

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 4

Week 2B

17 October 2014

## DEPUTY PRINCIPAL'S REPORT



### Term 4 in full swing

The final term for 2014 is in full swing, with students completing assessments and participating in a wide range of curricular enrichment. Staff are also busy planning for 2015, preparing for the introduction of new courses and organising a most complex timetable housing over 5,000 periods across a two-week cycle, as well as teaching courses and participating in other important tasks and programs.

### Year 11 Information Evening

A reminder the Year 11 into Year 12 Information Evening for Year 11 parents and students is being held on Tuesday 21 October from 7pm to approximately 8pm in the MPC. Parents will have the opportunity to learn more about the HSC assessment system and the additional rights and responsibilities our students have in their final school year. Year 11 Reports will also be distributed during the evening.

### Year 11 Reports

Year 11 reports are in their final stages of quality control and will be distributed at the Year 11 into 12 Information Evening next Tuesday. Students and parents should take careful note of the results achieved and try to remedy any areas where teachers have identified weakness. This is particularly important as the students move into their HSC period of assessment.

### Summer Uniform

Students and parents are reminded that summer uniform is to be worn in Term 4. The correct uniform can be viewed on the school website [http://www.cherrybrok-h.schools.nsw.edu.au/?page\\_id=4114](http://www.cherrybrok-h.schools.nsw.edu.au/?page_id=4114). It is pleasing to note most students are wearing the correct uniform.

### Year 9 Camp

Congratulations to all of our Year 9 students who attended this week's camp at Tea Gardens. Staff report student behaviour was outstanding, with students actively participating in the camp's activities and excursions to various historical and geographical sites. A big thank you to the staff who gave up their time to make the three days such a successful learning and welfare experience for our students.

### HSC Exams Commence

The HSC exams began on Monday with English being the first paper. Students reported that the paper was fair and had no real surprises, which was a pleasing way for a group of students who were, as expected, slightly nervous, yet also happy for the exams to be finally underway. After six years of secondary school and a final twelve months of intense HSC study, students appeared to be ready to tackle the challenge of these most important exams. Hopefully, when the results are released in December, they will reflect this hard work and preparation.

Mr Townsend





Year 9 Camp



# Textiles and Design

HSC Major Projects  
2014

Exhibition

Tuesday 21 October

G2.17

Recess - 4.30 pm

### Social Justice Club Cook for Good

A recent Social Justice initiative involved 46 Year 10 and 11 students, travelling by train to Bondi Junction to volunteer in the *Cook for Good* program at the community kitchen, *Our Big Kitchen*. *Our Big Kitchen*'s mission is to bring the community together through food in times of crisis and celebration.

The entire purpose of the initiative was to learn more about those less fortunate than us, specifically the homeless. After a debrief about what homelessness means, we were asked to slice, dice and chop a variety of vegetables, such as onions, carrots, capsicums and the like. Though this involved some tears from the onions (and more than a handful of band-aids) it was definitely a lot of fun and very rewarding, especially once I realised just how much we had managed to chop in less than an hour!

After this, we were given cookie dough and cutters, and asked to create different shaped cookies. We made over 700 cookies which were later delivered by a 'clown doctor' to sick children in hospitals throughout Sydney. This was an amazing effort and goes to show how a group of less than fifty students can make such a big a difference. We also filled 102 plastic containers with spaghetti bolognese and 140 containers with fried rice. Considering there are millions of Australians who go for days without food, 242 meals may not seem like much, but it certainly made a huge impact on many lives. It's a nice feeling knowing you have done something selfless and really upheld the Social Justice motto of *Thinking Global, but Acting Local*.

After we left *Our Big Kitchen*, we travelled to *Rough Edges*, which is a centre for the street community of Darlinghurst and Kings Cross, and is run by St John's Anglican Church. Here we met a man who suffered HIV, homelessness, poverty, tuberculosis, meningitis and memory loss and yet, stood before us and spoke confidently about his challenging life experiences. This is truly a testament to how strong-willed and how amazing he truly is. It was certainly an eye-opening experience and I feel that, as people who live relatively privileged lives, we often forget there are others suffering and fighting battles. The entire experience definitely broadened my horizons and those of all who attended. I hope there will be other opportunities to participate in a similar program in the future.

The Social Justice Club meets every Wednesday in the open area of A block during the first half of lunch. Please come along so you too can experience wonderful opportunities like this in the future. Also take the time to 'like' *Rough Edges* and *Kids Giving Back* on Facebook and obtain more information and chances to volunteer.

Miss Tager



# *Year 11 Retrospective 2014*

*~Performance Night~*

*Filled with laughs, emotion & talent*

*Come and enjoy*



*When: Wednesday 22 October*

*Where: C1.1*

*What time? 7pm*

*Gold coin donation appreciated*

## WEEKLY SPORTS REPORT



### Congratulations to...

- All competitors who competed in the CHS All Schools Athletics events on Thursday, Friday, Saturday and Sunday. An outstanding few days at Homebush with many high achievements. Results will be in next week's report.

### Upcoming Events

- Good luck to the following knock-out sporting teams who are competing over the next few weeks
- 15's water polo with boys on Monday 20 and girls on Wednesday 22 October
- Boys Cricket on Friday 17 October against Epping Boys HS
- Good luck to all Year 7 and 8 girls who are participating at the Netball Gala Day on Friday 17 October
- Year 8's get ready for lifesaving on Friday 24, Monday 27, Wednesday 29 and Friday 31 October. It's a great few days in the sun and pool, learning how to swim and save lives.

### Grade Sport

Well done last week to all grade sport teams and players; it was a successful week against Carlingford. Keep up the competitive spirit this week against Chatswood and get prepared for semi-finals which are coming up soon.

### Sport Quote

*"Good teams become great ones when the members trust each other enough to surrender the 'me' for the 'we'"* - Phil Jackson (American professional basketball executive, former coach and former player)

Zoe Anstee and Chloe James, Sports Promotion Officers



## CAREERS UPDATE

### University Scholarship Opportunity

The 2015 C.A.S. Hawker Scholarships opens on Monday 8 December 2014 and closes on Friday 2 January 2015. The scholarships are available to all Australian students. The majority have been awarded to students entering their first year of university study.

The C.A.S. Hawker Scholarship is one of the most generous privately funded scholarships available to undergraduate students in Australia. Each residential scholarship is valued at up to \$45,000 over three years. Selection is largely based on personal qualities and demonstrated leadership as well as academic ability. Undergraduate Hawker Scholars are able to attend a range of Australian educational institutions.

Information about the C.A.S. Hawker Scholarship and an application form are available at [www.hawkerscholarship.org](http://www.hawkerscholarship.org) or by contacting the secretary to the Trustees on 08 8127 1654.

### Macquarie University Online Chats

HSC Legal Studies exam tips - live chat with the experts: Monday 20 October, 6.00pm

Access online chats at: <https://www.facebook.com/macquariefuturestudents/events>

Faculty of Business and Economics Admissions and Programs online chat: Wednesday 19 November, 6.00pm - 7.00pm. Access online chats at:

<http://www.mq.edu.au/about/events/view/faculty-of-business-and-economics-admissions-and-programs-online-chat-2/>

### UTS HSC Live Q and As

Experienced HSC teachers will be available online to answer students' questions during two long Q and A sessions.

HSC Economics: Monday 20 October, 6.00pm - 8.00pm

HSC Chemistry: Thursday 23 October, 6.00pm - 8.00pm

<https://www.facebook.com/UTSFutureStudents/events>

### The University of Sydney - Sydney Summer School

Applications for session one close Friday 21 November. The University of Sydney's academic excellence attracts students from around the world to take part in their intensive summer school offered over three sessions from December to February. Students may study as a non-award student and get a taste of their diverse academic offerings, and even get a head start on their degree if they've just completed Year 12. <http://sydney.edu.au/summer/>

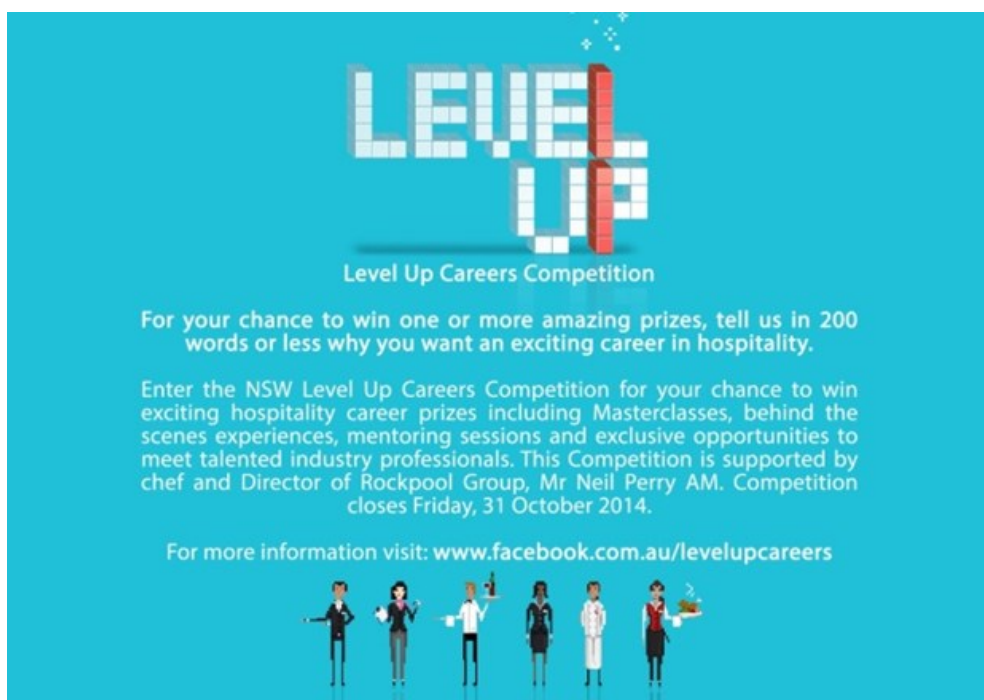
### Times Higher Education Rankings 2014-15

The Times Higher Education Rankings have been released for 2015. Universities are judged across all of their core missions, teaching, research, knowledge transfer and international outlook. University of Melbourne has been ranked the highest out of the Australian universities at number 33, followed by the Australian National University at 45, and the University of Sydney at 60.

<http://www.timeshighereducation.co.uk/world-university-rankings/2014-15/world-ranking>

### Interested in a Career in Child Care?

Norwest Child Care Centre in Baulkham Hills is currently seeking trainees for employment in 2015. They are a privately owned childcare centre looking for 2014 school leavers who are interested in pursuing a career in Early Childhood. For further information please contact Caitlin on 8850 2833 or email [norwestccc@hotmail.com](mailto:norwestccc@hotmail.com)



The poster features a large graphic of the words 'LEVEL UP' in a 3D, blocky font. The 'L' and 'U' are white, while the 'E' and 'P' are red. Below the graphic, the text reads: 'Level Up Careers Competition'. The main text of the poster is: 'For your chance to win one or more amazing prizes, tell us in 200 words or less why you want an exciting career in hospitality. Enter the NSW Level Up Careers Competition for your chance to win exciting hospitality career prizes including Masterclasses, behind the scenes experiences, mentoring sessions and exclusive opportunities to meet talented industry professionals. This Competition is supported by chef and Director of Rockpool Group, Mr Neil Perry AM. Competition closes Friday, 31 October 2014. For more information visit: [www.facebook.com.au/levelupcareers](http://www.facebook.com.au/levelupcareers)'. At the bottom, there is a row of six stylized human figures in various professional attire.

## Science Jobs which Can Change the World

Want to make an impact on the world. Here is our guide to five jobs which can help you change things for the better.

### *Ecologist*

Ecologists study the relationships between animals, plants, people and their physical surroundings. What qualifications do I need? The minimum qualification is usually a first degree in a biological or environmental subject such as ecology, conservation biology, environmental biology, environmental management or marine biology. Many employers look for postgraduate qualifications. Experience as a research assistant or a conservation project volunteer may also be advantageous.

### *Hydrologist*

Hydrologists monitor, manage and conserve the earth's freshwater resources. They also monitor and analyse rainfall. What qualifications do I need? Most hydrologists hold a degree in a relevant subject, such as geography, environmental science, civil engineering or mathematics. The Diploma in Environmental and Land-Based Studies may be relevant. Most hydrologists also have a postgraduate qualification.

### *Immunologist*

Immunologists study the body's immune system and how it works in combating disease. They use this knowledge to treat and control a range of diseases and disorders, such as allergies, cancer and AIDS. What qualifications do I need? Doctors specialising in immunology will have completed a medical degree and specialist training. Many other immunology posts require a degree in immunology or a related subject such as medical microbiology, genetics or biomedical science. Some jobs, especially those based in universities, need a postgraduate qualification, such as an MSc or PhD.

### *Marine Biologist*

Marine biologists study the plants and animals that live in the world's oceans. Their studies help us predict how marine ecosystems will cope with changes such as global warming, pollution, pressure from fisheries and tourism in sensitive areas. What qualifications do I need? Entrants for research posts need a relevant degree and usually a postgraduate qualification. Some entrants take a degree in marine biology or oceanography, although it is not essential to study these subjects. It is possible to do a degree in any of the biological sciences and then go on to specialise in marine biology with a masters or PhD.

### *Oceanographer*

Oceanographers are scientists who study the relationship between seawater, fresh water, the polar ice caps and the atmosphere. Their research can influence industrial processes and government policy. What qualifications do I need? Entrants usually have a first degree in physics, chemistry, maths or biology, followed by a postgraduate degree in oceanography. For a first degree, applicants need maths and science subjects. Entry to a Masters Degree course is usually with a first degree in a science discipline. Almost all vacancies require a Masters Degree and, increasingly, employers are now looking for a PhD.



Mrs Ferguson and Mrs Bower



TTW helps young adults with special needs to explore their career options and to find a job that they love through work experience, fun and educational excursions, and group activities. Professional staff will guide you through developing a personal plan that will take you to your career goals.

Josh's plan allowed him to try a variety of different industries and analyse which one he liked best. When Josh decided he wanted to work in the Automotive industry, TTW staff helped him to link with TAFE, and employers in the industry. Josh is graduating TTW in 2014 and will be competitive in this industry to land the job of his dreams!

AbilityOptions.



Call 8811 1717 [abilityoptions.org.au](http://abilityoptions.org.au)



## 2014 Schools Spectacular Ticketing

Tickets for the 2014 *Schools Spectacular - This is Australia*, are now on sale. The *Schools Spectacular* is an outstanding production featuring over 3,500 singers, dancers and musicians representing over 400 public schools from across the state.

This year's show pays tribute to the diversity that Australia offers, not only in its landscape but through the people and the history of our nation.

The 2014 *Schools Spectacular* will be held at the Qantas Credit Union Arena (formerly the Sydney Entertainment Centre) on the following dates:

Friday 28 November:	12:00pm - schools' preview
Friday 28 November:	7:30pm - official opening night
Saturday 29 November:	1:00pm - matinee
Saturday 29 November:	7.30pm - evening performance



This year's ticketing has been changed with the introduction of a family ticket (two adults and two juniors) for all performances other than the schools' preview. In addition, there is a new tiered ticketing structure - Platinum, Gold and Silver - to provide a range of pricing options for individuals and families.

For further ticket information and to make bookings, please visit [www.schoolsspectacular.com.au](http://www.schoolsspectacular.com.au) or email [details@schoolsspectacular.com.au](mailto:details@schoolsspectacular.com.au)

## Free Dental Care

for all children under 18 years



Northern Sydney Local Health District Oral Health Service provides free dental care to all children under the age of 18 years, who are eligible for Medicare and reside in the Local health District.

This includes general dentistry such as x-rays, fillings and extractions. For more extensive treatment, children may be referred for more specialised care to another clinic in the Local Health District, Sydney Dental Hospital or Westmead Centre for Oral Health.

**To access the service contact the Health contact centre on  
1300 732 503**

## PRIVACY ISSUES

We frequently celebrate student achievements by publishing the names and photographs of students in the newsletter, other school publications, displays at school and in various other ways. School events may also be videotaped or photographed for school records. If there is any reason why parents/guardians do not wish students to be identified in these ways, please advise the school as soon as possible of your objections. If parents/guardians do not contact the school about this matter, we will assume consent for such publications has been given.

## Own the best house on your block.

With a little help from leading interior designer **Darren Palmer & LJ Hooker Cherrybrook**.



You're invited to an exclusive event for Cherrybrook residents, their families and their friends. We're proud to present a FREE "Question & Answer" seminar with Darren Palmer.

Very limited seating is available so please book early to avoid disappointment.  
"Expert advice makes all the difference"

Where? Cherrybrook Technology High School, Lecture Theatre  
When? Wednesday 22nd October 2014 at 7.30pm  
What? 'Styling to Stay' or 'Styling to Sell'. Meet Darren Palmer Q & A

Secure your place and register now for this FREE information night.

Call 9651 1566 or email: [cherrybrook@ljh.com.au](mailto:cherrybrook@ljh.com.au)



**LJ Hooker Cherrybrook**

📞 02 9651 1566

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🌐 [cherrybrook.ljhooker.com.au](http://cherrybrook.ljhooker.com.au)

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# School performance and your child's mental health

## Forum delivered in Mandarin

Keynote speaker Dr. Xiaoping Zhu is a registered psychologist with 20 years experience, specialising in counselling for the Chinese community. Q&A session with experts will follow.

Thursday 6 November 2014  
Dougherty Community Centre  
7 Victor St, Chatswood  
6 PM - 8:30 PM

Registration and light refreshments at 5:30 PM

Bookings essential at [rita.leung@willoughby.nsw.gov.au](mailto:rita.leung@willoughby.nsw.gov.au)

For enquiries only 9777 7992



## DISCLAIMER

Advertising in this newsletter is included as a community service. Cherrybrook Technology High School has not tested these products and they should not in any way be seen as an endorsement or recommendation by the school.

## FIRST AID

Please note Cherrybrook Technology High School does not have any medical practitioners on the premises. We provide first aid assistance to students who are unwell or injured. **Please be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc.**

## 青少年子女在学表现与心理健康息息相关

### 普通话座谈会

主讲人朱晓平博士是拥有超过20年经验的注册心理专家。朱博士专注于华人社区的心理咨询服务。

演讲结束后有专家问答时间。

2014年11月6日(星期四)

Dougherty Community Centre, 7 Victor St, Chatswood

晚上6点至8点30分

注册登记和茶点小吃供应在晚上5点30分开始

必须预约 请电邮至 [rita.leung@willoughby.nsw.gov.au](mailto:rita.leung@willoughby.nsw.gov.au)

咨询请电市议会职员 梁女士 (Rita) 9777 7992



AUSTRALIA'S MAGAZINE FOR PARENTS OF ADOLESCENTS

# EXPLORINGTEENS

IT'S FREE



- Do you want to UNDERSTAND your teenager?
- Are you looking for ACTIVITIES to entertain and engage them?
- Do you need better ways to COMMUNICATE with your teenager?
- Do you want to know about RESOURCES to help you or your teen?
- Are you seeking comfort and reassurance from parents and experts with SPECIALISED KNOWLEDGE?

Then Exploring Teens is for you!

Exploring Teens is a brand new magazine for parents of Australian teenagers.

No longer abandoned by the magazine industry whose focus has been on the 0-12 year age group, we provide the next level of support in your parenting journey.

We understand you, because we have teenagers too!

We intend to arm you with what you want and need to know about the wellbeing of your adolescents. Articles will cover communication, teen health - mental and physical, work and finance, gaming and book reviews, driving, travel, events for you and/or your teen, and more.

But, we need your support to survive and grow in our ability to continually meet your needs.

Subscribe for free to our digital or print\* magazine at [www.exploringteens.com.au](http://www.exploringteens.com.au) OR regularly collect your free copy from your local Dymocks store (our distribution partner).

\* for subscribers to the print edition there is a postage cost after the first two issues.



## STRESSLESS

A group therapy program for students in years 10-12 to learn practical strategies to manage stress. In 8 weekly sessions, a maximum of 8 students per group will be taught by a clinical psychologist how to navigate the stressful senior school years. The program has been developed in consultation with Dr Fiona Denton and is grounded in evidence-based Cognitive Behaviour Therapy.

Topics covered will include:

- ✓ Time management and healthy study habits
- ✓ Study/life balance - diet, exercise, leisure
- ✓ Relaxation and sleep strategies
- ✓ Defeating worries and unhelpful thoughts
- ✓ How parents can help their kids in the HSC

By learning to effectively manage their stress, students will have greater resources to cope with school and to maximise their potential. Groups will be run from our Pennant Hills premises. Call us to find out more!

P: 9980 5729

E: [admin@dentonpsychology.com.au](mailto:admin@dentonpsychology.com.au)



### 2014-2015 Family Energy Rebate



\$150\* TOWARDS ENERGY BILLS

Apply before Midnight  
16 June 2015

2 MINUTES TO FILL IN A FORM  
<https://applications.fer.trade.nsw.gov.au/>  
\* eligibility criteria apply

APPLY ONLINE NOW!

#### WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

#### AM I ELIGIBLE FOR THE REBATE?

- To be eligible you MUST:
- Be a NSW resident; and
  - Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
  - Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

#### WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

#### HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

#### FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88  
EMAIL [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)  
WEB [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)

# Be a friend Make a difference



Compeer volunteers provide friendship to someone who is lonely due to difficulties with their mental health.

An hour a week of your time can have a big impact on your new friend's confidence and quality of life.

Training and ongoing support is provided.

**Volunteer today**

[www.compeer.org.au](http://www.compeer.org.au)

[compeer.northernstsydney@vinnies.org.au](mailto:compeer.northernstsydney@vinnies.org.au)

(02) 9413 3091



**Compeer**

*a Special Work of the St Vincent de Paul Society*

## DIARY – Term 4 Week 3A

Monday 20 October	<ul style="list-style-type: none"> <li>• Yr 10 Science Semester Course Skills Test</li> </ul>
Tuesday 21 October	<ul style="list-style-type: none"> <li>• Yr 8 Lifesaving Training Day</li> <li>• Yr 9 Mathematics Yearly Exam</li> <li>• Textiles &amp; Design HSC Major Projects Exhibition - Recess-4:30pm, G2.17</li> <li>• Yr 11 into 12 Information Night - 7pm, MPC (reports distributed)</li> </ul>
Wednesday 22 October	<ul style="list-style-type: none"> <li>• Rock &amp; Water Excursion</li> <li>• Yr 11 Drama Retrospective Evening - 7pm, C1.1</li> </ul>
Thursday 23 October	<ul style="list-style-type: none"> <li>• Yr 8 Mathematics Yearly Exam part B</li> <li>• State Drama Festival Excursion</li> </ul>
Friday 24 October	<ul style="list-style-type: none"> <li>• Yr 8 Lifesaving</li> </ul>