We wish Year 12 all the best with the Trial HSC examinations.

Reminders:

- Year 12 parents should have received a copy of all the important dates and information for the next 2 terms for students. A copy of this information is also on the website.
- Welcome back to the 64 Year 9 campers who have just spent three days at the Great Aussie Bush Camp in Kincumber.
- Measles, Mumps, Rubella (MMR) catch up vaccination forms were sent home to ALL students last week. Forms are due back ASAP to Ms Burgess in the Head Teacher Welfare office. The nurses will be here August 8th to give the vaccination to students who have returned their forms. Anyone who has not had their second dose of MMR is eligible.
- **WEEK OF WELL BEING** for Years 7-10 is fast approaching in week 5 August 11-15. Cost is $25 payable to Office C, notes have been distributed and you can also go to the website for a
copy. Nina Funnell is the special guest speaker to address the theme of girls’ empowerment. Motivational Media’s 2014 focus theme is IMPACT, about leaving your mark on the world. Elevate Education will deliver study skills workshops and Brainstorm Productions will present “Verbal Combat” about cyberbullying and digital citizenship.

Congratulations to:

- Our Year 11 Debaters Tania Durham, Eliva Andriamora, Rachna Naeem and Shribika Upadhyay with the team from Punchbowl Boys who narrowly defeated our students’ careful argument that we do not need compulsory team sport. Their logic was succinct but devastating! Against Fort St Boys, their passion was evident, and the logic of the debate was strong. Their team narrowly missed a win against Sydney Boys. Jennifer Palusa, Ellie Cott, Maya Muscio, Xanthia Marinelli, Marie Ikonomou, Josie Ratuvou, Lauren Cole-Doyle and Eliza Goslett.

- Year 8 Debating team at Sydney Girls High School on June 23-24. Students who competed in the regional carnival on July 31 – Aug 1: Thank you also to all year 12 house crew from other years. Thank you to all those who were at the Ashley BBQ last weekend.

Year 5 Enrichment Program

The annual Year 5 Enrichment Program was held in week 2 and 3 offering a sequence of 4 lessons in English, Maths, Science and PDHPE to local Year 5 students. Much excitement was apparent as students participated in experiments, drama, model making and team building. Thanks to Marion Gifford, Vicki Tranter and Administration staff for the invaluable support who made the days run with clockwork precision. Year 8 mentors were a key part in making the day a success for all visiting students. More photos from the last two weeks of the program will be included in our next edition.

Twelfth Night

Pictured are Year 9 English students (and staff member!) in costume for an incredibly fun classroom activity. The annual Year 5 Enrichment Program was held in week 2 and 3 offering a sequence of 4 lessons in English, Maths, Science and PDHPE to local Year 5 students. Much excitement was apparent as students participated in experiments, drama, model making and team building. Thanks to Marion Gifford, Vicki Tranter and Administration staff for the invaluable support who made the days run with clockwork precision. Year 8 mentors were a key part in making the day a success for all visiting students. More photos from the last two weeks of the program will be included in our next edition.

2014 Secondary Schools Student Leadership Program

On Wednesday, the 18th of June we (Scout Eastment and Ly Lien) had the privilege of attending NSW Parliament House for the 2014 Secondary Schools Student Leadership Program.

It was an interesting and worthwhile experience where we had the opportunity to get a first-hand experience of the way parliament is run. First we met several local members including Linda Burney. Then we were able to view a Bill being debated in the legislative assembly as well as the legislative council which reminded us of the Federal question time we see on T.V.

After this we attended a tour of the NSW Governor’s House by a Sydney People and Living museum curator before having the honour of meeting Her Excellency the NSW Governor Marie Bashir. Her wisdom as she addressed the group of young leaders was apparent and we were both very excited when we were both able to ask questions. It was an incredibly enriching event that enhanced our leadership knowledge.

Scout Eastment and Ly Lien,
Year 12 School Co-Captains
CARLETON GIRLS HIGH SCHOOL

SCHOOL NOTICES

Make Online Payments

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting $ Make a payment. This will go live from 11.8.14.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called Other to cover items not covered in the previous headings, Other can be used to make a complete payment of a school invoice.

When you access the $ Make a payment you must enter:

- the student’s name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these hosted by Westpac to ensure that your credit/debit process please contact the School Administration Office.

Advance notice: Car Boot Sale

Sunday 12 October, 10am – 2pm  
Canterbury Public School

It’s a long way off, but if you are doing any clean-ups around your house, stash all your gear and save it for this event. We can guarantee you more customers than a garage sale at your own place – clear out your clutter, feel good about recycling, make a bit of cash, and help raise some money for the school while you’re at it.

Stay tuned for more details, but meanwhile pass this on to your friends and neighbours – it’s open to everyone to participate.

-----

Ms Ronayne, Acting Deputy Principal’s Report:

This term updated staffing arrangements mean I have continued in the Acting Deputy role for term 3. Ms Andrews will take over in term 4 and continue in semester 1, 2015. Mr Anderson is on leave until week 4 of this term and we wish him well as he enjoys well deserved time away and we thank Ms Felsch for relieving in the DP office. Ms Strachan is currently relieving Ms Slattery in the Head Teacher English role, and Ms Jenkins is filling the seat in TAS for Ms Felsch. It is wonderful to have such a breadth of experience and willingness in our staff to relieve in higher duties, thus ensuring continuity for our students.

We have hit the ground running for a hectic term 3. By the time you are reading this the HSC Dance and Drama Showcase evening, Year 5 Enrichment Program, HSC Trial Exams, 2015 Prefect Elections, Year 7 and 8 Debating at Sydney Girls, Legacy Public Speaking Finals and Education Week performances at Ashfield Mall have happened, as well as Year 9 Camp.

See the dates for the fridge section at the end of the newsletter for more information about upcoming events, and always remember to logon to the student calendar via the Canterbury Girls website.

As we experience the coldest months of the year after such a beautiful warm autumn, please keep up punctuality in the mornings, and be attired in correct warm uniform items. Parents, please advise of any absence due to sickness by text or phone call daily.

-----

Resources for parents

Parenting Strategies: Protecting Your Child’s Mental Health

www.parentingstrategies.net

Learn some parenting tips to protect your child from mental health problems, and get personalised feedback on your current parenting around these issues.

eheads

www.eheads.org.au

1800 650 890

A confidential, free and secure space where young people 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Parentline

A confidential telephone counselling service providing professional counselling and support for parents and those who care for children. The aim of Parentline is to nurture and support positive, caring relationships between parents, children, teenagers and significant other people who are important to the wellbeing of families.

Parent Line NSW

www.parentline.org.au

1300 1300 52 (cost of a local call)

24 hours a day, seven days a week

A few excerpts from the site are included below:

Help your teenager to deal with problems

Learning to deal well with problems can help reduce a teenager’s risk of developing depression and clinical anxiety. Try to demonstrate effective problem-solving approaches for your teenager and teach problem-solving strategies by working through real life problems together. (Cont.)
When your teenager is faced with problems:

- Ask them what they need from you (e.g. whether they just want you to listen or to offer advice).
- Give your teenager time to talk through the problem before offering to discuss solutions. Do not try to solve all their problems for them.
- Help them break down potential challenges into smaller steps that are manageable.
- Encourage your teenager to consider the effects of their actions on other people.
- Encourage your teenager by reminding them of times in the past when they have dealt well with problems.
- Praise your teenager when they deal well with problems. Recognise and encourage their problem-solving efforts, rather than focusing on the outcomes.

When your teenager is faced with problems:

- Make a list of strategies that have worked in the past for depression and use them.
- Keep talking to your teenager about how they feel so that people close to them are aware of their feelings.
- Establish a regular time to talk to your teenager about how they are feeling and what they are going through. This can help you to notice any changes in their mood.
- Help your teenager to think of their specific actions as good or bad, rather than considering themselves to be a good or a bad person. If you notice that you are criticising your teenager in a personal way (e.g. “Your father will always be good for nothing!” or “Your mother is so selfish!”), but only in terms of things that they do (e.g. “Your father is so grouchy when he is working too hard” or “I get mad at your mother when she takes this long!”).

Minimise conflict in the home

As far as possible, try to make the family home a supportive and safe environment for your teenager. Being part of a family where there is frequent or unresolved conflict and lingering resentment increases a young person’s risk of developing depression and clinical anxiety.

Minimise conflict with your partner

Frequent and intense conflict between parents increases a teenager’s risk of developing depression and clinical anxiety. On the other hand, avoiding conflict altogether is not helpful either. If you do have conflict with your partner, do not ask your teenager to choose sides. Also, you should not criticise your partner in a personal way (saying things like “Your father will always be good for nothing!” or “Your mother is so selfish!”), but only in terms of things that they do (e.g. “Your father is so grouchy when he is working too hard” or “I get mad at your mother when she takes this long!”).

Avoid criticising your teenager

Repeatedly criticising a young person increases their risk of developing depression and clinical anxiety. Rather than criticising your teenager in a personal way (e.g. “You are so lazy and spoilt.”), comment specifically about their actions (e.g. “You put in the effort for sport, but what about your studies? You need to balance your time better.”). You should encourage your teenager to think of their specific actions as good or bad, rather than considering themselves to be a good or a bad person. If you notice that you are criticising your teenager in a personal way or you lose your temper with your teenager, you should acknowledge it and apologise to them.

It’s worth reflecting on how you yourself were treated by your parents, as this can influence how you now treat your own child. For example, if you were heavily criticised by your parents, you may not be aware of how critical you are of your own child.
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: Wednesday afternoons — one session per week for 6 weeks
from Wednesday 6th August — Wednesday 10th September 2014
Time: 4:30pm—6:30pm
Venue: Rosemount Good Shepherd
440 Marrickville Road, Marrickville

REGISTRATION IS ESSENTIAL please contact:
Carol Ashmore or Jo Evenden on Ph: 8571 7800
Email: carol.ashmore@rosemountgs.org.au or jo.evenden@rosemountgs.org.au

Also now available, THE AUSTRALIAN PARENTING APP
FREE from iTunes App Store or Android Market.

www.rosemountgs.org.au

NEW DEGREES IN
FINANCIAL SERVICES
Finance degrees for ambitious students, from one of the world’s top universities.
REGISTER NOW

Join us at our Sydney City campus Open Day to hear about our new degrees in banking and financial services. Meet the lecturers. Tour the campus. Meet students, corporate partners and the Executive Dean of the Faculty of Business.

The two specialised undergraduate degrees offered at our Sydney City campus were designed in collaboration with corporate partners. Students will acquire the knowledge needed to meet the challenges of an expanding financial sector.

The Bachelor of Accounting and Financial Services and the Bachelor of Banking and Financial Services are ideal for ambitious students wanting to establish a profession in areas such as banking, financial planning, superannuation, accountancy, funds management, investment analysis and business development.

Date: Saturday 30 August 2014
Time: 10:00am – 2:00pm
Place: Sydney Business School
Gateway Building, Level 8
1 Macquarie Place, Circular Quay
RSVP: Monday 25 August 2014
to business-events@uow.edu.au

For more information please visit business.uow.edu.au or contact Kimberley Humphries: on phone 02 4221 5661.

The two specialised undergraduate degrees offered at our Sydney City campus were designed in collaboration with corporate partners. Students will acquire the knowledge needed to meet the challenges of an expanding financial sector.

The Bachelor of Accounting and Financial Services and the Bachelor of Banking and Financial Services are ideal for ambitious students wanting to establish a profession in areas such as banking, financial planning, superannuation, accountancy, funds management, investment analysis and business development.

Date: Saturday 30 August 2014
Time: 10:00am – 2:00pm
Place: Sydney Business School
Gateway Building, Level 8
1 Macquarie Place, Circular Quay
RSVP: Monday 25 August 2014
to business-events@uow.edu.au

For more information please visit business.uow.edu.au or contact Kimberley Humphries: on phone 02 4221 5661.

Our Sydney Campus
NEW DEGREES IN
FINANCIAL SERVICES
Finance degrees for ambitious students, from one of the world’s top universities.
REGISTER NOW

Join us at our Sydney City campus Open Day to hear about our new degrees in banking and financial services. Meet the lecturers. Tour the campus. Meet students, corporate partners and the Executive Dean of the Faculty of Business.

The two specialised undergraduate degrees offered at our Sydney City campus were designed in collaboration with corporate partners. Students will acquire the knowledge needed to meet the challenges of an expanding financial sector.

The Bachelor of Accounting and Financial Services and the Bachelor of Banking and Financial Services are ideal for ambitious students wanting to establish a profession in areas such as banking, financial planning, superannuation, accountancy, funds management, investment analysis and business development.

Date: Saturday 30 August 2014
Time: 10:00am – 2:00pm
Place: Sydney Business School
Gateway Building, Level 8
1 Macquarie Place, Circular Quay
RSVP: Monday 25 August 2014
to business-events@uow.edu.au

For more information please visit business.uow.edu.au or contact Kimberley Humphries: on phone 02 4221 5661.

Honour & Sacrifice
ANZAC Art Competition for Young People

Are you creative?
Aged between 12 -24?

Create an artwork or short film exploring
Sacrifices made by Australians in war,
conflict and peacemaking.

FIRST PRIZE $500
SECOND PRIZE $300
THIRD PRIZE $200

Entries close Friday 3 October 2014. Conditions apply.
For more info phone Tel: (02) 9716 1800 or email info@ashfield.nsw.gov.au.
This project is run by Ashfield Council with generous support from NSW Government.

www.rosemountgs.org.au
### Go4Fun Term 3 2014: South West Sydney

<table>
<thead>
<tr>
<th>AREA</th>
<th>WHERE</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIVE DOCK</td>
<td>Five Dock Leisure Centre</td>
<td>MON &amp; WED 4.00pm – 6.00pm</td>
</tr>
<tr>
<td>GLEBE</td>
<td>Glebe PCYC</td>
<td>TUE &amp; THU 4.00pm – 6.00pm</td>
</tr>
<tr>
<td>LAKEMBRA</td>
<td>Australian National Sports Club</td>
<td>MON &amp; WED 4.00pm – 6.00pm</td>
</tr>
<tr>
<td>MARRICKVILLE</td>
<td>Marrickville PCYC</td>
<td>THU 4.00pm – 6.00pm</td>
</tr>
<tr>
<td>PUNCHBOWL</td>
<td>Punchbowl Public School</td>
<td>TO BE CONFIRMED</td>
</tr>
<tr>
<td>STRATHFIELD</td>
<td>Dutton Centre</td>
<td>SAT 1.00pm – 3.00pm</td>
</tr>
</tbody>
</table>

**COULD YOUR KIDS DO GO4FUN?**

- Free program for kids aged 7-13 above a healthy weight
- Families learn healthy eating and exercise with fun games
- Builds confidence and self-esteem confidence
- After school during term in an encouraging environment

**Attention, Behaviour, Cognition ADHD**

**WE CAN HELP!**

**You are invited to our FREE information evenings**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Sydney Community Centre</td>
<td>220 Miller Street, NORTH SYDNEY</td>
<td>THURSDAY 17th JULY 2014</td>
<td>6.30pm for 7pm start. Finish 8pm</td>
</tr>
<tr>
<td>Mercure Liverpool Hotel</td>
<td>424 - 458 Hoxton Park Road, LIVERPOOL (Cnr Joadja and Hoxton Park road)</td>
<td>TUESDAY 22nd JULY 2014</td>
<td>Session 1: 4.30pm for a 5pm start... finish 6pm or, Session 2: 6.30pm for a 7pm start... finish at 8pm</td>
</tr>
<tr>
<td>Penrith Panthers Event Centre</td>
<td>123 Mulgoa Road, PENRITH</td>
<td>THURSDAY 24th JULY 2014</td>
<td>6.00pm for a 6.30pm start. Finish 7.30pm.</td>
</tr>
</tbody>
</table>

**Who should attend?**

- Parents and carers of children with mild learning difficulties (attention, behaviour or cognition)
- Parents or carers of children with diagnosed Learning difficulties such as ADHD, Dyslexia, Dyspraxia or Aspergers
- Teachers or learning professionals
- Occupational Therapists or Psychologists interested in movement based learning remediation

**For further information call 1300 LETS MOVE**
**SPECIAL SCHOOL OFFER**

**SUPER LOW FIXED & VARIABLE HOME LOANS**

resi Inner West will donate **$200** to your school for each new loan settled from now, until the 30th November 2014. Valid for staff, family and friends who mention this ad.

---

**FIXED RATE HOME LOAN**

<table>
<thead>
<tr>
<th>Rate Type</th>
<th>Rate</th>
<th>Comparison Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Year Fixed Rate</td>
<td>4.88%</td>
<td>5.35%</td>
</tr>
</tbody>
</table>

**VARIABLE RATE HOME LOAN**

<table>
<thead>
<tr>
<th>Rate Type</th>
<th>Rate</th>
<th>Comparison Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Variable Rate</td>
<td>4.89%</td>
<td>5.26%</td>
</tr>
</tbody>
</table>

Whether you’re a first home buyer, looking to refinance or invest in property we have the right loan for you!

Make the call that makes the difference.

**0424 948 800**
resi.com.au

---

What you need to know:
- What you need is income, assets and creditworthiness. Rate and charges, interest only or principal and interest. (Rate is based on a $500,000 loan amount at a Principal and Interest rate of 4.88% pa, and 80% Lending to Value (LTV) and 2 year fixed term. The comparison rate is based on a $500,000 loan amount at a Principal and Interest rate of 5.35% pa with 80% LTV and a term of 2 years. The comparison rate is based on a $500,000 loan amount at a Principal and Interest rate of 5.26% pa with 95% LTV and a term of 1 year. All rates are true as at 20th June 2014. Rates and charges are subject to change without notice and may not be available at all branches. Conditions, fees and other loan and rates may result in a different comparison rate. Australian Credit License Number 390669.

---

**YourTutor**

Now available Sunday to Friday 4pm - 8pm.
YourTutor creates an online classroom where students are connected to qualified, expert tutors for one-to-one help with homework, assignments, exam preparation and study questions. It is designed to assist students from years 4 to 12.

Access YourTutor online from the Library website under Online Resources.
School years are foundational as a young person forms their identity and sense of self-worth. Schools are host to an array of young people who are earnestly striving to fit in with their peers, do well in classes, impress their parent/s and find an identity. Students who are considering their sexuality or gender identity may be facing challenges that are not shared by their heterosexual peers. These young people are more than simply coming to terms with who they are; many feel isolated, both socially and from their families.

It is neither sexuality, nor gender identity, that impose these challenges - they emerge from being in an environment within which young people feel uncomfortable or unable to be themselves. There are often underlying cultures in schools which can cause these young people to feel that there is something wrong with them, or that they are invisible. This can greatly affect their self-esteem, mental health and wellbeing, as well as incur an array of academic and social challenges.

All students deserve to feel safe, valued and respected in our schools. So too do they deserve to be protected from bullying, intimidation or harassment. Young people questioning their sexuality or gender identity should feel supported and encouraged whilst at school, confident in the knowledge that they are just as worthy and able as their heterosexual peers.

Sexuality and/or gender diverse young people are:

• In every school. It is well established that approximately 1 in 10 young people identify as sexuality and/or gender diverse – that’s 3 in most classes!
• Are made to feel like it’s not alright to be happy with who they are
• Don’t want special treatment, but want to be just

In comparison to their heterosexual peers, sexuality and/or gender diverse young people are more likely to\(^1\):

• Be targets for bullying, humiliation, belittling and rejection.
• Feel unworthy, abnormal, invisible and isolated.
• Have grades drop, skip class, or drop out of school altogether.
• Have lower self-esteem
• Be at risk of depression and suicide


* Blanket term to describe individuals who may identify as gay, lesbian, bisexual, transgender, intersex, queer or many other identities.
What is the USU School Tutoring Program?
• The School Tutoring Program has been operating at the University of Sydney Union since 1984.
• The program was developed in response to a City of Sydney Council report on the progression of local school students to tertiary education.
• The School Tutoring Program aims to provide tutoring services to school students in the local area who require assistance outside the classroom and may not otherwise be able to access tutoring services.

Who are our tutors?
• Our tutors are University of Sydney students who volunteer their time to the school tutoring program.
• Our volunteers are selected through an interview process and all possess a Working with Children Check Clearance.
• Our volunteers do not necessarily have any previous tutoring experience. Tutors receive support and assistance from USU staff.

When does tutoring take place?
• Regular tutoring sessions will commence in the second half of August (specific date TBC) and will conclude for the year on Friday 31st October.
• University students are not obligated to tutor during their examination period and university holiday periods.
• All tutoring sessions take place once per week and are one hour in duration.

Who can apply for the School Tutoring Program?
• The program is designed specifically for Year 11 and Year 12 students who are undertaking their Higher School Certificate.
• The program is intended for students who are struggling in their studies and are unable to access tutoring services elsewhere.
• USU staff will do their best to find matches for all students who apply to the program. However, we cannot guarantee that a match for all students will be found. Therefore, students’ acceptance into the program may be prioritised based on need.

Where does tutoring take place?
• The School Tutoring Program has a number of designated tutoring areas on Level 4 of the Wentworth building at the University of Sydney.
• All tutors and students must sign in at the International Student Lounge on Level 4 of the Wentworth building at the start of every tutorial.

What subjects do we tutor?
• The subjects we offer depend entirely upon the skills and experience of our volunteer tutors.
• Common subjects such as English, Mathematics, Science, Humanities and Languages are generally easy to cater for.
• Though we accept requests for tutors for all HSC subjects, we may not be able to provide tutors for more specialised subjects.
• To get the most out of the 1-hour session, we advise that students focus on one subject for tutoring. It will be at the discretion of each tutor whether to provide assistance with additional subjects.

How do I apply and what will happen next?
• Applications for the School Tutoring Program for Semester 2 in 2014 are now open and close on 31st July 2014.
• Students must fill out the application form that is enclosed in this package. If you have not received an application form, please contact the program coordinator at schooltutoring@usu.usyd.edu.au.
• A parent or guardian must sign the application form.
• USU staff will match students with tutors based on the subjects they require assistance with (in order of priority), their availability and their tutor preferences as listed on their application form.
• Students will be notified before the end of August as to whether a match has been found.

Study Skills Workshop
• New in 2014, the School Tutoring Program is introducing a Study Skills Workshop for all students and tutors that will be run by Enhanced Learning Educational Services. This workshop will take place on 26th August 2014 and is free of charge for all students registered with the program.
• Study Skills Workshops by Enhanced Learning Educational Services provide valuable information to assist students in improving their memory, time management and study techniques and are recommended to any student preparing for his or her HSC examinations.

If you have any further questions you are welcome to contact the USU Volunteer Coordinator at schooltutoring@usu.usyd.edu.au.
Think of some of your own internal motivators and write them down:

1. High marks
2. Interest in a particular subject
3. University entry
4. Desire to give yourself greater future opportunities
5. Seeking knowledge because knowledge is power

ANXIETY

Anxiety is the most common enemy of motivation. A little anxiety can be a good thing because it will energise your study program, but when difficulties become overwhelming and self-doubt sets in, anxiety can act to decrease motivation and sometimes cause physical effects.

Be aware of anxiety. Focus your thoughts on those internal reasons for studying. A consistent balance between internal and external motivators will yield the best result.

If your anxiety or frustrations cause you a level of discomfort, it is important that you seek support. In addition to your family and friends, support can be found from Lifeline Australia. Lifeline provides 24-hour confidential telephone counselling to anyone within Australia. You can talk to them about any problem, big or small.

Call Lifeline Australia on 13 11 14 or visit www.lifeline.org.au.
A HEALTHY HSC

The HSC can be both mentally and physically tough, and (especially at the final stage) it is important that you ensure your good health: it is just as important as your study.

EATING WELL

Good nutrition is even more important at the final stage of your HSC. You may think that Coke, chocolate, caffeine and foods high in sugar will help you through late night study because of the burst of energy they give, but these foods have a negative affect on overall concentration and memory.

Try to drink at least 1.5 litres of water daily - buy a bottle that holds just this much and fill it before each study session. The brain needs to be hydrated to be functioning at its best. Coffee and soft drinks will lead to dehydration, which can affect your concentration and cause fatigue and irritability.

EXERCISE

Not only is exercise good for your overall health and fitness, but it also boosts your mental wellbeing.

Exercise will help keep you calm during exams. You’ll feel more energised and refreshed, and that in turn will help you perform better in your studies.

During exams you may feel unable to take much time out from studying. Instead of giving up on exercise altogether, try taking small, regular breaks to refresh yourself and clear your mind. A 15-minute walk can be enough to revitalise the mind and unscramble your thoughts.

See our basic pre-study exercise techniques on page 8.

SLEEP WELL

Your brain is powerful, but to work at optimum capacity it needs to have time to rest. Ensure you have adequate sleep in the weeks leading up to your final exams, especially the nights before an exam.

An extra hour of sleep can be more beneficial than an extra hour of study.

HEALTHY STUDY METHODS

1. Don’t eat your meals while studying. Allow yourself the time to concentrate on something else. Preparing your own meal, such as a sandwich, can be a simple way to relax your brain.

2. If possible, eat meals with others, such as your family. This will give you time to talk about topics other than the HSC.

3. Go to bed early the night before an exam, and wake up early the next day. Allow yourself the time to do your normal morning activities such as having a healthy breakfast.

4. Remember, it’s quality not quantity that makes your study valuable. Set some obtainable goals before each session, and stop to rest once they have been reached.
Take control, get help online

Lifeline kicked off a national awareness campaign to promote our online Crisis Support Chat service in May. In support of the campaign Omar Dean, an X-factor contestant from 2013, has joined Lifeline as our National Online Crisis Support Chat Ambassador. Since X-Factor, Omar Dean’s career and popularity has soared, but some people may not be aware he was significantly bullied at school and turned to music to cope.

Q&A Chat Ambassador

Omar Dean

Name: Omar Dean
Occupation: Singer/Songwriter

Why are you supporting Lifeline?
Because I have dreamt of working in cooperation with an organisation like this all my life – I believe in it, I believe everything they stand for and everything they are doing to assist people in need. I believe they have created such an appropriate resource for so many people who have been through similar experiences to me and I want to do whatever it takes to encourage that and lend my help where I can, because I know what they do can, and does, change lives.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What inspires you?
Everything! Every place I go, every person I meet. I get to travel a lot so everything I see on the road and in different towns usually inspires a new idea or a new song. But mainly my mother, she is such a strong beautiful character and a representation of how I want to be perceived in my life, inspires me to keep going and stay grounded.


Self-Help-Tools

Developing some strategies to manage stress
Recognising the signs of stress
Monitoring your health and resilience
Understanding why managing stress is important
Understanding what stress is
Understanding the causes of stress
Understanding the effects of stress
Taking control, getting help online


What inspires you?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What inspires you?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.

What are your personal interests?
Music pretty much consumes my life – which is great because it is my number one interest and passion. But apart from that I love spending quality time with friends and family…usually consists of watching movies, drinking tea, going out to a quiet place with a great view. I also love travelling, eating good foods and discovering new talent.
Prefect Afternoon Tea

Canterbury Girls High School hosted their first Prefect Afternoon Tea on Friday the 20th of June. Our Year 12 Prefects were joined by Prefects from other local High Schools to improve our school’s relations with theirs. The schools that joined us included Ashfield Boys, Blackwattle Bay, Burwood Girls, Canterbury Boys and St. George Girls. The event featured great food, thanks to Year 12 Hospitality students, some bonding games and discussions on leadership.

We hope that this new tradition of hosting Prefect Afternoon Teas with the local High Schools will be continued by generations to come.

Clothing Drive

Throughout this term Canterbury Girls Prefects have collected a variety of clothes donated by both students and teachers at school. On the 5th of June during lunch the Prefects held an ‘Op Shop’ in the Cantabrian Hall using the donated clothes. Proceeds from the event and clothes that were not sold were donated to ‘Youth off the Streets’ a community organisation that assists young people in need. A representative from ‘Youth off the Streets’ accepted the raised funds and clothes at our Monday’s Assembly on 23rd of June.

Thank you to all of those students and teachers who kindly donated clothes and who attended the ‘Op Shop’ sale.

Hospitality Work Placement

Congratulations to Year 11 Hospitality students for completing their first work placement. This opportunity has enabled them to improve their practical skills as well assist them in seeing how what they learn in class relates to the work environment. The girls had a variety of different experiences as they worked in restaurants, hotels, hospitals and clubs across Sydney. Thank you Ms Kastanias for providing these pics.

Photography

Taken from the upper storey overlooking the main quadrangle, these photos have been shot by Year 9 Photography and Digital Media students during Monday assembly. The high angle shows off the beautiful setting in the autumn sunshine. The students will continue taking photos from this and other vantage points to record the changing seasons. Thank you Ms Caprin for facilitating these pics.

Lion King Excursion

On Wednesday the 25th July, 44 students from Canterbury Girls’ High School were invited to watch the Lion King live at the Capitol Theatre in the city. Myself and my cousin Daisy had the most amazing experience as this was our first time watching a professional Music Theatre performance.

As soon as the show started I literally started getting goosebumps because of how excited I was. The way it was acted out was exactly how it was in the movie. The actors were very professional and had all their lines learnt and amazing singing voices.

I will definitely go see another live theatre show in the future.

By Trina Taura, Year 9

 spirits, falafel, kofta and even grilled chicken. As such food is normally eaten in the Arabic culture with pita bread, rather than forks and spoons, we encountered the small problem of girls accidentally eating all of their ‘utensils’ during the food sampling process!

Arabic MasterChef

Did you know that research has shown that Mediterranean cuisine is the healthiest cuisine to consume? 7P and 7M attempted to create and discuss some famous Arabic dishes for their end of term Arabic MasterChef competition. We had some amazing results with fantastic attempts made at cooking tricky foods such as Arabic sweets, Kofta and even tabouli. And the winners were....stuffed vine leaves (warak enab) made by 7M and the Kofta and tabouli team from 7P. Well done everybody (and thanks for the recipes!).
Year 10 Commerce
Downing Centre excursion

The chilly morning of June 24 greeted us, the year 10 Commerce class, as we arrived at the station to purchase our rather costly train tickets. As Mrs Venkatesan marked the role, to our despair, our time in the crisp wintry morning wind was extended as we awaited the late comers to grace us with their presence. Finally, we rushed down to the platform, boarded the train and exited at Museum station where we raced to the intriguing Downing Centre. Upon entrance, a security check was the least of our worries as we witnessed each professionally dressed legal representative with their mound of paper and books all in glorious colours. It enabled us to realize how different the theory of court proceedings were from the actual proceedings, allowing us to decide whether this was the path our potential careers were destined for.

After a thoroughly fascinating, insightful and invigorating day at the court, the race was on......

McDonalds, Subway or Starbucks? After purchasing all our culinary delights did we settle down in gorgeous Hyde Park where the sun was radiating with warmth, illuminating our lively discussions about our visit to Downing Centre. All in all, it was an enjoyable, educational and delicious trip to the legal central of NSW. A huge thanks to Mrs Venkatesan for organising the trip and allowing us to live the pages of the textbooks. Thanks again and in true legal fashion, “the case has been adjourned for the day.”

Nafisa Trisha, Year 10 Commerce

PDHPE - Fire Fitness

At the end of term 2 the Year 9PASS class were lucky enough to have a personal training session with James Ghislain from Fire Fitness. It included a 1½ hour session focussing on cardio work and strength training, incorporating Fire Fighting skills. The students completed a gruelling circuit of Kettle Bells, TRX training, rope whips, dummy dragging and more. All students gave 100% effort and definitely felt the effects the next day!

Ms Naisbett

From the desk of our School Counsellors:
Teen Sleep

- Teenagers need on average 9 hours sleep a night.
- 70% of teens get inadequate sleep, but just 2% seek help for it from their doctor.
- The main cause of teen sleep deprivation is excessive night time use of electronic media.
- Three key sleep problems in adolescents are: inadequate sleep hours, delayed sleep phasing and psychological insomnia.
- Sleep deprivation has been linked to mood disorders, learning problems, drug and alcohol use, family problems, school absenteeism, poor self-esteem and weight gain.
- The new Woolcock Paediatric Sleep Service will diagnose and treat young people from its Sydney base. Those looking for support outside Sydney can visit Sleepshack at www.sleepshack.com.au

For more fact sheets from the Woolcock Institute go to http://woolcock.org.au/moreinfo/

Top Tips for a Healthy Sleep

- Aim to get up at the same time every morning during the working week, regardless of sleep. The body has an internal clock that works best if there is a regular sleep routine.
- Avoid alcohol before sleep. It impairs the quality of your sleep. Too much alcohol can make snoring and sleep apnea worse.
- Avoid caffeine for at least 4 hours before going to bed. This includes soft drinks, coffee and tea.
- Avoid stimulating activities in the hour before bed. E.g. moderate exercise, computer games and television.
- Eat dinner at least 2 hours before sleeping.
- It is important not to be hungry at bedtime but having a full stomach makes it difficult to sleep.
- Avoid lying in bed during the day. Using the bedroom to watch television, make phone calls, read books or study makes it harder for the brain to link the bed with sleep.

CGHS Band Camp

Last term, the CGHS school orchestra and music ensembles had the opportunity to attend band camp at Berry Sport and Recreation Centre. As we first laid our eyes on the accommodation, we were mesmerised by the shower of orange petals streaming over the balconies. We made our selves at home in our cozy rooms, and then it was off to lunch. We spent the next three days eating beautifully prepared food, rehearsing our repertoire of carefully selected songs, playing trivia, exploring the stunning grounds of the camp and even participating in a highly competitive talent quest - won by year 10 and 11s with their astounding a Capella mash up performance.

The intense rehearsing really brought the groups together as a whole, and the acoustics of the rehearsal room provided an excellent sound and fantastic result - the pieces sound fantastic! Not only did we participate in musical activities, but some people had a go at the giant swing and archery. Some girls were shooting targets, and others were nervously awaiting their turn of being hoisted up into the air and released at fast speeds. Overall, band camp was an awesome three days...we can’t wait for the next one!

A huge thank you to Ms Flannery and Ms Wilson who rehearsed with us all day, and of course to Ms Conroy who supervised us and became a personal catering service, trekking all the way into town to get us some food - and paying for everything separately! They all put up with us for three days, snaps to them.

CGHS Orchestra

CGHS Faculty Reports
**REMINDERS for families**

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](http://www.canterbury-h.schools.nsw.edu.au)

**PLEASE CONTACT US**

if any personal contact details have changed, see our email contact below:

canterbury-h.School@det.nsw.edu.au

---

**PARENTS AND CITIZENS ASSOCIATION**

**2014 P&C Executive**

President: Jo Schofield
Vice Presidents: Mailin Suchting & Patrick Walsh
Secretary: Sue Aujard
Treasurer: Stephen Gallagher
Email: canterburyghsparentsandcitizens@gmail.com

**2014 Dates:** 4th Wednesday of the month.
Cantabrian Hall, entry via Church Street.
Jul 30th, Aug 27th, Oct 22nd, Nov 26th

---

**Dates for the Fridge - Upcoming Events:**

(always check online for the very latest calendar)

- **July 30 – Aug 1** HSC Trials continue; P&C Meeting
- **Aug 4** Year 9 LEAPS
- **Aug 7** Australian Mathematics Competition
- **Aug 8** MMR Vaccinations
- **Aug 8** Year 12 Advanced English to *Hamlet* performance
- **Aug 11-15** Years 7-10 WOW Week of Well Being
- **Aug 19** 2015 Prefect & SRC Investiture Assembly
- **Aug 21** Year 11 bstreet smart presentation
- **Aug 22** Year 8 English cartooning incursion
- **Aug 25 – 29** Year 11 Variation Free week
- **Aug 27 – Sept 1** Art Exhibition
- **Aug 27** P&C meeting
- **Aug 28** Wear it Purple Day
- **Sept 1 – Sept 12** Year 11 exams
- **Sept 1** Year 9 LEAPS
- **Sept 2** Year 10 Drama excursion to Pilgrim Theatre
- **Sept 11** *R U OK?* Day

---

**JULY-AUGUST 2014**