Congratulations to:-

- **Debby Liman, Year 11** elected as one of two Regional Student Representative members to State Student Council
- **Gabby Craven, Year 12**, who has won her way through to the State semi final for the Sydney Morning Herald Plain Speaking Competition.
- **Ivy Tran, Year 12** who will receive a Sydney Region Award for Outstanding Achievement by A Student.
- Our two **Theatresports** teams who were technically brilliant at the recent Theatresports competition.
- Our **Band and Strings Ensemble** who performed and stole the show at Canterbury South Public this week.
- **Rosa Foti, Year 12**, who has been shortlisted for the Regional Vocational Student of the Year.
- **Aoi Hallam, Year 9** and **Helen Eade, Year 11** who performed at the Opera House last week with state ensembles.

Staff Changes

Mr Paul Copas, Head Teacher Science, has announced his retirement after 38 years teaching Science in NSW schools, 29 nine of those years as a Head Teacher. Mr Copas has been at CGHS for 12 years and has worked in other schools such as Randwick North, Enmore Boys HS and Maroubra Bay HS. Mr Copas has passed on to generations of students a passion for Physics. His reliability and tenacity as an educator will be a loss to our school. Mr Copas will be much missed and we wish him well in the next stage of his life.

Mrs Debra Hebbard is transferring to Sydney Technical High after 2 years at CGHS. Mrs Hebbard has worked as a support in TAS, the Library and also in the main office. We wish her well. Three new Administration staff join our team over the next month. **Mrs Kerry Jones,** **Mrs Ella Wang** and **Ms Bahieh Chami** all join the Support Staff.

Mr Copas with some of his Science teachers on Wellbeing Day

Best of Luck

- **Gold and Blue Dance Ensembles** performing at the Regional Dance Festival on Tuesday and Friday nights in Week 10.
- **Chloe Smith, Lulu Lucas, Rosie Schofield, Camilla Paredes, Gemi Nguyen, Paige Land, Jennifer Goodwin, Madeline Gill and Kimberley De Visser** performing in the drama ‘100’ with Ashfield Boys in Week 10 (see press release page 4)
- Our Zone Athletics and Cross Country teams.

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**INSERTS:** Careers News, Triple P Parent Seminar, P & C Trivia Night Flyer
Thank You
- **P and C** for the great support of: our Theatresports students and the provision of supper on both nights; providing afternoon tea at the Cooks River Forum held on 25th May 2010.
- **Mrs Kastanias, Mrs Ormanci and Year 11 and 12 Hospitality students** for preparing a wonderful lunch for the Regional Director, Sydney Region when he visited last week.
- **Mrs Jenkins, Mrs Cateris, Ms Marquet and Mrs Burgess** for giving up time to attend the Year 8 and 10 Camps.
- **Year 9 Food Technology** for the cooking of hundreds of cup cakes for sale at the Cooks River forum.

**CAREER INFORMATION**

There are two separate news sheets informing students about TAFE, Scholarships and University that are included for Years 10, 11 and 12. This information is also on our school website.

**TRIPLE P Parenting Workshops** – a flyer is included for all interested parents.

**TED NOFFS SERVICE**

Our new Ted Noffs Alcohol and Other Drugs counsellor is **Tahnee Schulz**. She replaces Sarah Cox who has moved onto another position. Tahnee is in the school on Friday mornings, working out of the counsellor’s office located in the library. The service offers individual and group counselling, information sessions and skills training groups.

Tahnee works with young people who:
- are experiencing issues related to their own alcohol and other drug use
- are concerned about their friends and/or families alcohol and other drug use
- are just curious about drug(s) and/or alcohol and want information.

All sessions are confidential, which is explained to young people upon first meeting them. This includes explanation of the limits of confidentiality in relation to mandatory reporting requirements.

Tahnee is in the school each Friday morning from 9.00am – 12.00pm, and available to see students individually or as a group (no more than 4 at a time). If you have any further enquiries or questions don’t hesitate to contact her.

**Tahnee Schulz**
Alcohol and Other Drugs Counsellor
Ted Noffs Foundation

**STUDENT HEALTH**

A reminder to parents to notify the school about your child’s health

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12
months) should be provided to the school by parents. Please provide this information in writing to the Principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your daughter's health needs or as otherwise required by law.

On 17th May 2010, the whole school had one of the greatest experiences of their school life, Wellbeing Day. Our special guest speaker for the day was Video Hits host, Fuzzy Agolley. She shared with us some intimate and inspirational moments that changed her life. She talked about her experiences and hardships that most of us could relate to. Fuzzy engaged with the students through her friendly and bubbly personality. She motivated us to be resilient in life.

Christina and Priscilla up close and personal with Fuzzy

On the 17th of May, CGHS participated in the annual Day of Wellbeing. It was a fun filled day where students from all years attended a variety of seminars based around the concept of wellbeing.

A highlight of the day for many students was inspirational speaker and Video Hits D.J Fuzzy Agolley. Year 12 then moved onto a study skills seminar, party safe and body image session and finally rejoined the school for a multimedia presentation. Overall, it was a very beneficial day for everyone as it explored issues relevant to all high school students.

Divya Narayan, Hannah Wales and Gabrielle Craven Year 12 Prefects

Christina and Priscilla up close and personal with Fuzzy

Raffles winners with Fuzzy

The SRC sold raffle tickets to meet Fuzzy in person at morning tea.

Overall it was fun and inspirational day for all Canterbury Girls.

By Year 11 SRC members.

Study Skills Workshop by Year 8 SCR Members – Susan Su, Molly Ulm and Marieta Katuke

Emily from Elevate Education talked to Year 8 about time management. She had some interesting stories to tell us about her, and her friends’ experiences. She handed out booklets that we had to complete: they were mainly about giving time to study, do our homework, assignments and putting those things in our daily routine. She did all this by making it funny and telling jokes. She also did diagrams on the board, explaining that we can still do the things we love, like doing a sport and playing an instrument but also leave time for homework, chores, and revision. Overall, it was a very fun
and educational experience and we all learned something useful.

Year 9 “Cybershorts” Drama Performance by Bamboo Theatre

The Cybershorts performance was an amazing act showing the effects and results of cyberbullying.

It involved three difference short plays with difference storylines, characters and types of cyberbullying.

This session was useful because it taught us about how easy it is for people to act as others and give false information over the internet and how easy it is to lose friends in the real world.

Sarah Ahmad, Rebecca Merrick, Ruby Paredes, Susan McLeod

Lisa Ann Cox – Body Image Seminar

Lisa Ann Cox was a motivational speaker who discussed issues about body image, role models and overcoming obstacles in life. She had missing fingertips, a leg, an artificial hip, she’s 25% blind and underwent heat surgery. Despite all of this, she still sees life in a positive perspective. Lisa was previously a model before her operations, believing that what was on the outside was important. However after seeing through different eyes, she explained to us how appearances don’t matter and that what was below the surface was true beauty. Enjoy what you have, because you could have less.

Year 10 SRC members

Inner West High Schools combine for Innovative Theatre Production

Imagine you must choose one single memory from your whole life and capture it with a magical camera – everything else will be erased from your mind forever.

Imagine that choosing this memory is your only way of passing through from death to eternity. You have just one hour to decide …

This is the premise behind “100”, a challenging and powerful theatre production that students from Years 9-12 at Ashfield Boys and Canterbury Girls High Schools have been working hard on for the last few months, under the guidance of Simone Museth, Director and Drama teacher at Ashfield Boys High.

The cast and crew of this production warmly invite members of the inner west community and beyond to come along and discover what the “100” experience is all about.

Performance dates are Monday 21st, Wednesday 23rd and Friday 25th June and will commence at 7.30 p.m. sharp in the Ashfield Boys’ High School Auditorium, Liverpool Road, Ashfield. Tickets are available at the door: $10 adults, $5 student/concession and $25 for a family of 4.

Eternity won’t wait forever …

On the set LULU and CHLOE…..’100’

Hospitality on Show

Year 11 and 12 Hospitality students prepared and cooked a spectacular lunch presented to the Regional Director on 27th May. The Executive staff and School Captains were also asked to attend on this very special occasion.
The students worked brilliantly with great teamwork and helped each other to get through all the preparation to present these wonderful dishes.

With extremely favourable comments about the presentation and the taste of the food this demonstrated great results and also our students were very proud of all the effort and good work they put in to making this lunch zing. I would like to thank our special teachers Mrs Ormanci and Mrs Kastanias for all the great help. **Chef Sue Rababi**

**YEAR 8 CAMP- The Collaroy Centre**

Two action packed days were spent by Year 8 students on the 24th and 25th of May. The beautiful beachside weather of Collaroy allowed us to enjoy sandcastle/sand sculpture building or for the sporty, beach volleyball. Try as we might we could still not escape “Bieber Fever” as some of our girls dressed for the part.

They even made a Justin sand sculpture. Other activities included Flying Fox, Giant Swing, Archery, Initiatives and Team Building, and Abseiling and Night Activities (all run by the expert staff at Collaroy). Everyone found personal challenges in these activities, strengthened and expanded their friendship network, laughed lots and ate much too much, found their ‘inner Dr Doolittle’ with the birdlife, and survived midnight feasts, most of which Ms Jenkins knew about, some still a mystery…

**About to take the leap…**

**Clearly Justin ‘someone’ was on these girls minds!!**
Sincere and special thanks to our dedicated CGHS staff, Ms Jane Cateris, Ms Sarah Marquet and her practicum teacher, Ms Stephanie Bendeich, along with a group of wonderful young women (year 8) for making such an event so enjoyable and worthwhile.

Ms Jenkins – Year 8 Adviser

FRIDAY LUNCHEON MEETINGS WITH YEAR 7

As you all know, the Prefects give up their precious studying time every Friday at lunch to spend it with Year 7.

These weekly meetings are held to allow us as prefects to interact with year 7, to learn about their interests, hobbies, likes and dislikes. What began as a social event turned into a lunchtime filled with fun and games. Lia, Mary, Antonia and I, are in charge of 7G and decided we would engage our class in some physical activity under these categories: Basketball, football, netball and bull rush.

As this involved the fun and excitement that comes with participating in sport, we were shortly joined by other year 7 classes and their prefects, Helen, Anna, Amy, Linda and Christina. This showed the competitive streak of year 7 and that each of these girls are already proving to be successful in all their endeavours whilst at C.G.H.S! We, the Prefects wish them well.

By: Priscilla Taumalolo

STRINGS INTUNE

Tuesday 1st June was a big day for the CGHS String Ensemble, as we had a performance at Canterbury South Public School. The Girls have worked consistently over 2 Terms and the performance went extremely well. The feedback on the day was excellent. The Ensemble is now preparing for their next performance at MADD night.

Well done Girls!!
Ms Flannery

Strings on show at Canterbury South

CONCERT BAND

The Concert Band recently performed at the Canterbury South Public School Multicultural Day with great success. New Year 7 band
members have settled in well to the band and the sound is really developing under the musical direction of Mr. Parker. New band members are always welcome. We have a number of instruments available to hire for those interested in joining the band, including tuba, french horn, trombone, flute and clarinet, and we welcome anyone to sit in on a rehearsal to see what it is like.

See Mr. Wilkins for more information.

**VOLUNTEERING**

Canterbury Girls High School is offering students in years 9 and 10 the opportunity to participate in the Premier’s Student Volunteering Awards program. The program encourages students to undertake a minimum of 20 hours of volunteering in their school and community. In appreciation of their contributions, students will receive Premier’s Certificates (Bronze, Silver, Gold and Diamond respectively) for completing 20, 40, 60 and 80 hours of volunteering. Students will have to keep a log book as well as logging hours online. This program has many benefits for our student volunteers. It allows them to build their confidence and self-esteem in communicating and working with others in the wider community. It also enhances their skills for potential future employability and gives students the chance to demonstrate their selfless commitment to a better future for all.

Students were informed about this program during assemblies in week seven. Those who have shown an expression of interest will be receiving a parent consent form. Further information about the *NSW Premier’s Student Volunteering Awards* program can be found at [www.curriculumsupport.education.nsw.gov.au/volunteering](http://www.curriculumsupport.education.nsw.gov.au/volunteering), or by contacting Miss Kadri, our school coordinator.

**LEAPS**

CGHS Students are participating in the Lawyers Encouraging and Assisting Promising Students (LEAPS) program at Hicksons Lawyers in the city. Students meet fortnightly for lunch with their volunteer lawyer mentors and to complete a workshop related to maximising their progress and participation at school. This week’s topic was learning styles, one of a number of workshops in the program which focus on study and learning skills. Other weeks focus on personal and social topics, such as goal setting and anti bullying, and values such as tolerance, respect and diligence. Over three terms the students build up a strong relationship with the mentors who guide, encourage and support their development and progress as young people with potential.
GREAT SPEECH DEBBY, SRC PRESIDENT

Good evening members of the Zonta Club of Sydney west, ladies, gentlemen teachers and guests.

Before I begin, I would like to congratulate all the other bright young girls who have received such a significant award tonight. It brings me joy to know that they too have done good, honourable and respective deeds that have enabled them to be chosen by their teachers and peers to be given this award.

However most imperatively, I would like to thank my teachers at Canterbury Girls High School and Zonta Club of Sydney West for the award. It is a great privilege to receive such an honour.

Now I’m well aware that each award winner is to speak about themselves and what they have achieved, however in all honesty, such subject is not something I discuss on a daily basis, nor even on a monthly basis. So I’ll try to make it as brief and entertaining as possible.

So, my name’s Debby, I’m sixteen years young and a Taurus. I’m a sports fanatic, love reading, listening to music and doing whatever I feel is productive.

Now again honestly speaking, I haven’t always been a good student. Well for that matter of fact, who is? But when I say that I mean to say that, back in my primary years, I was downright terrible. Did quite a lot of transgressions, futile things and had you asked me to try out to become President of the Student Council I would have laughed in your face and so would others.

Now this would be because my leadership skills back then were unrefined; I mean, I made a girl cry when I was captain of a soccer team because I said she was stupid and didn’t know how to kick a ball. And that was just the beginning of my wrath. But hey, kids will be kids.

See the transitions from primary to high school can change a person in a dynamic way. Definitely change me for one. I truly believe that the help of my teachers and friends helped me in achieving this award. For it was them that encouraged me to take part in school, and behave in an orderly manner, to lead the challenge and allow me to enhance my leadership skills.

In Year 7 I was given the chance to do a little public speaking to promote our school name within our district by going to primary schools and presenting a slideshow to the young ones. That was a memorable experience no doubt. In Year 8 I did many school services, held assemblies and became involved with the SRC for the first time. It was from this moment where my leadership qualities would grow and so would my responsibilities, however I didn’t mind. In Year 9 my friend and I held Self Defence classes for Year 8 students, ensuring that they had the best possible safety from the predators outside school.

In Year 10 I because Youth Peace Ambassador for my school and represented the SRC at various conferences. Fast forwarding to current 2010, I’ve been elected the SRC President which I feel is one of my greatest achievements so far. Currently we are undergoing plans that we wish to execute in the near future involved with community service, Canterbury cluster conference held by SRC student reps from schools in the Canterbury region and Genes for Jeans Day charity event next term in August. And hopefully be given a chance to work with a Regional General Director in the near future as well.

That’s pretty much about it for now. You can tell I don’t do the whole brag about myself a lot thing, so I apologise if it was either too short for some or too long. Most likely it was too long.
Anyway I’d like to end my speech on a soft note.

I guess when a person is given an opportunity, it is up to them to both take it and use it in an utmost productive way, or they can choose to discard it and perhaps look for other opportunities. What gets to me, is that there are people out there who are given good opportunities and complain that there are none. Life is lived once, so we should all as human beings try to be altruistic as possible and believe in a positive future. Thank you.

Debby Liman, Year 11

Separation is a difficult time for everyone in the family

A decision to separate is one of the hardest choices you may ever make, and it has consequences for everyone in your family. Both you and your children may feel confused about what is happening, and be unsettled about the impact of such change. Separation can evoke strong feelings for everyone – you, your partner, your children, and even extended family members like grandparents, aunts and uncles. Your family is undergoing significant change - separation usually means that the family is dividing, and that one parent will be leaving the household. With change comes emotion. You may feel sad or lonely, angry, guilty, or like you have failed in some way. Many parents have experiences of depression and anxiety. In fact, you may feel all these emotions at different times.

It is important to remember that your child also has strong feelings. They may feel grief, shock, insecurity and worry whether the remaining parent will leave them as well. Some may feel that they are to blame for the situation, while others may feel angry. As a parent it’s important to understand that your children are also going through a distressing time, and to do what you can to reduce the impact on them. Here are some basic tips to assist with that:

- Prepare children as best as you can. Give them a simple explanation of why you are separating.
- Let your children know that both parents love them very much.
- Remind children that it is not their fault – it is a decision that you as parents are making about your relationship.
- Focus on the positives. Give lots of love and attention. Try to avoid conflict in front of your children, and avoid blame.
- Try to minimise the change to your children’s environment and routine.
- Acknowledge how your children are feeling, and that these feelings are okay.

For more information on separation or any parenting issue, call our professional counsellors for the cost of a local call from a land line, 24 hours a day, 7 days a week on 1300 130 052 or read our information sheets on separation on www.parentline.org.au

ATHLETICS CARNIVAL 2010

The School Athletics Carnival was held on a beautiful Thursday on the 6th May with many superheroes present and a couple of remarkable athletes. Of all the superheroes present, best dressed was jointly taken out by our red Power Ranger and our very own Wonder Woman. Much effort was made, particularly by the prefects, to get into the spirit of our first Super Heroes Carnival. Well done to all who took part.

Year 12 Super Heroes, big supporters

Now to the athletes, congratulations must go to Canberra House, who took out the carnival with a convincing total. The Age Champions for 2010 was hotly contested in every age group,
where 2 points was often the difference between 1st and 2nd. Well done to the following 2010 Age Champions:

12 Years  Rayane Hasna
13 Years  Jessica Olrick
14 Years  Alicia Ottagalli
15 Years  Mele Taumalolo
16 Years  Jessica Taumalolo
17+ Years  Courtney Mahoney

These athletes plus many others will be representing our school at the Zone Athletics Carnival on Thursday June 24 and Monday June 28. We wish all these girls good luck in their events.


Serious athletics also happened on Athletics carnival day

CLASSROOM CONNECT

The photo features two volunteers from the Classroom Connect Program with some of the Year 11 and Year 8 students they assist with homework and assignments, every week. Our school is grateful for the extra support these dedicated ex-teachers provide to a number of our refugee students.
Honourable member for Campsie and Minister for Community Service Linda Burney with the Executive and Year 7 SRC members at the opening of the new science labs recently.

P and C president Dimity getting assistance from future Canterbury Girls at the Cooks River Forum.

YEAR 10 COLLAROY CAMP 2010

As we made our way out of Canterbury and towards the northern beaches we realised just how wet our first day at camp was going to be. The rain did not let up all on the Wednesday 26 May, but along with the ducks, Year 10 campers and Ms Burgess braved the elements and paddled their way around Narrabeen Lake, wondering whether the rain would fill up our canoes more than the river. Following a couple of capsizes we made it all back alive, but drenched to our cabins for a most welcome and warming shower.

The food at Collaroy was something we always looked forward to as did the lorikeets that were constantly on hand to clean up any crumbs. The activities continued throughout the next few days and without the rain it was wonderful to take part in the dizzying heights of abseiling, high ropes and the famous giant swing. The flying fox was also a favourite and before we knew it we found ourselves at the end of day 3 and wondering how quickly the time passed, if only school time could go by so quickly!

Ms Burgess

DATES COMING UP

PLEASE also check the Student Calendar on the Web site for upcoming events and any changes

21 – 25 June “100” Joint production at Ashfield Boys High School
22 June Gold Ensemble, Seymour Centre
23 June 6 – 7.30 Year 10 Subject Selection
7.30 P&C Meeting
25 June Blue Dance Ensemble, Seymour Centre
26 June P & C Trivia Night
29 June Parent Teacher Night Yrs 8,9,10
2 July Last day Term 2
20 July First day Term 3
27 July Parent Teacher Night Yrs 7,11,12
2 – 13 August H.S.C. Trials
What do you need to keep in mind if your children are tweeting?

Twitter users must be at least 13 years old. Your child needs to be conscious of their choice of screen name—nothing that might provoke the wrong type of person being friends with them.

Anything your child says on a tweet can be seen by anyone else looking at Twitter. Remind your child:

- Not to say anything they wouldn't want everyone to know—this includes any personal information about their school name, address, sports teams, etc.
- To use the settings section to protect their updates from being viewed by anyone who they haven’t approved as a follower. This will also keep your child’s updates from appearing on the public timeline.
- Never to arrange to meet up with anyone they meet through Twitter unless they speak to you first.

- To choose a username (online computer nickname) that doesn’t give away their real name or age.
- If someone says or does something that makes them feel uncomfortable, they should tell you.

More information about technology at
www.schools.nsw.edu.au/click