Congratulations to:

- All cast and crew, students and staff, involved in the 2014 school production, Fancy Footwork, for the matinee and evening performances on May 29th. This was a extremely high standard performance evening and all students who participated should be very proud of themselves. See the photos on pages 10-11.
- Dance company and ensembles – we have been selected again for School Spectacular.
- Senior musicians, pictured above, who have performed at two community events recognising Volunteering Week, the state launch at Lakemba on May 14th and the Canterbury Earlwood Care Association function on May 28th. Additionally Canterbury Girls musicians have performed at Campsie Food Festival on May 31st.
- Katie Chung Year 11, pictured above, the Canterbury Girls Zonta Citizenship awardee for 2013, who was recognised at the Annual Zonta Club of Western Sydney dinner on May 26th. See the item on page 3 for more details.
- Lilyana Abrams and Krystielle Sarez who have received awards from Canterbury-Earlwood Caring Association for outstanding volunteer service during the past 6 months.
- CGHS students, pictured above, participating in the Red Shield Appeal.

Top left: Scout Eastment, Xannie Gal, Sheakeal Adams and Leni Louezzi with Noelene Brown, volunteers luncheon.
Above: Katie Chung, Annual Zonta Club of Western Sydney dinner.
Left: “Taken at the Salvation Army Centre in Campsie, where students from Canterbury Girls participated in the annual Red Shield Appeal on Saturday May 24th. Collecting as Canterbury Girls High School, collaboratively we raised $547. Participants pictured are: Diana Isham, Betty Nguyen, Amy Wang, Zlata Angelkoska, Hee Won Song, Jennifer Choi and Nafisa Trisha. All participants were presented with a certificate and voucher as shown in the photo.” Nafisa Trisha, Year 10.
All CGHS participants in the Zone Cross Country on May 20th (see full list of names on page 8) The best on the day who progress onto Met East Regional Cross Country Carnival are: - 12 yrs: Marie Ikonomou (6th) - 13 yrs: Maya Wood-Thomson (2nd), Reggie Ratuvou (6th), Felix Hodgson (8th) Mild Hangphai (11th) - 14 yrs: Matilda Goslett (10th), Eliza Goslett (12th)

Thank you to:
- Our current canteen lease holders Cantina, Cathy Brymer and Amanda Williams who have run our canteen for the last five years and have done a great job. We thank you for the fantastic support of our school’s sustainability efforts and of our fundraising efforts, as well as supplying quality food across the five years. We all wish you all the best for the future.
- Canterbury Hurlstone Park RSL for the recent $11,400 donation towards the Fit Club, Numeracy support and Indigenous student support.
- Parents, Karin, Mark, Chris, Stephen, Annie, Jackie and students, Adelaide, Coco, Angela, Lil, Stella, Michaela, Latifah, Paloma, Te-Maara, Paige, Amber, Sadia, Diya, Reem, Duang who participated in the recent gardening working bee. A lot was achieved and thanks to all for the effort. A special mention to parent Karin Badart who has not missed the bi-annual working bees in seven years. A sterling effort.
- Ms Olive Barry for the outstanding work with the three Drama ensembles to create a stunning Drama performance, Fancy Footwork. Also thanks to all the staff who supported Ms Barry and students during the five months of preparation leading up to this event.
- Parent Sharon Smith, who is on the HSE faculty evaluation team.
- Parent Trish Graf for production of the Fancy Footwork advertising material and photo spread, as well as the continuing dedication to our newsletter publication.
- All parents for cake donations for Drama night, as well as Prefects and Senior Drama students, and Mrs Kastanias, for running the canteen on Drama night.
- The CGHS P&C for the recent donation of $12,000 toward the cost of new staging in the MPC.
- P&C for their previous donation to install reverse cycle air conditioning in Cantabrian Hall: in Semester One we have had relief from the heat, as well as refuge from the cold (especially in the last week or so!)
- To all families who continue to pay off school’s costs and support their daughter’s education by doing this. Reminder to Year 7 parents that Camp part payments still need to keep coming.
- Families and friends who will support CGHS student dance students performing in the Sydney Region Dance Festival next week; Blue Ensemble performs Wed June 18 and Dance Company Thurs June 19 @ Seymour Centre Everest Theatre. 7.30pm $30/$25 conc. Box Office 9351 7940 or visit www.seymourcentre.com/events/event/sydney-region-dance-festival/
felt that the messages of the program would best be conveyed through focussing on the issue of Respect. As such, all Year 7 undertake a range of activities which unpack Respect in its many manifestations at school: Respect for School; Respect for Learning; Respect for Other; Respect for the Environment; Respect for Self and Respectful Relationships.

Year 7 are to be commended on the mature way in which they have engaged with program content. The Year 8 Respect Leaders are to be congratulated on the excellent job they have done mentoring Year 7 students through the White Ribbon activities. At the conclusion to the program all participants should have a deeper understanding of what Respect looks like and how to convey it. Respect in its many manifestations at school:

- **Uniform:** ensuring girls are attired in full school uniform every day of the week; in particular supporting girls to wear black leather shoes on normal school days and proper sports shoes on Wednesdays, and prohibiting the wearing of tights without a covering skirt or shorts under any circumstances. With the cooler weather, I would ask that girls not use multi-colour jumpers and jackets but adhere to approved winter uniform.

- **Social media:** significantly limiting the amount of time girls are accessing social media; monitoring the appropriate use of social media such as Facebook, having regular discussions about safe and responsible use of media, and following up any illegal behaviours with the police. Students should be encouraged to participate in activities which involve their physical engagement and which do not involve the use of social media.

- **Valuables:** reminding your daughter to NOT bring valuables to school, and to keep items such as phones, ipads, laptops on her person at all times. If your daughter leaves these unattended somewhere, there is nothing the school can do to retrieve the item. Losing a valuable causes great distress to the student and her family, so I would ask that parents please reinforce the absolute necessity of securing valuables AT ALL TIMES with their daughters.

- **Telephones:** reminding your daughter to NOT bring mobile phones, ipads, laptops on her person at all times. If your daughter leaves these unattended somewhere, there is nothing the school can do to retrieve the item. Losing a valuable causes great distress to the student and her family, so I would ask that parents please reinforce the absolute necessity of securing valuables AT ALL TIMES with their daughters.

**Reminders regarding ongoing issues**

I just wanted to remind parents that the following remain ongoing issues that I greatly appreciate home support with:

- **Safety:** continually reminding your daughter of the need to be aware of safety issues at all times, especially whilst travelling to and from school; please alert the police and State Transport to any safety issues in relation to bus or train travel. CCTV cameras operate on Sydney buses to enable issues to be investigated.

**Valuables:** reminding your daughter to NOT bring valuables to school, and to keep items such as phones, ipads, laptops on her person at all times. If your daughter leaves these unattended somewhere, there is nothing the school can do to retrieve the item. Losing a valuable causes great distress to the student and her family, so I would ask that parents please reinforce the absolute necessity of securing valuables AT ALL TIMES with their daughters.

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Please contact me by email on andrew.anderson@det.nsw.edu.au or by telephone on 9718 1805 should you wish to discuss any of the aforementioned issues. I greatly enjoy the opportunity to collaborate with families in ensuring each student at our school achieves her personal best!

Andrew Anderson, Deputy Principal

**IN A NINE WEEK TERM** we have had a packed calendar with many notable highlights since the week 4 newsletter was published. The Athletics Carnival was a perfect school event in the autumn sunshine at Campbell Oval, with many making the effort to further enjoy the day by dressing in the farmyard animal theme. The Fancy Footwork theatre evening provided by our Drama ensembles was an incredible array of talent in both the junior and senior groups. Faculties continue to ensure the very best of learning opportunities for our students with Year 7 Visual Arts enjoying a day at the Botanical Gardens, Year 11 Biology heading out on a field trip study, and 35 Year 11 students also having a university experience day at University of Western Sydney.

See the dates for the bridge section at the end of the newsletter to check other important events in the remaining weeks of this term and into Term 3. You can view the Student Calendar and the linked Assessments Calendar online [http://www.canterbury-h.schools.nsw.edu.au/webcal/calendar/7?type=term](http://www.canterbury-h.schools.nsw.edu.au/webcal/calendar/7?type=term)

**Staffing**

Next term I will return to the Head Teacher Student Well Being role after this semester in the Acting Deputy office. Thank you to Ms Kathie Burgess who has relieved during this period – she has done a fantastic job, as has Ms Vicky Michos as Year 8 Year Adviser.

A big thank you to the Office staff for all their support during Terms 1 and 2, and welcome to Ms Robyn Andrews who will resume in the acting position for semester 2, while Ms Jayne Delmas relieves in the Science faculty as Head Teacher.

**Reminders**

As always please support us regarding attendance, punctuality and uniform, especially in the colder weather (which may have finally begun by the time you read this).

Whenever possible please provide a doctor’s certificate to cover any sickness of more than two days; if sickness tends to recur and there are multiple single days at home over a period of three or more weeks, please provide a doctor’s certificate for any further absences due to illness.

**Online Safety**

In the OP position I have seen some concerning examples of unsafe, potentially dangerous, use of social media by young people. Most students take responsibility for safe use of electronic communications, both for learning and socialising, however some still require much guidance and instruction. Families, please reflect on the use of social media and be aware of its capacity for damage as much as connection. There is an item published in this edition as a starting point on this topic.

We encourage families to contact the Police Youth Liaison Office at their local police station for advice when online contact is of a bullying, harassing or intimidating nature, or if threats of violence are made.

**School Diaries**

For the last several newsletters I have outlined how to access the student diary online and am printing it again below for your reference – all students have been to a workshop and been taken through the log in process and introduced to the use of the diary online.

Access your school diary online, both at home and at school. You should also be able to access it through your laptop, tablet or smartphone. Parent & staff log ins will be available in due course.

[https://lcplanner.com/](https://lcplanner.com/)

- Please go to the Learning Curve site using the link above. For the first login, everyone’s password is: password
- Log in using your school network username, followed by @canterburygirls, as the example below: firstname.lastname@canterburygirls

This resource enables access to an impressive array of study and well being skills, as well as the online diary and calendar to manage time and priorities with homework, tests, exams and assessments.

PARENTS & CAREGIVERS! At the June 24 Parent Teacher Evening for Years 8, 9 & 10 we plan to have a representative from Learning Curve demonstrating the online version of the school diary. Next term staff access will commence and in 2015 we plan to have no hard copy diaries. Parent log ins will be in place for 2015.
Student Leadership Report:

Did you know

the Senior Prefects offer lunchtime tutoring and homework help in the library?

Please contact the Prefects Coordinator, Ms Kastanias, or your daughter’s Year Adviser for further details.

Students can find the friendly and welcoming Prefects in the seminar rooms. Please just come up if you would like to ask for help.

THE PREFECTS have had a busy term. Some of the activities they have been involved in include: providing peer support for younger students (see our notice regarding lunchtime tutoring at right), assisting in serving refreshments at the athletics carnival as well as at the recent Fancy Footwork evening (photo above). Some of the girls have also visited other schools to liaise with school leaders.

A new and very successful initiative was the lunchtime recycled clothing sale on June 6. Shortly they will host their first afternoon tea for school leaders in the Cantabrian Hall.

Mrs Kastanias, Prefects Coordinator.

Parents, Carers and Staff!

You are cordially invited to the Community and Government Agency Expo at Canterbury Boys High School – a public school initiative for the benefit of parents and carers in our local area.

This expo is a forum for community and Government agencies to provide parents and carers with multilingual information regarding their services. Agencies include youth, child and family community organisations, select Government Departments and more.

All information is free and there will be a special prize draw during the event. Refreshments will be provided for free throughout the Expo and some distinguished guests will honour us with their attendance.

Government agencies include Legal Aid, Centrelink, Fair Trading NSW, Health NSW, Ashfield Council and Canterbury City Council and community agencies from both the Ashfield and Canterbury Local Government areas will be represented.

The Expo will feature two information sessions, divided by student performances and a guest speaker from the Department of Education and Communities.

Event details:

Date: Thursday 31/7/14 | Week 3 Term 3
Place: Canterbury Boys High School (Gym) – Holden St Ashbury
Times: 9.15am – 12.15pm
Arrive: 9.00am | Enter: Via gate opposite First St Ashbury

Parking is available in Holden St, First St, Hanks St Ashbury and other streets adjacent to the school.

Parents and carers are encouraged to bring family and friends and we look forward to your participation in this landmark community event.

Do not miss this opportunity to access critical information for your families - in numerous community languages - from service providers in your local area!

Would you like further information?

✓ Visit http://www.canterburyboyshighschool.nsw.edu.au (Home page and Community page)
✓ Or contact Cameron Outsiders I Community Liaison Officer | Canterbury Boys High School
p: 9798 8444 x115 (Mon/Tues/Thurs)
Australian Geography Competition 2014

Geography students from Canterbury Girls High School tested their geographical skills and knowledge against students from all around Australia in the 2014 Australian Geography Competition.

The HSIE faculty is pleased with how our students have performed. We have a number of student geographers at our school who performed to a high level in the Competition this year with 4 students gaining distinctions and 10 credits. The list of high achievers include:

**Distinction, Junior Category**
1. Annie Smith 7A
2. Michaelie Trenbath 8G
3. Coco Wang 8C

**Distinction, Intermediate Category**
4. Latifah Jackson-Vaughan 10.3

**Credit, Junior Category**
1. Evie Muir 7P
2. Thea Swinfield 7A

**Credit, Intermediate Category**
3. Claire Bowen 9.5
4. Taylor Chang 10.2
5. Amsu Gurung 9.4
6. Ursula Hartung 10.3
7. Taylor Ngo 9.5
8. Hee Won Song 10.1
9. Rebecca Walsh 10.3
10. Amy Wang 10.1

2014 CGHS Team to St George Zone Cross Country (Tue 20th May)

Year 7
- Marie Ikonomou
- Neil Bryson-Smith
- Lillian Jonas-Moralee
- Maya Wood-Thomson
- Reggie Ratuvou
- Felix Hodgson
- Mild Hangphai
- Georgia Kirkwood
- Etta Liutaki

Year 8
- Amy Tran
- Jemima Nguyen
- Serena Mac
- Monica Tanuse
- Xantihia Marinelli
- Michaelie Trenbath

Year 9
- Eliza Goslett
- Tilly Goslett
- Ina Williams

Year 10
- Fozelina Falesita
- Dimitra Jordan
- Luafet Tauta
- Jenny Nguyen
- Lucinda Dunstan
- Noor McHome
- Rebecca Walsh
- Thandiwe Gudu

**Spelledrome is here!...**

Students at CGHS are able to enhance their spelling skills with access to the Spelledrome program. Designed by educators, Spelledrome encourages independent learning and the development of critical spelling awareness through stimulation and support, interactive and engaging games. Teachers can create custom work lists for their classes and Spelledrome’s weekly reporting makes it a great way for teachers and parents to keep track of individual student spelling development. Created by the designers of Mathletics, students will be able to access Spelledrome on their BYODs at any time as consolidation or extension of their spelling skills. Students can privately keep track of their own progress, to help them recognise and experience a sense of pride and achievement.

All students 7-10 now have a note for Spelledrome and need to make their payment to Office C ASAP.

Ms Slattery

Year 10 Geography Field trips

On the 13th March 2014, Year 10 students attended an excursion around Cooks River, for the topic Urban Growth and Decline. We observed urban decline along the Canterbury Road and renewal of housing on the banks of the Cooks River. We recorded our findings on the geographical processes occurring in the Canterbury Local Government Area (LGA). The excursion provided insight into the urban dynamics of the local area.

Next week on 12 June 2014, Year 10 students will travel to Collaroy-Narrabeen to investigate Coastal Processes and Management. We will meet the National Park Educational officers at Collaroy beach and we will be taken to Long Reef where we will engage in geographical activities, including sketching, observing and using geographical tools to measure wind. Despite this we intend on having a great time investigating a new part of Sydney.

By Ursula and Rebecca, Year 10

Australian Business Week (ABW) 2014.

Year 10s will be involved in ABW program in Term 4 2014. Watch this space for more information in the next newsletter.

HSIE Faculty.
FANCY FOOTWORK
29th MAY 2014

Telephone 9718 1805 • Fax 9718 3501 • Email: canterbury-h.School@det.nsw.edu.au

TWITTER: @GirlsCanterbury • VISIT: www.canterbury-h.schools.nsw.edu.au
VET: Year 11 Hospitality

Year 11 Hospitality class began the term with enthusiasm and keen culinary inspiration to produce a range of dishes that reflect on the skills that they have learnt. They have been working very hard to get the skills up to Industry Standard as towards the end of the term, Week 8, they will be heading off to Work placement.

In May/June the students have been learning about ‘roux’, ‘batters and coating’ and ‘marinades’. They have also continued to work hard on improving their cutting precision skills.

The following pictures are an example of some of the dishes the students prepared.

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Consultation on strengthening public secondary education in the inner Sydney area

The NSW Department of Education and Communities is looking at how to address changing needs for public secondary education in inner Sydney. They want feedback from the community and have organised a number of ways this can occur. Full details are available at www.dec.nsw.gov.au/sydneyhsconsultation

Consultation is open to parents, teachers, students and the wider community. Comments can be made online, by attending a workshop or by hosting a Kitchen Table Discussion - please go to the website for more information.

The consultation period is from 16 May – 27 June 2014.

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School Canteen

We have a new contractor starting in Term 3. Information about the new provider and the services they offer can be found on the website.

The link is: www.theschoolcanteen.com.au

Our contact number for customer service and enquiries is: 0416 786 603 or via email: orders@theschoolcanteen.com.au

As soon as the new menu is finalised we will publish this on our website.

Our new canteen manager is Kylee Brown.

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Free* Driving Lesson
googlegoogle

AHAAH.com.au/
free-lesson

Aussie Help and Hope Pty Ltd t/a

Ahah Driving School

ABN 1210890638 Licence: 10589. Class: Car.

*See online for conditions.

This offer is a part of the government initiative “Keys 2 Drive” program, see www.keys2drive.com.au for more information.
HELP YOUR CHILD WITH CAREERS - www.myfuture.edu.au

A few lucky people know from an early age what they want to spend their life doing. The rest of us fit somewhere in between having some ideas and no idea.

It is not unusual for young people to be unclear about their direction in life and it is often not until their early twenties that they gain a good sense of who they are.

Our system, however, asks much younger people to make decisions based on knowing who they are and what they want to achieve in life – think subject selection, elective choices, vocational study opportunities. There is a wealth of information about possible choices, which can leave people feeling overwhelmed, unable to decide or perhaps even uninterested in the whole ‘careers thing’.

Finding out who you are and what you want to do is a process that depends on many factors. Below are ten strategies that may assist you and your child.

1. Stay calm and open-minded

Remember, it’s your child’s life and your child’s choices to make, not yours. Many parents believe that they must insist on certain directions for their child. There is a difference between guidance – where you explore and talk respectfully – and bossiness – where what you want is paramount. Children appreciate guidance. They usually do not appreciate control.

2. Be a positive influence

You do, however, have valuable experience and insights to assist your child in their career decisions. Talk about your career – tell your child how you arrived where you are today. Perhaps as you talk you could draw your ‘path’, and highlight events and experiences that influenced how your goals were realised, or not. The important messages here are your hopes and dreams, how you managed change, what external factors affected your decisions and how comfortable you felt at various stages, as well as how you feel now. Share any plans and goals you might have and how you see your future panning out. This underscores the idea that career decisions are made often during a lifetime.

3. Encourage your child to talk to other adults about their careers

Hearing about careers from young as well as mature adults will build a positive sense of self in relation to your child’s place in society at different life stages. This is an important idea for them to grasp. Perhaps they could talk to their grandparents, aunts, uncles, their friends’ parents or other family, friends or people they know.

4. Watch movies and television together

Most characters in movies and television dramas have, will have, or did have some kind of work. Discuss the characters, what they do, how satisfying you think their lives are and how work contributes to their happiness. You could also talk about book characters or people in other areas of the media in the same way.

5. Talk about the people you know or those you meet in your day-to-day activities

Ask questions like, ‘Do you think Sally likes being a nurse?’ or ‘Do you think the dentist is good at her job?’ This will lead to discussions about the benefits or otherwise of doing certain jobs, as well as more general questions about why people work.

6. Baking things together

Baking a cake, planting a veggie garden, making a website, playing a video game, programming a phone – whatever the activity, do it together and use it as an opportunity to compliment your child on their skills. Keep it simple: ‘You are very organised when you cook I see: turning on the oven, preparing the tin, assembling all the ingredients before you start’. Wait for a response. In time, you can begin to underscore these skills and link them to the workforce: for example, ‘Organised people are few and far between at my work,’ or ‘Plumbers need to be organised, otherwise they miss out on making money because they’re too slow and people don’t refer them on’. These conversations highlight the importance of recognising one’s own skills and how such skills are valued in the workplace.

7. Ask your child what would they choose if they could be or do anything in the whole world

Your job here is to listen and remember. Maybe later you can use the responses when a career-related discussion arises or a decision needs to be made. ‘Would you consider drama as an elective?’ You said once you wanted to be a famous actor.’ Your child may be encouraged by such a statement and open up about the benefits of drama. On the other hand, your child may look at you disdainfully and offer a correction. ‘That was when I was a kid. I don’t have that dream anymore.’ In any event, there is now an invitation to continue talking about what dreams and aspirations are now current. People are generally happier and more satisfied if they can turn their dreams into reality. You can help your child by showing how that works in practice.

8. Make it easy for your child to participate in work experience programmes

This may include formal work experience or other school-organised fieldwork that has a focus on the workforce. Knowing what does not appeal is just as important as knowing what does. Wide experience can open eyes and change views. The How to arrange work experience section has more information.

9. Encourage your child to participate in activities at school or in the community

Your child could help out at a sports club, join their school fete committee or get involved in the school production. They could even do ‘special’ jobs around the house such as painting or serious spring cleaning. Such tasks count as work and develop work skills, which are invaluable to learn and practice. It demonstrates to your child that work can be routine, fun and dull on occasions, preparing them for thinking about and making career decisions.

10. If your child is ready, encourage them to seek a part-time job

Help them to write their resume, be there when they deliver resumes in person, and support your child if they don’t get the job. When they do there are forms to fill out, tax file numbers to obtain, bank accounts to set up and superannuation choices to make. Knowing how to do these things is invaluable and can change a person’s view of themselves. Once at work there will be the highs and lows, the shift work, the conflict, the customer issues to deal with. Ask them about their day, listen to them and offer support if they are having any issues. Again, these experiences can and do influence career decisions.

(This information can be viewed in: Arabic, Chinese and Vietnamese. See the following link.)

Jasmine Tyral, Relieving Careers Adviser

Year 11 University Experience Day

The University of Western Sydney kindly put on a day to showcase their University and give prospective students an insight into University courses and life.

What a day it was - so well organised and executed on the part of the University. They started by having a student panel who gave an insight into life at University, tips on how to succeed, an explanation about the meaning of ATAR, advice about the different pathways students could follow and generally motivating feedback about the positive experiences they had had. It was interesting to note that our students receive an additional 5 ATAR points as we are a feeder school for UWS which is very encouraging for our students.

Our students were excited and enthusiastic by the end of this session. Then they headed off to attend workshops which they had picked out themselves; these included information on courses such as health care, medical science, nursing and business. There was a break in the middle of the day and the students enjoyed a free sausage sizzle in the sun on the lawn. Then back for more great activities. Questioning the students about their impressions at the end of the day revealed a high level of motivation and enthusiasm. They felt assured that they were capable of managing in this kind of environment and confident that they would aspire to attend University after the HSC.

The students behaved in an admirable manner and it was a pleasure to accompany them on this worthwhile day. Many thanks must go to the University of Western Sydney for all their efforts.

"It was very inspirational and increased my ambition to reach my goals and get into uni. Very interesting and was an amazing fun day."

T Durham, Year 11

Mrs J Tyral (Careers Adviser) and Mrs T Jones (Year 11 Adviser)
Why active kids are less likely to be cyberbullied

At a glance

- Kids who do extracurricular activities encounter less cyberbullying.
- Exercise strengthens resilience.
- Socially connected kids are more able to switch off from online abuse.
- Parents should ask their kids about their online activities.
- Set a technology curfew. Computers and mobile devices should come out of bedrooms at night.

We all know that getting kids off the computer and outside to play is important for their health. But researchers at Griffith University (Gd) have found kids who do extracurricular activities (such as sport or voluntary work) tend to be safer online, encounter less cyberbullying, and are more resilient to harassment if it occurs.

On the other hand, researchers found that kids who spent a lot of time online were:

- isolated in their computer usage (such as having the computer in their bedroom)
- more likely to take risks
- more stressed
- likely to report higher levels of cyberbullying and harassment which distressed them.

The report, The Impact of High Speed Broadband Development on Youth Consumption of Internet (online) Interactive Services and Consumer Well-Being, published last year by Dr Margee Hume and Associate Professor Gillian Sullivan Mort, stated it's actually not what children are doing online that is the problem, it's what they are doing offline which is the key to their wellbeing.

The pair interviewed more than 150 children between the ages of 10 and 18 and found those involved in fewer extracurricular activities were also the ones most likely to exhibit risky behaviour online.

Exercise strengthen resilience

During the course of the study, Dr Hume found that keeping children occupied and active away from the computer for at least 30 minutes a day was one of the key components of cultivating a healthy and safe relationship with the internet, and this is where parents came to the fore.

Children who were most at risk were those who did not have a strong interest in other activities.

“Exercise was a big factor. All the kids who were participating in sports or dancing and other activities not involving the internet had experienced fewer problems online,” she said.

The results also showed that these children had a better sense of self and wellbeing, and could balance out instances of cyberbullying with their friends away from school and the web. They were also less likely to be negatively affected by bullying and could switch off or walk away.

They found the children who were most at risk were those who were socially and geographically isolated, did not have a strong interest in other activities, and whose parents had little or no understanding of the technology their children were using.

Put the communication back into technology

Dr Hume was amazed at the divide between the children's computer usage and the parents' knowledge of how they used technology and what they used it for.

“One thing that would really help bridge this divide is if parents said to their children, ‘Tell me about [for instance] Instagram? I’d like to have an account. Could you show me how to set it up and use it?’ This way, parents have valuable interaction time with their kids and they go on the journey with them. But importantly, they also get to understand the technology their children are using and its potential. It’s very powerful.”

The research indicates it’s important for parents not only to have more of an understanding of the technology their kids are using to communicate, but also to balance the time their kids spend online with other activities away from the computer.

Set a technology curfew

Experts used to advise parents to ensure the computer is in a communal area, not in an isolated place, like the bedroom. The reality is many kids have smartphones, tablets or iPods which can access the internet, so that’s less realistic these days.

Instead make it a RULE in your house that after a certain time (say, 9pm) all devices come out of bedrooms and get charged in the kitchen.

Dr Hume is a big advocate of parents ‘skilling up’ on technology and not being afraid of it, or worse, ignorant.

“Lack of parental supervision, isolated or excessive computer use, and lack of offline activity all increase the risks associated with online activity,” said Dr. Hume.

“It’s about establishing a different relationship with your kids and meeting them half way.”

http://www.cybersmart.gov.au/Parents/Resources~l~link.aspx?_id=85D1F4340F6248F99231F2544A4304D0&_z=z

Positive Stress Management

Students who manage best:

- Maintain positive relationships with family and friends
- Continue to allow some time for exercise and leisure
- Get plenty of sleep
- Eat sensibly
- Have planned time for study
- Are organised
- Learn and practice simple techniques for relaxation (see the school counsellor for ideas)

Warning Signs

It is important to recognise when stress levels may be going beyond a helpful level. It is important to identify sources of stress if possible and to take steps to address them. Warning signs especially where they indicate changes from usual behaviour:

- Irritability
- Tiredness
- Poor concentration
- Poor short term memory
- Recurring worrying thoughts
- Lack of tolerance for others (you may not detect that in yourself)
- Anxious about little things
- Listlessness
- Prone to bursts of anger and tears
- Indications of feeling ‘down’, alone or misunderstood
- Disturbed sleep
- Indigestion, poor appetite.

No one sign necessarily is cause for worry and these signs need to be considered in the context of the child’s life at the time. It is better to seek help than to struggle with worries by yourself. Signs of depression or anxiety in particular should not be ignored.

Help should be sought from school counsellors, family doctors or others, sooner rather than later.

Teachers, year advisers and head teachers continue to make themselves available to students during the lead up to exams and can offer specific advice to individual students about their exam preparation.
The Tom Farrell Institute for the Environment
Presents...

Electric Bikes Workshops
Segways

16-17 August
FREE ENTRY
Gates Open 10am-4pm
FREE ENTRY
Newcastle
Kart Raceway
Cameron Park Drive, Cameron Park

www.hunterrevfestival.net

Circle of Security Group

Parenting & Wellbeing Workshops
at The Infants’ Home, 17 Henry St, Ashfield
Term 3, 2014

A Relationship Based Program
for parents of children aged 0-8 years

Thursdays, 10:00am-12.00pm
24 July - 11 September, 2014 (8 weeks)
Course cost: FREE, Free child-minding

Facilitators: Stefanie Rizel (Social Worker) - Sydney Local Health District (SLHD)
Joanne Maloney (Early Childhood Social Worker) - (SLHD)

Would you like to:

- understand your children’s needs more?
- encourage your children to feel safe and secure?
- feel more confident as a parent?

Then we invite you to enrol in this parent education course, which provides support and information in a small group setting.

For more information and to register contact:
Jenny on 9799 4844
or email: jgilchrist@theinfantshome.org.au

This course is run by The Infants’ Home working in partnership with Sydney Local Health District
Help is Here for the HSC!

Local HSC students will get a helping hand from the City of Canterbury Library Service as examinations approach with a series of HSC Talks from senior teachers and HSC markers.

- Business Studies with Tony Nader, Senior Business Studies teacher, Lakemba Library: Thursday 12 June 6pm-8.30pm.
- Religion with Antonette Nader, Senior Religious Studies teacher, Campsie Library: Thursday 19 June 5pm-7pm.
- English with Larry Grumley, Campsie Library: Thursday 26 June 5pm-7pm.
- Legal Studies with Mathew Peck, Senior teacher, Campsie Library: Thursday 3 July 5pm-7pm.
- Ancient History with Toni Hurley, Senior lecturer, Campsie Library: Thursday 10 July 5pm-7pm.

Book now and don’t miss out
http://canterburylibrary.eventbrite.com.au

Refugee Welcome Forums

To assist local residents to understand why refugees are welcome in our City, Council’s Multicultural Advisory Committee and the Refugee Council of Australia have organised a community forum in each Council ward where residents will be able to:

- find out real facts about refugees;
- hear about the impact of refugee policies;
- understand how Australia compares with other parts of the world; and
- meet some refugees and hear their success stories.

Community forums

We invite you to attend one of our community forums on:

- Thursday 19 June, starting at 5.45pm Lakemba Senior Citizens Centre, Corner The Boulevarde & Croydon Street, Lakemba.
- Wednesday 23 July, starting at 6pm Riverwood Community Centre, 151 Belmore Road North, Riverwood
- Wednesday 27 August, starting at 6pm Earlwood Senior Citizens Centre, Corner Horner Street & Joy Avenue, Earlwood

Admission is free and refreshments will be provided. For more information or to let us know of any access or dietary requirements please call 9789 9472.

We invite you to attend a community forum

Thursday 19 June | 5.45pm-7.30pm
Lakemba Senior Citizen’s Centre,
Cnr The Boulevarde & Croydon Street, Lakemba

FREE ADMISSION | ALL WELCOME
Light refreshment provided - Please let us know if you have any access or dietary requirements
For more information please call 9789 9472

Organised by Canterbury City Council and its Multicultural Advisory Committee in collaboration with Refugee Council of Australia.

Active Canterbury Together

Term two activities are currently underway as part of the City of Canterbury’s Active Canterbury Together (ACT) project.

- Chinese Walking Group: Tuesday’s at Riverwood Wetlands (FREE), please call Jessica on 9533 0100.
- Women’s Self Defence Class: Wednesday’s at Greek Orthodox Community Centre, Lakemba ($2/class), please call Dominique on 9740 8310.
- Self Defence Class: Wednesday’s at Punchbowl Community Centre ($2/class), please call Rohena on 9533 0100.
- Women’s Yoga: Wednesday’s at Lakemba Public School ($3), please call Wendi on 9759 4061.
- Heart Moves: Tuesday’s at Wiley Park outdoor equipment (FREE), please contact Nathan on nathan@lifestylebreakthrough.com.au

To find out more information about other ACT programs currently running, please call 9789 9300.
Dates for the fridge

- June 12 Year 12 Chinese HSC Study Day @ UTS, Year 10 Geography Mandatory Collaroy Field Trip, Year 9 PASS incursion
- June 13 Year 12 Ancient and Modern History HSC Study Day
- June 16-20 Year 11 Hospitality work placements
- June 16,17,18 Band Camp
- June 16 Year 9 LEAPS
- June 18 Year 11 2015 Subject Selection Evening
- June 18-19 CGHS Dance students at Sydney Region Dance Festival @ Seymour Centre
- June 19 Year 12 Careers Expo
- June 19 P4 Year 7 Poetry Show
- June 20 Year 8 Dance elective to Seymour Centre to see Sydney Region Dance Festival
- June 23-24 Zone Athletics
- June 23 Year 9 LEAPS
- June 24 Year 10 Commerce to Downing Centre Courts
- June 24 Parent Teacher Night Years 8, 9, 10
- June 25 Round 2 Year 7 vaccinations
- June 25 Lion King CAPA excursion
- June 25 P&C Meeting 7.30pm
- June 26 MADD Quest
- June 27 Last Day of Term 2
- July 14 Staff Development Day
- July 15 Students resume for Term 3
- July 21 HSC trials commence
- July 21 Year 9 LEAPS
- July 28-30 Year 9 Camp
- July 28 Community Agencies Expo @ CBHS
- July 31-Aug 1 Regional Athletics

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.canterburg-h.schools.nsw.edu.au

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

PARENTS AND CITIZENS ASSOCIATION

2014 P&C Executive
President: Jo Schofield
Vice Presidents: Mailin Suchting & Patrick Walsh
Secretary: Sue Aujard
Treasurer: Stephen Gallagher

2014 Dates: 4th Wednesday of the month.
Cantabrian Hall, entry via Church Street.
Jun 25th, Jul 30th, Aug 27th, Oct 22nd, Nov 26th

YEAR 7 VISUAL ARTS EXCURSION ON MAY 30, to the spectacular environs of the Botanical Gardens and Sydney Opera House / Circular Quay precinct, gathering inspiration for using natural and man made designs in their art works.