FAREWELL YEAR 12 2015!

This week we celebrate your graduation, marking the conclusion of secondary education. Next edition in Term 4 will feature photos from the formal and informal celebratory events of the week. We thank you for your contributions to Canterbury Girls and wish you the very best for your HSC exams and beyond.

Reminders:

- **Dance Showcase**: tomorrow night Thursday Sept 17th 7pm in the MPC – all welcome to see our talented dancers perform. The program will highlight dance performances and compositions from Year 8, 10 & 11 elective classes as well as dance ensemble works. $10 adults, $5 children. CGHS performing arts students no charge.

- **Partners in Learning Survey** Canterbury Girls HS is participating in the “Tell Them From Me” staff, student and parent surveys, to obtain quality feedback from all sectors of our school community to inform our future planning. Please assist us by clicking on the link below to complete the parent and carers’ “Partners in Learning” component of the survey. The link will take you straight to the first page of the CGHS survey, no further log in is required.  
  
  
  More information about the survey including FAQs can be found here:  
  http://surveys.cese.nsw.gov.au/ or, in our August newsletter from the ‘Latest Information’ links on the right hand side of the school website home page. The survey link is also on the home page of the school website. The survey is open for responses until Friday October 16th. Thank you for participating in the survey.

Congratulations to:

- Our 2016 Co-Captains, Ellie Cott, Fonzelina Falesita, Thandiwe Gudu and Grace Rached.

- **And to the newly elected SRC representatives** and office bearers for 2015-16:  
  **Year 10**: Maria Phan (President) Pearl Joseph (Secretary) Mai Nakamoto (Secretary) Mouna Fadel-Kamel (Treasurer)
Stella Conlon

I

the DEC Sydney Region Great

Region Indigenous Vocal Talent performed brilliantly at the Sydney Economics and Business Studies Event. See photo and report on page 13.

Austraia Reee of Year 12, who secured a Distinction in Australian Economics and Business Studies Competition organised by the Business School of the University of New South Wales.

Eliza Goslett, Year 10, semi-finalist in the NSW Legacy Public Speaking Award.

Jessie Simon- Fitzpatrick, Year 10, who had the honour of chairing the DEC Sydney Region Great Indigenous Debate last Friday in NSW Parliament House last week.

Year 10 students who represented CGHS at National Skills Week at NSW Parliament House on Monday 24th August (see photo and report on page 12): Liliana Abram, Jessica Aird, Hannah Cazac, Pearl Joseph, Maria Phan, Yassmine Raad-Eldik.

Jessie Simon- Fitzpatrick and Shanree Dingwall, Year 10 who performed brilliantly at the Sydney Region Indigenous Vocal Talent Identification Program showcase. Photos on page 10.

Anastasia Bampous, Alex Scoulter, Juliana Sikes and Lola Minutillo, all of Year 9, who achieved Highly Commended at the Mental Health Public Speaking Awards, raising awareness of mental health issues in the community.

Marie Ikonomou, Year 8 member of the NSW Indigenous Dance group under the auspices of the NSW IPUI who performed at the opening ceremony at the Netball world cup in Sydney in August 2015 (See picture above). Marie will also be performing in the upcoming State Dance Festival.

Faiva Penitani and Fanta Aruna, Year 7, who attended the Combined High Schools Athletics State Championship on September 3-5 in shot put and long jump events, after their performances in the Sydney South East Regional Carnival (photo and report on page 14).

Lillian Smith and Sofia Goulding, Year 7 for fantastic results in Global Science Competition. Full report and picture on page 14.

Year 7 debaters, who are Zone champions! See the report about the victory of our team on the topic “That animal testing should not be allowed” on page 9. Congratulations girls! Sofia Goulding, Hester Legge, Sara Orwin, Zoe Morris and Dasha Lopes.

Staff Changes:

We wish Ms Marie Salakas, Year 8 Advisor and HSIE teacher all the best as she heads off on Maternity Leave this week. Ms Salakas plans to return to CGHS in 2017.

Thank you:

Parents Jenny, Evan, Cheryl, Lynne, Patrick, Heather, Stephen, Chris, Olive for the organisation of the recent Trivia Night – great effort by all and thanks to all those families who donated to the event in many different ways from actual prizes to helping clean up or set up.

All local businesses who donated for the P&C Trivia Night (see pdf of cards for donations on page 22-23).

Ms Tranter, Mrs Venkatesan and Ms Kumar for the fantastic assistance with traditional sweet treats.

Thank You to:

and Chai at P&C Bollywood Trivia Night. See page 22.

Ms Mawassi and Ms Strachan for their leadership in the relieving Head Teacher Student Wellbeing role. Ms Mawassi has included Week Of Wellbeing and Mentor Training Day coordination.

Ms Strachan for accompanying and supporting our team at the Sydney South East Regional Athletics Carnival.

Ms Kastanias and Ms Jenkins for their coordination of the impressive Prefect and SRC Investiture Assembly in week 6.

All Year 12 teachers for their dedicated support of the learning, revision and practice in Year 12 classrooms since the HSC Trials in weeks 2 and 3 this term. Also thanks to all family and friends of Year 12 students for your support to ensure your daughters have the opportunity to do their best in the upcoming HSC exams.

Special mention to teachers of practical Year 12 subjects for your commitment to your students as they complete practical and project components in CAPA, TAS, HSIE and English Extension 2 courses. Performances and exhibitions showcasing Music, Dance, Drama, Visual Arts and Textiles and Design, have been a highlight.

Staff and students for their support and contribution to the Respect Passport Day on August 28th. See photos and report on page 5. Ms Mawassi, Ms Jenkins and Ms Naisbett for their support and encouragement in making WIP a success!

Ms Slaterry, Ms Maddox and Ms Barford for their work with students in various public speaking competitions and debating.

Aboriginal Education Programs

Jesse Simon- Fitzpatrick and Shanree Dingwall gave outstanding performances in the Vocal Identification Program Concert held in August. Jesse also chaired the 2015 Aboriginal Great Debate held at Parliament House on Friday 4 September. Both these talented students need to be recognised for their wonderful achievements. A reminder to parents that Mrs McLellan continues to support girls as Coordinator of the Aboriginal Student Support program, on Tuesdays, Week B and that she is able to assist parents with any issues they would like to raise.

Stage 4 Learning Presentations 2015

All Year 7 and Year 8 have been issued with information regarding their Learning Presentations for 2015. Ms Strachan is in the process of working with both years on the development of their presentations. Students will be given a day in Term 4 to develop their presentations and all Year 7 and Year 8 parents are strongly encouraged to make a time to visit the school and hear their daughter’s presentation. Presentations will be recorded and students will be able to make changes during term 5 and learning goals for 2016 and serve as an important strategy through which school and home partnerships are strengthened. Most importantly, the presentations give students an opportunity to reflect on and share their own views about their learning.

Subject Selection 2015

Subject selection programs for Years 7, 8 and 10 have been finalised, and students advised of their subject choices for 2016. All students are to be congratulated on the maturity and seriousness with which they went about making their decisions. Many students have used the opportunity to reflect on and share their own views about their learning.

All Year 7 and Year 8 have been issued with information regarding their Learning Presentations for 2015. Students who complete the program will receive a certificate, have a positive entry made on their school record and yearly report. All parents are strongly encouraged to make sure their daughter has completed this important program.

Reminders: Ongoing issues

The main issue I wanted to ask for all parent support with was in relation to leaving valuables unattended. Please 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. As in the ‘real world’, if your daughter leaves valuables unattended somewhere, someone will likely take them, and there is nothing the school can do to retrieve the item. Great distress is inevitably caused for both the student and her family if this happens. Please ask your daughter not to bring any valuable to school unless absolutely necessary.

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.

Andrew Anderson, Deputy Principal

Personal Best 2015

This year, the school has implemented a Personal Best program for Years 7 to 10 for two terms during DEAR time. Personal Best enables students to develop an understanding of age relevant issues which can impact upon their performance and participation at school. To complete this program, students need their digital device and an electronic work booklet in which to record their responses to the issues explored. Students have until Week 3, Term 4 to complete their personal Best program for 2015. Students who complete the program will receive a certificate, have a positive entry made on their school record and yearly report. All parents are strongly encouraged to make sure their daughter has completed this important program.

White Ribbon Program, 2015

Years 7 completed the White Ribbon program on the first day of Term 2, 2015 with most students achieving their Respect Passport. This achievement has been recorded onto students’ school record, and will appear on their yearly report. A big thank you to all those who achieved their Personal Best Respect Passport, and to our fantastic Year 9 Respect Leaders whose contribution to this program will also be recognised on their school record and report!
**Holiday Homework Guidelines**

Families please note, students Years 7–9 are not expected to spend significant amounts of school holiday time on school assignments and study. Class teachers and faculties may set assignments before the holiday period, which students may choose to work on during the holiday period.

However sufficient school time will be allowed before and/or after the holiday period so all students have the opportunity to complete assignments during term time. If you ever have any concerns, please contact the school and ask to speak to the Head Teacher of the faculty, or the Deputy for your daughter’s Year group.

In Years 10–12 it is expected some holiday time should be used for working on assessment tasks. The necessity for holiday time to be utilised for assessment tasks, revision and exam preparation increases as students progress through Term 3. In the September school holidays Year 12 will prepare for HSC exams commencing week 2 of Term 4, and Year 10 should spend time reviewing topics completed earlier this year which are to be examined in their Yearly exams in week 6 of Term 4.

**This is our world, online**

Learning to be a responsible, meaningful contributor to the online world has emerged as an essential life skill in this digital age, and young people need role models to show them how – parents must fill their own knowledge voids in relation to technology, and can do so by listening to young people.

The online resource, This is our world, online, positions young people as the experts and educators, with their knowledge and insight being published to educate parents.

This is our world, online is an innovative approach to educating parents, teachers, and carers about the technology use of the young people in their lives.

This resource acknowledges the significant role that technology plays in the lives of young people, but most importantly positions this demographic as the most knowledgeable in the space, and allowing them to truly have their voice heard and educate the wider community.

This is our world, online: http://www.thisisourworldonline.com

*This item was sourced from http://positivetimes.com.au

Another recommended article from this site is: Ten ways to promote the natural genius in your child, by Andrew Fuller.

**CGHS Week of Wellbeing**

Jane Caro was our special guest speaker at the 2015 Week of Wellbeing. In theme with this year’s Motivational Media presentation “Jigsaw”, we approached Week of Wellbeing with the message for young women to complete their life’s jigsaw, piece by piece. Jane Caro delivered an inspiring, relevant and thought provoking address to an attentive and appreciative audience. Jane is a well known social commentator, as well as a successful author, novelist, lecturer, mentor, columnist, broadcaster and award-winning advertising writer. She is also a strong advocate of women and public education and is on the NSW Public Education Foundation board.

**This is our world, online**

Learning to be a responsible, meaningful contributor to the online world has emerged as an essential life skill in this digital age, and young people need role models to show them how – parents must fill their own knowledge voids in relation to technology, and can do so by listening to young people.

The online resource, This is our world, online, positions young people as the experts and educators, with their knowledge and insight being published to educate parents.

This is our world, online is an innovative approach to educating parents, teachers, and carers about the technology use of the young people in their lives.

This resource acknowledges the significant role that technology plays in the lives of young people, but most importantly positions this demographic as the most knowledgeable in the space, and allowing them to truly have their voice heard and educate the wider community.

This is our world, online: http://www.thisisourworldonline.com

*This item was sourced from http://positivetimes.com.au

Another recommended article from this site is: Ten ways to promote the natural genius in your child, by Andrew Fuller.

**RUOk? Day: A PDHPE Rich Day by Year 9**

RUOK? Day was established by a not for profit organisation in 2009 with a vision of a world where we are all connected and protected from suicide. The mission of this organisation is to encourage and equip everyone to regularly and meaningfully ask “Are you ok?”

PDHPE staff and Cathy Jenkins alongside SRC members and Year 9 worked hard to ensure our school participated in such a significant movement.

Year 9 were an audience for a performance during Period 3 to further develop their knowledge and skills in making a difference to themselves and those around them.

At lunch we had a wonderful RUOK? event in the main quad with Canterbury Girls eating sausage sizzle, cupcakes, lollies and delicious Spider ice cream drinks. Yellow balloons and yellow accessories could be seen far and wide. Headspace from Ashfield had an information booth, we were encouraged to hug yellow blow-up kangaroos, have a photo taken with friends, or write a message of support for the RUOK? display board. And of course the most popular activity was throwing a wet sponge at a willing teacher’s head!

Not to mention dancing to the music playing throughout.

Suicide prevention is an enormously complex and sensitive challenge all over the world. But theorists suggest that there is power in the simplest of questions - “Are you ok?” At CGHS we held a simple yet effective event to draw attention to the need for us all to look out for each other, something we pride ourselves on at this school.

The efforts of SRC, Ms Jenkins, Ms Mawassi and the PDHPE faculty and Year 9 are appreciated!
School Uniform 2016

We have been through a Uniform review which involved surveys of all students, staff and parents. As well, a combined committee of parent, student and staff representatives have looked at all survey results and made some small modifications to the Uniform Code for 2016 in co-operation with Lowes our uniform provider.

The main changes include:

- Longer waisted navy trousers for all students, as the old style was not comfortable for all students
- Revised material and design for the senior skirt
- New material in the sports shorts for comfort

A copy of the new Uniform code follows, as well as the 2016 price list from LOWES below.

Families are reminded that leggings are only to be worn under skirts for warmth or under shorts for warmth in winter. If students have dance or drama they should get changed at school and not wear blacks to and from school. Likewise with PE practical classes, students should bring gear to school and change.

Canterbury Girls is a proud uniform wearing school. This is in accordance with Department of Education and Communities policy and the wishes of the whole school community – students (represented by Student Representative Council and Prefects), parents and families (represented by the P&C), and staff. Wearing school uniform presents a positive public image to the community of our school. School uniform also fosters a safer school environment by enabling students to be easily identified. All students are expected to wear full school uniform every day.

SAFETY

- Jewellery is to be minimal and small in size
- In practical classrooms (science labs, food technology rooms, art rooms) enclosed leather style shoes must be worn.

The uniform supplier for our school is Lowes Campsie, Shop 36 Campsie Centre or via online ordering through Lowes at: - www.Lowes.com.au/CampusCategories.aspx?depid=228

Any family needing financial support to meet school uniform requirements should contact Office A, Mrs Heather Finnian our Administration Manager, for an application for the Student Assistance Scheme.

The school has a limited supply of uniform items. If the student is found to be wearing inappropriate clothing they may be asked to change.

JUNIOR (Years 7 - 10)

- Checked skirt/ Navy tailored trousers/ Navy tailored shorts
- Plain white blouse with school logo
- Navy jumper with blue stripe or plain navy jumper/ Navy Polo Jumper/ School Logo
- White/ Black or navy socks or black or navy stockings
- Black leather shoes/ boots with flat heels
- Additional Items:
  - School tie; navy tailored slacks; navy jacket; school blazer; plain navy cardigan or vest;
  - Navy thick jacket with school logo, plain white, grey or black undershirt;
  - White or navy veil

SENIOR (Years 11-12)

- Navy skirt / Navy tailored trousers/ Navy tailored shorts
- Sky blue blouse with school logo
- Navy jumper with blue stripe or plain navy jumper/ Navy Polo Jumper/ School Logo
- White/ Black or navy socks or black or navy stockings
- Black leather shoes/ boots with flat heels
- Additional Items:
  - School tie; navy tailored slacks; navy jacket; school blazer; plain navy cardigan or vest;
  - Navy thick jacket with school logo, plain white, grey or black undershirt; white or navy veil

SPORT UNIFORM consists of:

- Navy shorts
- Polo shirt ( transitioning from Current Yellow to Navy over next few years)
- Sports shoes
- Navy tracksuit with school logo
- Sport uniform may be worn on sport day (Wednesday) only. For PE lessons students are to bring their uniform and get changed at the beginning and end of class.
- Tights, skins, leggings and workout pants are not to be worn. If a student is doing dance for sport, they must wear navy school shorts over the tights until sport commences.

Extreme Weather:

Additional outer layers of clothing such as jackets in cold weather can be worn as long as they are plain navy or black. In addition, in cold weather leggings under skirts is acceptable.
CGHS Faculty News + Events

Maths report: Geometry/ algebra in canteen

A few weeks ago we were doing a task given by Mrs Kaur and she put us in groups so our group task was to measure the wooden part near the canteen area. After we measured the floor we came back and did the drawing or sketch on a mathematics app called Geogebra. We used the tools on this app to measure and use the distances we found to calculate the wooden floor area.

By Dasha, Ruhi, Emma G, Isabella, Olivia, 7A

Botanical Gardens Math’s Field Day

Year 8 travelled to the Botanical Gardens on the 5th of June to explore the math’s side of the beautiful gardens. We worked out of a booklet that included activities such as measuring the area of 3 different leaves, gathering the data of passing joggers, runners and walkers and calculating the distance travelled in our bus. We asked around our year to discover the shapes.

Gia Loan Phan, 8M1

On the 5th of June, Year 8 went on an excursion to the Botanical Gardens where we did activities to really get a good idea on how time, degrees and unit measurements work. These activities were quite idealistic because Year 8 were learning about area and perimeter, time and degrees. This excursion helped us cover anything we didn’t understand already.

The day consisted of the whole of Year 8 travelling on a bus and measuring the distance in kilometres, walking around in the gardens and doing activities which involved counting steps, using a trundle wheel to measure circles, drawing leaves of different kinds to estimate and see the area of its shape. That Friday was an enjoyable one as we were able to learn different skills and allowed us to incorporate them into our learning. We’d like to thank the Maths faculty for organising a great day out and giving us a fun and enjoyable opportunity to experience these activities first hand.

Emily Mouldandis, 8M4

Above left: Maths in the canteen. Above: Total area was 46.29m.
Below: Botanical Gardens Math’s field day.

Dear Editor,

We are writing in reference to your article “Family Court in Crisis” published Monday 9 August. Why shouldn’t children’s opinions be considered in Family Court disputes?

We think that children should be heard in Family Court because they should have the right to make decisions about their own lives. It’s sad and disrespectful that kids don’t get to be heard in court.

Kids are doubted when adults are believed. Is this fair? We don’t think so.

Let children decide who they want to live with, and they will then learn to take responsibility for their own lives.

Year 9 ES, Canterbury Girls High School, Sydney.

Above: English, 9ES’s collaborative construction of a “Letter to the Editor” on the issue of whether children and young people should have a voice in custody matters before the Family Court.

Debating News

Congratulations to our Year 7 Debating team on being zone champions. The team of Sofía Goulding, Hester Legge, Sara Orwin, Zoe Morris and Dasha Lopes defeated Ashfield Boys in a tie break debate to clinch the zone. The girls were the negative team debating the topic “That animal testing should be banned”. The team will now debate the winner of another zone and hopefully proceed to the regional finals early next term.

Congratulations also to all the debaters who have attended coaching each Friday afternoon with coach Marcus McCulloch, a zone adjudicator and expert former high school debater. The girls have greatly improved their confidence, their ability to structure arguments and grapple with complex concepts. In each debate this year all teams have been complemented by adjudicators on their extensive knowledge and well structured arguments.

Mental Health Public Speaking Challenge

Canterbury Girls High School earned a highly commended in the MHPSC held on 3rd September at Concord HS. This competition, involving 10 schools both public and private, is in its second year and encourages young people to speak out on mental health issues, increasing their own awareness and the awareness of these issues in their own communities.

The team of Anastasia Bampos, Juliana Temple, Lila Minutillo, and Alexander Scoular were impressive in their research into their topic “Explore the link between mental and physical health”. The team were especially congratulated by the judges on the way they had included information from a survey of their peers, building mental health awareness in our community, and by their personal contact with elite sports women who shared insights into how their sport helped them through periods of anxiety and depression. Congratulations girls and many thanks to Ms Cooper for organising participation in this competition.

Let’s Bridge The Gap

As a part of increasing student awareness of Indigenous culture, narrative, values and contemporary issues Fred and Tom Reid from the Danggatap Tribe in North Western NSW performed for Year 7 and 8 students on August 24th. Fred, a member of the stolen generation, spoke of the deep connection of Indigenous people to the land and their laws and values. Students asked many questions and were keen to learn a traditional dance. Fred’s son Tom is a skilled didgeridoo player and had the girls amazed at his ability to make the didgeridoo “speak” some of their names.

A really engaging and thought provoking performance.

Legacy Junior Public Speaking Award

Eliza Gostlett from Year 10 represented Canterbury Girls at the State Semi-final of this competition on Friday 11th September. This competition is the major public speaking challenge open to students under 16 in NSW. Eliza is to be congratulated on reaching such a high level in this prestigious championship with a speech that, according to the adjudicator in her zone victory, “just made me drop my pen and listen to see what you were going to say next”. Thanks to Ms Debra Barford for her excellent coaching and support of Eliza. Well Done!

Congratulations also to all the debaters who have attended coaching each Friday afternoon with coach Marcus McCulloch, a zone adjudicator and expert former high school debater. The girls have greatly improved their confidence, their ability to structure arguments and grapple with complex concepts. In each debate this year all teams have been complemented by adjudicators on their extensive knowledge and well structured arguments.

Mental Health Public Speaking Challenge

Canterbury Girls High School earned a highly commended in the MHPSC held on 3rd September at Concord HS. This competition, involving 10 schools both public and private, is in its second year and encourages young people to speak out on mental health issues, increasing their own awareness and the awareness of these issues in their own communities.

The team of Anastasia Bampos, Juliana Temple, Lila Minutillo, and Alexander Scoular were impressive in their research into their topic “Explore the link between mental and physical health”. The team were especially congratulated by the judges on the way they had included information from a survey of their peers, building mental health awareness in our community, and by their personal contact with elite sports women who shared insights into how their sport helped them through periods of anxiety and depression. Congratulations girls and many thanks to Ms Cooper for organising participation in this competition.

Let’s Bridge The Gap

As a part of increasing student awareness of Indigenous culture, narrative, values and contemporary issues Fred and Tom Reid from the Danggatap Tribe in North Western NSW performed for Year 7 and 8 students on August 24th. Fred, a member of the stolen generation, spoke of the deep connection of Indigenous people to the land and their laws and values. Students asked many questions and were keen to learn a traditional dance. Fred’s son Tom is a skilled didgeridoo player and had the girls amazed at his ability to make the didgeridoo “speak” some of their names.

A really engaging and thought provoking performance.
The Witches of Eastwick

On Friday 28th August 2015 Drama and Music staff accompanied fifty students (above) in Years 8 and 9 as they had the opportunity to attend a performance at the Australian Institute of Music which is based in Foveaux Street. The production of the ‘Witches of Eastwick’ was presented in a highly professional manner and provided students with an opportunity to explore and learn more about this fascinating area of study. The free performance gave an exciting and dynamic exploration of the genre and enabled our students to absorb the performance style in preparation for our own Musical performance which are to come across the next years. Students so much enjoyed the production some of them took the opportunity to attend a further performance later in the run to simply just do it all again!

Aboriginal Vocal Identification Program

Two of our students, Shannen Dingwall and Jessie Simon-Fitzpatrick, auditioned and were selected to perform in the Aboriginal Vocal Identification Program. This was held at the Casula Powerhouse on Thursday 27th August before a very large audience of family, friends and school and Department personnel. In this final event there were over twenty entrants and each student had to perform solo.

This was a daunting task and the standard was very high. Nevertheless, both Shannen (singing “It Only Happens”) and Jessie (singing “Feeling Good”) were superb. Everyone was presented with a special certificate and Jessie Simon-Fitzpatrick was one of only three students recognised as outstanding and received an additional award as this year’s best newcomer. Both students gave stunning individual performances and showcased the high quality of music which is a hallmark of this school. Well done girls and looking forward to next year’s performances.

DJ Workshop

Year 10 Elective music were the lucky recipients of a free DJ workshop during one elective music lesson this term. They were introduced to up to date technology in the form of digital decks and apps for the 21st Century DJ. In a very short period of time the girls were mixing, sampling and scratching their way through some great tunes.

Ms Flannery

CGHS Art Exhibition Results

Best in show: Sudarat Boonyasit, NOW SHOWING
Best in Year 12: Cathy Nguyen, Shapathic
Best in Year 11: Christina Jaehyun Um, Self portrait

Year 11 Hospitality

Working at a variety of venues across Sydney our Year 11 Hospitality students completed their first work placement at the end of last term. One of our students, Rebecca Orsini was placed at Doltone House at Pyrmont. She had the opportunity to participate in a team catering for functions and worked in the pastry kitchen producing sweets and desserts. She worked alongside a French ‘celebrity chef’ from MASTERCHIEF who is also known across the Gastronomic World named Vincent Gadan.
Economics excursion to the Reserve Bank of Australia

On Wednesday the 12th of August, the Year 11 and 12 Economics’ classes visited the Reserve Bank of Australia which is located in Martin Place. We were accompanied by Mrs Michos and Mrs Venkatesan who are our Economics teachers. We arrived at our destination, with elevated spirits after indulging in delicious chocolate waffles that we purchased from the Lindt Café which was nearby. At the RBA we were given the opportunity to listen to Economics graduates where they engaged them with their recent experiences at the Reserve Bank of Australia as well as presentations on the concepts and roles of the RBA, their contributions to monetary policy and discussed key economic issues. In addition we were given the opportunity for a Q and A session which also involved the other schools that were present in the audience which included Christian Brothers Lewisham and Knox Grammar. There was also an interesting presentation on Australian banknotes. This included how they are made and their unique security features which make the notes difficult to duplicate. We were also shown how the notes were manufactured in the different stages from the initial production process all the way to the when the final notes are created.

At the end of the presentation we were given the opportunity to tour the Bank’s Museum of Australian Currency Notes, which is located on the following website.

http://www.nationalskillsweek.com.au

Thank you, Ms Papadimitropoulos and Ms Michos (VET Business Services teacher) for making this excursion happen.

Lejla Hagimola

National Skills Week Showcase

On the 24th of August six Year 10 students visited NSW parliament house to be a part of the National Skills Week Showcase and launch. The showcase was well presented and highlighted a variety of professions as well as showcasing real people who have experienced an education and career through TVET.

The showcase was dedicated to raising the status of vocational learning, dispelling the myths and showcasing the opportunities in TVET courses for young and old. Vital information was delivered to students in a fun and interesting way. The show highlighted future industry trends and the opportunities. It also brought into focus the skills needs of industry, associated with Australia’s emerging areas of opportunity.

Our students really enjoyed the opportunity to speak to Ambassadors from a variety of professions, above is a picture of our girls with an ambassador from the music industry.

Further information about the National Skills Week can be located on the following website.

http://www.nationalskillsweek.com.au

Many thanks to Ms Venkatesan for valuable assistance in making this excursion happen.

Lejla Hagimola

VET Awards

We are very proud of the achievements of two of our students who were successful in attaining the VET Award in their subject area. The Public Schools NSW Vocational Education and Training awards 2015 was organised by the Senior Pathways Team. Michele Gaffey received the VET Award for Business Services and Angela Chung received the VET Award for Hospitality.

The girls were invited with their families to receive their VET Awards at a formal ceremony celebrating the achievements of students in public education studying VET subjects. The event was held on Wednesday, 19th August at Revesby Workers Club. Congratulations to Michele and Angela on their wonderful achievement.

Ms Venkatesan and Ms Kastanias.

On Wednesday, 2/9/15 I had the pleasure of accompanying Rachna Naeem for a VET breakfast at the St George Boat Club so she could receive a VET excellence award. Rachna was selected from all the HSC VET classes to represent Canterbury Girls High School. She was a worthy recipient of this award because of her dedication, commitment and work ethic displayed both at her work placements and in class. I wish Rachna all the best for all her future endeavours.

Ms Michos (VET Business Services teacher)

VET Awards, from above left, Rachna Naeem, Angela Chung and Michele Gaffey (at left).

PDHPE – BStreetSmart Road Safety Show at the State Sports Centre, attended by Year 10

On Thursday 27th August Year 10 attended the Annual BStreetSmart conference at the Allphones Arena. The girls watched a crash scene scenario play out with emergency services such as the NSW Police, Police Crash investigation unit, fire and rescue NSW and NSW ambulance service. These services worked together to extricate a patient from a crashed car, resuscitate them and see their journey through their hospital stay.

They also heard from brain injury unit speakers from THINK TWICE and the Brain injury association of NSW speakers and also heard from brain injury unit speakers from THINK TWICE and the Brain injury association of NSW speakers. Students watched and listened to these speakers maturely, taking away plenty of helpful road safety advice.

Year 10 PASS class

On Monday 7th September the Year 10 PASS class completed a successful coaching session at Canterbury Primary school as part of their course. The Year 10 students were in 6 groups and each planned and delivered their activities to 60 Year 5 students. It was clear to see from the excited and exhausted primary students faces that was a great success. The PASS students demonstrated great leadership and communication skills, producing fun and engaging activities. Well done!
Science News

Last month the “Education Perfect Worldwide Science Championships” were held from the 17th – 27th August 2015, of which two of our talented students from 7P, Lillian Smith and Sofia Goulding (above), took the initiative to independently enter themselves into both. Both girls performed exceptionally well on both a national and worldwide level, achieving outstanding results.

- **Lillian Smith**
  - Ranking: Australia 93/8584 Worldwide 305/27686.
  - Achievements: 4/5 awards (credit, bronze, silver, gold).
  - Points: 4302

- **Sofia Goulding**
  - Ranking: Australia 719/8584 Worldwide 2203/27686.
  - Achievements: 1/5 awards (credit).
  - Points: 755

Many of the girls placed highly in their events. Alison Anae came 3rd in High Jump and Javelin. Veta Talai and Louisa Taukeiiahau came 5th and 6th respectively in Discus. Many Year 7’s competed at this level for the first time.

Going through to the State carnival is Fanta Aruna, who came 2nd in the 80 metre Hurdles (she also placed 3rd in Long Jump and 5th in the 200 metres) and Faiva Penitani, who came 1st in Shot Put. The girls will compete at Homebush Athletics Centre in September.

This was a truly an outstanding effort from all the girls and we wish Fanta and Faiva all the best at the State carnival.

**Sport: Sydney South East Regional Athletics Carnival**

Canterbury Girls High sent our largest team ever to the regional athletics competition at Sylvania Waters in July. Our girls were part of the St George Zone team, competing for places to represent the region at the State carnival.

We had 17 representatives from Year 7 right through to Year 12, across a variety of events in both track and field.

Many of the girls placed highly in their events. Alison Anae came 3rd in High Jump and Javelin. Veta Talai and Louisa Taukeiiahau came 5th and 6th respectively in Discus. Many Year 7’s competed at this level for the first time.

Going through to the State carnival is Fanta Aruna, who came 2nd in the 80 metre Hurdles (she also placed 3rd in Long Jump and 5th in the 200 metres) and Faiva Penitani, who came 1st in Shot Put. The girls will compete at Homebush Athletics Centre in September.

This was a truly an outstanding effort from all the girls and we wish Fanta and Faiva all the best at the State carnival.

**Mentoring, Year 8 & Year 9**

Students in Year 8 and 9 who nominated themselves have participated in their first session of the Canterbury Girls High School mentoring program. They are on the way to being leaders, assisting the transition of our incoming Year 6 students for 2016.

Mentoring is a powerful personal development and empowerment tool. It is an effective way of helping our students to progress both academically and socially. A positive partnership between our mentors and mentees enables our students to establish a positive relationship based upon mutual trust and respect.

Consequently, our students are able to help the Year 7 students of 2016, as they have had similar experiences and are able to empathise and show an understanding of their issues. Congratulations to our 2015/2016 mentors!

**Social Inclusion**

An enthusiastic group of girls who are interested in showing that they have leadership skills and a highly developed social conscience met our community volunteer, Sam Brewer at our first Social Inclusion group at lunchtime on September 3rd.

Social Inclusion, under the auspices of the Cerebral Palsy Alliance, seeks to overturn the stigma and disadvantage around disability in high schools through youth engagement. It seeks to celebrate diversity and inclusion. Following on from the Social Inclusion Survey we completed in Nov 2014 and the Leadership Forum that 6 students attended in March 2015, we have created a leadership group of students, staff and a community volunteer who want to lead this in our school.

---

**Student Wellbeing & Learning Support**

---

**Senior Study Support Program**

---

**CGHS Faculty News + Events**

---

**CGHS Faculty News + Events**

---

**CGHS Faculty News + Events**

---

**CGHS Faculty News + Events**

---

**CGHS Faculty News + Events**

---

**CGHS Faculty News + Events**
PARENTING WORKSHOP SERIES
FOR PARENTS OF ADOLESCENTS

Finding challenges in raising 12–18 year olds?

FREE Parent Wise Parenting Workshops for ALL parents of adolescents.

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

Good Shepherd Australia and New Zealand
Assisting families since 1982

Date: Thursday afternoons — one session per week for 6 weeks from Thursday 1st October — Thursday 5th November 2015
Time: 3:00pm—5:00pm
Venue: Good Shepherd Australia and New Zealand
440 Marrickville Road, Marrickville

REGISTRATION IS ESSENTIAL please contact:
Lauren Stracey or Carol Ashmore on Ph: 8571 7800
Email: Lauren.Stracey@goodshep.org.au

Also now available, THE AUSTRALIAN PARENTING APP
FREE from iTunes App Store or Android Market.
Cheese Making Course
With renowned Cheese Maker
Graham Redhead from Cheesemaking.com.au

Making Halloumi and a simple table cheese

WHEN: Thursday 19/11/15
3.30pm for a sharp 4pm start – 8.30pm
WHERE: CGHS Hospitality Kitchen, D Block

COST: $95.00 (includes tea/coffee at the beginning and a snack and wine at the end) booking confirmed with payment

Maximum of 14 for the class
PLEASE BRING: wear enclosed shoes, bring an apron and a tea towel, please remove jewellery

TO BOOK:
1. Ring the school and pay over the phone or
2. Send in the money with your student and get them to book a spot OR
3. Book and Pay at online payments at:
   www.Canterbury-h.Schools.nsw.edu.au

Please indicate what the payment is for and your name
Bookings close on 12.11.15
PCYC YOUTH BADMINTON

23RD & 30TH OF SEPT
1PM – 2.30 PM
@PCYC MARRICKVILLE

UNISEX
13-17

$8
P/PERSON P/SESSION

CONTACT JORDAN
0421 396 287

ALL SKILL LEVELS ARE WELCOME TO JOIN OUR NEW HOLIDAY BADMINTON DROP IN PROGRAM FOR TEENAGERS @ PCYC MARRICKVILLE! FEEL FREE TO JOIN, NO PRIOR REGISTRATION REQUIRED!

PCYC YOUTH BADMINTON

NOW ACCEPTING BOYS-GIRLS AGED 13-17

BE INVOLVED IN BASKETBALL AND/OR SOCCER FOR Fun games and drills aimed to improve the different areas of Junior and senior sport. Get off the computer & GET ACTIVE these holidays!

$10
P/PERSON P/SESSION

2 HOURS
EACH SESSION

CONTACT JORDAN
marrickville@pcycnsw.org.au
0421396287

WEEK 1
22 Sept (Tues): Soccer 10 am - 12 pm (Juniors)
23 Sept (Wed): Basketball 10 am - 12 pm (Juniors)
24 Sept (Thurs): Soccer 10 am - 12 pm (Juniors)
25 Sept (Fri): Teenage Basketball 10 am - 12 pm

WEEK 2
29 Sept (Tues): Basketball 10 am - 12 pm (Juniors)
30 Sept (Wed): Soccer 3 pm - 5 pm (Juniors)
1 Oct (Thurs): Basketball 3 pm - 5 pm (Juniors)
2 Oct (Fri): Teenage Soccer 3 pm - 5 pm

Juniors: Boys and girls aged 6-12
Teenagers: Boys and girls aged 13-17
Thank you to all the local businesses who kindly supported the P&C Trivia Night.
PCYC Belmore has a fantastic mix of activities for young people. Come down & test your skills in our various activities/programs such as: Karate – Monday 6pm – 7pm

- Kickboxing – Monday, Wednesday & Friday 7pm – 8pm
- Junior Boxing – Monday & Wednesday 5.30pm – 6.30pm
- Senior Boxing – Tuesday & Thursday 6pm – 7.30pm
- Ladies only cardio class – Monday, Tuesday, Thursday 7pm – 8pm
- Weights Gym (over 16 yo) – Monday to Friday 12pm – 8pm

At PCYC Belmore we pride ourselves on our friendly service and sense of family amongst our members. We look forward to seeing you at the club soon!

For more information please visit our website www.pcycnsw.org/belmore or call us on (02) 9759 4934

---

YourTutor have just launched an amazing new service called CHECKMATE. Students can email their essay to a qualified tutor who will proofread and return it with corrections within 24 hours. This online essay checking service is available through local public libraries - Campsie, Lakemba, Riverwood and Earlwood. We encourage all High School students to join their local library!
College-admission letters go out this month, and most recipients (and their parents) will place great importance on which universities said yes and which said no. A growing body of evidence, however, suggests that the most significant thing about college is not where you go, but what you do once you get there. Historian and educator Ken Bain has written a book on this subject, What the Best College Students Do, that draws a road map for how students can get the most out of college, no matter where they go.

As Bain details, there are three types of learners: surface, who do as little as possible to get by; strategic, who aim for top grades rather than true understanding; and deep learners, who leave college with a real, rich education. Bain then introduces us to a host of real-life deep learners: young and old, scientific and artistic, famous or still getting there. Although they each have their own insights, Bain identifies common patterns in their stories:

**Pursue passion, not A’s.** When he was in college, says the eminent astrophysicist Neil deGrasse Tyson, he was “moved by curiosity, interest and fascination, not by making the highest scores on a test.” As an adult, he points out, “no one ever asks you what your grades were. Grades become irrelevant.” In his experience as a student and a professor, says Tyson, “ambition and innovation trump grades every time.”

**Get comfortable with failure.** When he was still a college student, comedian Stephen Colbert began working with an improvisational theater in Chicago. “That really opened me up in ways I hadn’t expected,” he tells Bain. “You must be O.K. with bombing. You have to love it.” Colbert adds, “Improvisation is a great educator when it comes to failing. There’s no way you are going to get it right every time.”

**Find a way to contribute.** When she was still a college student, Dean Baker, one of the few economists to predict the economic collapse of 2008, became fascinated in college by the way economic forces shape people’s lives. His studies led him to reflect on “what he believed and why, integrating and questioning,” Bain notes. Baker says: “I was always looking for arguments in something I read, and then pinpointing the evidence to see how it was used.”

**Ask big questions.** Jeff Hawkins, an engineer who created the first mobile computing device, organized his college studies around four profound questions he wanted to explore: Why does anything exist? Given that a universe does exist, why do we have the particular laws of physics that we do? Why do we have life, and what is its nature? And given that life exists, what’s the nature of intelligence? For many of the subjects he pursued, Bain notes, “there was no place to ‘look it up,’ no simple answer.”

**Cultivate empathy for others.** Reyna Grande, author of the novels Across a Hundred Mountains and Dancing with Butterflies, started writing seriously in her junior year in college. “Writing fiction taught Reyna to empathize with the people who populated her stories, an ability that she transferred to her life,” Bain notes: “As a writer, I have to understand what motivates a character, and I see other people as characters in the story of life,” Grande says. “When someone makes mistakes, I always look at what made them act the way they do.”

**Set goals and make them real.** Tia Fuller, who later became an accomplished saxophone player, began planning her future in college, envisioning the successful completion of her projects. “I would keep focused on the light at the end of the tunnel, and what that accomplishment would mean,” she tells Bain. “That would help me develop a crystallized vision.”

**Make a personal connection to your studies.** In her sophomore year in college, Eliza Noh, now a professor of Asian-American studies at California State University at Fullerton, took a class on power in society: who has it, how it’s used. “It really opened my eyes. For the first time in my life, I realized that learning could be about me and my interests, about who I was,” Noh tells Bain. “I didn’t just listen to lectures, but began to use my own experiences as a jumping-off point for asking questions and wanting to pursue certain concepts.”

**Read and think actively.** Dean Baker, one of the few economists to predict the economic collapse of 2008,
Take medications regularly
Parents, please ensure their child is taking their preventer medication every day to stop asthma symptoms flaring up at school during high risk days. Be especially careful to keep reliever medication close at hand on windy days or during and after thunder or dust storms, and make sure the child uses as soon as they get symptoms.

Postpone outdoor exercise
When you exercise you breathe faster and through your mouth, which cuts out the normal warming, moisturising and filtering action of the nose. Postponing a child’s outdoor exercise or sport on high pollen days may help to reduce the likelihood of a flare up.

Stay indoors on very high pollen days
When possible, when there’s lots of pollen in the air, keep students indoors using your air conditioner to filter and circulate the air in the classroom. Don’t open your windows or you will let the pollen or pollution inside to settle throughout the room.

Shower in the evening
On very high pollen days, showering and washing hair in the evening can help to keep pollens from rubbing off onto bedding where it could trigger a flare-up. If you have hay fever, and get symptoms at night, be especially aware that the air in your bedroom could become particularly laden with pollens and allergens from playing outside and come inside with your hair and clothing.

If hay fever is causing a child problems, they should see their doctor to make sure their asthma is well controlled and that they are taking the right medications for both conditions. This will reduce the chance that they will have a reaction to pollen. If a student continues to have problems, the following tips may help to ensure you are all prepared this spring.

---

Spring, Hay Fever & Students with Asthma

Spring is just around the corner, which means warmer weather longer days and increased pollen. For many people in Australia with asthma or hay fever, August to March (or the dry season in tropical areas) is a particularly difficult time. This is when an increased amount of pollen is in the air, which may trigger an asthma flare-up making life pretty uncomfortable. Tell-tale symptoms of hay fever are sneezing, an itchy nose with a clear watery drip, nasal congestion, an itchy throat and itchy watery eyes.

Hay fever may be seasonal but symptoms can be present year-round, with triggers being similar to asthma. Seasonal triggers include pollens from grasses, weeds and trees, and moulds. However hay fever can be triggered by other allergic factors too, such as house dust mites, pet allergens, cockroaches, cold air and strong odours and/or tobacco smoke.

While hay fever and allergies are unpleasant enough for anyone, they post a serious threat to people with asthma because they can trigger an asthma flare-up or even an attack. This is why treatment of hay fever needs to be part of every person’s asthma care. Studies have shown that treating hay fever symptoms can reduce emergency department visits and hospitalisations due to asthma.

Need more help?
If you would like further support with managing students asthma during the high pollen season please ask your pharmacist, doctor, or contact the Asthma InfoLine on 1800 ASThma (1800 278 462).

PLEASE FORWARD YOUR CHILD’S ASTHMA MANAGEMENT PLAN TO THE SCHOOL.