

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 4

Week 9A

5 December 2014



## DEPUTY PRINCIPAL'S REPORT

### The Week of Assemblies

This week was certainly the week of the assembly! It has been an exciting time where a multitude of students were acknowledged for their achievements in a range of fields.

### Presentation Night

One of the highlights of the year for the school is the annual Presentation Night, which was held on Tuesday evening. A packed multi-purpose centre witnessed the presentation of academic and special awards to a wide range of students from Years 7 to 11. Congratulations to all those involved. Many thanks to Mr Bamford, Mrs Barton and their team, for their organisation and to the members of the P&C for their provision of supper for the evening.

### Presentation Assemblies

Students, who did not achieve first, second or third in a subject, but still deserved recognition for their efforts this year, were recognised at the Presentation Day Assemblies today. These assemblies were held for Year 7 with Mr Johnson present, Year 8 with Mr Clements, Year 9 with Mr Townsend and Year 11 with Mrs Bevan. Congratulations to the many students who received awards. Students who were not recognised this year should use this as motivation to improve and achieve a personal best next year.

### Lockdown Procedure

Last Friday CTHS undertook one of its mandatory Emergency Procedures. This time we tested our ability to assemble students into lockdown rooms during a lunch time break. Staff were given rooms and students had been briefed via assemblies and roll call. It was very pleasing to see staff and students working together to get into rooms and wait for the all clear signal. Everyone was locked down in approximately five minutes. This is quite remarkable given the distribution of classrooms and the number of students. Well done Cherrybrook!

### Orientation Day

Wednesday of this week was another big day on the school calendar with the Orientation Day for our incoming 2015 Year 7 students. Approximately 300 students from surrounding primary schools spent an interesting and enjoyable morning at the school where they toured all the facilities, as well as attending a variety of classes. Some examples of what was achieved by our incoming Year 7's were the many pizzas made and then eaten at recess. Music students learnt vocal skills and started learning how to play the glockenspiel. Thank you to Mrs Lane, Head Teacher Stage 4, for her organisation, to the new Year 7 Advisers, Mrs Mallison and Mr An, and to the senior and junior students involved, who helped make it such a successful visit. A big thank you also to staff who hosted some of our new students for their first taste of high school.

### Sports Assembly

The annual Cherrybrook Technology High School Sports Assembly was held on Thursday, 4 December. Many students were acknowledged for their outstanding sportsmanship, efforts and contributions to swimming, cross country and athletics, both at a school and regional level. The highest honour of a School Blue Award was given to Natalie Eldridge (netball), Madison Hare (basketball), Georgia Winkcup (athletics and cross country), Eliza Woollett (athletics) and Courtney Cattell (athletics).

The Cherrybrook Technology High School Senior Sportspeople of the Year are Georgia Winkcup and Jack Patten, Junior Sportspeople of the Year are Matthew Rose and Courtney Cattell.



*Georgia Winkcup, Matthew Rose, Courtney Cattell and Jack Patten*

WELCOME  
YEAR 7 2015



Year 6 into 7 Orientation Day

### Black Dog Institute - Sophie Moore

Increasingly more students are suffering from depression. One measure to help in the recovery from this illness is self-awareness. Reflecting on personal characteristics and having the ability to interpret their own emotional state will help students become confident and resilient. One of our Year 12 2014 students, Sophie Moore, has given us permission to use her experiences to highlight this area. Below is a post from the Black Dog Institute home page:



#### Black Dog Institute

18 yr old Sophie has struggled with depression, so when faced with her final year textiles project she decided to take the opportunity to raise awareness of mental illness. In her words:

"My project aims to reach out to those who are at risk of developing, or facing, a mental illness and my design reinterprets the Black Dog Institute logo and colours.

The straps represent the two fingers of the Black Dog Institute logo. The black skirt and sheer overskirt demonstrate the transition of depression before help is sought and the lightening of the burden as coping strategies are learnt to relieve the symptoms. The orange bodice shows final recovery and a small love heart charm linked to the zipper reminds the wearer to "take heart" that the disorder will be beaten."

Well done, Sophie!



Mrs Bevan

### Rock and Water Instructor Advanced Training

On Monday and Tuesday of this week our three Rock and Water instructors, Mr Hartman, Mrs Henry and Miss Wilson attended Level 2 Advanced Training for Rock and Water, at Warners Bay near Newcastle. The venue, Hunter Valley Martial Arts Centre, was excellent and Master Instructor Brian Hayes, a former Deputy Principal, was engaging and effective in the delivery of the course, showcasing his expertise both in the welfare of young people and in teacher education. On Monday the participants were taken through the whole one-day workshop before being given assignments for the evening. On Tuesday each participant was assessed on their ability to teach their given concepts and exercises to the rest of the group. All three Cherrybrook teachers passed with flying colours, impressing the assessors with confidence, knowledge and passion. This qualification accredits our three instructors to train other teachers to teach the first six lessons of the Rock and Water program, which will be a benefit to CTHS, as we extend and expand the Resilience Program in 2015.

Rock and Water is an effective resilience program, established by Freerk Ykema in the Netherlands before spreading around the world. It is a psycho-physical program that aims at building resilience and social competency through developing empathy. The building blocks of the Rock and Water program are self-control, self-reflection and self-confidence. Using these concepts as a foundation, it is possible to address the themes of safety, assertiveness, communication and finding their own way (inner compass) that connects them to others (solidarity) and gives them direction (self-realisation).

In the Year 7 and 8 program we start with the key concept of standing strong physically, mentally and emotionally before moving on to using the Rock or Water attitudes in physical and verbal confrontations. We provide strategies to deal with bullying and exclusion, we explore boundaries including appropriate behaviour and we end our program with goal setting, culminating in the wood-smashing activity. It has already had a massive positive effect on our students. We are excited to expand on this next year with the training of a new cohort of welfare-minded teachers who will assist us with the Year 7 program.

Mr Hartman, Mrs Henry and Miss Wilson



*Mrs Henry, Miss Wilson and Mr Hartman at Rock and Water Training*

**Market Day: Money Making Mania in the MPC**

The MPC came alive with the sights and sounds of young entrepreneurs selling their wares last Friday 28 November. Students from the Running a Business course created, researched, set-up and ran their own market stall businesses. From traditional carnival style games, like *Throw the Ball in the Bucket/Box/Cup*, to the sale of select gourmet pastries, puffs, cakes and sweets, students successfully created a fun, festive atmosphere.

It was pleasing to see that almost all groups managed to make a profit from their sales and those that didn't certainly profited from the experience. In particular, students developed their communication, organisational, market research and sales skills. Students also learned about the challenges faced by small business owners in Australia.

*Whip It, Whimsical Delights* and *Minute to Win It* were voted Best Stalls whilst Gary Chahinian earned the Ice to Eskimos Award for Sales. Market Day will be on again next year.

Mr Brown



Market Day

## Stage 5 Design and Technology

Stage 5 Design and Technology students have achieved great results with their design projects *Design a Board Game*.



## Stage 5 Industrial Technology Timber

Stage 5 Industrial Technology Timber students have designed and constructed their timber, finger joint boxes to an excellent standard and are all very proud of their results.

Ms Hankin



## Peer Support Training

On Wednesday 3 December, 50 Year 10 students attended Peer Support Training as our new leaders. The training involved activities and group work which will provide support for Year 7 next year. This included working on friendship, orientation and organisation activities, as well as tasks based around the promotion of anti-bullying. Our Year 10 students were enthusiastic and engaged and I look forward to working with them in 2015.

Mr Hind, Head Teacher Welfare



### Happiness Cycle Challenge

On Friday 14 November, thirteen CTHS students attended the Happiness Cycle Challenge at the Brick Pit, Thornleigh. Students were selected based on their achievements in PDHPE this year. Each student was given a brand new bike which they had to build themselves, before completing a road riding safety course. Each student pledged to ride up to 100km a month to help promote physical activity within the community. It was a brilliant day and our students again demonstrated why CTHS has such a positive reputation throughout our community.

Mr Pedley-Smith



### Field of Mars Excursion

Yesterday, an exciting science excursion took place. Our year-group was split into four different places, Field of Mars, Annagrove, Gibberagong and Brewongle. We were further split up into our class groups, we had three very friendly instructors.

As an introduction to the first activity, we watched a video about some of the most common native plants of Australia. For the first activity, we were split into groups of two-three to develop a script about one specific plant. We were supplied with iPads to take photos, create a film and to annotate a book. This activity involves putting information together about one native plant, the adaptations that allow them to survive and thrive in their specific habitats.

There were many positive human impacts around the area and some included the installation of nest boxes and bush regeneration.

The other two activities we participated in were the recording of biotic and abiotic features of the mangrove forest and Eucalypt woodland. Instruments were supplied to us in a red bag. We had to record features such as the time, temperature, humidity, aspect etc. The cool and moist mangrove forest was great as it had been like a natural shelter for pretty warm day yesterday.

It had been a great day yesterday excluding the fact that there were no rubbish bins for us to throw our rubbish in. The Instructors were very friendly and made the learning experience of our trip fun and very unforgettable.

Elizabeth Li, Year 8



### Schools Spectacular

On Friday 28 November a group of students went to Schools Spectacular. The theme for the show was *This is Australia*. We drove to the city on a double decker bus to the entertainment centre. A group of students from our school performed in the concert in a dance combined with other schools. We also saw Jai Waetford, Anja Nissen, the winner of the voice, and some of the voice kids contestants. It was very enjoyable, and we had lots of fun!

Leanne David and Natalie Van Stryp, Year 7



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Castle Hill. Ph 8677 4003 / u-talent@hotmail.com  
( Enter from McDougall Lane, next to Castle Hill Medical Centre )**

## CAREERS UPDATE

### HSC-to-University Pathways for Talented Students

The University of New England, the University of New South Wales and Macquarie University have set up a program of first-year university courses students can undertake while finishing their secondary schooling. This program is open to students who have accelerated in at least one HSC course and achieved high-level results, or who have otherwise demonstrated outstanding academic achievement. Applications will need the support of school principals, and are to be made via the universities. Courses begin in Semester 1 2015. [http://www.boardofstudies.nsw.edu.au/syllabus\\_hsc/pathways.html](http://www.boardofstudies.nsw.edu.au/syllabus_hsc/pathways.html)

### Macquarie University: Pre-Law Pathway

Applications open Thursday 22 January 2015 and close Sunday 8 February. New students who achieve an ATAR of at least 93 and have been admitted to a non-law degree at Macquarie University to begin in 2015, can apply for admission to the pre-law pathway prior to their first semester of studies. The program will allow students to undertake introductory law classes, and upon satisfactory completion of these units, allow students to transfer into either the Bachelor of Laws or a Double Degree with Bachelor of Laws. [http://www.law.mq.edu.au/future\\_students/undergraduate\\_law\\_programs/new\\_pathways\\_into\\_law/](http://www.law.mq.edu.au/future_students/undergraduate_law_programs/new_pathways_into_law/)

### Studying Law at ACU

A YouTube video about what it's like to study law at ACU. The video includes interviews with students. [https://www.youtube.com/watch?v=Y1O0A\\_XXFXk](https://www.youtube.com/watch?v=Y1O0A_XXFXk)



### UMAT 2015 Registrations Open Soon

Registrations for UMAT 2015 open early December 2014 and close Friday 5 June 2015. The test takes place nationally on Wednesday 29 July 2015. UMAT is a test which is used specifically to assist with the selection of students into the Medicine, Dentistry and Health Science Degree programs at undergraduate level, at the universities listed on this website <http://umat.acer.edu.au/>

### University Bridging Courses

Many universities offer bridging courses in a range of areas. These courses are designed to provide students with the necessary information to study certain courses and replace pre-requisites for certain courses. For example, bridging courses can be offered in science so students can undertake a Science Degree without having studied science at high school. These courses are generally run in the lead-up to first semester admissions. For more information, check your desired course and university to see if bridging courses are available.

### 1300 Apprentice: Interview Preparation and Research

This blog helps to explain the interview preparation and research stage, of finding an apprenticeship/traineeship.

<http://1300apprentice.com.au/chads-blog-interview-preparation-research/>

### Australian Training Company Information Sessions at Homebush

Traineeships: Tuesday 20 January

Apprenticeships: Tuesday 20 January

For more information and to register call Kenita on 02 9704 1500 or [ksu@austrg.com.au](mailto:ksu@austrg.com.au), [www.austrg.com.au](http://www.austrg.com.au)

### TSFX Advanced English Essay Writing Lecture

Monday 12 January and Thursday 22 January, The University of Sydney (Camperdown). The Advanced Essay Writing Skills Lecture will set out strategies which may be applied to the Area of Study Modules, for Advanced and Standard English students.

<http://www.tsfx.com.au/?hsc-program=advanced-english-essay-writing-lecture>

Mrs Ferguson and Mrs Bower

*Position Vacant:*

## *Early Childhood Trainee*

*An Opportunity exists for...*

- A young enthusiastic trainee to join our team of dedicated teaching staff.
  - No experience necessary.
  - Must be energetic, committed and willing to learn.
  - Would suit school leaver.
- Full time work with immediate start.*

*What's in it for you...*

- Work in an enjoyable environment in a team committed to children.
- Learn and develop your skills, with study support, while gaining valuable experience in the childcare industry.
- Certificate III in Early Childhood Education upon completion.
- Close to Public Transport.

*Applicant MUST have new Working with Children Check.  
Any offer of employment will be conditional upon satisfying necessary workplace checks and successful achievement of the selection criteria.*

*This position is a 12 month contract / traineeship.*



Early Learning Centre

*Please phone for further information or send resume to:*

**Keen Kiddies Early Learning Centre**  
162 Excelsior Ave, (Cnr Old Northern Rd),  
Castle Hill NSW 2154  
Phone: 02 9659 2449 Fax: 02 9659 2448  
Email: [info@keenkiddies.com.au](mailto:info@keenkiddies.com.au)

*Only short listed candidates will be contacted.*



# SCHOOL UNIFORMS AUSTRALIA



## 7 Days only sale

Starts from Friday 28 November  
Ends midnight 5 December

# 25-35% off

\*selected school uniforms

AVAILABLE  
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We will have garments on display and fitting at  
**Cherrybrook Community Centre**  
**(next to Carlile Swimming)**  
on the day of CTHS Year 7 orientation,  
**Wednesday 3 December** between  
**8.30 am and 2.30 pm.**

[www.schooluniformsaustralia.com.au](http://www.schooluniformsaustralia.com.au)

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Bernice Tang 2014 AMEB Grade 3  
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## CLOTHING POOL

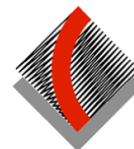
### CHERRYBROOK TECHNOLOGY HIGH SCHOOL UNIFORMS

If you would like to purchase second-hand Cherrybrook Technology High School uniforms, First Cherrybrook Scout Group operates a clothing pool for your convenience.

First Cherrybrook Scout Group clothing pool operates through the kind donations of Cherrybrook Technology High School families. All donations of CTHS uniforms will be happily accepted. Please contact Anthony on 0427 661 689 to arrange a drop-off.



Opening Times:  
**First Thursday of each month**  
during school terms  
between **7:15pm & 8pm**  
First Cherrybrook Scout Hall  
Appletree Drive, Cherrybrook



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- ★ Gift vouchers are valid for 6 months from date of issue.
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**PROCEDURE FOR LATE ARRIVALS**

All students arriving to school after 8:40am **must** sign in at the student window where they will be issued with a late note. All late arrivals are required to have a note from their parent/guardian giving reasons for being late. No note results in a detention.

**LEGO ROBOTICS  
HOLIDAY WORKSHOPS FOR KIDS!**

**Tuesday 6th January 2015**  
9am-3pm \$66 Ages 10+ ONLY  
Macquarie University, North Ryde

Featuring the LEGO Mindstorms EV3 robotics kit. No prior knowledge assumed.

Payment must be in by the 18th December to secure a place!

**REGISTER NOW AT**  
[www.maciict.edu.au/holidays](http://www.maciict.edu.au/holidays)

Questions? Contact us at:  
[maciictsupport@det.nsw.edu.au](mailto:maciictsupport@det.nsw.edu.au) or 9850 4310



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*Carols by  
Candlelight*

**Friday  
19 December 2014**

5.30-7.30pm Family Festival  
7.45pm Carols by Candlelight

West Pennant Hills Public School Oval  
cnr of Church Street and Cardinal Avenue

Bring the family and join the festive activities!  
Jumping castle, carnival games, petting zoo, food and drink stalls,  
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## FOR MORE INFORMATION


*please connect with us through any of the following options:*

ministrycentre@communitylife.org.au 

Community Life Church Cherrybrook 

www.communitylife.org.au 

communitylifechurch\_ 

02 9651 3534 

## CAROLS & FAMILY FUN - SUNDAY 14<sup>TH</sup> DECEMBER

**5pm** - BBQ, Coffee & Cupcake Cafe, Jumping Castle, Animal Farm, music, a visit from Cherrybrook Rural Fire Brigade & much more!

**7pm** - Carols & Entertainment inside the School hall!

## CHRISTMAS DAY FAMILY SERVICE - THURSDAY 25<sup>TH</sup> DECEMBER

**9.15am** - A special service to celebrate the day!

**ALL EVENTS WILL BE LOCATED AT CHERRYROOK TECHNOLOGY HIGH SCHOOL!**

## DIARY – Term 4 Week 10B

Monday 8 December	<ul style="list-style-type: none"> <li>• Yr 10 Crossroads</li> <li>• Yr 9 Barista Training</li> <li>• HSC FDT Food Product Written Report</li> <li>• Rock &amp; Water Excursion</li> <li>• HSC Senior Science Task - per 1 &amp; 2</li> <li>• Yr 12 Biology Assessment Task</li> <li>• Aboriginal Studies Excursion to Canberra</li> </ul>
Tuesday 9 December	<ul style="list-style-type: none"> <li>• Yr 10 Study Skills</li> <li>• Yr 10 Enrichment Activities</li> <li>• Aboriginal Studies Excursion to Canberra</li> </ul>
Wednesday 10 December	<ul style="list-style-type: none"> <li>• Yr 10 Crossroads</li> <li>• Yr 9 Barista Training</li> <li>• Yr 11 Geography Excursion</li> <li>• Aboriginal Studies Excursion to Canberra</li> <li>• Yr 11 ESL Assessment Task</li> <li>• Legal Studies Guest Speaker</li> </ul>
Thursday 11 December	<ul style="list-style-type: none"> <li>• HSC CAFS1/2 - IRP Final Product</li> <li>• Duke of Edinburgh Walk Yr 9</li> <li>• Legal Studies Guest Speaker</li> </ul>
Friday 12 December	<ul style="list-style-type: none"> <li>• Yr 10 Transition Assembly - 8:40am MPC</li> <li>• Duke of Edinburgh Walk Yr 9</li> <li>• Yr 11 Legal Studies Assessment Task MPC</li> <li>• Yr 11 Retirement Village Visit</li> </ul>