

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 4

Week 3A

23 October 2015



## DEPUTY PRINCIPAL'S REPORT

### Year 11 into 12 Information Night

The Year 11 into 12 Information Night on Tuesday was well attended by senior students and their parents. A range of presenters spoke about a variety of important topics including assessment procedures, signing-on, study leave passes and what to expect in general. The Year 11 reports were handed out during the Information Night. If you were absent from this event, your report has been mailed home. Mrs Bevan, as part of her presentation, gave a number of important tips to survive the HSC year. These are listed below:

- **Have a balanced approach** - keep your part-time job, participate in sport, go out with friends and have a study timetable
- **Do not make excuses** - take ownership of what you do
- **Work consistently** - don't only work at assessment task time
- **Seek clarification** - if you don't understand something, do not put it off; homework club on Thursday afternoons may be a help
- **Attend every class** - don't decide that something is not important
- **Talk to someone** - if you find things overwhelming.

### HSC Exams Continue

Two weeks into the HSC exams and we have reached the half-way mark. Week two of the HSC exam period saw students sitting a range of exams including biology, mathematics and chemistry just to name a few. Students reported there were some challenging components within each exam, but overall they were happy with the papers this week. Discussions prior to entering the exam room revealed students had been preparing well for their exams and were quietly confident. We wish those students, who still have exams in the final two weeks of the HSC period, the best of luck. It is hoped their hard work over the past two years rewards them with a result they can be truly proud of.

### Year 8 Lifesaving

Year 8 Lifesaving started today with 300 Year 8 students, fourteen teachers and 54 Year 9 and 10 student instructors heading off to three pools. This is the first day of a four-day program which aims to complete an extremely important part of the PDHPE syllabus. There are six courses which are challenging, fun and suited to students' ability levels. All courses include a first aid theory component as well as resuscitation training and assessment.

### Welcome to our Exchange Student from Cambodia

CTHS is currently hosting an exchange student from our partner school in Siem Reap, Cambodia. Lucy Roeung is a student of SHAC School and will be with us for all of Term 4. This is a new direction in a five year support program with SHAC School, formulated by our former Head Teacher of LOTE, Mr Wade. Under the program, CTHS has supported students with equipment and provided finances to purchase relevant teaching resources and employ additional staff in a school which is located in a relatively poor area, but where education is highly valued. In addition to this, we are aware of at least five current Year 12 students whose post HSC plans include a visit to SHAC School where they will undertake the role of volunteer teachers. In a time where 'schoolies' celebrations take precedence for many of our Year 12 students, this is a very admirable and rewarding trip in which these students will be participating. We look forward to hearing of their exploits in Cambodia on their return.

We hope Lucy enjoys her time here and the very different experiences schooling in Australia will provide her. It is hoped the success of her visit will lead to ongoing initiatives and further exchanges with SHAC School in 2016 and beyond.

*Lucy from SHAC School*



## Cherrybrook Markets

A reminder the inaugural Cherrybrook Markets will occur this Saturday 24 October between 9am - 2pm in the Piazza (outside the MPC) at CTHS. The P&C Executive have worked hard on this fundraising initiative and are keen to see the fruits of their labour.

With an emphasis on high quality, handmade local products and innovative design, you will find original arts and crafts, jewellery and accessories, fashion, homewares, eco and skin care products, decorative pieces, books and stationery, plants, fresh produce, culinary delights and much more. Pet friendly and with EFTPOS facilities available, whether you are looking for a unique and special item for yourself or someone else, the wide range of merchandise will be sure to surprise and delight. The markets will occur on the fourth Saturday of each month in what we hope will be good, not only for the school, but also the wider Cherrybrook community.

Mr Clements

## Morning Tea for Winners of the 7T and 8T Special Interest Projects

A special morning tea was held this week to celebrate the success of the winning groups in the 7T and 8T Special Interest Projects. Students joined the Principal and Deputy Principals and their class teachers to reflect on their projects.

William Stringer, Prakul Sahai and Vihanga Senanayake of 7T investigated the theme 'Window' producing an interactive website where participants could create their own story by selecting options, reflecting different ways of thinking, with the added ability of taking the story in many different directions.

Try it out here <http://tsip-the-window.my-free.website/>

Daniel Monteiro, Jayan Pascoe and He Chuan Tee of 8T developed a new technological advance in medicine they named 'The Lazarus Brace' which aimed to give new movement capability to people suffering from paralysis. The presentation included a model and a video presentation outlining the technology, its marketing and value to society.

Congratulations to all students and staff of 7T and 8T, your enthusiasm for the project was wonderful to see. This year's students certainly are the inventors and intellectuals of the future!

Ms Parsons, Head Teacher, Teaching and Learning



## Year 9 Camp

The Great Aussie Bush Camp! Year 9 and the Stage 5 reps had the surreal opportunity to experience the struggles and joys of living in the great outdoors. Despite the rustic accommodation, Year 9 students had a magnificent time, participating in activities such as the highly acclaimed giant swing, raft building and the leap of faith. Pushing themselves way past their comfort zones, they all built valuable skills and made lots of new memories!

Another highlight of the camp was the night activities, the favourite being 'commando night'. Students crept through the muddy forest trying to find their Year 9 peers who were being held hostage in the depths of the bush, as the teachers and Stage 5 reps hunted them down. Along with the challenge of seeing in the dark, students were greeted by the muddy puddles which coated the grimy ground. Anamaria was one of the many lucky victims who completed the game with a soaked, muddy shoe!

However, we cannot forget the educational excursion to the eerie Maitland Gaol, where students got a feeling for what it was like to live in the claustrophobic cells of the gaol and the many terrifying events which occurred inside the gaol walls through the anecdotes of an ex-inmate and ex-warden. They also enjoyed the scenic trip to the sand dunes at Dark Point Aboriginal Place where they learnt about native vegetation and sea life as well as Aboriginal history. Students also had the opportunity to work on their geography fieldwork skills, measuring the wind speed and using numerous geographical instruments to obtain measurements and data.

Overall it was a very exciting three days away and everyone, including the teachers, had a great time! As Stage 5 reps, we found it an amazing experience; it was a privilege to be able to bond with the Year 9s, laughing and listening to the stories and experiences they were willing to share. It was especially enjoyable to experience camp from a different perspective!

David Lui and Genevieve Green, Stage 5 Representatives  
Elske Van Rooyen and Eric Willison, Year 9 SRC members

### 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.**

Year 9 Camp



## Millennium Marching Band

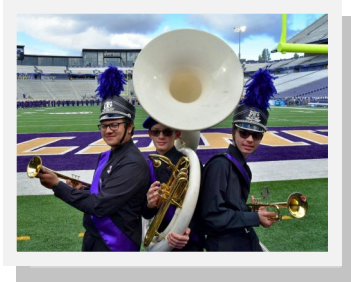
During the recent holiday break, Sam Albers of Year 9 was one of over 60 students from across the state representing NSW Public Education in the Millennium Marching Band USA tour. This band is one of the many Department of Education Arts Unit ensembles. I was fortunate enough to accompany the tour as a parent as both of my sons also play in the band.

The band toured across the western states of the USA starting in San Francisco, then Seattle and finishing with Los Angeles. They were well received wherever they went and participated in band workshops in a number of high schools and the University of Washington, working with their prestigious college football marching band. The band impressed audiences with a combination of standing choreographed performances and field shows at local high schools and major sporting events in San Francisco (SF Giants baseball game) and Seattle (on the field at University of Washington Husky football/gridiron game with an audience of over 30,000 people).

Most US marching bands do only standing performances with no choreography or field shows, not both. MMB inspired all US high schools visited to start some new moves. They finished the tour by leading the Disneyland parade in Los Angeles. Here they demonstrated their musical skill, quick learning ability, sense of fun and professional approach to performance when they joined with the 240 strong Husky Marching Band in shared and individual performances on the big game day.

Sam performed with the unusual instrument of the Sousaphone with a high degree of enthusiasm and musicianship and worked hard to perform at his best at all times. He was an outstanding ambassador for our school and for NSW Public Education.

Mr Anderson, Head Teacher Computing



## Grease the Musical

It was great to catch up with some cast members from *Grease* recently.

Ryan Ashtari's comments go something like this:

"It's always interesting to play a new character. I'm playing Kenickie in *Grease* and I've been really enjoying going along to each rehearsal and finding out more about what this person is like. It's an exciting process of discovery. I love the acting adventure that comes from imagining what it would be like to be someone else. It gives me a new outlook on things and I feel like a different person."

Dinitha Senevirathne has this to say:

"The character I play is Sonny. He is constantly trying to impress others and really wants a girlfriend. Sonny really wants to be like Danny who is cool, popular, attractive and stylish. He's in the 'too cool for school' gang. I like the music in *Grease* and the dance choreography is heaps of fun. I can't wait for the actual performance."

Kaustubh Patel adds:

"I'm a T bird. That means I'm in a gang which means that I'm in a group who are trying to achieve the same status as Danny who is the most popular guy on campus. I am loving the vigour and physicality of the dance choreography. I can't wait to be in front of an audience."



Our 2016 school musical, *Grease* will be a HUGE production. Make sure you keep the dates aside in Week 7 of Term 1 next year.

Ms Cannon

### A Remarkable Night of Stunning Student Performance

The Stage 5 Performance Night and Year 11 Drama Retrospective took place on Wednesday night in C1.1. This stunning night of live performance highlighted the skills, knowledge and experience gained throughout the year in the areas of script analysis, chorus work as well as both solo and group devised performance.

The extremely impressive quality of work produced by these young actors was suitably recognised by the large and highly responsive audience of assembled family members, friends and CTHS staff.

It is not possible to adequately convey, in this brief piece of reflective writing, the dramatic moments of both pathos and humour which were featured. It is just as Shakespeare put it in his play, *Macbeth*, when the play's protagonist utters: "Life's but a walking shadow, a poor player, that struts and frets his hour upon the stage, and then is heard no more."

It is the beautifully ephemeral nature of acting which is so captivating. It is seeing these young actors bring so much of their richly nuanced sensibilities to their course work which makes engaging in the magic of theatre such a deeply satisfying area of study. We hope to hear plenty more from this fine band of bards.

To all of those who 'trod the boards' on Wednesday night, be assured you created something truly uplifting and inspiring. Thank you for your courage, your passion and, above all, your support of one another. It was a team effort.

A hearty shout-out goes to the CAPA staff who assisted in the night's success as well as to Mr Johnson for his continued support in attending such events amidst his super busy schedule.

Ms Cannon



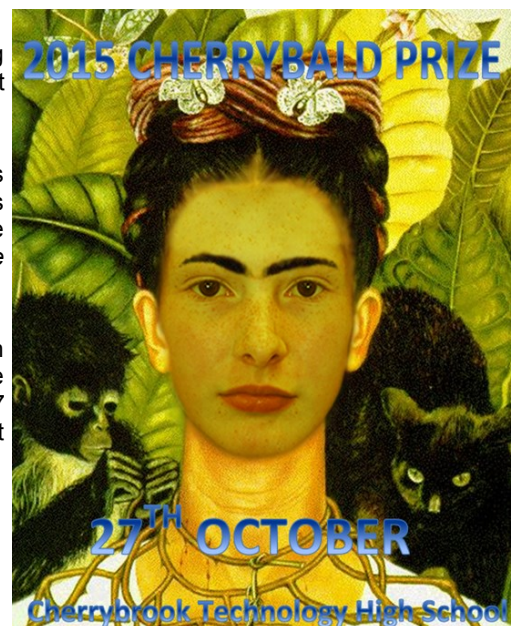
### Inaugural Cherrybald Portrait Prize 2015

This year, to encourage students to take their first professional step as young budding artists, I am happy to announce the inaugural *2015 Cherrybald Prize* at Cherrybrook Technology High School.

Students from Year 7 were asked to create portraits of individuals they regard as heroes. The subjects of these portraits were diverse and consisted of identities across history, politics, human rights, sporting icons, actors, authors and of course family members. Next week we are officially launching the *2015 Cherrybald Prize* celebrating the artistic talents of these emerging young artists.

The winner and viewer's choice will receive a trophy and a special art pack prize, with some runners up receiving Highly Commended awards. We hope to announce the winner and officially open the Inaugural *2015 Cherrybald Prize* on Tuesday 27 October from 3pm - 5pm in the library. It is our hope you would be able to be present to announce the winner of this special inaugural prize.

Mrs Key



**18TH NOVEMBER 2015**

**6:30 FOR 7PM START**



**\$5**

**M.A.D.D.**

**CHERRYBROOK TECHNOLOGY HIGH SCHOOL MPC**

**MUSIC**

**VISUAL ART**

**DRAMA**

**DANCE**

# Pathways to Resilience

Andrew Fuller and Andrew Wicking

## Creating Safe, Happy and Fulfilling Lives

Building resilience involves creating the three things every parent wants for their children and every teacher wants for their students.

This is for children and teens to have:

Safe  
Happy, and  
Fulfilling lives.

Making these pathways possible for young people protects them against mental health problems while making them less likely to be involved in risky behaviours, and more likely to succeed in school, relationships and life in general.

Surveys of 54,846 young people by Resilient Youth Australia confirm that resilience is the active ingredient in creating great outcomes for our kids. The resilience pathways are the support mechanisms that every child deserves.

## Safe

To live in a home where at least one parent or caring adult loves you, cares for you and listens to you is a gift that lasts a lifetime. While the majority of young people have caring adults, 34% feel there is not an adult in their lives who listens to them.

**Belonging** – our sense of belonging is the most powerful antidote we have to suicide, violence and to drug abuse. The sense that someone would miss us if we didn't come home is a very important human need. Our families need to clearly convey the message you are valuable and you are one of us. Our schools need to treat each student as a vital member of their learning community with the capacity for genius and greatness. Our communities need to regard young people as our future and as a valuable resource to create a better world.

The latest research indicates that girls have higher levels of belonging to family, friends, school and community than do boys.

**Bullying** – we need to treat other people with the respect we all deserve - online, offline, everywhere, no exceptions. No one is left unscathed when bullying occurs. Victims are left with long-term damage. They are left with a sense that intimidation, belittlement and in some cases violence works in resolving relationship issues. Cyber-bullying peaks in Year 9 with more 31% of girls and more than 20% of boys being bullied online. In secondary school years, face to face bullying peaks in Year 8 when more than 51% of girls and more than 46% of boys report being bullied at least once in the last 12 months.

**Healthy eating** - to function optimally brains need healthy nourishment. About 80% of the neuro-chemicals in our brains are created in our stomachs. This means that happiness, passion, motivation and vitality are related to what we eat. You don't run a sports car on two-stroke fuel so don't think you can run your genius brain on junk food. Avoid the sugars, salts and saturated fats. Give up fizzy sugary drinks.

## Happy

The secret to happiness has been debated since Epicurus and Aristotle were boys. We can reveal the results of 3,000 years of investigation into what makes people happy. If you think it is any of the following ...

- more holidays
- more fabulous profits
- more computer games
- more pleasure and leisure
- more chocolate
- less stress
- less demands on your time
- the abolition of homework

... you are sadly off the mark. After 3,000 years we can tell you that happiness is created by none of these things. Nor is happiness caused by thinking you are the most wonderful, positive, upbeat, goal-achieving, dynamic genius around (even though we are sure you are!).

Happiness is created when you do things that are meaningful and are helpful to and valued by others.

Firstly, take time to get to know the most mysterious person in your life- you. Then find an area of life where people value the contribution you can make. Avoid areas where people do not appreciate the contribution you can make

**Mind health** - we all have our ups and downs. No one gets through life without some misery and disappointment. To get through the tough times and enjoy the best times, we need to plan to bring the best out of ourselves. This means knowing when we need recovery time, time to think, time to re-shift our priorities as well as time to stop thinking so much about ourselves and get out and play and help other people.

**Hope** - if learned helplessness is a key predictor of the likelihood of depression, "learned hopefulness" is an antidote. The anticipation that good things will happen in the future and that we have the ability to make some of those good things happen is the basis of hope. It makes a remarkable difference to young people when the adults around them take on a basic position of hopefulness. Of course at times we all feel powerless and perhaps despairing. If you express hopelessness you hand over your power to the whims of the future. The future belongs to those who create it!

**Relationships** - our levels of satisfaction and happiness are directly related to the quality of the relationships that we create. There is probably no greater source of joy and no greater source of misery in people's lives than relationships. Learning how to create positive friendships and relationships, and even more powerfully how to repair them in troubled times, is a formula for happiness in life.

## Fulfilling

**Values** - our opinions and attitudes about particular events may change according to circumstances. Our values are relatively unchanging aspects of positions we take about the world and about how we see ourselves. Values guide our actions and help us to define who we are and what we stand for. Values play a powerful role in our reputation and

relationships. Key values such as kindness, friendliness, forgiveness, caring can help us to think more deeply about who we are and how we live up to our own expectations.

**Social Skills** - the skill of creating great relationships requires:

1. an awareness of the range of your own emotions;
2. the ability to understand how other people feel;
3. when we are upset taking steps to calm ourselves down rather than blaming or acting out our upset on others; and
4. clarifying your own values so that you know what sort of person you want to be and the sort of person you want other people to know you as.

**Identity** - In the temple above the oracle in Delphi was written the words "*know thyself*". We are all works in progress but clarifying the sort of person you want to be at a young age is a major advantage in life. Having a reasonably clear idea of who you want to be, gives you the chance to seek out opportunities, friendships and relationships that suit you and help you to flourish. Developing a sense of identity takes a person from surviving to thriving.

Most students value success for themselves, report feeling highly engaged in school and have good levels of social skills and don't think violence is a good way of solving relationship issues.

## Three ways to build resilience

There are three main ways we can increase the resilience of young people:

1. Improve the quality of connections, friendship, compassion and forgiveness in schools, families and communities. Forgiveness is the central principle of cultural change.
2. Demonstrate to young people the skills of resilience through classroom activities, year or school based events. This is often called social-emotional learning.
3. Strengthen student voice and increase the empowerment of young people by having them devise meaningful projects that involve local young people contributing to making a difference in their schools, communities or world. We call these "students create the future" projects.



## Our Students Create the Future

A guiding thought -

***If you think you're too small to make a difference, you've obviously never been in a bedroom with a mosquito.***

The following steps are effective in increasing resilience:

1. Complete the on-line Resilience Survey.
2. Share your results with local councils, youth leaders, school staff, parents and local community members. Compare your results with other information you may have about your young people.
3. Convene focus groups of young people of different resilience levels where they will endorse some findings and challenge others.
4. Engage students at different levels of resilience to devise projects that will be seen as worthwhile by everyone. The students should decide on projects that they feel are meaningful.
5. Interested adults meet regularly with student teams to support the young people and their projects.
6. Supportive adults look at the survey results and discuss what interventions or changes are needed in addition to student-led projects. Finalise your action plan. Consider spreading your efforts across 5 main areas of schooling: curriculum and instruction; school organisation; co-curricular; community partnerships; and support services.
7. Encourage young people to record their journey, identify achievements and prepare a presentation and share their work.
8. Identify achievements, prepare presentations of outcomes that share, formally recognise and accredit their achievements.
9. Repeat the Resilience Survey and the Action Plan process annually to evaluate successes to date and to further refine future interventions.

To date student-lead 'Students Create the Future' projects have included:

- *Donating shoes to Africa*
- *Friendship Days*
- *Buddy benches*
- *Increasing peace in the world*
- *Amazing Race activities*
- *Creating frisbee golf courses*
- *Festivals of friendship*
- *Festivals of Ideas*
- *Pledging academic success*
- *Encouraging tolerance and diversity*
- *Increasing compassion in schools*
- *Increasing tolerance and diversity*
- *Encouraging sustainable energy use in schools*
- *Vegetable gardens*
- *Water re-cycling and sustainability*
- *Friendship Trees*
- *Stop bullying songs and videos*
- *Bringing arts and literacy projects into the community*
- *Developing circus and drumming skills.*

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Andrew Fuller can be contacted at [www.andrewfuller.com.au](http://www.andrewfuller.com.au), where free downloads are available. Andrew's most recent book is ***"Unlocking Your Child's Genius"*** (Finch, 2015)

If you are interested in enquiring about the Resilience Survey, please contact:  
Dr. Andrew Wicking, General Manager  
Phone: +61 400 113945  
Email: [andrew.w@resilientyouth.org.au](mailto:andrew.w@resilientyouth.org.au)

On Facebook like "Resilient Youth Australia":  
<https://www.facebook.com/ResilientYouthAustralia?ref=hl>

To stay in touch with the latest developments in neuroscience and education "like" the Facebook page on The Learning Brain.

We would like to thank the schools, communities and young people who have participated in the Resilience Survey to date.

***"Treat people as if they were what they ought to be and you help them become what they are capable of being".***

- Johann W van Goethe



**Health**  
Northern Sydney  
Local Health District

## Health Promoting Schools Newsletter Spring 2015

### Hornsby Ku-ring-gai Child and Family Health Service

The days are getting longer & the weather is getting warmer  
as we head through Spring into Summer

#### Families That Work Well

Families have changed a lot in recent years. There are so many different types of family and parenting styles these days. The family your child grows up in influences how they will cope with life. Just as a loving, caring family can create good self-esteem in a child, an unhappy, fearful family can lead to low self-esteem and problems for a child.

#### Show affection, encouragement and appreciation

Let your child know what you love about them  
Give hugs, be thoughtful and kind  
Don't use put-downs, threaten or blame your child - it makes them feel hopeless

#### Share the chores and the power

Encourage children to take on more responsibility as they get older  
Allow them to have a say in their own lives  
Use encouragement and humour to keep control, not punishment or threats  
When a child has a say in what happens and feel their views are heard, trust and intimacy develops

#### Family rituals and traditions

The daily rituals and things you do on special occasions build a sense of belonging, security and contentment. Daily rituals can include what you do at mealtimes and bedtime and how you say goodbye  
It is good for families to celebrate special occasions and have traditions for what happens at these times

#### Accept the differences in each person

No one should be left out or made to feel like the odd one out in a family  
Allow each person to be excited about their personal interests, show respect and be patient

#### Keep in touch with friends and relatives

The more a family is isolated from others, the more chance there will be problems  
Knowing there are people to turn to when things get tough will make a difference to your child's ability to make friends and happiness

#### Make family time

Take time to listen to your children - try and work out the feelings behind their words and actions and don't jump in with answers or criticisms  
Do fun things together - play games, go on outings, play sport, go for a walk, share hobbies  
Share mealtimes together and turn off the TV - talk to each other about what's been happening  
Find time to talk to your children - sometimes this can be one-on-one or as a whole family or even when you are doing chores together or driving them to school

Share your feelings appropriately so your children learn that it's OK for them to share their feelings  
[www.community.nsw.gov.au/docswr/assets/main/lib100041/families\\_workwell.pdf](http://www.community.nsw.gov.au/docswr/assets/main/lib100041/families_workwell.pdf)

#### Useful Support and counselling services

**Childcare Access Hotline:** 1800 670 305

**NSW Family Services:** 02 9692 9999

Can help you find a service in your local area.

**Karitane:** 02 9794 1852 or 1800 677 96

24 hour parenting information and counselling

**Parent Line NSW:** 1300 1300 52

24/7 telephone information, counselling and referral service for parents of children aged 0 - 18 years

**Tresillian:** 02 9787 0855 or 1800 637 357

24 hour information and counselling for parents or carers of children under five years

<http://youthsource.com.au>

## WEEKLY SPORTS REPORT

### All Schools Athletics

Congratulations to all athletes who competed at the NSW All Schools Athletics Championships during Week 1. We had many outstanding performances, including two athletes, Konrad Cuevas and Katie Devitt, who have qualified for the National Finals in Melbourne in December and five athletes placing in the top eight.

Konrad Cuevas (14B)	First 3.40m	Pole Vault
Declan Pluim (17B)	Third 2.04m	High Jump
Ryan Jones (14B)	Sixth 7:18.33	Steeplechase

Katie Devitt (15G)	Second 12.17 Fifth 25.30	100m 200m
Kate Collett (14G)	Fourth 11.53m Fourth 33.74m	Shotput Discus

### Grade Sport Results

This week we played against Killara, results shown here.

### AFL - Swans Academy

Congratulations to Alexander Vink, James Rene, Nicholas Sparks (Year 7) and Matthew Rose (Year 8), who were selected for the Sydney Swans Academy U13 Squad and Jordan Adams (Year 9) for the U14 Squad for the Joss State Zone Trials, which were held in Albury during the holidays.

### Upcoming Events

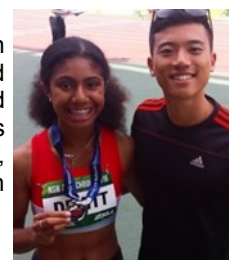
Good luck to all students competing in upcoming events and remember to let us know your results!

Boys		Girls	
Basketball A	Win	Netball	Win
Basketball B	Loss	Frisbee A	Win
Cricket	Win	Frisbee B	Win
Frisbee A	Loss	Handball A	Loss
Frisbee B	Loss	Handball B	Win
Handball A	Loss	Touch Football A	Win
Handball B	Loss	Touch Football B	Draw
League 7's A	Draw	Speedaway	Loss
League 7's B	Loss	Soccer A	Draw
Speedaway	Loss	Soccer B	Win
Open Futsal A	Loss	<b>Mixed</b>	
Open Futsal B	Win	Badminton	-
15's Futsal A	-	Volleyball A	Loss
15's Futsal B	-	Volleyball B	Loss
		Table Tennis	Loss
		Basketball A	Win
		Basketball B	Win
		Netball	Win

Date	Event
Friday 30 October	Girls U15 Knockout Netball, Rounds 2 & 3, Gosford
Thursday 12 November	Girls Sydney North Cricket Trials
Monday 23 November	Girls Sydney North Softball Trials
Wednesday 25 November	CTHS Swimming Carnival
Wednesday 2 December	CTHS Sports Presentation Assembly

### Athlete Profile - Katie Devitt

Katie has been doing athletics for ten years and her greatest achievement thus far has been competing and placing fifth at the last two Australian Junior Athletics Championships in the 100m and 200m. Continually breaking Cherrybrook Athletics' sprint records, she enjoys athletics and competition, which are an escape from her schoolwork. She competed at her first CHS Athletics Carnival last term, taking gold in the 100m and 200m and a silver as part of our CTHS 4x100m team, and qualifying to represent NSW in the 100m and 4x100m at the National All Schools Athletics, from her performances at the NSW Championships this term.



Emily Jones and Kurt Perry, Sports Promotion Officers

## CAREERS UPDATE

### University and Private College Information

#### AIE Applications Open and AIE Open Day

Saturday 21 November, 10.00am to 3.00pm, Canberra and Sydney. Presentations on career training for game development, 3D animation and visual effects.

<http://www.aie.edu.au/openday>, <http://www.aie.edu.au/StudentInformation/Applications>

#### PGA International Golf Institute Scholarships

Closes Sunday 15 November. Golf NSW Scholarship and JNIG Internship Scholarships integrating golf training and academic studies in Diploma of Golf Management. Study is at International College of Management Sydney. <http://www.pgaiqi.com/>



#### Ace the HSC Seminar Term 4 2015

Sunday 1 November, UTS, Broadway Campus and Sunday 8 November, Macquarie University. Advice for Year 11 students going into Year 12. <https://hscintheholidays.com.au/seminar-form/?show=1>

#### The University of Sydney Gifted and Talented Discovery Program

Registrations close Friday 23 October. Year 9 and 10 students interested in science, biology, chemistry and physics, fostered by meeting university teachers and researchers as well as access facilities.

<http://sydney.edu.au/science/outreach/high-school/gifted/index.shtml>

#### Macquarie University Bachelor of Archaeology Online Video

New insights in the study of the ancients. <https://www.youtube.com/watch?v=SjQKYeDmuHY&feature=youtu.be>

#### Bedford College Scholarship

Closing date to apply is Monday 30 November. Bedford College Scholarships are open to all school-leavers enrolling in our Business, Leadership and Management or Early Childhood Education courses for February 2016. For more information check website <http://www.bedford.edu.au/> or call on 1300 174 174



**Bedford College**

A tradition in excellence since 1944

### Jobs, Training and Careers

#### Childcare Traineeship

Little Angels Early Learning Centre, Baulkham Hills, requires a trainee to work in their 80 place long day care centre. They are a privately run centre with children 0-5 years. The trainee will study Cert III in Child Care through Nirimba TAFE via correspondence. Please contact Joanne on 9674 4420 or [littleangels.joanne@bigpond.com](mailto:littleangels.joanne@bigpond.com)

#### UTS Men in Nursing

Thursday 12 November at 5.30pm, Broadway, Sydney. Contact: [health@uts.edu.au](mailto:health@uts.edu.au).

<http://www.uts.edu.au/about/faculty-health/events/men-nursing>

#### UTS Fashion 2015

Tuesday 27 October at 7.45pm, UTS Great Hall. Cost is \$30. Graduates of fashion and textiles design students with catwalk shows.

<http://www.moshtix.com.au/v2/event/uts-fashion-2015-show-a/81092>

#### Australian Training Company

Tuesday 15 December 2015, 9.30am - 11am

Wednesday 20 January 2016, 7 pm - 8.30pm

Come in and discuss your future traineeship and apprenticeship opportunities in a variety of industries. Call Jade on (02) 9704 1500.

[jupton@austrq.com.au](mailto:jupton@austrq.com.au) Australian Training Company 30-32 Pomeroy St, Homebush NSW 2140 [www.austrq.com.au](http://www.austrq.com.au)

#### Australian Institute of Architects NSW

Great resources for students interested in the architecture field with events and what university study is like.

<http://www.architecture.com.au/nsw/>

#### Defence Work Experience Program

#### Mechanical Equipment Operational and Maintenance Section

Applications closes Friday 30 October. Heavy Vehicles, Aircraft Ground Support Equipment and Aircraft Arrestor Systems Interested in heavy vehicle mechanic or fitter and turner Air Force trades.

<https://defencecareers.nga.net.au/cp/index.cfm?event=jobs.listJobs&audiencetypecode=defenceworkexp>

Mrs Bower, Mrs Kesby and Mrs Mitchell





# Cherrybrook Markets

Saturday 24th October  
9am to 2pm

at

Cherrybrook  
Technology  
High School

[cherrybrookmarkets.com.au](http://cherrybrookmarkets.com.au)

### 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.

## CLOTHING POOL

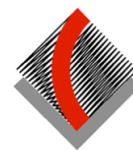
### CHERRYBROOK TECHNOLOGY HIGH SCHOOL UNIFORMS

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 Sara Mitchinson to arrange a drop-off. E: [uniforms@cherrybrookscouts.com](mailto:uniforms@cherrybrookscouts.com).



Open 27 Oct, 17 Nov & 8 Dec 2015  
between 7:30pm - 8.30pm  
(regular opening times TBA)  
First Cherrybrook Scout Hall  
Appletree Drive, Cherrybrook



### CALENDAR - Term 4 Week 4B

Monday 26 October	• Year 8 Lifesaving
Wednesday 28 October	• Year 8 Lifesaving
Friday 30 October	• Year 8 Lifesaving