Reminders:

- High Achievers Assembly Feb 19th 10.50am in MPC – congratulating high band performers from 2014 HSC and our highest academic achievers Years 7-11; welcome to 2015 Year 7.
- Photo Day Feb 20th, see information on page 2.
- Swimming Carnival Feb 27th.
- Field Trip Day March 19th, see more information, page 11.

New Staff:

- Welcome to Ms Jamie Wirtz (above) who joins us in the PDHPE faculty. Ms Wirtz joins us on transfer from Lurnea High School. We also welcome Ms Mary Vlachos who is doing job share in 2015 in the PDHPE faculty. Ms Vlachos is a Cantabrian having completed her HSC in 2010 and completed her training at Sydney University. In English we welcome back Ms Mary Vardakis who was on leave in 2014.
- Now that Ms Joanna Hunter has begun her maternity leave, Ms Stacey Naisbett of the PDHPE faculty takes over as Year Adviser for Year 10.

Congratulations to:

- Nell Bryson-Smith, Year 8. (above) who has been selected in the Sydney East Open regional cricket team, a fantastic achievement for Nell.
- Lydia Qian, Year 12 2014 Dux, who spent January in Melbourne studying micro bats as part of Youth Earthwatch Challenge.
- Scout Eastment, Year 12 2014, who was short listed for the highly prestigious Encore at the Seymour centre, for her brilliant HSC Music performance.
- Prefects who raised $600 for Lillian’s refuge at Xmas. See pictures on back page of Santa’s helpers delivering candy canes.
- SRC members (pictured below) who collected a truck load of non perishable food for exodus at Xmas. Well done to all who donated.

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Jessica Aird, Year 10, a member of Majestic Ice, a synchronized skating team who were the Silver Medalists at the recent 2014 Australian Figure Skating Championships. They have been selected by Ice Skating Australia to compete at the Mozart Cup in Salzburg, Austria and the French Cup in Rouen, France in late January and early February, 2015.

Thank you to:

- Ex students Paige Lane and Bulou Waqalina for volunteering to run Volleyball Master classes with our students.
- Community Member, Helen Jarvis, for the generous donation of three antique Tea Sets for school functions.
- Other community members who have made recent donations of cash and goods.
- Parents who have been paying off school fees. A reminder that there is also an online school payments link on the school website: www.Canterbury-h.Schools.nsw.edu.au
- All mentors in Years 9 and 10 who are doing workshops with Year 7 to support their transition to high school.

In memoriam

- Vale Phyllis Budge, Cantabrian and Gold Medallist (Dux) from 1929, who recently passed away, 4 days short of her 101st Birthday. Phyllis lived her whole life in her family home in Hurstville Park. Phyllis will be sadly missed by family and friends.

School Communication – SMS & Twitter

Unfortunately in the last week of school in 2014 our SMS system became inoperable because we had upgraded our software. This meant that we could not communicate directly at a time when we really needed it. The system is still not fully operational but will be shortly.

So in the event of any future breakdown of the SMS system, we will use Twitter to pass on urgent information, go to Twitter @GirlsCanterbury

2015 CGHS Student eDiary online

https://lcplanner.com/

Please go to the Learning Curve site using the link above.

For the first login in 2015, everyone’s password is: password

(Do not use your 2014 password as everyone has been updated into their 2015 classes, so the 2014 passwords no longer work)

USERNAMES: Log in using your school network username, followed by @CanterburyGirls, like the example below:

firstname.lastname@CanterburyGirls

(if you have any numbers in your dec username, they should be included, eg: cathy.nguyen16@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.

Year 7 families please note, Year 7 have been issued with a hard copy handout for weeks 1-5, until their BYODs are up and running on the school network. Students should be able to access the site at home or the local library, and may like to transfer entries from the hard copy into the online version.

School Photo Day

The 2015 School Photo Day will take place on Friday the 20th of February (Week 4). Students will be given an envelope to order photos in Week 3. They can order a ‘booklet only’ for $25, a ‘group only’ for $22, or one of two packages: ‘HBVG’ for $39 or ‘HBG’ for $37.

Note that a gift pack, which includes a calendar with portrait and smaller portraits, is free of charge when ordering a complete package. It is not available if purchasing the booklet only or group only option. ID cards will be given free of charge to years 7, 11 and new students.

Other years can purchase the ID cards for $5 each. Students should bring the money on the day in the envelopes and give them to the photographers while taking their individual photo.

Late payments are also available. (Please refer to the instructions on the envelope for more information.)

Curriculum Scope and Sequence Years 7–10

Outlines of topics and assessment details for all subjects across the whole year for all students Years 7, 8, 9 and 10 will be up on the website by the beginning of Week 4.

Year 7, 2016 - OPEN NIGHT

Tuesday 24 February, 2015

4:00 pm – 7:30 pm

School tours 4:00 – 6:30             Presentation 6:30 – 7:30

School in Action Tours

Tuesday 3 March 2015  9.30 – 11.00 a.m.
Tuesday 10 March 2015 9.30 – 11.00 a.m.

Phone for specific enquiries – Contact person: Georgina
Nohra/Bahiieh Chami on 9718 1805

Entry through main school entrance in Church Street

Pre-Christmas Prefects with Ms Holden, see back page for more.
Important News • Special Events • Achievements • CGHS • Important News • Events

Performing Arts Ensembles Rehearsal Times

Dates, times and venues are on the student calendar found at www.Canterbury-h.Schools.nsw.edu.au

MUSIC ENSEMBLES: for information about Music Ensembles contact Ms Louise Flannery

Choir ........................................... Monday lunch, B 14
Senior Percussion..............................Tuesday lunch, B14
Strings ........................................... Tuesday lunch, B20
Band .........................................Thursday 8-9am, Cantabrian Hall
Training Band ..............................Thursday lunch, B 14
Junior Percussion ......................Friday lunch, B 14

DRAMA ENSEMBLES: for information about Drama Ensembles contact Ms Olive Barry

Junior Drama Ensemble Year 7 ...............Monday, lunch B3
Drama Ensemble Year 7 & 8 .........Monday, lunch B3
Senior Drama Ensemble Year 9 & 10 ....Thursday, lunch B3 and Monday after school, Week A
Drama Production Ensemble................. Cantabrian Hall
Thursday, after school

DANCE ENSEMBLES: for information about Dance Ensembles contact Ms Kellie Reed

All other Dancers are rehearsing during part of the Musical preparation. This will change after the Musical in May.

Special Religious Education 2015

Parents/caregivers in public schools have the right to have their children receive instruction in their preferred religious persuasion, where authorised teachers of that persuasion are available. This instruction is provided at Canterbury Girls High on a Tuesday from 2.30pm–3.10pm. In addition the Coalition of Christian Churches will provide instruction on a Monday from 3.15–4.30 (Senior student period 5).

The Special Religious Education program (SRE) is run by authorised volunteers of approved religious persuasions. Below is the list of approved SRE programs provided at the school for 2015. Additional details of SRE programs on offer at the school can be obtained from SRE providers. Contact details for SRE program coordinators can be provided by the school if required.

2015 SRE PROGRAMS

- Coalition of Christian Churches held in Room B4 2.30-3.10pm Tuesdays; Room B4 3.15-4.30 Mondays
- Catholic held in Room A7 2.30-3.10pm
- Muslim in Room A10 2.30-3.10pm

Students in Years 7-10 have received this note. Please nominate the SRE program you wish your child to attend, or indicate that you wish to withdraw your child from SRE, by completing and returning the tear off below to the Year Advisor.

Students continue in the same arrangement each year, unless a parent/caregiver has requested a change in writing. At any time, you have the right to change your SRE nomination or to withdraw your student from the nominated program. A note to the principal will affect this change.

Sue Holden, Principal

General Permission to Publish and disclose information

Dear Parent/ Caregiver,

I am seeking your permission to allow the school/Department of Education and Communities to publish and/or disclose information about your child for the purposes of sharing her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service.

This information may include your child’s name, age, class and information collected at school such as photographs, sound and visual recordings of your child, your child’s work and express Alternate opinion such as in interactive media.

The communications in which your child’s information may be published or disclosed include but are not limited to:

- Public websites of the Department of Education and Communities including the school website, the Department of Education and Communities intranet (staff only), blogs and wikis
- Department of Education and Communities publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically including on the Department’s websites
- Official Department and school social media accounts on networks such as YouTube, Facebook and Twitter
- Local and metropolitan newspapers and magazines and other media outlets

Parents should be aware that when information is published on public websites and social media channels, it can be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information. Published information can also be linked to by third parties.

Students have received this note in Week 1. Please complete the permission slip and return the school by 27.2.2015.

Sue Holden, Principal

CGHS 2014 Higher School Certificate (HSC) Analysis

The school achieved its best ever results from within the period 2004 to 2014 in the HSC. Seventy-three per cent of HSC students gained at least one High Performance Band, a significant improvement over the 55% in the 2013 HSC, and an outstanding level of attainment by students.

The school performed above the state average in Ancient History, Biology, Drama, English Standard, English Advanced, English ESL, English Extension 2, Legal Studies, Mathematics General, Mathematics 2 Unit, Mathematics Extension 1, Mathematics Extension 2, Modern History, Music, Physics, Visual Arts, Chinese Continuers, Chinese Background Speakers, French Beginners and Business Services. The school continues a trend of tremendous academic achievement in comparison with the state; in five years, the number of subjects above state average has doubled; the number of subjects below state average has almost halved.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Number of subjects above State Average</th>
<th>Number of subjects below State Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>20</td>
<td>13</td>
</tr>
<tr>
<td>2013</td>
<td>16</td>
<td>19</td>
</tr>
<tr>
<td>2012</td>
<td>9</td>
<td>20</td>
</tr>
<tr>
<td>2011</td>
<td>11</td>
<td>22</td>
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<tr>
<td>2010</td>
<td>10</td>
<td>22</td>
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</table>

These results indicate that the school is continuing to do an outstanding job at catering for the diverse learning needs of students across a broad range of subject areas. For the first time, the school was above the state average in all Mathematics courses, a superb achievement.

The school was within two marks of the state average in Business Studies, Economics, English Extension 1, History Extension and Studies of Religion, a very sound achievement.

Areas the school will continue to support improvements in learning include Chemistry, Dance, Textiles and Design and Hospitality, where candidates were at least 5 percentage points below the state average.

In comparison to the 2013 Higher School Certificate, the school increased the number of students achieving in High Performance Bands (Bands 5 and 6) in Ancient History, Community and Family Studies, Economics, English Advanced, English Extension 1, English Extension 2, General Mathematics, Mathematics 2 Unit, Mathematics Extension 1, History Extension, Music, Textiles and Design, Chinese Continuers, Chinese Background Speakers, French Beginners and Business Services.

Trend data for 2008 to 2014 shows an increasing trend of student achievement in the High Performance Bands and decreasing achievement in the Low Performance Bands.

For the second successive year, the percentage of students in the High Performance bands is greater than the percentage in the Low Performance Bands. In 2010, there was a 12% increase of students in the Low Performance bands compared to the High; in 2014, these results have been virtually reversed, with 11% more students in the High Performance bands than in the Low. This is a tremendous transformation.

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40%</td>
<td>37%</td>
<td>35%</td>
<td>33%</td>
<td>30%</td>
<td>36%</td>
<td>24%</td>
</tr>
<tr>
<td>Low Performance Bands %</td>
<td>29%</td>
<td>32%</td>
<td>40%</td>
<td>40%</td>
<td>42%</td>
<td>38%</td>
<td>46%</td>
</tr>
</tbody>
</table>

This increasing number of students achieving in the High Performance Bands can be attributed to a number of intersecting factors, including the introduction of Performance and Gifted & Talented class structures, the implementation of a broad range of engaging, extra-curricular programs, extensive expenditure on technology and other innovative resources and a high level of social support afforded to each student. The critical factor underpinning this trend remains teacher quality and the relentless focus on quality teaching at CGHS. The school will continue to provide the leadership and professional learning needed to ensure each teacher has the capacity to address the personal learning needs of individual learners and address ever-evolving educational challenges.

Andrew Anderson, 17 December 2014
8 February 2015

Dear Parent/Caregiver

Please co-operate with the following road safety guidelines around the school when dropping off and picking up your daughter(s):

**AVOID**
- Church Street near the bus zone (at the front of the school) for drop off and pickups; it is too congested at peak times and the buses must use the bus zone there.

**USE**
- Minter Street (at the rear of the school) or Princess Street (we recommend on the Campbell Oval side of the Minter/Holden/Princess Streets roundabout).

**TALK**
- To your daughter(s) about the importance of crossing the road safely. Students should move well away from the bus zone before crossing Church Street. Either walk closer to Canterbury Road and cross past the church or move further towards Princess Street and cross near the Vincent Street T junction.

**READ**
- The road safety information provided overhead including school zone speeding and parking offences and fines.

The safety of your daughters is our paramount concern. Please work with us to make the arrival and departure from school each day as risk free as possible.

Please direct any enquiries to one of our Deputy Principals, Mr Anderson (Years 8, 10 and 12) or Ms Andrews (Years 7, 9 and 11).

Yours sincerely

Sue Holden
Principal

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**Take care while driving in school zones**

Kids across the state are back at school this week so don’t forget to slow down to 40km/h in school zones. From 8:00-9:30am and 2:30-4:00pm school zones are in force and have prominent signs and road markings to let you know that kids are about and to slow down.

By the end of this year, every school across NSW will have a set of flashing lights making the roads around our schools even safer. You can download the SpeedAdviser App to get audio alerts of speed zone changes.

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**CGHS 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. 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 enter:**
- the students 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 details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

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**The Stage 6 Years 11-12 Personal Best Program**

In Term 1 Year 12 will complete the following in PB time:
- an interview with the Principal to check HSC progress
- 2 careers sessions for the cohort with Ms Matos
- 3 – 4 guided relaxation / stress management sessions with the school counsellor Ms Robin Graeme-Holder for each PB group

In Term 1 Year 11 will complete the following in PB time:
- an interview with the DP to check transition to Stage 6
- over 3 sessions, a Personal Learning Plan, guided overall by Ms Maddox and consolidated by Ms Matos with specific careers advice
- The study skills session in the Learning Centre Online Moodle – see powerpoint

When in Personal Best classes, students will enrol in Learning Centre and Senior Student Support Moodles. Starting with the Senior Student Support Moodle, students will be guided through the PB program. It is independent, self paced work.

All students will have their study timetable sighted by their PB teacher, and are expected to regularly update it and their study “to do” lists.

The exercises set for students to work through from the lclplanner.com online CGHS school diary will supplement the Moodle resources.

**Year 11 students in particular will benefit from having a look at the DEC websites:**

Through PB class groupings, students who struggle with time and stress management can be referred to the Year Advisor, Careers Advisor, and School Counsellor as appropriate for further support.

Ms Maddox and Ms McLelland will be offering lunchtime sessions to support Year 12 students build their confidence and self esteem to be successful HSC candidates.
I WOULD LIKE TO WELCOME back everyone to the 2015 school year! I am passionate about helping each student to achieve her personal best, so if any student or parent / caregiver would like to discuss an issue with me, I am always happy to speak with them. I would like to wish every student and her family the very best for 2015!!

Aboriginal Education Programs
In 2015, the school will be using its Aboriginal Education funding to employ Ms McLelland for one day a cycle throughout Semester One to provide support for the school’s thirteen Aboriginal students. Ms McLelland will ensure that each student has a Personal Learning Plan and is able to access the support needed to achieve her personal best. Ms McLelland will be working Tuesdays throughout Semester One. Should any Aboriginal student or their family require support with their learning, please do not hesitate to contact Ms McLelland or myself.

Stage 4 Learning Presentations
In Term 4, 2014, the school trialled Learning Presentations as part of an initiative to enhance Student-Staff-Parent partnerships. Approximately 35 Year 7 students undertook a presentation to their parents and a member of the senior executive regarding their Learning Achievements for 2014, and Learning Goals for 2015. I would like to congratulate the 35 students who participated in this trial, all of whom gave fantastic presentations, and who demonstrated a high level of reflection and insight regarding their learning.

In Term 4, 2015, the school will be inviting all Year 8 and Year 7 students to give a Learning Presentation to their parents and a staff member, as this is an extremely important process that actively engages student voice in reflecting on parents and a staff member, as this is an extremely important process that actively engages student voice in reflecting on parents and a staff member, as this.

CyberSmart Presentations
A reminder that I have organised a CyberSmart presentations by the Australian Communications and Media Authority (ACMA) for students, staff and parent / community members for Tuesday 17 February 2015.

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

- Safely: continually reminding your daughter of the need to be aware of safety issues at all times, especially Stranger Danger whilst traveling to and from school. Please alert the police and State Transport to any safety issues in relation to bus or train travel.
- Values: 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. 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 tights without a covering skirt or shorts under any circumstances.
- 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.

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 on 9797 4099.

Personal Best program for Years 7-10, 2015 (See Stage 6 program details on page 6)

The school is taking advantage of additional learning time generated through the introduction of electronic roll marking and the abolition of Roll Call to implement a Personal Best program in 2015. This will involve students in Years 7-12 undertaking a differentiated, self-paced program of personal support and wellbeing during two thirty minute DEAR sessions a week across two terms. The aim of the program is to present proactive support to students about a broad range of wellbeing issues relevant to their particular stage of development. Below is a schedule showing parents and caregivers when their daughter will be undertaking Personal Best in 2015.

For the remaining two terms, students will undertake traditional reading and also assist as mentors in various support programs.

2015 Personal Best Schedule 7-10

```
<table>
<thead>
<tr>
<th>Year</th>
<th>Reading DEAR</th>
<th>Personal Best</th>
<th>Reading DEAR</th>
<th>Personal Best</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 10</td>
<td>+ Peer Numeracy</td>
<td>+ Peer Numeracy</td>
<td>+ Peer Numeracy</td>
<td>+ Peer Numeracy</td>
</tr>
<tr>
<td></td>
<td>+ Peer Literacy</td>
<td>+ Peer Literacy</td>
<td>+ Peer Literacy</td>
<td>+ Peer Literacy</td>
</tr>
<tr>
<td></td>
<td>+ PLP including post-school planning</td>
<td>+ PLP including post-school planning</td>
<td>+ PLP including post-school planning</td>
<td>+ PLP including post-school planning</td>
</tr>
<tr>
<td></td>
<td>+ Premier’s volunteering and leadership development &amp; mentoring</td>
<td>+ Premier’s volunteering and leadership development &amp; mentoring</td>
<td>+ Premier’s volunteering and leadership development &amp; mentoring</td>
<td>+ Premier’s volunteering and leadership development &amp; mentoring</td>
</tr>
<tr>
<td>Year 9</td>
<td>Reading DEAR</td>
<td>Reading DEAR</td>
<td>Personal Best</td>
<td>Personal Best</td>
</tr>
<tr>
<td></td>
<td>+ Peer Literacy</td>
<td>+ Peer Literacy</td>
<td>+ Mentor training</td>
<td>+ Mentor training</td>
</tr>
<tr>
<td></td>
<td>+ Peer Numeracy</td>
<td>+ Peer Numeracy</td>
<td>+ White Ribbon mentors</td>
<td>+ White Ribbon mentors</td>
</tr>
<tr>
<td>Year 8</td>
<td>Personal Best</td>
<td>Reading DEAR</td>
<td>Personal Best</td>
<td>Reading DEAR</td>
</tr>
<tr>
<td></td>
<td>+ Peer Literacy</td>
<td>+ Peer Literacy</td>
<td>+ Digital Portfolio finalised</td>
<td>+ Digital Portfolio finalised</td>
</tr>
<tr>
<td></td>
<td>+ Peer Numeracy</td>
<td>+ Peer Numeracy</td>
<td>+ PLP for the following year completed</td>
<td>+ PLP for the following year completed</td>
</tr>
<tr>
<td>Year 7</td>
<td>Personal Best</td>
<td>White Ribbon</td>
<td>Reading DEAR</td>
<td>(Personal Best)</td>
</tr>
<tr>
<td></td>
<td>+ Peer Literacy</td>
<td>+ Peer Literacy</td>
<td>+ Reading DEAR</td>
<td>+ Reading DEAR</td>
</tr>
<tr>
<td></td>
<td>+ Peer Numeracy</td>
<td>+ Peer Numeracy</td>
<td>Student Learning Achievement</td>
<td>Student Learning Achievement</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Presentations developed and implemented</td>
<td>Presentations developed and implemented</td>
</tr>
<tr>
<td>Year 6</td>
<td>Personal Best</td>
<td></td>
<td>Reading DEAR</td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ Peer Literacy</td>
<td>+ Peer Literacy</td>
<td>+ Reading DEAR</td>
<td>+ Reading DEAR</td>
</tr>
<tr>
<td></td>
<td>+ Peer Numeracy</td>
<td>+ Peer Numeracy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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Listed below are the staff who have been developing the Personal Best Program for Years 7-10 in 2015:

- Year 7 – Ms Oubari and Mr Anderson focusing on Anti-Bullying, Friendship and White Ribbon (Respect).
- Year 8 – Mrs Conroy and Mr Anderson focusing on Cyber-safety, Personal Relationships, Conflict Resolution and Positive Self-Esteem.
- Year 9 – Ms Strachan focusing on Resilience, Personal Relationships and Positive Decision Making.
- Year 10 – Ms Fox focusing on The Future, Mental Wellbeing and Professional Relationships.

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 on 9797 4099.

Andrew Anderson, Deputy Principal
Welcome to Hospitality for 2015.

This is going to be another exciting year for our Hospitality students. We have the Year 12 continuing their HSC course, as they work diligently towards achieving their competencies for both their HSC and VET Certificate. Year 12 will also be involved in catering for a variety of functions. So look out for some exciting news updates and pictures of Hospitality in action. Keep up the hard work Year 12 and seek study support when needed.

Year 11 will be starting their VET and HSC course this week. So welcome to those students and their families. I encourage those students and their families to contact us (Hospitality teachers, found in the TAS staff in Block Q), for any enquiries regarding competency skills based assessment or any other questions you may have.

The current Hospitality teachers for Year 11 and 12 Hospitality in 2015 are Mrs J. Kastanias (pictured below left) and Mrs M. Stephenson (pictured below right).

ENGLISH: Word Of The Day Competition

The inaugural Word of the Day competition took place in the dying days of the 2014 school year (pictured above). Sure to become a Canterbury tradition in 2015 and beyond, it was a great success, thoroughly entertaining, challenging and illuminating for all. Thanks to literacy team members and English faculty staff, especially Ms Magoffin, for their enthusiasm and dedication to make this event happen.

Drama: Zeal Theatre Visit

Students at Canterbury Girls High school were once again lucky enough to have the pleasure of a second visit from Zeal Theatre Company towards the end of Term Four. More than one hundred students chose to view the performance and thirty student participated in the two workshops run by the theatre company. The performance “KING HIT” saw the actors playing multiple roles and changing from a teenage girl one minute into a testosterone charged drunken youth the next. The intent of the performance was to encourage audiences to question the impact on young people as a consequence of alcohol, violence and substance abuse. The highly skilled and versatile actors created a cast of twenty using only themselves and basic props. They delighted the audience of students ranging from Year 7-12 with alternate endings to the play.

In the first ending the erupting violence has the consequence of one young man ending up brain damaged and unable to function or complete the simplest of tasks. The second ending enabled the audience to witness the alternate response which was the diminishing of the anger and aggression rather than escalating it. This ending illustrated the same events at the same party but with an ending in which there was no need for the throwing of punches and no one ended up in hospital.

TAS: Google Apps and Office 365 available for Students

Canterbury Girls High School would like to inform parents that the new educational programs Google Apps and Office 365 are now available to all students for school and personal use. We look forward to informing you about how students will be able to access these educational packages as soon as updated information is provided to us from the Department of Education and Communities.

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In 2015 we will use the Field Trip Days set for March 19th and June 5th on the student calendar to deliver rich learning experiences to each cohort with less disruption to day to day learning – if all Years are engaged in a field trip, a class’s regular teacher is not absent to accompany an excursion. While excursions will still occur, we anticipate the Field Trips will enable a number of events to occur simultaneously.

Scheduled for March 19th is the Year 7 Science Egg Day, a Year 8 Visual Arts excursion to the Aquarium & Wildlife World, a Year 9 Rich Day in English, and in Year 10 an electives rich day for X elective classes French, Commerce, Photography & Digital Media, PESS, Drama and Food Technology. Year 11 and 12 will have a day of study skills and wellbeing related events, which is part of the Stage 6 25 hours mandatory Crossroads and CGHS senior student wellbeing programs. Costs will vary according to the activities being undertaken and all students will require a permission note when off site travel is involved. Faculties running each event will provide notes and information shortly.

Visual Arts

In Term 4 last year, Mrs Caprin’s Year 10 Art class were assigned to create an installation (a sculpture or design made of natural materials) e.g. tree branches, leaves, flowers, rocks etc; we conducted this project through the duration of 3 weeks where we constructed an original design based on natural elements; we were inspired by a famous art sculptor Andy Goldsworthy, and the audience of students were subjected to the task of photographing our installations from different angles using different aperture. An aperture controls the amount of light that enters the camera and the depth of focus on the photograph. We then took our negatives to the dark room (B2) to develop our negatives to produce a black and white photograph of our installation. Although it was a very stressful procedure the Year 10 art class is pleased to say that it was worth the effort in the end! Rebecca Orsini, Year 10

Careers + Work Experience

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Welcome to Hospitality for 2015.

This is going to be another exciting year for our Hospitality students. We have the Year 12 continuing their HSC course, as they work diligently towards achieving their competencies for both their HSC and VET Certificate. Year 12 will also be involved in catering for a variety of functions. So look out for some exciting news updates and pictures of Hospitality in action. Keep up the hard work Year 12 and seek study support when needed.

Year 11 will be starting their VET and HSC course this week. So welcome to those students and their families. I encourage those students and their families to contact us (Hospitality teachers, found in the TAS staff in Block Q), for any enquiries regarding competency skills based assessment or any other questions you may have.

The current Hospitality teachers for Year 11 and 12 Hospitality in 2015 are Mrs J. Kastanias (pictured below left) and Mrs M. Stephenson (pictured below right).

ENGLISH: Word Of The Day Competition

The inaugural Word of the Day competition took place in the dying days of the 2014 school year (pictured above). Sure to become a Canterbury tradition in 2015 and beyond, it was a great success, thoroughly entertaining, challenging and illuminating for all. Thanks to literacy team members and English faculty staff, especially Ms Magoffin, for their enthusiasm and dedication to make this event happen.

Drama: Zeal Theatre Visit

Students at Canterbury Girls High school were once again lucky enough to have the pleasure of a second visit from Zeal Theatre Company towards the end of Term Four. More than one hundred students chose to view the performance and thirty student participated in the two workshops run by the theatre company. The performance “KING HIT” saw the actors playing multiple roles and changing from a teenage girl one minute into a testosterone charged drunken youth the next. The intent of the performance was to encourage audiences to question the impact on young people as a consequence of alcohol, violence and substance abuse. The highly skilled and versatile actors created a cast of twenty using only themselves and basic props. They delighted the audience of students ranging from Year 7-12 with alternate endings to the play.

In the first ending the erupting violence has the consequence of one young man ending up brain damaged and unable to function or complete the simplest of tasks. The second ending enabled the audience to witness the alternate response which was the diminishing of the anger and aggression rather than escalating it. This ending illustrated the same events at the same party but with an ending in which there was no need for the throwing of punches and no one ended up in hospital.

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Learning Support: International Day of Disability

December 4th 2014 Canterbury Girls High School celebrated this global event at a special assembly where two brave students, Pearl Joseph, Year 10, and Imogen Smith, Year 12, took to the stage to speak publicly about the challenges and issues they face. Both were confident, engaging and inspiring speakers. Thank you to Ms Fox and Ms Burgess for coordination of both the assembly and the information stall.

HELLO MY NAME IS IMOGEN and I am happy to be speaking at the assembly for the international day of disabled persons. Public speaking is pretty difficult for me but I actually love to perform and talk a lot so if you’d bear with me I’ll try my best to be relaxed and talk clearly.

Firstly, I feel pretty strongly about the awareness and treatment of disabilities having grown up in a family where mental disability is very common and also growing up with a great number of people around me who suffered from a wide range of disabilities both physical and mental. I’m sure a lot of you will have some kind of experience with all kinds of disability too so whether you personally have one or not a lot of you will have some kind of experience with all kinds of disability.

Technology as we all know is becoming very important in our society and as part of today’s theme I thought it would just be nice to share with you some of the ways that technology is adjusting to the endless variety of ways that our minds work and how some of you may be able to take advantage of these changes.

I’m an excellent drawer and skilled writer.

LIMITED RANGE OF INTERESTS is something that I have a disorder and disability. Today I will be talking about Asperger’s Syndrome.

Asperger’s Syndrome is a type if disorder that has 50% of my brain as a teenager and the other 50% as a child. Kids with Asperger’s Syndrome have problems with:

- Social skills
- Eccentric or repetitive behaviours
- Unusual preoccupations and rituals
- Communication difficulties
- Limited range of interests
- Coordination skills
- Sensory issues with noise, taste, smell & touch

Some people think that my disorder is an illness. It is not. You can’t catch it and it is harmless. Aspergers is on the autistic spectrum which means I need more help than other people, mainly socially.

As I grew older I started to understand that my Asperger’s Syndrome created a view on the world I saw. My thoughts and ideas could lead me to a good future. But, it didn’t. My Asperger’s turned my world upside down. I was bullied and got into fights. Sometimes I wished it had never happened. The bullying started in pre-school and then in primary, where it got worse.

But besides my Asperger’s Syndrome putting me down and making me hate running before I got the zombies, run app and simulate being in a life death apocalypse situation to get my legs moving but who cares it works, it’s fun and when you’re active it really helps your mind in surprising ways. It’s not just running either there’s apps for yoga, dance, whatever you like. I have a close friend who during a time of severe depression their life was falling apart just dedicated their life to a sport, and now, as well as being crazy strong, they have pulled through and now lead a very happy life.

As permy I’m a very sad person I always feel like I’m stupid or whatever for behaving differently. And my heart goes out to a lot of people who I know having it a lot worse and are not getting the help and understanding they need.
Youth Leadership Training
Safe Schools Coalition NSW

Are you a senior student in NSW who wants to expand your leadership skills?
Do you want to help make your school safer for same-sex attracted, intersex and gender diverse students?

Come to a FREE workshop facilitated by Meredith Turnbull and Safe Schools Coalition NSW

Duty of Care Statement
We aim to provide students with the opportunity to develop leadership skills and knowledge in a safe and supportive environment.

There will be Family Planning NSW staff to assist on the day; all staff have received child protection training and passed the NSW Working with Children Check.

Violence, abusive language or behaviour will not be tolerated, and students must not be under the influence of drugs or alcohol.

Students under 16 years old must get parent/guardian permission to attend.

Program includes:
- Leadership values
- Making your school a safe school
- Starting an ally group

Date
28 February 2015

Venue
Family Planning NSW
326 – 336 Liverpool Road, Ashfield

Time
10.00am – 4.00pm
Lunch provided

Cost
Free

Contact
Althea Mackenzie
T: 02 8752 4363
E: safeschools@fpnsw.org.au

Apply online and complete the attached consent form

POP UP MOVIE NIGHT
@WILEY PARK AMPHITHEATRE
CORNER OF KING GEORGE’S ROAD AND CANTERBURY ROAD
FRIDAY 20 FEBRUARY FROM 7.00-9.30PM
BRING YOUR OWN BLANKET, BBQ PROVIDED
MORE INFO CONTACT 9718 9848

*All movies will be age appropriate

Supported By
Parent Daughter Program!
Term 1 Weeks 4-8

After a very successful program last year we are now looking for people to join our 2015 program.

Session 1—Getting to know you
Session 2—Tae Kwon Do
Session 3—African Drumming
Session 4—Yoga
Session 5—Cooking/Photos

For more information please contact Stacey Naisbett on stacey.naisbett@det.nsw.edu.au

Prefects’ Report

The newly elected prefects have transitioned into their role very well and have been involved in a number of activities in their first term of leadership.

ChilOut’s Youth Ambassador Program:

ChilOut’s Youth Ambassador program started in 2004. As part of this program, young former refugees and Australian-born young people participated in activities in the Australian community to raise awareness about children in detention. ChilOut is now accepting applications for its 2015 Youth Ambassadors Program. The program is an opportunity for young people around Australia to be part of the fight for releasing children from immigration detention and contributing to a more just and peaceful world. Under the UN Convention on the Rights of the Child, children have a right to education, shelter and play and to lead normal healthy lives.

The aim of the Youth Ambassadors Program is to empower young people to raise their voices and work towards ensuring that no children are held in detention and that all children are given the rights they are entitled to.

http://www.chilout.org/2015_ambassadors

Prefects’ Lunchtime Tutoring
in the library seminar rooms on Fridays at lunch.

If you need some homework help please come by and ask. We’ve already done many of your assignments when we were in Years 7–10!! If we can’t help you we will find another Prefect who can!
IDEATION Multicultural Youth Leaders Day 2014

On Nov 13, 2014 CGHS attended the Multicultural ‘Youth Leaders’ Day, IDEATION. The conference was a great success, students and young delegates were engaged and a series of new ideas and approaches resulted from the various workshops that took place on the day.

The IDEATION 2014 Report highlights:
- the topics covered
- the outcomes of the day and
- the song lyrics that all attendees put together with the assistance the entertainment Song Division company.

It can also be found following link: http://web2.crc.nsw.gov.au/2014_IDEATION_Report/

Canterbury Girls High School was represented at IDEATION by Kylie Ly and Maria Phan whose report was published in the 2014 newsletter.

Need help managing stress or anxiety?

If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyond blue, this program is now freely available to all young people aged 8–17 years old who are living in Australia.

BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively.

The program can be accessed as often as you like, from the comfort of your own home.

For more info on BRAVE Self-Help, or to register for the program, visit www.brave4you.psy.uq.edu.au

BRAVE Self-Help is an online program for the prevention, early intervention and treatment of anxiety in young people and children.

The program was developed at the University of Queensland by experts in anxiety in young people and children, and has now been running for 13 years throughout Australia.

The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing social anxiety, shyness, separation anxiety, phobias and general worries in hundreds of children and adolescents.

In 2014, for the first time, BRAVE Self-Help will be available to all young people and children living in Australia between 8 and 17 years and their parents.

NOURISH

An introduction to working with food in the hospitality industry presented by OzHarvest

Come and learn some simple and fun tips about food and cooking!

Open to people aged between 16-25 years.

FREE SIX-WEEK COURSE!

Start Date: Wednesday, 11 February
End Date: Friday, 20 March
Every Wednesday & Friday (6 weeks)
Time: 10am - 2pm
Location: OzHarvest HQ

For more information and to register, contact:
Belinda Woollett
belinda.woollett@ozharvest.org
02 9516 3877
Want to work at the NSW State Election 2015?

The NSW State Election in being held on 28 March 2015 and we are looking for bilingual and multilingual people to work at this election.

Working at an election gives you a great opportunity to earn some money, learn new skills, and help your community to have their say.

Applications open in early December 2014

How do I apply?

You need to complete an online Expression of Interest (EOI) form.

You can access the online express of interest form via the NSWEC website

To work at the election you need to be 18 years and older and enrolled to vote in NSW.

For more information

For more information contact the NSW Electoral Commission.


Email: CommunityEducationOfficer@elections.nsw.gov.au

Phone: Call the Employment Help Desk on 1300 135 736

FREE Parent Wise Parenting Workshops for parents and carers of adolescents.

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

Date: Friday mornings- one session per week for 6 weeks from Friday 13th February — Friday 20th March 2015

Time: 9.30am — 11.30am

Venue: Good Shepherd
440 Marrickville Road, Marrickville

REGISTRATION IS ESSENTIAL please contact:
Rebecca Dennis on Ph: 8571 7800
Email: Rebecca.Dennis@rosemountgs.org.au

The Australian Parenting App FREE from iTunes App Store or Android Market.

www.goodshepherd.com.au
Paid Voice Over Opportunity

Looking for people who are fluent in speaking and reading the following languages Burmese (Burma), Farsi (Iran), Hazaragi (Afghanistan), Karen (Burma) and Tamil (Sri Lankan) for Paid Voice over work.

If this sounds like you then all that is required of you is to have your voice recorded to be use as a voice over for a short human right video which will be produced into a DVD and it will also be on the website of the Centre for Refugee Research UNSW. You will be paid $300 for 2 hours voice recording session in Penrith.

Preferable someone with an ABN.

Date for the voice recording is Saturday 7th February, date can be negotiated if you are unavailable on the day.

If you are interested or know someone who is please contact hawanatufilm@yahoo.com.au or 61 431 109 176.
WANTED

Girls & Boys aged 7-12 years
Come play cricket
All abilities welcome
Mixed & Girls Only zones

Marrickville Cricket Club is running a T20 Blast Centre in 2015. All inner west families are invited to spend every Friday evening in February and March at Mackey Park. Between 5.30-7pm girls and boys will get to play fun, fast, and exciting cricket to great music. Everyone gets the opportunity to bat, bowl, field AND dance!

You can choose the mixed OR girls only zone for your child. Start each weekend in February and March at Mackey Park with your son or daughter playing with friends and developing skills.

When: 5.30 – 7pm Fridays, 6 February – 27 March 2015
Where: Mackey Park, Richardson Cres, Marrickville
Cost: $99 includes bag, bottle, cap, shirt and equipment

MCC T20 Blast Centre includes:
• Sausage sizzle for an easy Friday night dinner
• Playground for younger kids
• Coaches working with parents and players
• All players continuously engaged in fun batting, bowling and fielding drills, ending with a game.

More info contact Nikki Pitkethley
M: 0403 014 937  E: simnik99@optusnet.com.au
Or look at http://www.t20blast.com.au

T20 Blast is ideal for 7-12 year olds:
• Try cricket for the first time
• Build on existing skills from MILO, club or school cricket
• Prepare for junior club teams next season

Children play in teams of 8. You can organise a team of friends/siblings or we will place your child in a team of similar age/ability.

REGISTER NOW!

MIXED boys & girls: http://tinyurl.com/t20mixed
GIRLS ONLY: http://tinyurl.com/t20girls
act, create, communicate
Self-development through drama!
Boost your child’s creativity, confidence and communication skills.
Enrolling now for students aged 5 to 17.

www.helenogrady.com.au

Studio Location:
Marrickville

Contact the Principal
Mel Duke
Call – 02 9787 2363

REMIN DERS 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

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: Malin Suchting & Patrick Walsh
Secretary: Sue Aujard
Treasurer: Stephen Gallagher
Email: canterburyhisparentsandcitizens@gmail.com
2015 Meetings: 4th Wednesday of the month.
25th February, 25th March, 27th May, 24th June,
29th July, 28th August, 28th October, 25th November.
Cantabrian Hall, entry via Church Street.

Thank you to Mr. Anderson, Mr Nolan, Mr Kazzi, and Mr Sim
...who supported the Prefects’ fundraising for Lillian Refuge over the weeks before Christmas. They got into the spirit by dressing up and delivering candy canes to students during DEAR. By selling candy canes for $1 each, delivered by Santa with a handwritten message, the Prefects raised $600. See full Prefects report on page 17.

Dates for the Fridge
- Feb 11-13: Year 7 Camp
- Feb 13: Year 11-12 Drama to Onstage HSC production
- Feb 17th: CyberSafety Presentation, 5.30-7.00pm
- Feb 19th: High Achievers HSC 2014 Assembly
- Feb 20th: School Photo Day
- Feb 24th: Year 7 SRC elections
- Feb 24th: Year 7 2016 Open Night
- Feb 25th: P&C Meeting
- Feb 27th: Swimming Carnival
- March 2nd & 6th: Zone Swimming Carnival
- March 3rd & 10th: School in Action Tours

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

Need some exam and test preparation advice?
Check the tips from an expert. See “Preparing for tests and exams” by adolescent psychologist Andrew Fuller at the following link: