

NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 3

Week 5A

14 August 2015

DEPUTY PRINCIPAL'S REPORT



Year 7 Study Skills

The focus for the Year 7 Study Skills is to help students plan better study routines. This is a very valuable skill to learn as many students will say that they really don't know how to study effectively. The session held on Thursday was an excellent platform to enhance understanding of the skills needed to develop strong study skills. Our thanks go to Ms Parsons for organising this event.

Uniform

At Cherrybrook we are always striving to maintain high standards and meet community expectations in all we do. Our school uniform policy is quite clear in that the expectation is for all students to comply with the uniform code at all times. This includes school sport.

We do **NOT** condone the wearing of gym attire (leggings, skins or tights) as part of the school uniform. If the school and the community wishes this to change, it would need to be negotiated through the parent body and the school. At the moment, this attire is considered inappropriate for wearing to or at school, is not part of our school uniform and, as such, is not acceptable. Students who choose to wear this attire will be disciplined according to the school's discipline code.

Students are reminded on Thursdays the sport uniform is the CTHS sports top and black shorts or black track pants.

Year 12 Major Works and Practical Marking

For many Year 12 students, the realisation that this year's HSC is well underway is a reality. Last week saw many Year 12 students in a flurry of activity, busily putting the final touches to major works and presentations in multimedia, industrial technology and timber, society and culture and dance performances. Textiles students were very busy on Monday putting final stitches in their major work projects. In the near future, English extension 2, design and technology and visual arts will be completed. Performances will be held in drama and music and language orals will be finalised. Our very best wishes go to all these students, many of whom have devoted hours of work towards their HSC. The quality of the students' work submitted so far has been outstanding being creative, innovative and, in most cases, very professional.

Zone Grade Finals

Congratulations to all teams who made it into the finals at Zone level for this season. The CTHS Executive visited venues last Thursday to cheer on our teams. I visited the netball finals where both the girls' A and B teams were victorious. Great team spirit and skills were displayed in convincing wins over Pennant Hills and Galston. Further news on these results can be found in the sports report.

Helping our Teens Remain Optimistic

A school priority area this year is to help build resilience in our students. I have recently read an article by Dr Justin Coulson and would like to share his research, as optimism has been found to be one of the most positive tools for reducing the dangers of depression.

He outlines seven strategies to help maintain optimism in our teens:

1. **Empathise** - adolescents need to know someone is there for them who is at least trying to understand how they are feeling. They need to have their feelings validated.
2. **Emphasise 'yet'** - adolescents often tell us they can't do this or can't do that. If we acknowledge their feelings then add 'yet', adolescents start to realise they will eventually be able to do the thing they currently find so difficult.
3. **Steer focus** to things which can be controlled - adolescents often worry about things which they have no control. By emphasising and asking "what options do you have?" this can help them feel more in control.
4. **Focus on the end** - young people need to know things do get better. Keep the end in sight as far as school is concerned, life after high school is great!!
5. **Emphasise strengths** - try not to focus on weaknesses, but focus on what your adolescent is good at. They need to hear adults talking about their strengths, hearing these things spoken about when they are in earshot, but not being directly spoken to, is really helpful.
6. **Understand mindsets** - inspire the teen brain to be optimistic by talking about brain plasticity. It helps to know that their brains change and how anything is possible for them. Understanding growth mindsets is an excellent start.
7. **Avoid the superficial** - if a teenager feels miserable, being told to "buck up" is unhelpful. Listen with all your heart.

Congratulations to...

- Melissa Annetts, Year 11, who has been selected for the NSW Orienteering Team, competing in the Australian Schools Orienteering Championships, which will be held in Ballarat, Victoria from Saturday 26 September until Sunday 4 October 2015.
- Raquel Cuevas, Year 10, who was awarded a JB Sharp Memorial Regatta Series rowing scholarship, valued at \$1,000.
- The Year 11 Mock Trial Team who have progressed to the next round in the competition. The team is coached by Mr Fernandez.

Mrs Bevan



Melissa Annetts



Raquel Cuevas

NAPLAN Online Trialling Study 2015

Following the decision by Education Ministers to transition NAPLAN to a computer-based adaptive assessment, ACARA has developed a comprehensive research and development program which will enable delivery of NAPLAN tests online in 2017.

The purpose of the Online Trialling Study is to trial an initial batch of online items to support the development of the 2017 NAPLAN online tests. The study will trial Numeracy, Reading, Writing, Spelling, Grammar and Punctuation in approximately 120 schools across Australia. A further purpose of this study is to evaluate testlet construction and the targeting of items to assist with further development and refinement of the tailored test design.

Cherrybrook Technology High School has been selected to participate in the NAPLAN Online Trialling Study. For the purposes of the trial, students in classes 7T and 9L have been selected to undertake the test. An information letter will be provided to these students and their parents/carers, explaining in more detail the requirements of the trial.

As a school we are pleased to be a part of this very important initiative as we start to delve into the realm of online external assessment of students.

The Partners in Learning Parent Feedback Survey

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically take fifteen minutes or less to complete and is completely confidential. The parent survey will be conducted between Monday 17 August and Friday 16 October. Participating in the survey is entirely voluntary. However, your responses are very much appreciated. See the flyer within this week's *Network* for the direct link to the survey. Please remember the survey window does not open until Monday 17 August.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

Mr Clements

LOST PROPERTY

We would like to remind parents we have a lost property cupboard at the school, which is located near the front office. If students lose an item, please ask them to check the cupboard. We ask that **ALL** personal items are labelled with your child's name to ensure the prompt return of any misplaced belongings.

Please note, the lost property cupboard is cleared of unclaimed items at the end of each term and the clothing is donated to charity.

Mrs Bevan



Tell Them From Me: Partners in Learning survey

You're invited to participate in the *Tell Them From Me (TTFM)* Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?

This online survey takes about 15 minutes to complete. It is anonymous and voluntary. If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

How can I participate?

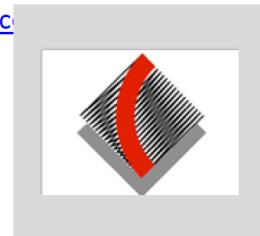
You can access the survey in your own time, between **17 August and 16 October 2015**. Follow the link below on your computer or tablet:

https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent16917&j_password=Che8592

If the survey opens to a login page, please **copy and paste the link into your internet browser**. This will ensure the survey launches directly to page one of the survey.

More information on the Partners in Learning survey can be found

on the NSW Department of Education's TTFM website: <http://surveys.c>



Kokoda 2016

We have had an amazing response to our proposed trip to Kokoda for next year. We have organised an information evening on Wednesday 16 September at 7pm in C2.1. The Kokoda School Trek Director, Sue Fitcher, and her husband, Wayne (Senior Tour Guide), will be in attendance to present information to students and parents. After the presentation, there will be time for questions and further inquiries. Please ensure you have expressed interest by returning the note (available on the school website) and the refundable deposit.



Mr Hartman and Miss Kerr

Science Environmental Fair at Oakhill Drive

Last term, Sidath Dissanayake, Renee Trumper, Sammy Groves and Taha Shoaib went to Oakhill Drive Public School as Stage 4 Representatives for CTHS to adjudicate at their Science Environmental Fair. Along with Oakhill Drive's Principal and Deputy Principal, we were asked to evaluate groups of students from various Year 5 and 6 class projects based on their solution to an environmental problem and the effectiveness of the presentation skills.

This was a perfect opportunity for all the Stage 4 Representatives to establish an initial connection with these budding scientists! We were able to interact and tell the Year 6's about the great things to expect in Year 7.

We were all surprised at the quality of the projects and their innovative thinking which could one day solve real life problems. Some of the projects would have given some of our Year 11 and 12 science classes a run for their money! The winners from the Year 5 and 6 competitions were Lara and Lina (*Contaminated Recycling*); Bailey and Joel (*Save Paper APP*); and Isaac and Jay (*Batcar...electric car with a twist-theory*).

We all welcomed the opportunity to connect with these students, hoping high school will be just a little bit easier when they see our familiar faces around the school! We would like to thank Mr Fairclough and Miss La (2016 Year 7 Advisors) for accompanying us and giving us this great opportunity to talk to the upcoming Year 7's of CTHS.

Sidath Dissanayake, Renee Trumper, Sammy Groves and Taha Shoaib, Stage 4 Representatives



International Day

International Day is just around the corner! To mark this annual event, we will be hosting a number of multicultural assemblies to celebrate the cultural diversity of our community. At these assemblies, we will have several colourful dances from Japan, India and Sri Lanka, musical performances in Korean and Japanese and even a beautiful harp instrumental. All items will be brought to you by our talented and diverse student body of Cherrybrook Technology High School. Just to remind everyone, Years 7-9 will attend their assembly during period 2 and Years 10-12 will attend during period 4. Furthermore, for the very first time CTHS will be hosting an International Day Evening Show for the friends and family of our community. This assembly will take place at 7pm on International Day (Tuesday 25 August). If anybody is interested in attending this special event, please tell your child to contact Mr Ibarra in the PE staffroom prior to International Day. We hope to see you all there!

Sapna Mistry and Bertin Huynh, International Relations Representatives

'Pills, powders and liquids': Everything parents should know about ecstasy, 'ice' and other illicit drugs in 2015.



Lane Cove Council and the Family Referral Service
present:
The second in a series of two workshops for parents
by Paul Dillon
Thursday 20 August 6:15pm - 8:00pm
Lane Cove Library

Paul Dillon - Drug and Alcohol Research Training Australia (DARTA) has been working in the area of drug education for the past 25 years.

About the workshop:

The workshop will center on adolescents and illicit drugs. Although alcohol continues to be the most popular and problematic drug used by Australian secondary school students it is the use of illicit drugs such as ecstasy and methamphetamine ('ice') that many parents are most concerned about.

Whereas alcohol may have been their drug of choice when they were younger, many parents have little understanding of a range of newer drugs. This presentation will provide information on some of these substances, including prevalence rates amongst secondary school students, harms associated with their use and the changes we are seeing in how these drugs are being accessed by young people.

Bookings are essential and will be taken on a first come, first serve basis. To book: email each attendees name, postcode and email address to hrose@lanecove.nsw.gov.au or call 9911 3586.



CTHS at the Great Engineering Challenge

On Wednesday 5 August 2015, eight Year 11 physics students from CTHS went to UNSW to compete in the Great Engineering Challenge.

The Great Engineering Challenge is a fun-filled day of hands-on activities, which demonstrate real-life applications of engineering. Held annually during Engineering Week, teams of students from various schools across Sydney compete in a series of three tasks, which not only test their knowledge of physics, but also logical thinking, team work and time management skills. This year's challenges included building a bridge out of the least materials possible, constructing a glider plane and making a car, which was both light and practical. The day was helpful in allowing us to experience the industry first-hand, as well as including very insightful guest speakers, who presented speeches in this field.

Ultimately, Cherrybrook Technology High School performed exceptionally well. Chris Swanepoel, Victoria Gupta, Mark Lam and Min Soo Kim participated in the challenges and performed very well. Eduard Geyl, Leo Xiang, Winston Foo and Doris Che won the *Car Obstacle Challenge* and were placed second overall out of 50 teams. We would like to thank Mr Fairclough and Miss Yang for organising and taking us to the excursion, and our science teachers for encouraging us to participate in this event.

Doris Che, School Captain 2015/16



ICAS Science Competition

This year over 100 students from Years 7-11 participated in the international ICAS Science Competition. Over 70% of students achieved excellent results and received Distinction, Credit or Merit awards at recent Year assemblies. Individual results were handed-out in class by science teachers.

Of particular note were two students who achieved results which placed them in the top one percent of the candidates and were awarded High Distinctions; they were Kunal Gupta, Year 7, and Rebecca McKee, Year 9.

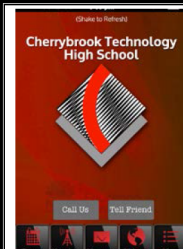
Mrs Gibbs

Australian Science Olympiad Exam 2015

The Australian Science Olympiad Competition is the training and selection process for top performing secondary science students, which culminate in the International Science Olympiads, the Olympic Games for science students. To earn a spot representing Australia at the International Science Olympiads, top performing Year 11 science students must first sit an Australian Science Olympiad exam in biology, chemistry, physics and/or earth and environmental science.

This year, ten students sat the biology exam, twenty students the chemistry exam, thirteen students the physics exam and one student the earth and environmental science exam. The exams are a great way to test the knowledge of scientific concepts and their application in contemporary context, critical thinking and problem solving abilities and skills of scientific inquiry. The results will be announced later in the year.

Miss Yang



Cherrybrook Technology High School App

Go to the App Store or Google Play and search for "Cherrybrook Technology High School" to download this free app. This will provide you with school information, maps, dates of upcoming events and much more, even when you are on the go. By enabling push notifications you will receive important information instantly.



**CHERRYBROOK TECHNOLOGY
HIGH SCHOOL**

28-44 Purchase Rd Cherrybrook
tel. 02 9484 2144

HSC VISUAL ART EXHIBITION

(ALSO FEATURING THE 2015 TAS MAJOR PROJECTS)

**OFFICIAL OPENING 6pm
AWARDS PRESENTATION 6.30PM**

26th AUGUST IN THE CTHS MPC 3pm - 7pm

**(FOLLOWED BY THE HSC MUSIC 1 & 2
PERFORMANCE NIGHT IN C2.12 from 7pm.)**

FROM THE LIBRARY

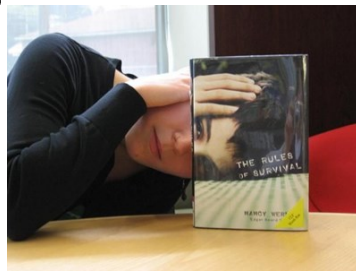
Book Face Competitions - Book Week 2015 (22-28 August)

Enter the CTHS competition to find the craziest book face to celebrate the Book Week 2015 theme, *Books Light up our World!* Simply take a photo of a book face, that is, the photo of a face partly covered or attached in some way to a book cover (see the examples below). Let your mind wander! You may submit more than one entry. Entering is easy!

Either email your efforts with your **name and roll class/year** to sally.thackray@det.nsw.edu.au OR **print** them and give them to one of the library staff. Entries will be displayed on the library website at <http://cthslibrary.weebly.com>. **The winner will receive movie tickets for two!**

Alternatively (or as well) enter the **Guess the Teacher Book Face Competition** - which teachers' faces are hidden behind the books? Details to follow...

While on the subject of books ... see the **Inky Awards - the book awards for teens by teens** <https://insideadog.com.au/sites/default/files/2015%20Inky%20Awards%20poster.pdf> or check them out in CTHS library!



District Teacher Librarians get Acquainted with Oliver

As a 'lighthouse school' for Oliver, CTHS Library hosted an especially well-attended meeting on Tuesday 11 August, at which CTHS Teacher Librarian, Mrs Sorensen and Library Assistant, Mrs Donovan, were among several speakers to demonstrate key aspects of the new library database management system to a motivated and appreciative audience.

Mrs Sorensen and Mrs Casey, Teacher Librarians

Chinese Restaurant Excursion

On Friday 31 July, the Year 10 Chinese class went to Eastern City Chinese Restaurant in Pennant Hills for lunch. We caught the bus at the end of period 4 and got off at Pennant Hills Station, walking the rest of the way to the restaurant. During the ride there, we looked at the menu, made our decisions on which dishes to order and made sure we could order our chosen dishes in Chinese, Miss Wu helping us with our pronunciation.

At the restaurant, we went around the table taking turns ordering our food in Chinese and practised what we had learnt in class, such as asking for more food as well as describing how good the food is. The waitress was very friendly and patient with us!

We each ordered a dish and a soft drink and shared the dishes between us. I ordered Chicken with Cashew Nuts (yao guo ji cho). Some other dishes we ordered were Sweet and Sour Pork (gu lao rou), Honey Chicken (mi tang ji liu), Mongolian Lamb (meng gu yang) and many others. I was shocked we managed to eat all of it as we ordered a lot of food and had unlimited rice!

I really enjoyed being able to practise my Chinese with a background speaker. Thanks Miss Wu for this great experience, we all had a good time!

Emily Doherty, Year 10

CAREERS UPDATE

University Open Day Links:

<http://www.uac.edu.au/documents/undergraduate/opendays.pdf>

<https://www.leap.vic.edu.au/parents/attend-university-open-day>

University Open Day Hints and Tips

Who can attend?

Anybody can attend Open Day and it's important to remember, you don't have to wait until Year 12 to go along. You might be in a lower Year level at the moment and just beginning to consider university in the future. This is a great time to get a head start on finding out more about higher education and the study options available. Open days are also a great chance for parents/guardians to find out more about their child's future study options.

What happens at Open Day?

Universities run tours of their campuses, have staff and student representatives from different courses and faculties to talk about what they do and have information available about all different study services. Among the presentations, activities, food and fun, you also have an opportunity to talk informally with students who are studying in the courses you are considering. Open days also give you a chance to soak up the culture of university life while you're still deciding your options for future study. While you are there, you can take the opportunity to ask questions about courses, facilities and your future plans, as well as exploring campuses, from teaching and learning areas to libraries, cafes, social spaces and accommodation.

'Must do' items to tick off:

- Visit the areas such as students support services and student lounges to check out what it's like to be a student. Does the campus feel like a place you'd like to belong?
- Go on a campus tour and see what facilities and resources are available on campus.
- Don't just talk to university staff: make sure you chat with some current students of the institution. They are experts on what it's like to study there, and have recently gone through the process of selecting and getting into their course.
- Bring someone along with you. Parents/guardians are a great option as they may have information they want to find out too. A friend or other family member can also be helpful and make you feel comfortable making your first trip onto campus.
- Watch out for student clubs and societies who will be around on the day. These can be an exciting addition to university life and cover a huge range of interests, often creating lots of social opportunities and freebies.

'Must find out' items to tick off:

- Different pathways into the courses in which you're interested.
- Any prerequisite subjects or tasks for the courses you're considering.
- The time commitment of the course you're considering (how many years it takes to complete the course, how many hours per week will you need to attend lectures and tutorials, and do extra reading and studying, uni doesn't have set hours like school). What public transport and parking options are available if you are going to travel to uni.
- What accommodation is available if you are considering moving away from home to go to uni.
- The facilities that are available at the campus. Libraries, cafes, banks, book stores, security services are all commonly found at uni campuses.

What questions should I ask current university students?

- Why did you choose to study at this university?
- What is it like living away from home?
- What do you wish you'd known before you started studying?
- What jobs does your course lead to?
- What are the best and worst things about uni in your opinion?
- How have you found the course so far/what are the teaching/facilities/support like?
- What's this town/suburb like to live in?

What questions should I ask university staff?

- What are the prerequisites for the courses I'm considering?
- What are my options if I don't get the ATAR for this course?
- What services and facilities are available for students?
- Who should I contact if I have more questions?

Mrs Ferguson and Mrs Bower



The Twenty First Annual

Year 12

Careers Night

*'Tertiary Career
Options'*

For Students & Their Parents

Wednesday 19 August 2015

**Multipurpose Centre
Cherrybrook Technology High School
Purchase Road
Cherrybrook
Commencing at 5:30pm**

WEEKLY SPORTS REPORT



Grade Sport Finals:

Congratulations to all our teams who made it to the finals of their grade sport season. The winter season overall has been a large success with a total of seven teams winning the title, and of those seven teams, five of them were girls teams. Well done girls.

- Boys basketball 9/10
- Boys soccer 15 B's
- Girls hockey 7's
- Girls netball A's
- Girls netball B's
- Girls oztag A's
- Girls soccer B's

Upcoming Events:

- Boys' under 15 basketball play Brisbane Waters Secondary College on Friday 14 August
- Years 7/8 netball Gala Day is on Friday 21 August
- Girls' under 15 basketball play Asquith Girls on Monday 24 August

Spring Sport Season:

- Next week is the second week of grade sport trials
- Make sure you check the notice board to see if you have qualified for your sport
- Otherwise, intra sport will take place on Thursday 20 August as per usual
- Also make sure you check your student email for any information regarding sport selection

Kurt Perry and Emily Jones, Sport Promotions Officers

Year 11 Sport

Year 11 students are **NOT** required to attend sport on Thursday afternoons for the remainder of the year. However, students may elect to continue sport if they wish and any parents wishing their child to do so should contact the PDHPE department.

Mr Perry, HT PDHPE



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME and DATE: 6.30pm to 8.30pm Tuesday 8 September 2015	VENUE: Hornsby Shire Council Chambers Building 296 Peats Ferry Road, Hornsby	BOOK NOW ON: (02) 9847 6856 Bookings Essential
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Helping learner drivers
become safe drivers



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 the E-diary for further details. ***Please be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc.***

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.

School Carparks

Boom gates have been installed to both school carparks. Parking is available to staff only, between the hours of 7am and 4pm school days. Ample street parking is available for visitors to the school.



PENNANT HILLS
DISTRICT CRICKET CLUB



JUNIOR PENNO PUMAS START NEW 2015/16 CRICKET SEASON

Pennant Hills District Cricket Club fields junior teams in the local Hornsby Ku-ring-gai Junior Cricket Competition. The current Pumas' under 16's team is the reigning District Champion.

The Club's Senior Shires ranks which play in 1st - 4th grades on Saturdays Sydney wide are an integral part of the Sydney Cricket Association and is the direct pathway to play for NSW and Australia.

All players aged 5 to 18 years are welcome to register. Please contact us on 0450 226 158 or penno.juniors@gmail.com

For further details, please visit our website www.PennantHillsDistrictCricketClub. Come and enjoy cricket with the mighty Penno Pumas today!

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.

CALENDAR - Term 3 Week 6B

Monday 17 August	<ul style="list-style-type: none">• AP4 Exams• HSC Drama Projects hand-in
Tuesday 18 August	<ul style="list-style-type: none">• Year 12 AP4 Exams End
Wednesday 19 August	<ul style="list-style-type: none">• Junior Assessment Task - Year 7 Maths Exam (CAT2)• Year 12 Careers Night - 5.30pm MPC
Thursday 20 August	<ul style="list-style-type: none">• Prelim Assessment Task - Society and Culture - Mini PIP
Friday 21 August	<ul style="list-style-type: none">• Prelim Assessment Task - Business Studies hand-in Task• Morrisby Careers Testing