Reminders:

- Week 5 of Term 2, May 18-22 is Mean Girls production week with matinees Wednesday and Thursday and 7pm evening shows on Thursday, Friday and Saturday.
- Theatresports Regional Heats May 11-12 MPC, Regional Finals 1-2 June, MPC.
- Week 7 June 5: Field Study Day Term 2, see dates for the fridge at the end of the newsletter for details of excursions for Years 7-10. Years 11-12 will undertake Curriculum Enrichment Workshops. Term 1 Field Study Day reports on page 8.

Congratulations to:

- Oriel Parfenow, Jemma Nguyen and Isabella Rocher for their selection in regional teams – Oriel in volleyball; Jemma and Isabella in swimming.
- Grace Wei and Kylie Ly, Year 10 selected from hundreds of applicants for the prestigious Fashion Week work experience with I M a n i f e s t S T U D I O @Mercedes Benz Fashion Week Australia (see item on pages 6-7.)
- Tori Regan, Year 9, for performing with the Creative Dance Company at the Sydney Royal Easter Show.
- Adelaide House for their victory in the 2015 Cross Country! Good luck to students representing us in the Zone Cross Country. A special thanks to all students and staff for their willing participation in the carnival on a day of mixed weather in the last week of Term 2.
- Year 7 Students and Parents who completed the Parent/ Daughter Program in Term 1, pictured above.
- Year 9 students selected for the fantastic LEAPS Mentoring program.
- All students who were part of our moving ANZAC Ceremony. A great job done.
- Oriel Parfenow, Year 12 selected in the Combined High Schools NSW Volleyball team.

Field Trip Days: Commerce Excursion, Flipout, Sydney Tower Excursion, French Excursion, Drama & Photography. 


LEAPS Program: Lawyers meeting parents and Year 9 students.

ANZAC 2015 ceremony.

Refugee Week Film Festival, Film Making Workshop, Helen O’Grady Drama Academy.

HSC StressLess APP.

Mean Girls Too.
Thank you to:

- Huge thank you to family members who have given incredible assistance with aspects of the Mean Girls Too Production, Stephen Jackson-Vaughan, Sally Saunders, Jodie Payne and Mark Rowley.
- To all parents who have generously made financial donations to support the school.
- Parent Deborah Smith who has been a wonderful support for our young cricketers, without her input we would not have been able to compete.
- Ex-School Captain Debby Liman and Parent Lorraine Ogle for their support and assistance with the Parent / Daughter program.
- Staff who have supported students rehearsing for the PacFest cultural dance competition, to be held at Liverpool on the end of Term 2, by supervising after school and holiday rehearsals – special thanks to Ms Burgess, Ms Blatterton, Ms Tranter, Ms Jones, Ms Madox and Ms Fox (photo at top of page).
- Staff who have organised a variety of extension workshops for students at the school in Term 1: Debuting: Ms Blatterton, Chinese Extension Incursion: Ms Liu, Stage 4 Dance Extension: Ms Reid, Year 7 Parent Daughter Program: Ms Naisbett, Ms Barry, Ms Flannery (see photos and report on page 10), Year 7 Egg Day: Ms Yassin (see photos and report on page 13), Poetry in Action, Stage 4 & 5: Ms Blatterton.

### Stage 4 Learning Presentations 2015

All Year 7 and Year 8 have been issued with the 2015 Personal Learning Plan Template and will shortly commence filling these in. This is the first step in the development of Learning Presentations for 2015. A number of students, including our Aboriginal students, have already undertaken this process.

**Subject Selection**

Subject selection programs for Years 7, 8 and 10 will commence in a few weeks’ time:

1. Year 7 will select 1 elective for study in 2016
2. Year 8 will select 2 electives for study in 2016 / 2017
3. Year 10 will select 5 electives for study in 2016 / 2017.

### Personal Best / White Ribbon Program for Years 7-10, 2015

This Term, Years 7 and 10 will be undertaking the Personal Best Program during DEAR time. Year 10 will be exploring issues relating to careers, goal-setting, positive mental health and relationships, with the aim of making students more informed and resilient with regard to these issues.

Year 7 will be undertaking White Ribbon with Year 9 student mentors throughout the term as part of their Personal Best Program. Students will be exploring the concept of Respect in undertaking this program and, hopefully, earn a Respect Passport. A big thank you to the following Stage 5 students who will be Respect Mentors in the 2015 White Ribbon program:

- Amy Tran
- Eva Tsakiris
- Anastasia
- Angela Wei
- Erin Bartley
- Alexander
- Coco Wang
- Naomi Agius
- Victoria Wang
- Jessica Chen
- Charlie Sukkar
- Sumayya Haque
- Monique
- Colleen Tokorangi
- Bella Bauer
- Papanicolaou
- Jasmine Jin
- Ariana Costas
- Katarina Foster
- Coco Huntington
- Stella Conlon
- Aimee Shanahan
- Harleena Reigha
- Karen Han
- Tara Duggan
- Cleo Carreno
- Grace Tafila
- Evelyn Hayes
- Halaatha
- Nikita Wong
- Del Leon

I would encourage all parents to ask their daughters to show them their Personal Best work and to have conversations with them about the issues being explored.

Please check your daughter is using her online diary to manage homework. If you would like a login to the site (you can view entries made by the student and any messages sent by teachers to the class) please forward your email address to Ms Ronayne.Jr@det.nsw. edu.au with your filename.lastname clearly spelled out in the email message for your username ID. All parents who provided details for a log in should have received a link to activate their icplanner access at the email address provided.

### Reminders Regarding Ongoing Issues

- **Safety:** continually reminding your daughter of the need to be aware of safety issues at all times, especially Stranger Danger whilst travelling to and from school. Please alert the police and State Transport to any safety issues in relation to bus or train travel.
- **Valuables:** reminding your daughter to NOT bring valuables to school, excursions, carnivals etc 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. Great distress is invariably caused for both the student and her family.
- **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 rights without a covering skirt or shorts under any circumstances.

The Police Youth Liaison Officer who supports our school address safety and security issues is Constable Jim Battalico who can be contacted at Ashfield Police Station – 9797 4099.

### Subject Selection Evening for Year 10 Students

This Term, Years 7 and 10 will select 5 electives for study – plus the compulsory study of English – for study in 2016 / 2017. Year 10 will be exploring issues relating to careers, goal-setting, positive mental health and relationships, with the aim of making students more informed and resilient with regard to these issues.

Parents will be issued with information regarding subject selection by me prior to students choosing their subjects. The most important reason when choosing subjects is for students to choose subjects which they enjoy / have a passion for and can do well in. There are no prerequisites for any subject offered at the school, but Year 10 students are being urged to obtain as much information as possible about the senior subjects on offer, and to consider post-school goals prior to making their selections. I am stressing the need for Year 10 students to make informed decisions regarding their senior program of study.

A Subject Selection Evening for Year 10 students and their parents will be held on Wednesday 17 June from 6.00pm to 7.30pm.

### Parent Teacher Night

Parent Teacher Night for Years 8, 9 and 10 will be held on Tuesday 23 June from 3.30pm to 6.30pm. This is an extremely important opportunity for parents and students to meet with teachers to discuss progress made in learning and areas for improvement. Invitations and booking cards will be sent from me in the next month. I hope all parents of Years 8, 9 and 10 students can attend this evening!
ANZAC ceremony attended by Paul Kougias (L) and Dean Thomas (R) from CHS, with Vicki Triinter HT HSIE and Andrew Anderson DP centre.

2015 CGHS ANZAC Assembly

Congratulations to our HSIE faculty for coordinating the Anzac Ceremony for 2015, marking the centenary of ANZAC Day. A traditional assembly including Last Post and Reveille, as well as a minute’s silence, was combined with some moving song, dance and drama items by our talented students, to commemorate those who have lost their lives in war.

Zonta Club’s International Women’s Day breakfast

Zonta Club’s International Women’s Day breakfast at Bankstown on Friday March 6th was attended by our Zonta Awardee Lil Shaprio, accompanied by Fonzelina Falesita, Year 11 SRC, and Prefect Anissa Suprianto and Co-Captain Mouna Fadel Kamel. Thank you to the girls and Mr Anderson for getting up early to attend this important event.

Zone Swimming Carnival

On the 2nd and 6th of March our swim team attended the St George Zone Swimming Carnival. First of all I would like to say the girls did a fantastic job in and out of the pool representing our school. I would like to congratulate Jemima Nguyen for her outstanding achievement of winning all her age races, well done.

A special mention to the following girls: Amelia, Isabella, Jemima, Jenny, Jade, Monica, Ariana, Neill and They who attended the Sydney East Regional Swimming Carnival on Wednesday the 18th of March! Congratulations to Jemima Nguyen and Isabella Rocher who will be competing in the NSW CHS Team. Well done girls!

Ariana Costas, Year 9

Cross Country Carnival

The Cross Country Carnival was held on Wednesday 1st April last term at Lees and Croydon Park during Sport. After a sunny start, the heavens opened and most of us were caught in the brief shower, providing authentic cross country conditions! Thankfully the sun shone again to dry everyone out and provide extra motivation to reach the finish line! Thank you to all students and staff involved at the carnival. Events ran to time and with great cooperation by all.

Congratulations to those students qualifying for the Zone Cross Country Carnival which will be held on Tuesday 19th May at Scarborough Park, Ramsgate. Parents are most welcome to attend. CHS Competitors are listed by age group below – Good luck everyone, Mrs Cooper, PD/HEPE.

17 Years: Chanel Robins Age Champion, Tania Durham, Chloe Yan, Nasra Ibrahim, Anna Tian, Alison Anae, Wendy Su, Wejia Liu, Veta Tala, Louisa Takuiehe, Lifen Chen, Amanda Lin
16 Years: Mouna Fadel-Kamel, Kay Ma, Jahnani Renaud, Chrisanthea Chrysanthou, Remy Graf, Jenny Nguyen, Linda Wang, Rebecca Osnis, Eve Eletheriou, Leila Hagimola, Ariana Costas, Stella Conion, Michaelie Trentham, Xanthia Marinelli, Renee Petia
15 Years: Monica Tanuse, Tilly Goslett, Eliza Goslett, Wendy Yan, Sumaya Haque, Mannia Costore Hill, Ina Williams, Madalyn Mintzas, Joanna Chami, Stephanie Phu, Nikita Wong, Chenhui Zhao, Erin Barton, Jaydla Yilmaz, Emily Grubisa, Sadia Mahmud
14 Years: Maya Wodd-Thomson, Amy Tran, Mild Hangphal, Serena Mac, Dilara Ercan, Blinda Best-Mills, Victoria Wang, Wakisuta Cakaaitubia, Oce La Luz, Xiaotang Lu
13 Years: Chauff Strachan, Isabella Rocher, Ruba Hussain, Shareece Vincent, Shazmee Vincent, Ruhi Kumar, Lilian McCormack, Elsa McIndoe, Hannah Vetch, Emily Phu, Nell Bryson-Smith, Marie Ikonomonou
12 Years: Wimindah Whitton, Fanta Aruna, Amelia Tanuse, Salam Issa, Emma-Cate Lynn, Jeminta Marusho, Alana Van Essen, Kimmy Han, Kelly Lu, Jaimie S9o.

Sydney East Girls Football Gala Day

Three Canterbury Girls High School students were selected into the St George Zone Girls Football team to compete in the Sydney East Girls Football Gala Day. Congratulations to Katie Chung, Amy Tran and Chalula Strachan, for their selection onto the team and their fantastic performance on the day.

Well done girls!

SPORT NEWS

Canterbury Girls High – Sydney East Volleyball Knockout Competition Premiers

On the 6th March, Ms Strachan and the Canterbury High School Knockout Volleyball team won the Sydney East Volleyball Knockout Competition bringing home the much coveted Steve Birt Memorial Trophy. The girls displayed excellent skill and sportsmanship on the day with Oriel Parfenow from Year 12 being selected to represent Sydney East in the CHS Girls Volleyball tournament in the Riverina early Term 2. This is a great achievement for all involved and they all deserve to be congratulated – well done!

The Canterbury Girls soccer team, under the guidance of Mr Parfenow, won their first round game and are set to take on Lucas Heights Community School in the coming weeks. Our open basketball, lawn bowls, netball, softball, tennis and touch football teams also competed in Term 1 with all being knocked out of their respective competitions.

We look forward to watching our table tennis and under 15 basketball and netball teams competing in their competitions later on this year. Good luck to all teams!

Summer Grade Sport News

The Summer Grade competition has been temporarily suspended to make way for the Winter Grade competition with all 23 teams doing well at the half way mark. 1st grade Volleyball, 14B Table Tennis and both 13A and 13B Mini Soccer are all leading their respective competitions. 15A, 13A and 13B Oz Tag, both 1st grade (C1 and C2), 2nd grade (C1) and 14A Table Tennis teams as well as 2nd grade, 15B and 15C (C1) Volleyball teams are coming second in their respective competitions. This is a great achievement and we wish them all the best when the competition resumes.

Meanwhile, our Winter Grade competition kicks off this Wednesday and we wish our 28 teams all the best of luck.

Open Netball Knockout

The Sydney East Netball Knockout Competition was held at Bellingara Netball Courts at the end of last term. We had 10 students on our squad who played well against very strong opposition. Unfortunately we were knocked out in the first round playing against an experienced Port Hacking High School team, but gained confidence against Kingsgrove North in our final game.

Thank you to the team – Vineta Tohotoa, Veta Tala, Louisa Tsuakekho, Trina Taura, Jennifer Palusa, Ametsi Tupe, Cherylene Aroha-McCuish, Vane Daniel, Ina Williams, Maggie Pirangi – for your great Canterbury Girls spirit.

Special thanks to Ms Delmas for organising the mini-bus for the day.
Fairtrade Excursion

On the first day of April, members of Green DEAR accompanied students from Ms Tranter’s Year 10 History class to attend a Fairtrade educational workshop in North Sydney. During the workshop, the students were given the opportunity to attend a Fairtrade educational workshop in North Sydney, where they learned about the principles of Fairtrade and its impact on farmers and consumers. The students were also given the opportunity to try some Fairtrade products and were able to participate in hands-on activities that demonstrated the benefits of Fairtrade. The workshop was a great way to make our learning more interactive. The students were able to ask questions and engage in discussions about the topic. The experience was truly enlightening and they were able to gain a better understanding of the importance of Fairtrade.

Richard Byrnes: Artist-in-Residence

On the 16th of March, sculptor Richard Byrnes, visited Canterbury Girls High to inform our Year 11 art class about his sculptures that he’s created and displayed around Sydney. Richard talked about how he uses found objects when creating sculptures and showed the students how to manipulate and develop an idea to become something more than a simple concept. He explained that every idea that develops in his sculptures is inspired by the human trafficking in agricultural industries. Fairtrade is an alternative approach that is based on partnership; one between those who grow our food and those that consume it. It is designed to address the imbalance of power in the trading relationship, unstable markets and the injustices of conventional trade. Fairtrade is an alternative approach that is based on partnership; one between those who grow our food and those that consume it. It is designed to address the imbalance of power in the trading relationship, unstable markets and the injustices of conventional trade. Be sure to look out for the Fairtrade symbol on food products!

I-Manifest@Mercedes Benz Fashion Week Australia

Over two days, Kyle and Grace (Year 10 Textiles students) experienced a wide range of careers and skill sets that exist within the fashion industry. They had the opportunity to attend high profile shows and interviews with designers and journalists giving tips of their work. The workshops were led by professionals including event management, photography, writing, public relations, social media, design and magazine curating. Kyle and Grace shared their experiences with the rest of the class and discussed the importance of Fairtrade in the fashion industry.

Lejla Hagimola

Chinese Rich Day

On Wednesday 25th of March, Chinese classes participated in a special day to help our students learn about Chinese culture and do some fun activities. During the day, students learned about Chinese calligraphy, visited a local restaurant where they had a Chinese meal and participated in some fun activities. The activities were organized because we wanted to give our students the opportunity to experience Chinese culture and learn more about Chinese language.

Lejla Hagimola


Year 11 Hospitality

The Year 11 Hospitality students have been showing motivation and working really well in practical lessons. They have been very creative with the presentation of their Fruit Salad and Florida Salad. Fantastic work!

PE: Year 7/8 Cricket

A big congratulations to our Year 7/8 cricket team who made it all the way to the NSW Cricket State Finals. The girls played excellently and demonstrated great sportsmanship throughout the various stages of the tournament. A great big thank you goes to Deborah Smith for coaching the team and assisting with transport to and from the tournament. The girls also met Australian cricketer Erin Osborne. They were able to ask her questions before she stayed to watch their final match.

Well done girls!”

Lillian Smith
Emma-Cate Lynn
Hannah Veltch
Sarah Veltch
Tahlia Cairns
Neil Blyson-Smith
Emily Piu
Heli Patel
Lucy Sholl
Mild Hangphai
Ms Naisbett

Well done girls! The Year 11 Hospitality students have been showing motivation and working really well in practical lessons. They have been very creative with the presentation of their Fruit Salad and Florida Salad. Fantastic work!

A great big thank you goes to Deborah Smith for coaching the team and assisting with transport to and from the tournament. The girls also met Australian cricketer Erin Osborne. They were able to ask her questions before she stayed to watch their final match.

Well done girls!”

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Hannah Veltch
Sarah Veltch
Tahlia Cairns
Neil Blyson-Smith
Emily Piu
Heli Patel
Lucy Sholl
Mild Hangphai
Ms Naisbett
Field Trips Day – Year 10 Electives Rich Days:

**Year 10 Commerce Excursion to the Downing Centre Courts**
On Thursday, 19th of March, Year 10 commerce class went to the Downing Centre. We started off with morning tea in Hyde Park and then made our way down to the Downing Centre. We then went into several cases, including drink driving and civil cases. The information we learnt in class helped us with the understanding of cases and procedures of the court. We got the privilege to sit and listen to many different cases. We also got to have lunch in our chosen food place. The commerce class had an amazing time during this excursion with our two helpful teachers Ms Kumar and Mrs Michos.

Diana Sabouni and Nuha Mohamed Kahir

**Year 10 Food Technology Excursion to Sydney Tower Restaurant**
On Thursday, 19th March, our Year 10 Food Technology class went on an excursion to Sydney Tower Restaurant. Firstly we were taken on a tour of the massive kitchens, and we learnt about how they prepare and store different foods to ensure the best experience for all their customers.

After that we went to the fine dining restaurant, and then to the buffet, where we were treated to a delicious lunch and spectacular views of Sydney. We enjoyed some of the classic favourite dishes like Fish & Chips and Lemon Curd Tart, and also had the opportunity to try some Emu Sausages or Crocodile Chippies!

**Year 10 French Restaurant Excursion**
The Year 10 French Elective Class Field Day was packed full of new experiences and fun. The day kickstarted with the class heading off from Canterbury Station, and catching the train into the CBD. The girls (undoubtedly filled with excitement) disembarked at Town Hall, accompanied by Ms Mavris and Ms Liu. With the help and guidance of an iPhone GPS, the girls navigated through the city and across Darling Harbour, to find themselves at the doorstep of Le Petit Escargot (otherwise referred to as The Little Snail), a French restaurant sitting on the edge of Darling Harbour.

Lunchtime was upon the class, so they eagerly dashed into the restaurant and took their seats, marvelling at the simple but elegant interior décor. Served by polite, French speaking waiters, the girls truly began to sink into the atmosphere of an authentic France-inspired restaurant. The class was extraordinarily lively, but the greatest elation was served on a plate; the food.

The class indulged in all sorts of traditional French dishes, including escargots de bourgogne (garlic snails), salt and pepper squid, fillet of beef tenderloin, chicken cordon bleu, citrus-marinated salmon, crème caramel and chocolate mousse. To the surprise of many, not a single dish disappointed; including the garlic snails! Subsequent to their superb meal, the class began their leisurely walk back through the city, enjoying the sights of the harbour and the surrounding features, before once again embarking on the train and returning home.

The class can agree that this was a top-notch experience, and hope to partake in something like this again.

Billie Cole-Doyle

**Year 10 Drama & Photography**
On the 19th of March the whole school had an excursion day. The Year 10 drama and photography elective classes went and watched Romeo and Juliet in the form of a play at the RiverSlide Theatre in Parramatta. We all had to take photos throughout the day. We all really enjoyed the play and had a fun day all together.

Remy Graf, Year 10

From top left previous page: Year 10 Commerce at the Downing Centre; Food Tech class enjoys Sydney Tower restaurant; dessert from Sydney Tower restaurant and snails from The Little Snail.

From top: Year 10 Photography, Jessie, Maddie, Mai and Nicola.
For 2015 the theme of Week of Wellbeing was:

Year 11-12 Day of Wellbeing was held on the Term 1 Field Study Day, March 19th 2015. The Year 11-12 program for the day included:

- **Study Skills by Elevate Education** (see their website for more resources) – time management as a senior student for Year 11 and “Ace the Exams” for Year 12.
- **Headspace presentation** – promoting mental health for young people – coping, resilience and managing.
- **Legal Aid NSW presentation on cybersafety for Year 11** – the range of your digital footprint is wider than you ever imagined; and a recap of cyber issues for Year 12 and an overview of the law and young adults, your rights and responsibilities.
- **Campsie Library Homework and Tutoring Program** for Stage 6 students; plus an introduction to the State Library’s online resources.
- **A juggling skills performance** – YOU CAN DO IT TOO! – Self esteem, self confidence, self discipline, self determination.
- **Drama performance – Zeal Theatre KING HIT** – positive relationships as a young adult, and managing risks and responsibilities.

**Parent Daughter Program Term 1 2015**

Congratulations to Ms Naisbett for her organisation of another successful Parent Daughter Program during Term 1. Over the 5 sessions the group experienced African Drumming, Tae Kwon Do, Yoga, drama games and a cooking session. A big thank you to Olive Barry, Louise Flannery, Debby Liman and Lorraine Ogle for running the various sessions.

**Inclusive Leadership Forum @ Picnic Point HS**

Six students from CGHS were chosen to participate in the Social Inc. Leadership Forum at Picnic Point High School. The event was held end of Term 1 on Tuesday 31st March and included our six representatives (Imogen Smith, Pearl Joseph, Ariana Costas, Bella Bauer, Tara Duggan and Cleo Carrano) who met and liaised with Social Inc. leaders from other schools in our area. The aim of the forum was to plan actions to increase the inclusion of people with disabilities within the school. Our students enjoyed a day listening and planning with other schools and found it a worthwhile and important initiative.

Congratulations to the students who attended the forum, representing our school with great enthusiasm and insight. The program is designed to overcome the stigma attached to disability in high schools and celebrate diversity.

Our leaders engaged in inclusive activities and discussions and created a plan for goals to reach for in 2015. Thank you and well done.

**Aboriginal Learning Support Group Easter Morning Tea**

On Tuesday 31st March an Easter morning tea was held with students and parents in the Cantabrian Hall. Again it was an excellent opportunity to meet with the parents informally and to be able to share the results of the Term 1 monitoring process. Parents were also encouraged to complete information for the annual learning plan for their children and this will provide excellent guidance as the school provides enriched support for these students.

**PATHE workshop for Pacifica students**

University of Western Sydney sent representatives of their PATHE program to encourage students of Pacific nations backgrounds to pursue university and other post-secondary education options. Here are pictured the Year 11 and 12 students who participated in the workshop on Monday April 27th, organised by Ms Maddox.
**Student Wellbeing & Learning Support**

**Year 12 Lunch Club /Study Group**

A special program has been established to support all Year 12 students as they move towards the HSC. Every Wednesday afternoon from 12.15pm this group meets in the Library at the beginning of lunch and works together under the guidance of an English/History teacher.

The focus of the program is to work intensively on the HSC English courses but students are free to bring other work to the session if they choose. They will be able to compose extended written responses on their coursework and be given instant positive feedback and suggestions for improvement. The purpose is to enhance their skills and knowledge, to strengthen their confidence, lift their wellbeing – and to have fun with their learning!

The opportunity to work together with other students on the same course but perhaps not in the same class will be valuable as they informally discuss and share ideas and encourage each other.

It is expected that this program will continue through Term 2 with booster sessions prior to the Trial HSC. This builds upon successful lunchtime sessions held through Term 1 with Mrs Maddox and Mrs McLelland.

**Prefects’ Easter Egg Hunt**

The prefects organised an Easter Egg Hunt for the last day of Term 1. The girls who participated had a lot of fun finding all of the Easter eggs hidden in the grassy area near the MPC. It was a lovely end to last term.

**Year 11 & 12 Visual Art Excursion**

On the 20th of March, Year 11 and 12 Visual Art students went to the Art Gallery of NSW. There we explored the Art Express exhibition which had on display some of the HSC major works of 2014. Art Express had a variety of different art forms presented such as drawings, paintings, digital media and ceramics. Process Diaries were also on display in which gave us an insight on artists’ developments and ideas for their Bodies of Work.

Later we visited the Aboriginal and Torres Strait Islander gallery which displayed paintings, photography and sculptures.

Eve Eleftheriou

**Year 7 Egg Day, 2015**

Each year the Science Department organises Year 7 Egg Day, which is a Science Educational fun day where students participate in a variety of Science experiments based on the theme of eggs. The students enjoyed a fun learning experience with a range of activities such as Egg Blow, Egg Mobile, Daredevil Egg, Why is it So? and Egg Tough.

The fun did not stop there, with the students having loads of fun racing each other in a Three-legged egg and spoon race, as well as an Egg Catch challenge, with the day ending on “sugar high” with an Easter egg hunt.

Students were also encouraged to enter an egg decorating competition, with some amazing efforts made by all students. Prizes were given to all entrants. Overall it was an Eggstremely Eggcellent day that was had by all.

Ms Yassmin, Science Department

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**New MyTime group commencing at Canterbury Public School in Term 2:**

MyTime Peer Support groups for families and carers of a child with a disability or chronic medical illness such as Cerebral Palsy, Down Syndrome and ASD.

MyTime Peer Support Groups have been designed to provide local support for families and carers of a child with a disability or chronic medical condition 0-16 years. All groups receive government funding and there is no cost to eligible families.

The groups provide a safe, welcoming environment where carers can come together to connect with people that are experiencing similar challenges to help support each other and network locally.

MyTime groups are run with the support of a facilitator where parents and carers can discuss a variety of topics, discuss their feelings and get further information on local support services. Play helpers are available to engage children that attend in order to allow for adults to have some time to socialise with one another and meet others who understand the challenges of this caring role.

The groups may have visits from local guest speakers and provide workshops that are immediately beneficial for families in the group setting such as transition to school, nutrition and diet, strategies in leading positive behaviour etc…

There is a new MyTime Group commencing at Canterbury Public School which will run on Fridays from 9:30-11:30 during schools terms. The first group meeting will be Friday the 1st May.

Families can ring 1800 171 882 to register for MyTime Peer Support.

Lynda Andrews, MyTime Canterbury Facilitator

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**CGHS Parent Teacher Night.**

Years 8, 9 & 10: Tuesday 23 June from 3.30pm to 6.30pm.
Please issue the attached envelopes to your students after the April school holidays and ask them to donate $2.00 for a chance to win a $4,000 FAMILY HOLIDAY. Use Stewart House Day, Friday 8th May 2015, as the day all entries are returned to your school. Empty envelopes and a cheque for these donations must reach Stewart House by Friday 22nd May 2015.

**Students & Supporters**

Follow these 3 easy steps

1. Take home the envelope and fill in your name, address, telephone number and school.
2. Insert a donation of at least $2 into the envelope and seal it.
3. Return the envelope to your teacher.

**School Office Staff**

Follow these 3 easy steps

1. Please open envelopes, count and receipt all money returned to your school. It is illegal to send cash through the mail – many thanks for the extra work involved in this process.
2. Please send the empty envelopes bearing the student’s details with your cheque and remittance advice to:

   Stewart House,
   PO Box 21, Freshwater NSW 2096,
   Account Name: Stewart House
   BSB - 062 127 | Account Number - 101 82077
   Please quote DD and School Name as reference.
3. We will issue a receipt for the total school donation.

**NOTE:** Supporters of Public Education are welcome to enter the draw. If you work at a school, please submit your envelope as part of the general school donation drive entry. If you work in an office, please send your emptied envelopes and cheque for the total donation by post to Stewart House (PO Box 21, Freshwater, NSW, 2096) or make payment through the credit card portal on the Stewart House website www.stewarthouse.org.au.

**Important Information**

The winning entry for the $4,000 family holiday to a destination of choice (brokered through JC Travel Professionals) will be drawn on Friday 22nd May 2015 at 1.00pm. The winner and the winner's school will be contacted by phone and mail as soon as possible after 1.00pm. The winner’s name will be published in the Sydney Morning Herald. Full terms and conditions for this competition are available on our website: www.stewarthouse.org.au.

If you choose not to enter, please recycle the envelopes.

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**Canterbury schools send resources to kindergartens in Vanuatu post-Cyclone Pam**

Pictured are items collected by Canterbury Girls HS and Canterbury South PS staff to send to Vanuatu, to assist kindergartens replenish their resources. Kindergartens in Vanuatu are essentially preschools and there is a wide, totally underfunded network. They mainly rely on their local communities, are invariably staffed by women and the workers are usually unpaid. Their resources were very meagre before the cyclone, and are now virtually non-existent.

We will be shipping these items in the coming weeks. The donated items are on their way to Vanuatu – Thanks to actionaid.org who are shipping the boxes on board the Rainbow Warrior, departing this week for Port Vila.

**Stewart House Donation Drive Holiday Draw – Win a family holiday worth $4,000**

Take home an envelope given out on Stewart House Day (May 8, available from Year Advisers) and have an adult fill in the details. Return the envelope to school after Stewart House Day with your $2 donation.

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**BITE BACK**

Reduce stress. Improve focus. Expand potential. Win prizes!

BITE BACK is all about amplifying the good stuff in life. They’ve just launched their 6 Week Challenge to BITE BACK which helps you discover what you’re really passionate about and then provides the tools to make the most out of that passion.

Signup to get one email each week to further expand what’s possible.

To sweeten the deal they’ve got FIVE prize packs up for grabs for people who complete the challenge including instant cameras, speakers, tablets, vouchers, and heaps more.

See www.biteback.org.au/competition to signup for the challenge!

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**BITE BACK**

BITE BACK is all about amplifying the good stuff in life. They’ve just launched their 6 Week Challenge to BITE BACK which helps you discover what you’re really passionate about and then provides the tools to make the most out of that passion.

Signup to get one email each week to further expand what’s possible.

To sweeten the deal they’ve got FIVE prize packs up for grabs for people who complete the challenge including instant cameras, speakers, tablets, vouchers, and heaps more.

See www.biteback.org.au/competition to signup for the challenge!
Anxiety is something you have to live with. Join our weekly group to learn all about anxiety and how to handle it. We'll help you manage anxiety and take back control of your life.

**WHEN**
Every Thursday in May (7, 14, 21, 28 May)

**TIME**
5.00pm - 6.00pm

**WHERE**
headspace, Ashfield Centre, Basement, 260 Liverpool Road, Ashfield

**WHAT’S ON**
- Anxiety affects one in four Australians
- Learn about what anxiety is and how to manage it
- What thoughts and beliefs, self-care and relaxation can do to help
- Anxiety isn’t something you just have to live with. Attend the group program and learn how to manage your anxiety!

**TO REGISTER:**
Get in touch with Fran or Katy by 1 May:
Fran - 0428 255 405 or franciscap@youthoffthestreets.com.au
Katy - 9193 8000 or kdelaney@newhorizons.net.au

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**ANXIETY - WHAT IS IT GOOD FOR?**

Group Registration Form

All information provided is confidential

**Contact Details**

Name:
Address:
Email:
Phone:

**A Bit About You...**
(Please add as much detail as you can).

Have you been treated for an anxiety disorder before?

Are you on any medication for anxiety (if yes please list)?

Have you ever been diagnosed with any other mental or physical health conditions?

Are you on any other medication (if yes please list)?

Have you had any previous counselling at all?

Is this your first experience with group therapy?

What do you hope to get out of coming to this group?

Office Use Only

Follow up made (type of follow up) Date:

Suitability for group Yes [ ] No [ ]

Comments

Francesca Palazzolo Counselling Intern - Youth Off The Streets
Email: franciscap@youthoffthestreets.com.au
PREVENTION & EARLY INTERVENTION SERVICES: Commit to increase the Child, Youth and Family Support program budget by $82 million.

74 Youth Action members lobbied their local candidates, and we received support from many politicians who have since been elected to the NSW Parliament.

The Government has not addressed Youth Action’s recommendation that the Government develop a comprehensive alcohol education program for young people. Youth Action will continue to press the Government on this subject.

Support program budget by $52 million.

Commit to increase the Child, Youth and Family Prevention & Early Intervention Services:

The Government has pledged $250,000 for youth mental health first aid training and to assist them to better understanding of domestic family and teen dating violence. However, there are some groups of responses from particular groups, especially young men, that are concerning. A large majority of young people recognise most forms of violence and have positive gender attitudes. However, more work is needed when it comes to improving attitudes of some young people. When looking across age and education ranges, it is clear that younger, school-age students have poorer attitudes than older young people. The first of these reports details our findings broken down by Gender and Age. The second focuses on differences in response by whether young people are at School, University or not in education.

For more information visit http://youthaction.org.au/
CANTERBURY GIRLS HIGH SCHOOL PRESENTS

MEAN GIRLS TOO!

FROM AFRICAN JUNGLE TO AUSTRALIAN HIGH SCHOOL.
Follow the adventures of Cady as she rapidly learns about
the law of the jungle and survival in the big city. Meet the
entertaining array of fellow students as they struggle for social
acceptability and mask their anxiety about their own doubts and
fears. Watch Cady learn from her new ‘life secrets about love,
learning and coping with fashionable cliques!

VENUE: CGHS MPC
PERFORMANCES • Wednesday 20th May Matinee
• Thursday 21st May Matinee & 7pm
• Friday 22nd May 7pm & Saturday 23rd May 7pm
TICKETS AVAILABLE FROM SCHOOL OFFICE C:
Adults $15 • Student $10 • Family (2A+2Ch) $45

FREE FILM MAKING WORKSHOP FOR REFUGEE WEEK

Act, create, communicate
Self-development through drama!
Boost your child’s creativity, confidence and
communication skills.
Enrolling now for students aged 5 to 17.
Studio Location:
Marrickville
Contact the Principal Mel Duke
Call — 02 9787 2333
www.helenogrady.com.au

Workshop is on Sat 2nd & 9th May 2015
in Bankstown
Contact Fatmata Bangura: mcdp@bamn.org.au /
Phone: 9796 2235
Refugee Week Film Festival is an initiative of Canterbury
Bankstown Multicultural Interagency, supported by Bankstown
Area Multicultural Network, Metro Assist, Bankstown Council,
Campsie Library, Department of Human Services, Anglicare and
Bankstown Community Resource Group.
The Go4Fun Program is a family based healthy lifestyle program that is provided free of charge by NSW Health. The program is based on the MEND program, an evidence based multi-disciplinary program which places equal emphasis on (M)ind, (E)xercise and (N)utrition and combines this with the ability to motivate parents and children to (D)o It! The program includes family involvement, practical education in nutrition, increasing physical activity and behaviour change. The Go4Fun program runs once a week for 2 hours during the school term (for 10 weeks).

COST: FREE
LOCATION: Bankstown PCYC, Corner Meredith Street and French Ave, 2200
ON: 4:30 PM - 6:30 PM
FROM: Mon, 20 April 2015 TO: Mon, 22 June 2015
CONTACT: Leah Choi, phone (02) 9780 2811

Do you want to make a difference in the life of a child?

Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 9765 5000 or email fosteringwithfacs@facs.nsw.gov.au

Go4Fun FREE childhood weight management parenting program @ BANKSTOWN

The HSC Stress Less App seeks to assist HSC students to manage their stress and difficult emotions throughout this high pressure year via the use of Mindfulness Meditation. Mindfulness is the art of "intentional attention". That is, simply being able to step back and observe, in a non-judgemental manner, our inner sensations and experiences. Mindfulness is used widely in the treatment of clinical issues such as depression, anxiety, and substance abuse. It is not religiously based and requires no previous training.

How does it work?
The app provides audio guided meditations of varying lengths (from 1 minute to 10 minutes) which will allow you to build up your "Mindfulness Muscle" so that you are better able to "unstick" from stressful feelings. It also takes advantage of the functions of your phone or tablet to set reminders to practice your Mindfulness skills regularly.

The HSC Stress Less app is available to download for FREE from iTunes and Google Play Stores from April 12th 2015.

Feeling really bad and need someone to talk to? Call Kids Helpline: 1800 55 1800 OR Lifeline: 13 11 14
Break Thru FMHSS

Break Thru FMHSS provides a free, flexible support that is responsive to children, young people and families affected by, or at risk of, mental health issues, through access to a range of early intervention and education services.

**FMHSS eligibility criteria:**
- Be aged between 0-18 years
- Not in statutory care
- Be displaying out of character behaviour, or experiencing a stressful life event, such as family separation, bereavement or bullying

Please feel free to contact our Belmore office on (02) 8046 5840 if you have any questions or you have a young person/s you may need to refer to our service.

What is MLC Tennis Hot Shots?

MLC Tennis Hot Shots is an exciting tennis program for kids aged 10 and under. Using smaller courts, racquets and low-compression balls, the program makes learning tennis easy for new players.

At the heart of MLC Tennis Hot Shots is a fundamental approach to learning. It’s called “learning through play” and is based on developing skills in real tennis situations. This program allows children to develop technically and tactically in a stimulating environment.

- It’s fun, safe and easy to play
- A sport the whole family can enjoy
- Kids are ready to play as soon as they can swing a racquet
- Easy progression to full court tennis
- Free Racquet and Ball Hire

National Home Doctor Service

is here if your students or staff need a bulk-billing home visit from a Doctor in the after hours period – evenings, weekends and public holidays.

With the largest home visiting doctor service in Sydney, we have a huge doctor team on the road every day of the year.

If you or someone you know needs us, please call 13 SICK (13 74 25) for a bulk-billed doctor (Medicare Card needed) to visit you at home or your premises.

www.facebook.com/13SICK

**GAME ON**

Interactive Games & Online Video Showcase

**LIVE CONCERTS @ GAME ON**

Jayesslee / The Laundry / The Blackbird Collective / Mikey Bolts
Steph Micayle / Damielou Shavelle / Louna Maroun + more

**TIX START FROM $39 ONLY**

22-24 MAY

www.gameoninteractive.com.au

**CALL 13 SICK 7425**

After Hours • Home Visits • Bulk Billed

From 4pm weekdays, 10am Saturdays, all day Sunday and public holidays

National Home Doctor Service

is here if your students or staff need a bulk-billing home visit from a Doctor in the after hours period – evenings, weekends and public holidays.

With the largest home visiting doctor service in Sydney, we have a huge doctor team on the road every day of the year.

If you or someone you know needs us, please call 13 SICK (13 74 25) for a bulk-billed doctor (Medicare Card needed) to visit you at home or your premises.

www.facebook.com/13SICK
Dates for the Fridge

- May 7: Year 11 First Aid course
- May 11-12: Theatresports
- May 12-14: NAPLAN Years 7 & 9
- May 14-29: Year 7 2016 Gifted & talented Class interviews
- May 18-22: Mean Girls Too Production week
- May 19: Zone Cross Country
- May 26: Advanced English Year 12 Tempest workshop
- May 27: Choreography workshop, Debating Coaching
- May 29: Year 11 Biology Field Trip
- June 1: Theatresports
- June 3-5: Year 9 Camp to Mowbray Park
- June 5: Field Trips Day: Year 7 to Botanical Gardens; Year 8 Maths Enrichment Day; Year 9 Camp or PDHPE Rich Day; Year 10 Geography Field Trip; Years 11 & 12 will undertake Curriculum Enrichment Workshops.
- June 23: Parent Teacher Night for Years 8, 9 and 10, 3.30pm–6.30pm

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: Remember to check the student calendar on the CGHS website for excursion dates, upcoming events, rehearsal times and assessment items.

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

Parents and Citizens Association

2014 P&C EXECUTIVE
President: Jo Schofield
Vice Presidents: Małina Suchting & Patrick Walsh
Secretary: Sue Aujard
Treasurer: Stephen Gallagher
Email the P&C at: canterburyghsparentsandcitizens@gmail.com

2015 Meetings:
4th Wednesday of the month.
27th May, 24th June, 29th July,
26th August, 28th October, 25th November.
Cantabrian Hall, entry via Church Street.

Remember to check the student calendar on the CGHS website for more details, including major assessment items.