

NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 4

Week 6B

14 November 2014



DEPUTY PRINCIPAL'S REPORT

Remembrance Day

This year, 11 November marked the 96th anniversary of the Armistice which ended the First World War (1914-18). Each year on this day Australians observe one minute's silence at 11am, in memory of those who died or suffered in all wars and armed conflicts. At Cherrybrook one of our senior students, Nicholas Stubbins, organised a ceremony which was held at the serpentine wall and was well attended by staff and students. The well thought out and moving ceremony was acclaimed by all in attendance. Nicholas is to be congratulated on his initiative and thoughtfulness.

Understanding Anxiety in Adolescents

On Friday last week, Mrs Bevan and I attended the Northern Sydney Deputy Principals' Conference where we had the pleasure of sitting in on a lecture by Professor Jennie Hudson, who is a psychologist at Macquarie University specialising in Adolescent Anxiety. Some interesting information from her presentation, was that one in four children will experience a mental health problem prior to adulthood. This is an alarming number and as a parent myself, something we should be vigilant and proactive in managing. Jennie also identified the earlier the treatment, the more likely anxiety will not impact a person in later life. She also gave some strategies to deal with kids who experience anxiety, which are outlined below:

Strategies to Help Kids to not be Anxious

1. Pay attention to courageous behaviour
 - a. Focus on the positive
 - b. Do not ignore the anxious behaviour
 - i. Acknowledge the situation
 - ii. Suggest ways to overcome the problem
2. Encourage the child to take risks and make mistakes. We are a risk-averse culture - kids need to be exposed to risks and learn to adapt and explore. Do not bubble wrap our kids. Let them learn from experience using a gradual approach.
3. Be a coping role model. As a parent your child learns from you. If you are able to role model best practice, then your child will learn to deal with adversity when they are faced with it.

If you suspect your child may be suffering from anxiety, which interferes with a major aspect of their life, you are encouraged to raise it with health care professionals.

Year 8 ESSA Testing

ESSA is a statewide Science Assessment Program based on the NSW Science Years 7-10 Syllabus. It mandates the teaching of science in contexts which assist students to see the relevance of science and to make meaning of scientific knowledge, understanding, skills, values and attitudes. Students in Year 8 have spent time this week completing this valuable testing. Mrs Bennett and Mrs Siratkov are to be thanked for their organisation of this event.

MADD Concert

Our annual MADD concert will be held next Wednesday 19 November. This night is used to showcase many of the extracurricular music, dance and drama ensembles which are offered at CTHS. There will also be performances from year group/class cohorts on the evening, as well as a display of artworks from the creative arts classes. Please see the flyer in this *Network* for more information.

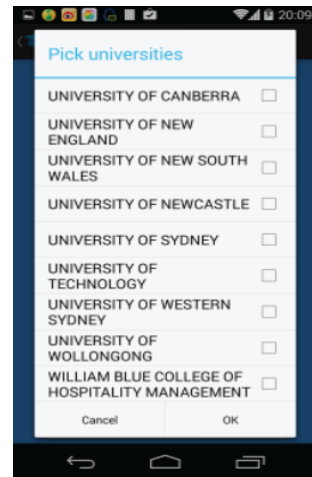
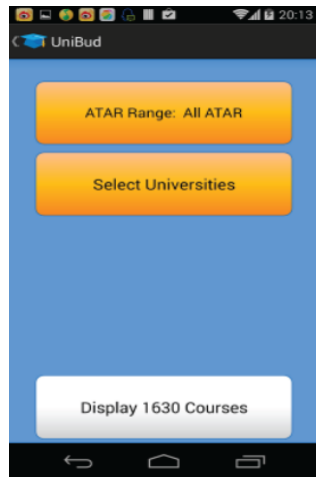
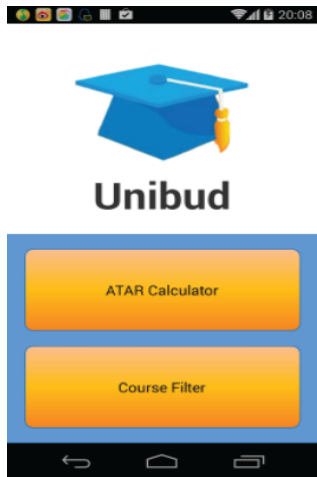
HSC Success

DesignTech is an exhibition at the Powerhouse Museum which showcases Design and Technology each year and approximately 25 students' projects are selected for display at the exhibition.

This year Tanya Obeyesekera has been nominated for selection into the DesignTech exhibition. She designed and produced an App which allows HSC students to input the courses they are currently undertaking and see what options, regarding university courses, arise. If they haven't chosen their courses, the App will provide them with course suggestions needed to pursue a specific career and will also aid in alternate pathways to reach a goal.

This App was design and created to a very high standard and could be used to assist HSC students. A difficult algorithm was carefully researched and developed to convert course marks to an ATAR mark. Congratulations to Tanya for receiving such a prestigious nomination.

Mr Townsend



Tanya Obeyesekera's App

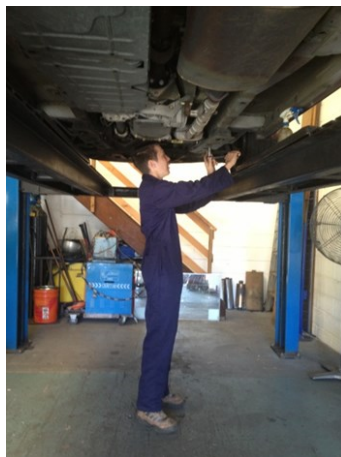
VET Workplacement

It's that time of year again where the VET students, studying metal and engineering, hospitality and construction, are out in the 'real world', putting into practice the skills they have been taught throughout the year. All of the students have to complete 70 hours of workplacement over the two years of the course and over the last couple of weeks, they have been completing the final stint in industry.

After visiting a number of employers it is obvious that this is a valuable part of the students' learning as each were fully immersed in their chosen industry, making the most of their time there. All the employers involved in the program had nothing but praise for our students, commenting on their initiative, work ethic and readiness to learn, with a number of them offering the students employment.

Work placement reinforces the importance for VET subjects, as students gain skills, contacts and life experiences which cannot be gained in other areas of studies. I congratulate all of our students on their efforts throughout the weeks and the teachers for all of their work and preparation in readiness for the work placement program. I look forward to the next cohort of students beginning their VET journey next year.

Mr Kerr, HT Industrial Arts/VET



VISITORS TO THE SCHOOL

A reminder to all visitors there are clear guidelines regarding visiting the school and seeing staff or your child during school hours:

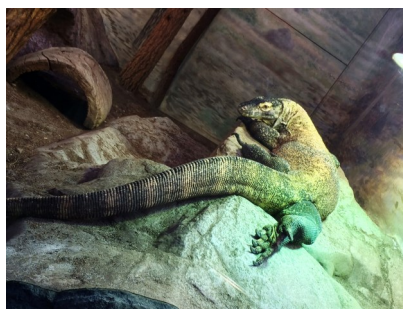
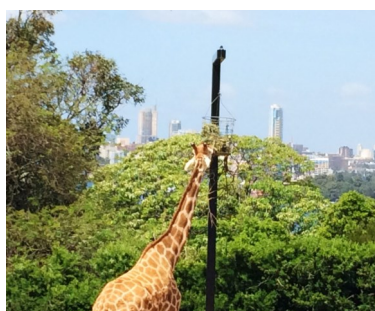
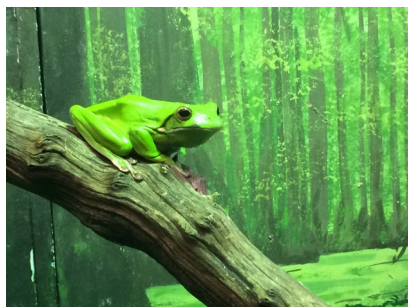
- ◇ Appointments to see a member of staff must be made in advance, by phoning the school
- ◇ The first point of entry to the school is the Front Office which is located in A block
- ◇ To ensure the safety of all students, visitors are not permitted to enter beyond the Front Office without prior permission
- ◇ Official visitors are required to sign in at the Front Office.

Year 7 Zoo Excursion

Last Friday, Year 7 students went on an excursion to the zoo as part of their studies in science. The excursion was a tremendous success and staff reported excellent behaviour by all students. Mr Pirie and Mrs Yau are to be commended on their organisation of the event, which is no small task considering there were over three hundred students and staff in attendance. Below is a report of the excursion compiled by the students from 7H:

Our Day at the Zoo

Year 7 had a great day at the zoo on Friday 7 November with their science teachers. The weather was pleasant and we saw a lot of interesting animals that we don't always get a chance to see (let alone up close). The elephants were a class favourite. Unfortunately, we didn't see the gorillas as they were hidden in their enclosure at the time we were there (as a class). The seal show allowed us to view some very talented seals in action. The reptile trail was enjoyable, particularly the large snakes (we saw the longest snake in the world) and the turtles. The big cats were huge and the fennec fox was cute! Even though the zoo was too large to see all the animals while we were on the excursion (we missed out on the platypus and other Australian animals), everyone had a fun day.



Year 7 Zoo Excursion

PROCEDURE FOR SICK STUDENTS

Students who are sick during class should see a teacher for written permission to go to sick bay. They must present themselves promptly to the **front office** and politely follow instructions from the office staff, who will then contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents in the first instance. Please refer to your diaries for further details. ***Please be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc.***

**Motivational Media 2014
In-school Excursion**

Years: 8 - 11
When: Friday 21 November
Cost: \$2 paid at the door

Motivational Media aims to both **challenge and inspire young people** to develop strategies which will enable them to reach their true potential and establish positive life choices. Motivational Media's programs are high impact presentations. Large screens, amplified sound, current popular music and inspirational stories create **an experience that grips students' attention** like no other program.



The 2014 Presentation

IMPACT is a presentation which contains powerful images and messages about the value of planning for our lives and making good choices in relationships with others. The songs, stories and comments in the presentation focus on the influence that we, as individuals, have on those around us.

If you are interested in finding out more information about the program, visit <http://www.motivationalmedia.org.au/>

Mrs Navarro, HT Stage 6

Year 6 into 7 Transition Day

Over the last two weeks students from Year 6 have visited Cherrybrook Technology High School as part of the Year 6 into 7 Transition Program. Students toured the school and participated in Food Technology, PDHPE, Science and Woodwork lessons. On Monday, the 2015 Year 7 Student Advisers, Mr An and Mrs Mallison, the Stage 4 Student Leaders and Year 7 students, will be visiting each of the local primary schools to talk about high school. All Year 6 students will come to Cherrybrook Technology High School on 3 December 2014, for the Year 6 into 7 Orientation Day.

Mrs Lane



Year 6 into 7 Transition Day

Remembrance Day

Tuesday 11 November marked the 96th Anniversary of the end of the First World War. This conflict took millions of lives and ruined many more and its end was a time of great jubilation for all nations involved, including Australia. On 11 November each year, at 11am, Australians and others around the world, mark this event with one minute of silence, where we quietly reflect on the great sacrifice made by so many.

This year in addition to teachers conducting the one minute's silence in their classrooms, we held a small ceremony at our flagpoles which was attended by several classes, Year 11 students on study periods and staff members. Thank you to the School Captain, Jack Patten, who did the *Welcome to Country* and a special thanks to Nick Stubbins, Year 11, who spoke on the significance of Remembrance Day. His speech is reproduced below:

At 11am on 11 November 1918 the guns of the Western Front finally fell silent after more than four years of continuous bloody warfare. Today marks the 96th anniversary of this armistice which ended World War One and has become nationally recognised as a day of remembrance to not only those who fought in the First World War, but also to the countless men and women who have played a part in the many conflicts and peace keeping missions since. More importantly it is to remember the 110,000 Australian men who have laid down their lives in combat over the past 100 years.

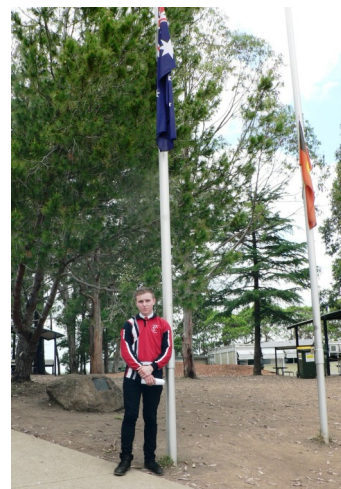
Although it is of the utmost importance to remember the sacrifice Australians have made in forging the peace-loving country we live in now, we must remember that as Australians we are not only endowed to our own men, but instead our country's path to the present is permanently stained with the brave blood of British, French, Russian, American, Canadian, South African, Indian, Rhodesian, Greek, Chinese, Yugoslavian, and Polish men and women just to name some.

*It is an unfortunate fact of our own human nature that war is such a recurring part of our existence, and as much as you may be against it, your respect to the men and women who do rise to the call of duty either by conscription or by choice, **must** remain separate to your own opinion. The soldiers and their officers in war are merely the pawns in the chess game and fight regardless of their own belief in the conflict. The least you can do is have the same attitude they live by.*

During the minute of silence after the ode at 11am think of what I have just said along with the following, think of the men and women who are currently deployed to the middle east, think of the men that died in a pool of cold mud and their own blood in No man's land, think of the men whose last dying action was saving another, think of the men that died in the midst of chaos never to experience the resulting peace of their sacrifice, think of the men that drowned trapped in the hull of a sinking ship, think of the men that died plummeting to the ground in a burning aircraft, think of the men that died having never truly loved someone, think of the men and women who are survivors of war and live with both the physical injuries and the mental injuries of war through PTSD. These are most certainly not the brightest of images to imagine, but unfortunately these are the truths of war.

*They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them.
Lest We Forget*

Peter Hartman



Remembrance Day Service

Music Ensembles at The Lakes of Cherrybrook

The CTHS Choir and Vocal Ensemble along with Ryan Ghodsi attended a live history lesson, when they participated in the Remembrance Day ceremony at the retirement village, The Lakes of Cherrybrook. Ryan's soulful rendition of *The Last Post* evoked many emotional memories of the past. Students sang the National Anthem with such pride and passion that reminded everyone of the sacrifices made by our brave soldiers in exchange for the much appreciated freedom. Also well received was the perfectly harmonised *More Than Words* performed by the Vocal Ensemble. Special thanks to Felicity Tsoltoudis for her guidance and direction in preparation for this occasion.

Mrs Lee, Music Ensembles Supervisor



Community Service on a High Note

The Cherrybrook Technology High School Junior Concert Band (CB2), under the direction of Mr Steve O'Brien, has once again provided entertainment at our local retirement villages. On Thursday morning 6 November, Concert Band 2 visited Woodlands and the Anglican Retirement Village, performing a variety of music which brought smiles to the elderly citizens who were full of praise and appreciation for the band's willingness to share music with them. Many were seen tapping their feet during the performance and laughing at Mr O'Brien's humorous puns.

Congratulations to the students for their cooperation and a huge thank you to Mr O'Brien for his time and professionalism, which truly brightened these residents' day, despite the unexpected hiccups along the way.

Mrs Lee, Music Ensembles Supervisor



Animals Fit for a Desert

70 have been studying deserts around the world. Part of the course has involved learning about desert animals. Miss Kerr decided to test our skills and knowledge by creating a task in which we needed to create an animal that would be able to survive in the desert. Thursday of this week our class presented our creations. All groups were creative and presented their creature in an effective and entertaining way. Some of the desert animals included a fox with impressive claws for it to dig quickly below the surface, a butterfly that was able to change colour to suit its surroundings, and a desert ferret that hardly sweats and gets moisture from the food it eats. Groups used creative mediums to explain the adaptations of their animals including movies they had made, clay models and there were also some scary cardboard creatures! Overall the class really enjoyed this exercise as it was a creative way of expressing the knowledge we learnt in class.

Bashneel Rajput, Year7



Halloween at Chill-Out Club

Chill-Out Club had its first Halloween Party on Friday 7 November. It was a week late because of swim school, but it was worth the wait! D1.3 was transformed into Halloween heaven with spider webs, graveyard scenes, skeletons, witches and pumpkins.

The Halloween feast consisted of skull lollipops, chocolate eyeballs, candy hearts, marshmallow ghosts, chewy sugar pumpkins and soft drinks in the Halloween colours of ghoulish green, pumpkin orange and blood red. There were also two beautiful cakes made by our excellent aspiring chef Ashton Sowden. They were almost too good to cut.....almost!

The fashion parade had some fantastic entrants with Emma Smalley in her 'onesy' skeleton and Ashton Sowden in his devil cape and horns, were both stand outs. Ms Hampe and Mr Murphy also made outstanding efforts. The Halloween party was also an opportunity to celebrate the birthdays of two long term Chill-Out Club members affectionately known as M&M.

We would like to thank all staff who contributed decorations, food and drink. We would also like to thank Emma, Emily, Ashton, Avinash, Natasha, Ben and Johnny who helped to decorate and set-up for the party and also contributed food and drink. A special thanks to Ashton for making the delicious cakes. Also a big thank you to all staff who came by to help out with supervision. Hopefully next year's party will be even bigger and better.

Ms Deadman and Ms Hampe



Halloween at Chill-Out Club

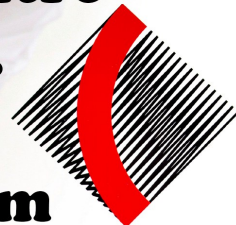
**Cherrybrook Technology High School
Creative Arts KLA Presents**

WILD

RATTLE YOUR CAGE

**A spectacular presentation of
Music Art Dance & Drama
CTHS Multi-purpose Centre**

\$5 **Wednesday 19th Nov.**
doors open 6.30pm.
performance starts 7pm



Portraiture Painting

Semester 2 Painting 2014, artists came together to work on a project: Portraiture Painting. Our task was to paint a portrait of someone close to us, and to take on a style of painting used by artists who have participated in the Archibald Prize. Overwhelmed by the size of the canvases we explored different ways to merge the style with our portrait sitter.

After we got a basic sketch down on the canvas, the class spent nearly a term and a half painting with water colour or acrylic paints, applying washes, layering and finally pin pointing the details till satisfied.

For most people, this was their very first portrait ever. It seems that everyone has enjoyed their experience and we were pleased with their final result!

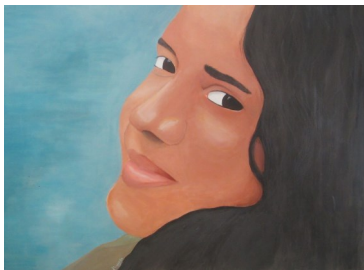
Vivian Li, Year 9



Natalie Wong



Sylvia Rais



Amanda Wanninayaka



Tanvi Kher



Bridget Elrahi



Chih-Yee Cheng



Himeli Senanayake



Ryan Meng



Vivian Li



Kate-Lynn Law

We Know Where You Live

Tuesday of this week Miss Kerr organised for one of our CTHS parents, Mrs Sainsbury to come into the school to speak to some of our Year 12 Business Studies students about her Marketing role at CSR.

Mrs Sainsbury told us how marketing has been evolving as a result of the rapid advancements seen in technology over the past few years and that digital marketing will be the way of the future.

We learnt how marketing strategies must adapt to the increase in customer's use of the Internet and social media, and the decrease in the responsiveness to processes such as direct marketing (eg. letters delivered in mailboxes).

Through the Internet, business now have the ability to gather information about potential and current customers through tracking, an easier process than something like a survey where customers are generally not willing to share information such as where they live and their browsing habits.

This ultimately allows for the business to understand their target market more easily and cater to their wants and needs through adapting their marketing strategies to activities, which the customers partake in every day, such as accessing Facebook, Google, etc.

Overall, methods of print advertising are becoming less common due to the increase in technology and its capabilities, and marketing managers will be required to adapt to this in order to carry out successful marketing. As some of us are considering a career in marketing it was great to hear which particular areas we would need to focus on in the future.

We thank Mrs Sainsbury for giving up her time to come into the school to speak to us. It was great to hear firsthand from someone working in the industry.

Alyssa Hutchings, Year 11/12



UPDATE OF PERSONAL DETAILS

It is important that parents/guardians keep the school informed of any changes to their personal details. Current contact information is essential, not only in the event of an emergency, but so we may also keep all parents/guardians up to date with their child's progress and attendance, and communicate any concerns which may arise.

If there have been any changes to your personal details, please obtain a 'Change of Student Personal Information' form from the front office or student window, complete and return as soon as possible.

WEEKLY SPORTS REPORT



Well done to the junior boys' touch team who competed in the NSW Touch Championships in Penrith. After winning their first game against the North Coast Champions, the boys were defeated in a couple of games against tough opposition, including Hunter Sports High School. Congratulations boys and we await a report from one of them in a future *Network*.

It's finals week! Congratulations to the following teams who made it into the finals:

- Boys: Cricket A's against Turramurra and league 7's and 15's against St Ives
- Girls: Basketball A's against Pennant Hills, speedway A's against Killara and soccer 7's A and B against Galston
- Mixed: Volleyball A and B against Pennant Hills

Sports Quote: *"Do you know what my favourite part of the game is? The opportunity to play"* - Mike Singletary, American football coach and former player

Chloe James and Zoe Anstee, Sports Promotion Officers

NSW All Schools Touch Championships

On Friday 7 November, the Year 8 boys' touch football team competed in the State Touch Football Finals.

The team competing on the day consisted of Jordan Adams, Jono Dixon, Declan Lee, Robert Fynes-Clinton, Adrian Monardo, Andrew Kaskaniotis, Conor Patten, Mitchell Baker, Tom Gold, Bill Lin and Michael Morris. Unfortunately, Ryan Cotcher and Oliver Gandi-Souw were injured for the finals series.

To qualify, the team won the Regional Gala Day, finishing undefeated against many local schools. The team won their first game of the State Touch Football Gala Day, against the North Coast champions, Smithsville Christian School 2-1. Unfortunately they were not so successful in their later games, despite putting in a lot of effort. The second game resulted in a 4-2 loss against a strong St Pauls, Manly side. The third game was against Hunter Sports High School, a very strong touch football team, that later won the competition. This ended up being the team's biggest loss, however we learned a great deal and should be able to use some of the oppositions' tactics in our grade competition next year. The fourth game finished as an 8-2 loss against the Central Coast champions.

Overall it was a great day and a great experience for the team, giving them the opportunity to improve their touch football skills. The team played well against high level teams, and although they weren't completely successful over the whole day, they did very well and achieved some of the goals we set out as a team before the competition.

Adrian Monardo, Year 8

CAREERS UPDATE

I Wanna B - New Career Videos and TV Show

'I Wanna B' is all about careers. Vibrant Student Edge presenters get inside every profession under the sun by talking to the people who actually do them! The Student Edge videos explore training institutions and universities to find out just what it takes, from beginning to end, to become anything from a Police Officer to a School Teacher. It's a valuable resource and recommended to you.

<http://www.iwannab.com.au/coming-soon>

Raising University Entry Standards for Future Teachers

From 2016, prospective students will need to meet increased academic standards to be offered a place in a NSW accredited undergraduate teaching degree. From 2016, entrants to an accredited undergraduate teaching degree will need a minimum of three Band 5 HSC results, including one in English or to complete bridging units equivalent to a minimum of three Band 5 HSC results, including English, as approved by BOSTES before entry or to enter via an alternative pathway as advised by their university and approved by BOSTES. <http://nswteachers.nsw.edu.au/about-us/news/raising-university-entry-standards-for-future-teachers/>

UNSW: Scientia Challenge Years 7 - 10

Applications close Sunday 30 November. Tuesday 20 January - Thursday 22 January, UNSW Kensington. The Scientia Challenge Program is designed for gifted and talented high school students in Years 7-10. The program features a range of workshops taught over three days. The courses are developed and presented by academics at the University of New South Wales.

<https://education.arts.unsw.edu.au/about-us/gerric/for-gifted-students/scientia-challenge-yr-7-to-10/>

University of Sydney among Top 50 in Global University Rankings

<http://sydney.edu.au/news/84.html?newsstoryid=14275>

The Australian Financial Review: The Degrees of Unemployment

This article outlines the employment outcomes of graduates from different degrees and universities four months after graduation. The article includes a research tool in which you can search a university or discipline and view the average salary and employment rate for graduates of the searched discipline.

http://www.afr.com/p/national/education/the_degrees_of_unemployment_universities_e3nDZ8x89ziuXsEdNMOz9J

Board of Studies: Enhancements to 2014 HSC Credentials

Students eligible for the HSC will receive their 2014 HSC credentials as PDFs to assist them to provide employers and further education institutions with their results. PDFs can be downloaded from Students Online on Wednesday 7 January 2015.

<http://news.boardofstudies.nsw.edu.au/index.cfm/2014/10/31/Enhancements-to-2014-HSC-credentials>

Mrs Ferguson and Mrs Bower

2realise | industrybites
young people's potential

On the 10th November, 6 students from Cherrybrook Technology High School and 7 students from Marsden High School attended an Industry Bites visit to Woolworths head office at Bella Vista.

The students were given a presentation on the Woolworth Ltd company and associated brands/industries followed by a wonderful career panel where staff from companies within Woolworths talked to groups of students about their roles and career paths. The groups then had to share what they had learnt with the group. The students were then taken on a tour of the 3-wing Woolworths office.

The students enjoyed the opportunity to get an inside point of view on Australia's largest supermarket company. They were particularly interested in the different positions such as Party Enthusiast, Cheese Monger, Confectionary buyer and internet personal shopper.

"I never knew that Woolworths was so extensive and that there are so many opportunities"

"The tour was a really big insight into working at Woolworths..."

"I enjoying the whole visit because I have learnt a lot that will aid me in the future..."

92% of students responded that they learnt about a new job in Woolworths Ltd

100% of students said the visit has changed their ideas about working for Woolworths

Contact:
Taryn Soderman
Community Projects
0416 697 449

CHERRYBROOK
Technology High School

MARSDEN
High School

Woolworths
Australia's fresh food people

realising potential



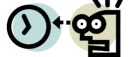
Health Promoting Schools Newsletter
Summer 2014

Hornsby Ku-ring-gai Child and Family Health Service

Welcome to a new season full of excitement, fun and challenges! Some students will be transitioning to new sections in the same school or different schools. Following are some tips for general health, wellbeing and plans for the holidays.

Getting Out of the Door on Time!

For many families, the morning rush hour is the most stressful time of the day. But with a good routine in place, you can get yourself and the kids out the door on time.



Make sure you leave yourself enough time to get ready in the morning.

A good rule is to get yourself ready before the kids. You can prepare some things like lunches the night before to avoid the last minute rush.

Let your children know what the routine is ahead of time. Tell them exactly what they will need to do.

Kids can help out by learning to do things for themselves like getting dressed and brushing their teeth. This gives them the chance to practice these skills and it teaches them how to be organised. Plus it saves you time!

You may even like to try the "beat the clock" game. Your child's goal is to be ready before the alarm goes off. If they win, they earn a small treat such as a favourite snack in their lunchbox. Clearly tell them what they need to do to win and set a reasonable amount of time. Avoid repeating instructions or nagging them to hurry up.

It often takes only 2 weeks before the game has worked and can be phased out.

See <http://www.triple-parenting.net/qlc-en/home/> for more handy tips on parenting challenges.

<http://www.nslhd.health.nsw.gov.au/services/CAP> provide parenting classes every term of the school year. Watch this space for next term's dates and courses.

Preparing for high school

Entering high school is an exciting time for students. They are moving into what is often a larger school environment. This can lead to anxiety or periods of unease. Here are some steps parents and caregivers can take to help students start high school on a positive note.

Be interested and enthusiastic about their move to high school.

Your encouragement will help your child to make a successful transition to High School. Listen to their experiences and expectations. Don't dwell on your own experiences of school.

Attend the High School Orientation Day

If your child will be entering high school then keep a look out for the orientation days which high schools hold in Term 3 and 4. These days are designed to help parents and their children prepare for starting high school. Some children, because of pressure from their peers, will try to discourage their parents from attending orientation days. Being there will help you understand your child's experiences better.

Make sure travel arrangements to and from school are organised.

Organise travel passes. This will help settle some of the concern about independent travel. Talk about back-up travel arrangements, for example, what to do if a bus or train doesn't come.

Discuss the changes every student will experience.

Emphasise that many people feel apprehensive about changing from a small primary school to a

larger high school, and that there will be people to help them adjust.

Organise your child's uniform well before the first day of school.

Having the new uniform will help your child start to feel a sense of belonging to the school.

Learn about school routines and timetables.

Talking to student already enrolled at the school can be useful in finding out information about things such as sporting venues used by the school and school finishing times. The school will provide information before it's needed.

Help your child to develop good study habits.

Try to provide them with somewhere private and quiet to study. Help your child to set aside a particular time to study. Work out a daily timetable that incorporates all your child's needs and interests. Regularly viewed TV programs, club activities and sport should all be part of the timetable. Ultimately they will need to manage their own study and they can guide you in what is helpful for them.

Practise organisational skills.

In the first few weeks of high school your child will want to check with your child that they have the right books for the following day. You will quickly encourage a good habit.

Discuss emergency and safety issues.

Talk about these issues - including crossing roads or taking essential medication - simply and without emotion. Allow your child to contribute their views. Find out who the staff are at the school who can help them if they need it on issues such as medication.

Let your child know that you trust them and that they can trust you.

Keep communication open about all your child's experiences, and make sure they know you're available if things go wrong.

<http://www.schools.nsw.edu.au/gotoschool/highschool/tipsforparents.php>

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Having the new uniform will help your child start to feel a sense of belonging to the school.

Learn about school routines and timetables.

Talking to student already enrolled at the school can be useful in finding out information about things such as sporting venues used by the school and school finishing times. The school will provide information before it's needed.

Help your child to develop good study habits.

Try to provide them with somewhere private and quiet to study. Help your child to set aside a particular time to study. Work out a daily timetable that incorporates all your child's needs and interests. Regularly viewed TV programs, club activities and sport should all be part of the timetable. Ultimately they will need to manage their own study and they can guide you in what is helpful for them.

Practise organisational skills.

In the first few weeks of high school your child will want to check with your child that they have the right books for the following day. You will quickly encourage a good habit.

Discuss emergency and safety issues.

Talk about these issues - including crossing roads or taking essential medication - simply and without emotion. Allow your child to contribute their views. Find out who the staff are at the school who can help them if they need it on issues such as medication.

Let your child know that you trust them and that they can trust you.

Keep communication open about all your child's experiences, and make sure they know you're available if things go wrong.

<http://www.schools.nsw.edu.au/gotoschool/highschool/tipsforparents.php>



Australia Day Events

2015 Australia Day Celebrations @ Ku-Ring-Gai

Citizenship and Awards Ceremony

A special ceremony will be held to welcome our newest citizens and present some of our most deserving residents with Australia Day Awards.

When: 26 January 2015, 3pm - 5pm

Where: Bicentennial Park, West Pymble

Wet weather: The ceremony will take place undercover and proceed if a few showers occur on the day.

In the case of extremely wet weather prior to the event or dangerous weather conditions on the day, the event may be moved to the wet weather location at the Council Chambers (Level 3, 818 Pacific Hwy) Call 9424 0722 for an update if you are unsure.

Evening Concert

Celebrate everything that makes Australia great this Australia Day at our free evening concert.

The packed entertainment program will include acclaimed Aboriginal performers *Decendence*, children's act *Lah Lah's Big Live Band*, *Simply Bushed*, *Stephanie Jansen Band* and *The Dave White Australian Anthem's Experience* followed by a spectacular fireworks finale by *Foti Fireworks*.

There will be something for the whole family with multicultural food stalls and plenty of fun activities for the kids including face painting and amusement rides.

When: 26 January, 5.30pm - 9pm

Where: Bicentennial Park, West Pymble

2015 Australia Day Celebrations @ Hornsby

Live Entertainment in Hornsby Park 11-2pm

Gold Coin donation for Sausage Sizzle by Hornsby Lions Club fundraising for the Women's Community Shelter

Hornsby Ku-ring-gai Child & Family Health Service thanks these organisations for their contribution to this fact sheet and invites you to visit their websites for more information

Hornsby Council

Christmas

Celebrations:

When: 6 December @ 5-9:30pm

Where: Rofe Park, Galston Rd Hornsby Heights

<http://www.hornsby.nsw.gov.au/my-lifestyle/events/christmas-spectacular-2014>



Hornsby Ku-ring-gai School Health Service
*Berowra/Brooklyn: 9456 2877 *Lindfield: 9416 2111
*Galston/Pennant Hills: 9483 7955 *St Ives: 9988 4999

PROCEDURE FOR EARLY LEAVERS

If a student needs to leave school early, they **must** provide a note from their parent/guardian giving reasons for their partial absence. **The student must hand the note in at the student window before 8:30am** where they will be issued with a leave pass. They can then present this pass to their teacher and leave school at the appropriate time.

On Thursdays (sport days) all students in Years 9-11 must have their early leave notes signed by a member of the PE staff before presenting to the office.

DIARY – Term 4 Week 7A

Monday 17 November	Yr 11 VET Work Placement Yr 10 Peer Support Leader Camp Training Transition Day Stage 4 Leaders
Tuesday 18 November	Yr 11 VET Work Placement Yr 11 Legal Studies Excursion HSC Japanese & French Assess Task 1
Wednesday 19 November	Yr 11 VET Work Placement HSC Chemistry Assess Task MADD Concert - 6:30pm, MPC
Thursday 20 November	Yr 11 VET Work Placement HSC German Assess Task 1
Friday 21 November	Yr 11 VET Work Placement Motivational Media Presentations Yrs 8-11