
Year 11 students are off to camp at Stanwell Tops in week 4 to mark their transition to the HSC year. Year 10 will complete the Crossroads program and Work Experience over weeks 6-8 before graduating on the whole school Recognition Day in week 9. Picnic Days will also happen in weeks 8 and 9 to celebrate the end of year for each Year group.

Lowes, Campsie will be providing some additional items and some amended uniform items in 2010. For Year 7 2010 the amendments are the new uniform. For all other students you are welcome to purchase the new and amended items, however this is not essential and is an option.

• School shirts from 2010 for all students will have the school logo on the front and be a tailored style over blouse.
• A new navy and pale blue tracksuit with the school logo will be sold for sport. The jacket is also very warm for winter. The tracksuit will not come into stock until February 2010.
• Tailored Navy shorts will be available as an option for summer instead of the skirt or pants.
• Navy sport shorts in more flexible material will be provided by Lowes.
• School blazers will be available in stock at Lowes for all students.

While Lowes will not provide the following, these items have been added to the uniform code:
Plain navy, black or grey cardigan
Plain navy, black or grey vest
Plain white, grey or black undershirts
Plain navy, grey or black scarf
On Thursday 22nd October Year 8 went on a journey back to medieval times. The costumes showed how creative Year 8 really are; handmade costumes ranging from peasants, jesters, queens, priests, kings, witches, knights and much more.

We had the opportunity to be involved in a re-enactment of the period. We learnt about their way of life and the punishments they suffered when they went against the law and religion. In this session we encountered knighting ceremonies and much more.

Trying on the medieval armour, helmets, shoes and gloves in the artefact interaction session was so interesting. Those who dared try on the armour couldn't even walk because it was unbelievably heavy! We watched a REAL medieval combat. The men wore the complete medieval combat uniform including the armour. It was really scary! We danced, and played sports such as archery and tug-a-war.

We would like to thank the teachers for organising the day in a way which allowed us to get together with friends to create a medieval banquet. All activities involved the chance to win awesome prizes and certificates.

The day was a blast and such a great experience. We will remember it for many years to come.

*By Sarah Ahmed and Amy Murray*
Ok, so you’re at the end of your preliminary course, you’re already being referred to as year 12 and might be feeling as though you are expected to already know what you want to do after the HSC. You may be one of the fortunate people who are very certain about how well they will do in the HSC, and secondly is the worry about their next steps after high school. These people have developed clear and achievable career goals, so all they have to do is keep up their level of achievement, follow application procedures to either Uni or TAFE, and their on their way. But for most people decisions after year 12 are not so simple. For many, there are two kinds of worry: firstly is the worry about choosing a field of study and work. You may be unsure of what kind of work or study will suit you, you may also fear that if you make a choice, it will prove beyond your reach. In reality, although your choices are important, there is little chance they will lock you into or out of something forever. There are many ways to change direction – next year and in the future. So the best approach to the decisions ahead is to be interested, open and unhurried. Throughout next year you will have many opportunities to make discoveries about your own capabilities and interests. These opportunities include one to one career counselling and planning, open day visits, presentations on applying for University, TAFE or looking for work and much more.

- HSC+ The final year of school FREE seminar for parents and students of yr 12 2010 on how to prepare for the HSC. Burwood Saturday 31st Oct 09 10am-12.30pm 9708 3666 or visit www.hscplus.com.au
- UWS DAY, Penrith Campus Tue 3rd Nov 2009, 10am-2pm www.uws.edu.au/uwsday
- Filmmaking Summer School Melbourne University 2010 Jan 6 to 28, 2010 www.summerfilmschool.com
- AFTA Travel & Tourism College NSW Open Day Every Wednesday 10am – 12pm
- Charles Sturt University Undergraduate scholarships with the Charles Sturt Foundation. Visit www.csu.edu/student/scholarships/undergraduate/index.htm
- Deakin University 2010 scholarship guide Visit careers library for further information
- Teaching scholarships for Aboriginal students for further information please call 1300301435 or visit www.teach.nsw.edu.au/scholarships
- Sydney Film School - Robin Anderson Scholarship. This scholarship is a fulltime scholarship to a senior finalist (year 11 and 12) to study in a Diploma of Screen and Media Program. Valued at over $14000.00. For further information contact www.robinanderson.org.au
- APM Scholarships programs now open for courses Marketing, Event Management, Journalism etc. For further information call 1300880610 or visit www.apm.edu.au close 30 September 2009
- Australian Training Company has many traineeship vacancies see Careers Adviser for further info or visit www.austrq.com.au
- Canterbury Hurstville Park RSL club – Traineeship Offers Cert III in Hospitality call Lyn Elvey on 95959025
- MTA Apprenticeships Plus Group Training Company set up by the Motor Traders Association of NEW South Wales offers apprenticeships and traineeships courses in the fields of motor mechanics, panel beating and vehicle detailing contact them on 02 9891 6900 www.mtaplus.com.au or visit the Careers Library for more information.
- NSW HEALTH Sydney West Oral Health Network Dental Assistant Traineeship Information Day 2009 Tuesday 13th October 9am and 1.30pm, Venue Lecture Theatre Westmead Education and Conference Centre Level 2 Westmead Hospital - see Careers Adviser for Registration form.
- NSW Police Force Do you wish to pursue a career in the Police Force? For information on how to become an officer contact 1800222122 or visit www.police.nsw.gov.au/recruitment
- RailCorp offers a variety of apprenticeships like Telecommunications, overhead line workers, fitters, electricians, cable jointers and plant mechanics. For more
information on apprenticeships visit www.recruitment@railcorp.nsw.gov.au

- **RTA Aboriginal HSC Scholarships** for students who will be complete year 11 or year 12 in 2010 and are interested in a career in Civil Engineering or a related field e.g. Surveying, Environmental Science and transport planning. Applications close 2 October 2009. See Careers Adviser for further details.

- **STE Group Training Company** providing opportunities for apprentices in air conditioning and refrigeration boilermaker, electrical electronics, fitter machinist, horticulture, business admin and financial services.

- **The Audit Office HSC School Leaver Audit Trainee Recruitment Program** interviews for these positions will be held during the October 2009 school holidays. Enquiries and requests for information packages should be directed the Recruitment Coordinator, Jose Cabatu on 92757276 or jose.cabatu@audit.nsw.gov.au and www.audit.nsw.gov.au

**What's on!**

- **Taxation Institute of Australia** – information session Tuesday 6 October 2009, 6pm-7pm, Clifton’s, Level 6, 190 George St, Sydney. Call 82230032 or visit www.taxinstitute.com.au

- **St George College of TAFE Open Day Fashion Design, Fine Arts & Graphic Design** 24 September 4.30pm-8pm

- **TOCAL College agricultural training organisation Open Day** Friday 9th and 16th October visit www.tocal.com or call 1800025520

- **Sydney Institute TAFE International Students Migration Information Seminar** 27th October, Turner Hall, Ultimo College, Time 9.30am-12.30pm.

- **Sydney Institute TAFE Careers Expo** Thursday 10 September 11am – 3pm. Jones St Mall and Building N at Ultimo College.

- **The Hotel School Sydney Open Day** Saturday 19 September 9am-1pm

- **Sustainable Education & Employment Day (SEED)** Wednesday 21st October, 2009 Australian Technology Park – Redfern www.stgeorgelcp.com.au

- **St George Workplace Learning Free Careers Evening for Parents and Young People** Wednesday 23 September 2009 6.15pm-9pm, Hurstville Entertainment Centre, 16 McMahon St Hurstville.

- **St Patricks College Open Day** Sunday 13 September 2009, at 11am sharp. Receive information about Cert III to Diploma Courses call 9318 1566 or visit www.stpatbuscol.com.au

- **Careers in Sport Expo** Do you want to be a PE Teacher, a personal trainer or sports journalist this seminar aims to give the answers to guide you. Wednesday 4 November, 2pm – 4pm, Sports House, at Sydney Olympic Park. Cost $25 per person. To book, contact Julie.stafford@sportnsw.com.au or visit the education page at www.sportnsw.com.au under ‘Careers in Sport’ at the bottom of the page.

- **Bedford College Open Day and Scholarship Assessments** 19 September 2009 from 9.30am-3pm. The college offer Cert III to Diploma courses in Business, Accounting and Child Care. Call 85723260 or visit www.bedford.edu.au

- **Sydney Hair Design College** offers a variety of courses, including Cert III to Diploma courses in Hairdressing. For scholarship information and career path opportunities visit www.shdc.nsw.edu.au.

- **Australian College of Sport Fitness** Scholarships application now open visit www.acsf.com.au/scholarships2009

- **JMC Academy 2010 Undergraduate Scholarship Programme** Closes 5pm Friday 4 December 2009. Scholarships are Bachelor Degrees in Audio Engineering and Sound production, Digital Film and Television Production, Digital Media and 3D Animation and many more. For full details contact www.jmcacademy.edu.au

**AUSTRALIAN GOVERNMENT ASSISTANCE FOR NATIONAL CAPITAL EXCURSION**

Students from our school have undertaken an educational tour of the national capital in March. While on this tour they participated in a variety of educational programs focused on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit their national capital as part of their civics and citizenship education. To assist you in meeting the cost of the excursion the Australian Government is contributing funding under the Parliament and Civics Education Rebate (PACER) program toward the travel expenses incurred. This contribution will be paid directly to the school upon completion of the excursion.

We would like to thank the Australian Government for their support of this program.
Bonjour et bienvenue à Nouvelle Caledonie!

So, you are considering an 8-day trip to Noumea?

Well, here are some important things you should do:

On your 2½ hour aeroplane ride, be sure to look out the windows – not at grey, drizzly Sydney, but at the gorgeous view of the mountains and reef as you approach Tontou airport. (Did you know that the lagoon formed by Noumea’s reef is the biggest in the world?) Also, be aware of the tasty (?) plane food, and don’t lose your passport. Upon arrival at this new and exciting country receive a floral lei from a welcoming Kanak lady and bask in the warmth of the sunshine.

**The Noumea group at Mount Ouen Toro lookout**

When you arrive at your HUGE hotel, named Hôtel La Pacifique, enjoy every minute that you have in the gi-normous pool, and take on every tanning opportunity on the poolside sun lounges.

On your second day take a tour on the Chu-Chu train, a 1½ hour sightseeing trip all around Noumea. Maybe take a trip to the beach after that, since it is only a 2 minute (not even) walk across the road from your hotel. Remember to look to the right - yes RIGHT, Mrs Cateris! – before you cross or you’ll get run over, because, like French people, they drive on the wrong side of the road. On your third day go visit the Tjibaou Cultural Centre, a museum documenting the modern art of the Kanak people and other islanders. The building is amazing – designed by famous architect Rienzo Piano, and inspired by traditional village huts. Make sure you visit the real huts in the grounds of the centre and watch the hut-building video. The next day take a boat trip to the beautiful, sea-snake infested Amadée Island and pretend to be cast away on your very own coral atoll. On the island experience top-notch snorkelling, a traditional feast (best food of the trip), dance performances and a 200-and-something step climb to the top of the lighthouse. The view from the lighthouse is truly spectacular, but a bit windy!

On your fifth day go and visit Noumean junior high-schoolers at the local école. Sit in on some of their classes; learn about electrical circuits in French Physics class, east-west détente in History and be asked to read out loud from Chateaubriand’s *Autobiography* in French class! Answer lots of questions from inquisitive, very friendly (and attractive) Noumean kids (but be prepared not to be asked to contribute anything to the English lesson!).

By the way, when you hear a tsunami warning, don’t freak out – just be like the locals and go about business as usual, because as they will tell you, tsunamis come from the east and Noumea is on the west coast with a reef and a big mountain range in between. But make sure you tell all your friends back home what a big deal it was! Make sure you take advantage of the three 1½ hour French lessons provided in your very own hotel by the tour organiser. Be sure to ask for Frank because he’s young(ish), funny and happy to teach you anything you want to know in French.

Your next day must contain a visit to the New Caledonian version of Big W (called Casino Géant), where you can view the secret to breadmaking and take a walk around the truly SUPERmarket! You should also visit the local market to see all types of fish never seen here, and wander around the town centre and Place des Cocotiers. Enjoy all the food you get, even if it is a bit more expensive than here. Seriously, it’s good, especially the crepes and baguettes. On your last day remember to say au revoir to everybody, and try not to leave anything behind. Have a great trip back – sleep off all that exerting relaxation in the plane – and remind your parents to pick you up (hint, Lulu’s mum)!

And our last reminder is to thank your teachers just like this:

**THANK YOU COCOTERIS AND MONSIEUR BAILLEE!!!**

A truly fantastic time was had by all members of the Coconut tribe: Lulu Lucas, Bek Merrick, Kia Ferrell, Michelle Flowers, Ruby Paredes (Yr 9), Caroline Badart-Prentice, Caitlin Jurd (Yr 10), Lynanne Sousa, Maria Bricono-Uribe, Daniellle Karatsis, Mareta Revak and Feng Zhang (Yr 11).

Their teachers would like to add to this:

We also had a fantastic time. Not only was the weather soooo much nicer than what Sydney was experiencing, the city interesting and the scenery amazing, but also the students were tremendous. They were all so happy, helpful, co-operative and positive, lapping up every new experience presented to them. They were all great fun to be with - particularly memorable will be their delightful ‘coco tribe’ antics on Amadée Island! It was truly a wonderful trip.

**J. Cateris & J. Bailey**
School Certificate 2009

The 2009 School Certificate examinations will commence on Monday, 9 November with the English-Literacy and Science examinations, continue through Tuesday 10 November with the Mathematics and Australian History, Geography, Civics and Citizenship examinations and conclude on Wednesday 11 November with the Computing Skills examination.

The School Certificate is an important assessment program undertaken by all NSW Year 10 students. Students across the state are assessed by external markers according to prescribed performance criteria, and are allocated an achievement grade ranging from A through to E.

School Certificates will be presented to Year 10 during Recognition Day on Monday, 14 December, 2009.

The school extends its best wishes to all Year 10 students for their upcoming School Certificate examinations.

Anti-bullying Plan

Bullying is a serious issue which can impact student performance and participation in any school or setting. Canterbury Girls High School takes the issue of bullying extremely seriously and takes action in all reported cases of bullying.

To enhance student, staff and parent/community understanding of school procedures to address bullying, an Anti-bullying Plan has been developed. This Plan defines the issue of bullying, provides information about resources to address the issue and outlines school procedures for reporting and resolving issues of bullying.

Meetings will be held with all Years during Term 4 in which they are provided with a copy of the Anti-bullying Plan. A copy of this Plan is also available for parents and community members to access on the school’s website, www.Canterburg-h.Schools.nsw.edu.au

Please contact Andrew Anderson, Deputy Principal, by telephone on 9718 1805 or by email at Andrew.Anderson@det.nsw.edu.au should you require additional information about the school’s Anti-bullying Plan, or wish to discuss the issue of bullying.

Key Dates

With the end of the school year fast approaching, parents and caregivers are asked to note the following key dates:

9 November – Commencement of School Certificate examinations
9 November – Year 11 Camp
10 November – Year 12 Sign Out
16 November – Year 11 Reports Mailed Home
18 November – Year 10 Clearance
23 November – Year 10 Work Experience
3 December – Year 6 Orientation Day
8 December – Year 10 Picnic
10 December – Last Day Year 10
14 December – Recognition Day & Distribution of 7, 8, 9 & 10 Reports
15 December – Year 7, 8, 9 & 11 Picnics
16 December – Last Day for Years 7, 8, 9 & 11

Information about the school leaving age

From the start of next year, all students in NSW schools are required to remain at school until the end of Year 10 and, must be in full time study, work or a combination of both until 17 years of age.

Our school is developing school implementation plans with school careers and transition teams to assess each student and give individual support, so that students can actively engage in a program of study, and planning the best pathway for them.

To find out more and to help your teenager plan their future, go to: www.schoo1s.nsw.edu.au/leavingschool/schoo1leave age/index.php