Congratulations to:

- Latifah Jackson-Vaughan, Lucinda Dunstan and Thandiwe Gudu, Year 9, who did interviews for ABC News, Sydney Morning Herald and 702 radio about the Container Deposit Scheme, Water Post and Coca-Cola. Links to these stories are on our school Twitter Account @GirlsCanterbury and on our website.
- Ariel Fowkes, Year 7 for her creation of a fantastic Behind The Scenes of Sting film. This is on YouTube and is linked on the school website under the Extra Curricular section.
- The School Band, a Gold Medal at the Engadine Music Festival in June.
- The Inner West Regional Ensemble and Percussion group have been selected for the Expanding Horizons concert at the Opera House – 19 August – rehearsal all day, concert in the evening.
- Regional Cross Country was held on Friday 14 June at Miranda Park, Miranda. Four students from Canterbury Girls’ represented the St George Zone at the carnival.

They were: Monica Tanuse (Year 7), Jemma Nguyen (Year 7), Amy Tran (Year 7) and Emily Ketchell (Year 9). All four completed the 3km and 4km course and represented their zone and their school with pride. (Photo at left)
- Eve Eleftheriou, Year 9, who was placed 5th last weekend in Ball & Clubs in the State Rhythmic Gymnastics. Well done Eve! We wish Eve all the best for the upcoming State trials.
- Students selected for the Regional athletics team. A full list page 5.
- Catherine Davey, Year 12, Nafisa Trisha, Zlata Angelkoska, Jennifer Choi, Cathryn Nguyen, Year 9 who collected for the Red Shield Appeal on our school’s behalf.
- Students in Years 7, 8 & 9 who participated in the Regional Create High Show at the end of last term: Lola Minutillo, Ivy Crago, Lucy Melville, Ella Hosty-Snelgrove, Monique Papanicolaou, Isobelle Cooper, Grace Taffa, Emily Grubisa, Monica Tanuse, Erin Barton, Portia McMullin, Ivy Nehl, Ella Schofield, Alexandra Scouller, Honey Spence, Pollyanna Thomson, Amira Talbot, Zoe Viney, Claire Bowen, Remy Graf, Eleanor Riddy, Madeleine Smith, Jessica Thomas, Imogen Murphy.
- Javiera Scarratt, Year 9, who has been selected to be a member of Sydney Eisteddfod’s 80th Anniversary Orchestra for the Orchestral Spectacular concert at Sydney Town Hall.
Charlotte Edwidge, Year 9 who has lived her dream during the holidays and shared the Sydney Opera House stage with world-class dancers, Charlotte was given inside tips on dance technique, performance and production from Bangarra Dance Theatre and Nederlands Dans Theater during a week-long work experience program. Frank Newman, Sydney Opera House creative learning specialist, said while the invitation to students was timed to coincide with the dance troupes’ performances, the visit was part of a wider program called Djurali. This is a partnership between the Sydney Opera House, the Australian Theatre for Young People and the Department of Education and Communities. The aim of Djurali, which means ‘grow’ in the language of the Gadigal people, is to give Aboriginal students the opportunity to participate in arts and cultural activities with a view to creating employment pathways for them. During the week at the Opera House the students are given a personalised orientation and behind the scenes tour. They engage in role-playing sessions to boost their confidence and explore backstage. They learn about the staff roles from ushers to box office operators.

Year 12 Best of Luck with current Trials examinations.

Year 12 please ensure you keep reading all your DEC emails as Mrs Tyrall will be forwarding lots of information about some of the following topics:
- Bonus Points under the EAS Scheme
- Bonus Points in general
- Scholarships/Schemes
- The Job Market – where are the jobs in the future?
- The Uni Application Process – What course, what uni costs/Help, How to?
- The TAFE Application Process
- TAFE to Uni Pathways,
- Apprenticeships/Traineeships

2013 High School Girls Rugby Sevens Discovery Day

On Monday 22 July eight brave girls with a keen interest in football attended the Rugby Sevens Discovery Day to experience what playing the game is all about. The students were coached through a rigorous session of tackling, passing and set play drills and skills development. All of the girls had a great time training and playing the game of rugby and look forward to the next development day later in the year.

Students: Oriel Parfenow, Vineta Tohotoa, Josie Ratuvou-Folkes, Lea Camilet, Suliveta Tala, Yasmin Atwani, Melinda Akai and Luisa Ratuvou.

NRL sessions for Year 9

9PD2 are currently taking part in an NRL program run by professional coaches. They had their first session on Monday 22 July during their PE lesson. In the session the girls worked on their passing skills, kicking skills, touch downs and “play backs”.

Over the next 5 weeks they will be developing their skills and game play, finishing on “gala day” style competition. The first session went extremely well and I was impressed with the enthusiasm and skill level from 9PD2. Well done girls!

By Stacy Naisbett

The effect of WHITE LIGHT

Is your student having trouble getting up for school or sleeping?

There is much research about regarding the affect of “white light” on sleeping patterns and body rhythm.

Recently there was a great story on the ABC on the effects of white light on sleeping patterns. The link to this story is:


Below are some links to articles on this topic as well:

chriskresser.com/how-artificial-light-is-wrecking-your-sleep-and-what-to-do-about-it

www.medicalnewstoday.com/articles/249592.php

www.health.harvard.edu/newsletters/Harvard_Health_Letter/2012/May/blue-light-has-a-dark-side/


Keep up to date with the latest School News on Twitter: @GirlsCanterbury
Hospitality Work Placement

During Week 9 of Term 2, Year 11 Hospitality students participated in work placement. The girls had an enjoyable experience working in restaurants and hotels across Sydney. The students were able to practice and improve the skills they have learnt in class.

Regional Athletics Team

12 Years
Amy Tran, 800m

13 Years
Xanthia Marinelli, Sharnee Dingwell, Lucy Melville and Emily Grubisa, Relay 4 x 25m
Emily Grubisa, Shot Put

14 Years
Yasmin Atawani, 1500 Walk

16 Years
Jessica Orlick, 400m
Jessica Orlick, 1500m

Special Provisions

Students with a diagnosed disability, either physical, emotional or intellectual are invited to apply for assistance during their exams and assessments in Years 11 and 12.

- All applications must be supported by medical evidence.
- Assistance is given in the form of: a reader and, or writer, rest breaks or extra time.
- Provisions given for the H.S.C. exams are granted independently by the Board of Studies.
- Interested parents and students should contact the Learning Support staff to discuss requests.

All enquiries are welcome to Mrs O’Sullivan, Support Teacher Learning, Ms Fox, Support Teacher Mental Health – phone 9718 1805.

Playhouse Creatures

You may not be aware that CGHS has a devoted group of senior students that have taken the opportunity to enjoy trips to local theatre. To date that group has enjoyed trips to the Pilgrim Theatre in Pitt Street, as well as PACT theatre space in Erskineville to view Sydney University’s Dramatic Society production of Brecht’s ‘The Threepenny Opera’. In early September we are hoping to go to the Australian Institute of Music’s production of ‘Rent’ the musical.

AIDA’s performances of ‘Catherine’ and ‘Playhouse Creatures’ were challenging and innovative performances. It was wonderful to recognize the use of techniques and conventions that we have been studying in drama class. Students had the opportunity to analyse how effective the production ideas were. The subject matter of ‘Catherine’ was particularly challenging as it gave insight into the life of Russia’s Catherine the Great. The performance was fast paced and packed with humour, concentration was required to make all the necessary connections and understand the allusions and jokes.

Students have enjoyed lively entertainment and more of our senior students ventured out to the next performance. The play ‘Catherine’ illustrated life for the first female actors at the Globe theatre, London. The innovative ideas and design flair inspired us as we recognized that these productions; although working to a budget still managed to evoke another world with basic props and imagination. The performance of The Threepenny Opera enabled students to see the HSC text they were studying in performance. The performances were highly enjoyable. Students studying drama in the senior years are encouraged to participate in trips to see live theatre.

Further information about forthcoming trips are distributed through the senior drama classes or by contacting Ms Barry in the CAPA staff room.
### RTA Offence, Fines & Demerit Points 2013

For further enquiries www.rta.nsw.gov.au 13 22 13

**Offence and penalty when committed in an operating school zone**

<table>
<thead>
<tr>
<th>OFFENCE</th>
<th>MINIMUM FINE</th>
<th>MINIMUM LOSS OF DEMERIT POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you stop or park on or near:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• A pedestrian crossing</td>
<td>$344</td>
<td>2</td>
</tr>
<tr>
<td>• A children’s crossing</td>
<td>$344</td>
<td>2</td>
</tr>
<tr>
<td>• Any marked foot crossing</td>
<td>$344</td>
<td>2</td>
</tr>
<tr>
<td>If you double park</td>
<td>$258</td>
<td>2</td>
</tr>
<tr>
<td>If you park on a footpath</td>
<td>$143</td>
<td>2</td>
</tr>
<tr>
<td>If you park illegally in a:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• NO STOPPING ZONE</td>
<td>$258</td>
<td>2</td>
</tr>
<tr>
<td>• NO PARKING ZONE</td>
<td>$143</td>
<td>2</td>
</tr>
<tr>
<td>• BUS ZONE</td>
<td>$258</td>
<td>2</td>
</tr>
<tr>
<td>If you make an illegal U-turn</td>
<td>$258</td>
<td>3</td>
</tr>
<tr>
<td>If you exceed 40km/h in an operating school zone in a light vehicle by:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 10 km/h and under</td>
<td>$150</td>
<td>2*</td>
</tr>
<tr>
<td>• More than 10km/h but less than 20 km/h</td>
<td>$271</td>
<td>4*</td>
</tr>
<tr>
<td>• More than 20km/h but less than 30 km/h</td>
<td>$451</td>
<td>5*</td>
</tr>
<tr>
<td>• More than 30km/h but less than 45 km/h</td>
<td>$872</td>
<td>6*</td>
</tr>
<tr>
<td>• More than 45 km/h</td>
<td>$1,987</td>
<td>7*</td>
</tr>
<tr>
<td>If you use a mobile phone</td>
<td>$344</td>
<td>4</td>
</tr>
<tr>
<td>If you fail to give way to a pedestrian</td>
<td>$344</td>
<td>4</td>
</tr>
<tr>
<td>If you reverse unsafely</td>
<td>$201</td>
<td>3</td>
</tr>
</tbody>
</table>

* These values are higher for provisional drivers and are doubled during designated holiday/long weekend periods.

*For further information visit: www.canterburg-h.schools.nsw.edu.au*
RECYCLING IS NOT OPTIONAL, it is essential - that is why we need the cash-for-containers scheme. This involves the payment of about 10¢ for each container that is returned for recycling. This encourages people to return them instead of chucking them onto the street, into general rubbish bins or anywhere else.

In South Australia, the cash-for-containers scheme has been extremely successful in increasing the recycling rate, reducing litter, reducing the costs of waste management to local government and providing recycling options.

So why don’t we have it in NSW or indeed nationally? Because large beverage companies such as Coca-Cola oppose the introduction of such schemes, arguing that the increased cost to consumers would have a significant impact on their sales. But this is ridiculous - if the cost of buying a drink includes an extra 10¢ and this amount is able to be recovered by the consumer by returning their container, then what is the problem? Surely consumers are smart enough to do the maths on this one.

Coca-Cola needs to recognise that people buying drinks think too, and many people buying these drinks want to see better environmental protection. That is the direction of the future - who can argue with that?

Advertisement

Well Coca-Cola, that is who. The Northern Territory tried to implement a cash-for-containers scheme recently but Coca-Cola took it to court and luckily the Northern Territory won. What is Coca-Cola’s problem? It seems a lot of it is ideological - it simply does not want the government telling it what to do or interfering in its operations, and it wants the consumer to have “free choice”. It also does not want the complexity of getting involved in recycling - that requires some effort and changes to operations. It prefers to leave recycling to everyone else, including councils.

But you only have to go down to the Cooks River in Sydney to see that doing nothing results in a big problem. Any day down there you will see thousands of bottles either in the river or on the banks. It is a disgrace.

That is why I and my fellow students at Canterbury Girls High School decided to take a stand. We want to live in a place that is clean and where people care for their environment and take steps to protect it for future generations. As a first step we decided that we wanted the school to minimise its purchase of bottles. We principal found a grant from the Sea Life Conservation Fund that allowed us to purchase a water bottle refill station. Once it was installed, we asked the canteen to stop selling plastic water bottles so students could use reusable bottles to minimise their waste.

This was done effectively but we wanted to get more involved in the issue. We began wondering how we could encourage recycling further - we like the idea of “think globally, act locally” and we began asking why bottles are not recycled in NSW and end up in rivers instead. It turns out that the beverage industry, with Coca-Cola as its “leader”, opposes recycling efforts that could reduce container waste dramatically. So we thought we could go another step and we asked our canteen to stop selling all products sold by Coca-Cola. Why should we support an organisation that appears to take no responsibility for protecting our environment?

We know that our actions alone will not be enough, but it is important to follow through on a principle and to take a stand.

So we say to Coca-Cola, step up, be smart, move with the times and take care of our environment.

It has a massive influence on the people of Australia so it is its responsibility to send an environment-friendly message to the public. It needs to know that students are willing to take charge to make a better Australia for everyone.


• reprinted from SMH July 28, 2013
**PARENTING WORKSHOP SERIES**

**FOR PARENTS OF ADOLESCENTS**

Finding challenges in raising 12–18 year olds?

**FREE Parent Wise** Parenting Workshops for ALL parents of adolescents.

Topics include:

- The stages of adolescence
- What parenting styles and communication techniques work
- How to keep a positive approach to discipline!

Rosemount Good Shepherd Youth & Family Services

**(assisting families since 1982).**

**Date:** One evening per week for 7 weeks from Thursday 15 August – Thursday 19 September, 2013 plus a follow up session on Thursday 31st October.

**Time:** 4:30pm – 6:30pm

**Venue:** Rosemount Good Shepherd

440 Marrickville Road, Marrickville

**To Register please contact:**

Maya Floyd on Ph: 8571 7800

Email: Maya.Floyd@rosemountgs.org.au

Also now available, THE AUSTRALIAN PARENTING APP

FREE from iTunes App Store or Android Market.

**www.rosemountgs.org.au**

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**CALL for Donations**

We are currently looking to expand our fitness equipment.

If you have an exercise bike, treadmill or rower no longer required at your home which is in good order we will gladly look after it and use it.

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**Follow School Twitter Account:**

@GirlsCanterbury

This is being used as a quick reminder of events coming up, tips and reminders for families and information about student achievements.

@GirlsCanterbury

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**REMINDErs for families**

**Change of Contact Details:** Please ensure that if your address or phone number has been changed the school administration is informed. A Change of Contact Details Form can be collected from Office A.

**Excursions:** The school is more than happy for students to pay overnight excursions off across the year as long as a $50 deposit is paid prior to departure. One day excursions must be paid in full before departure.

**Newsletter by email:** All families will receive an SMS when the newsletter is available on the webpage. This comes out each month and issue dates are on the calendar on the website. The newsletter is emailed to all students as well. If you wish to have a hard copy your daughter must collect this from Office A.

**School Calendar:** Please check the student calendar on the school website for excursion dates, upcoming events, and rehearsal times:

www.canterbury-h.schools.nsw.edu.au

**Scope and Sequence** for All Subjects for Years 7-10 is now available on the website.

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**PARENTS AND CITIZENS ASSOCIATION**

**2013 P&C executive**

President: Jo Schofield

Vice Presidents: Karin Badart, Sharon Gudu

Secretary: Mailin Schuting

Assistant Secretary: Olive Barry

Treasurer: Stephen Gallagher

Assistant Treasurer: Michael Clarke

**2013 Dates:** 4th Wednesday of the month.

Cantabrian Hall, entry via Church Street.

Term 3: 31st July, 28th August

Term 4: 23rd October, 27th November
Year 5 Enrichment

Seventy Year 5 students from 14 primary schools are currently doing a four day learning enrichment program at CGHS in English, Maths and Science. The experience gives students a great introduction to learning in high school.

Sue Holden

act, create, communicate

Do you want to have fun, be more confident & make new friends? Then join our youth theatre class. Our classes cover Speech, Improvisations, Monologues & Scripts!

Now Enrolling for Term 3! www.helenogradys.com.au

Studio Locations: Marrickville, Homebush & Maroubra.

Contact the Principal Mel Duke - 02 9787 2363

HSC Drama & Dance Showcase was held on the 26.7.13