

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 1

Week 3A

12 February 2016



## DEPUTY PRINCIPAL'S REPORT

### High Achievers' Assembly

One of the most prestigious events on the Cherrybrook Technology High School calendar is the High Achievers' Assembly, which celebrates the HSC achievements of the previous year's Year 12 cohort. This year approximately one half of students had the opportunity to walk across the stage in front of Years 7, 11 and 12, teachers and parents, having reached the top band of achievement in at least one course of study. We had approximately one third of our school's HSC candidature scoring an ATAR above 90 including eleven students with ATAR's above 99 and seventeen students who achieved a Band Six in each of their courses of study who were recognised in the All Rounders' Awards. Congratulations to all students for such outstanding results. As a school we are proud of your efforts and celebrate your success with you. A special mention for two of our highest achievers, Merle Runde for achieving the perfect ATAR of 99.95 and Katie Lim, a close second with an ATAR of 99.90.

We were pleased to invite our guest speaker, Kenny Sabir, back to the school for the Assembly. Kenny is a past student of CTHS and was the inaugural School Captain back in 1992/93. Kenny gave a very relevant and thought provoking speech for the audience detailing his many and varied career exploits and thoughts on future study for our students. He encapsulated how our students need to approach the changing workforce and the importance of technology for every job in the future. Kenny finished with a salient point highlighting the need to consider those less fortunate in any decisions that are made. We were so impressed with Kenny's speech we felt it would be great for our parents to read. A copy is included in *Network* this week.

### Year 7 Swimming Carnival

Year 7 students and a number of Year 11 Peer Support Leaders were lucky to enjoy a beautiful sunny day for their Swimming Carnival at Hornsby Aquatic Centre on Friday. The event was well attended, with many students participating in a range of events including the novelty races. It was great to see the enjoyment of all students as they competed at their first high school carnival for 2016. A big thank you goes to the Year 11 Peer Support Leaders who encouraged the Year 7 students on the day and the PE staff for their organisation of the event.

### German Exchange

Willkommen to our German Exchange students! Our students have been looking forward to being reacquainted with their German friends who hosted them during their stay in Germany last year. Mr Wade and Ms Tager have a busy schedule of activities planned for our visitors and from all reports they have been having a great time and enjoying our glorious weather of late. Mr Wade has a more detailed report and photos following.

### School Photos

School photos took place for the entire school on Monday with a catch-up day on Wednesday. It was obvious students went to great efforts to ensure they looked their best for the day. School Photo Day ran extremely smoothly as a result of Mrs Penhall and Mrs Tolhurst's fine organisation skills and we thank them for their efforts.

### Valentine's Day

Happy Valentine's Day for Sunday and I trust your loved ones will show you the love you deserve. Today was certainly one of much love at CTHS with roses and balloons being the gift of the day. Our SRC has worked tirelessly this week to sell, organise and wrap, many, many roses to make this the special day that it is. Money raised from the sale of roses today is going to Hearts Kids NSW. A big thank you must go to Mrs Fletcher, Mr Fernandez and the entire SRC team for their incredible efforts this week.

### Year 12 Parent/Teacher Interviews

A reminder Tuesday 16 February is the first of our Parent/Teacher Interviews for 2016. Year 12 parents will have the opportunity to meet with their child's teachers from 4 - 7pm in the MPC, to discuss their progress thus far. Year 12 students are also encouraged to attend and learn some strategies they need to implement for the road ahead to the HSC. Bookings for the night can be made on the Parent Portal. These bookings must be finalised by 5pm, Monday 15 February.

### P&C General Meeting

Next Tuesday, 16 February, will be the first meeting of our P&C for 2016, commencing at 8pm in the school common room. All parents are invited, indeed actively encouraged to attend the P&C meeting. These evenings are a great opportunity to contribute your thoughts on future directions of the school, meet with other parents and to hear the latest updates on programs and developments within the school.

High Achievers' Assembly



### Rotary Exchange Program

Our local Rotary Club representing West Pennant Hills/Cherrybrook will be holding an Information Evening in our school for students and their parents who may be interested in participating in the Youth Exchange Program in 2016/17. The meeting will be held on Wednesday 9 March, 6 - 8pm in room C2.1. Further information on the Youth Exchange Program can be found within this edition of *Network* or by going to the following website: [www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)

One of our Year 11 students, Amelia Craig, is currently on a Rotary Youth Exchange Program in Switzerland. From all reports she is having a great time meeting new friends, experiencing the local culture and learning a new language. We look forward to hearing from Amelia about her exploits when she returns.

### CTHS School and Home Planner

Your son or daughter may have brought home a copy of the CTHS School and Home Planner for 2016. We must apologise for an error with an event listed to occur in Term 1. The Planner shows the Year 11 Camp taking place in Week 10, Tuesday 29 March to Friday 1 April. This is incorrect. Year 11 Camp is actually occurring in **Week 9, Monday 21 March to Thursday 24 March**. The permission notes and camp booking confirm this to be the case. The error is in the School Planner. If you have a child in Year 11, could you please update your Planner to indicate the correct dates and please accept our sincere apologies for any confusion that may have been caused.

Mr Clements

## Student Attendance in Government Schools

Dear Parents / Guardians

When your child is away from school it is important parents comply with the guidelines set out in the Student Attendance Policy, the *Student Attendance in Government Schools procedures* as well as established school procedures.

Please note the following requirements.

### Absence from School

Parents are required to provide an explanation of absence to the school **within seven days** from the first day of any period of absence.

This explanation can take place in the form of an email, text message or written note.

### Extended Period of Travel

Parents will be required to complete an *Application for Extended Leave - Travel* and provide to the Principal for their consideration. If the Principal accepts the reason for travel, the absence will be marked as 'Leave' and a *Certificate of Extended Leave - Travel* will be issued.

This application form should be submitted 2 weeks prior to the date of departure. The form is to be submitted at the student window.

### Missed Work and Assessment Task

It is the student's responsibility to find out and catch up on missed work from their classroom teacher or the Faculty Head Teacher.

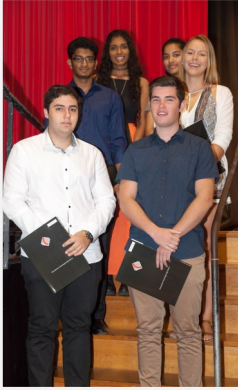
Students who seek permission for leave must take into consideration the timetabling of formal assessment tasks. A student missing a formal assessment task can be given a '0' result if they fail to complete the tasks at the scheduled time.

**Before** applying for *Extended Leave - Travel* students should discuss any scheduled assessment tasks with the Head Teacher of the subject.

If you would like further information you can find the *School Attendance in Government Schools - Procedures* at [https://www.det.nsw.edu.au/policies/student\\_admin/attendance/sch\\_polproc/att\\_proc.pdf](https://www.det.nsw.edu.au/policies/student_admin/attendance/sch_polproc/att_proc.pdf)

Mrs Navarro, HT Student Programs

High Achievers' Assembly



Congratulations all students, you have done well to be here. It is a whole lot of hard work to get this far - and there is nothing like this experience of doing the HSC. Sure you may be doing some all nighters in uni, but you are used to the hard work by then. Because you've done the HSC, and smashed it! You will take that badge of honour with you to give you confidence for all your future endeavours.

Many of you will have enrolled in University now, some others may be following other paths. I am not here to tell you if your choice is correct, if you picked the right course. I can only let you know some of my own experiences, some little things I've learnt, so hopefully they may aide you as some background noise when you make your own decisions, and as you step up to your own challenges.

Ever since I was a kid, I always loved music and computers. I remember spending many lunchtimes in the music rooms at this school. I think the last time I was on this stage, I had dreadlocks, for the year 12 muck up day. And thats a warning for putting that waxy junk in your hair, as look, all my hair has fallen out.

For my uni degree, I picked computer engineering, though during my time at uni, I was playing in bands and then I got into creating electronic music. I wanted to release my own music, but there was no cool labels in Australia to do this in 1998, so I started a record label in my bedroom, called 'Elefant Traks'. I spread the word and found many similar artists, many who helped me out to run the label. The media loved us because there wasn't really small indy bedroom labels like this before. From our first CD release, where we burnt 250 copies on my computer, we have humbly grown to have over 130 releases over the past 18 years, distributed around the world, over which time the label has won best independent record label in Australia. Our current biggest act Hermitude, got 7 ARIA nominations last year, and is constantly touring the world.

Over this time, I had the privilege to play music with the group of friends who helped run the label, in a band called The Herd, that enjoyed some success over the 15 years we've been together including 5 albums and ARIA nominations, and a Best Independent Artist award. I was fortunate that I got to see lots of Australia over the years of touring and festivals.

But a warning for a life in the arts - as it is fickle, high risk, with no safety net. For every one who was successful there are 50 who don't survive past 3 years. Pursue the arts only if you feel it is in your blood and you have no option to ignore it - because if that is the case, my words won't make a difference anyway. At your age, I probably wouldn't have listened to my older self telling me to quit music - luckily as I did have a great time doing music. Though a secondary income stream always helps; I never wanted to give up my computing career and I always did it alongside my music career. This resulted in many red-eyed flights from Perth Sunday night going straight into work on Monday morning. From playing to thousands of people to sitting solo in front of a terminal within a few hours. Still can be enjoyable, once you can hide your ego in your wheelee bag. I worked at various tech companies such as Bell Labs and IBM in software product development, though after 13 years I felt that I was stagnating and I needed to learn more. I got interested in biology, a subject I never did for my HSC or Uni. Learning it myself and online, I persuaded my workplace, IBM, to let me work on bio-inspired computing, designing computer networks based on how biology works and I started a PhD on the topic. From there I transferred to the Garvan Institute of Medical Research and then with the CSIRO, where I was using computing power to help understand Cancer. My latest adventure is completely new again, where 6 months ago an old colleague convinced me to join his tech start up, which is bringing technology to Agriculture with the end goal of getting transparency for where your meat comes from. Agriculture. As you can have guessed, I knew nothing of farming so it was time to learn again.

One thing I have learnt is no matter whatever field you will be working in, don't ignore technology. In 2013, a report came out of Oxford and MIT (called 'The Future of Employment' ) saying 45% of jobs will disappear to computerisation over the next 20 years. Think about that, they are saying there is a good chance some of your parents jobs won't exist anymore.

But don't despair, New types of jobs will be created, you will be making new fields of expertise - if you choose to lookout for these new opportunities. So don't be a casualty of the coming changes, be a part of it. The jobs of tomorrow will need people who can think creatively, reason, and have social intelligence - like understanding how to communicate well and empathise with peers.

The times will be changing faster than ever, and to have a interesting working life - you too need to be dynamic. Be prepared for change. You don't know what the change will be, but you know that a change is going to come. Gone are days of a single career path. These are exciting times, and if ever there was a period in history for young people to be dynamic, it is now.

I believe there is a trick to a having a happy working life. That is do something that you love. If you don't know what that is, spend some time to figure out what you love. Get some skills in the workforce, then incorporate what you love into your day job.

And remember your privilege. Not taking away from your hard work, blood sweat and tears to get this far, but remember you come from one of the best schools in the richest state in a wealthy and prosperous nation. So as you step out of high school into the world, always remember compassion for those less fortunate than you in all your decisions.

*Kenny Sabir's Speech*

## German Exchange

The German Exchange Program, which commenced in 1997, continues to flourish at CTHS. Currently, seventeen students from our partner school, Bördegymnasium Wanzleben, are enjoying the warm hospitality of their exchange partners and families. They will spend three weeks in Cherrybrook and are participating in a rich and varied educational, cultural and social program, which matches a similar experience enjoyed by their CTHS partners in Germany last year.

During the last two weeks, our guests have visited the city and Manly, learned to surf at Bondi, engaged with Aboriginal culture at Ku-ring-gai Chase National Park and visited the South Coast region. The host families are ensuring the German students enjoy fun-filled weekends and their exchange partners have facilitated many activities after school. A highly memorable experience for all concerned!

Mr Wade



### 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.***

### 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.***

## Astronomy Club

On Thursday 11 February the CTHS Astronomy Club attended a video conference in the library. This gave students the opportunity to meet and ask questions to the lucky (or unlucky) Australian who has been shortlisted for a ONE WAY trip to Mars in 2024.

Some of their questions included:

“What was your mother’s reaction when she found out you had been shortlisted?”

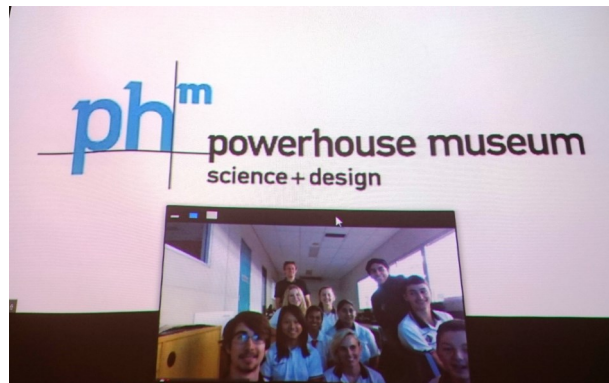
“How do you mentally and physically train for a trip to Mars?”

“When you get there, who is going to ensure the law is upheld?”

This video chat gave the students a fantastic opportunity to gain an insight into the mental and physical challenges of future space travel.

For more information on how to join the Astronomy Club please see Mr Byrne or Mr Fairclough in the science staffroom.

Mr Fairclough



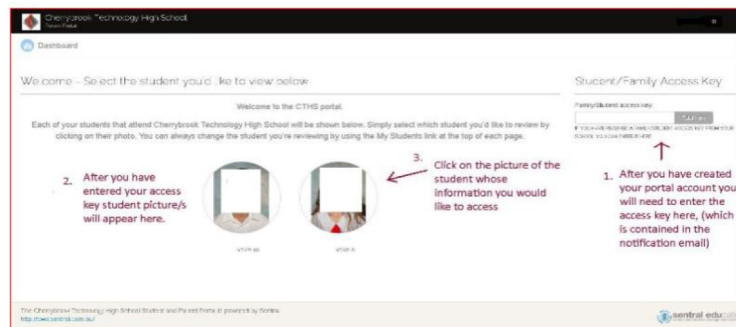
## CTHS Parent Portal

### Link

<http://oasis2.cherrybrok-h.schools.nsw.edu.au/portal/login>

### Initial Setup

Invitations to join the Parent Portal were sent via email this week. The process for creating an account and linking it to a student/s is contained in the invitation email. If you did not receive an invitation please contact the school via email, [cherrybrok-h.school@det.nsw.edu.au](mailto:cherrybrok-h.school@det.nsw.edu.au)



The Parent Portal contains the following information:

- Student timetables
- Student attendance information
- Student Wellbeing information
- Student homework
- Current and archived Academic Reports
- Network newsletter
- All Parent/Teacher Interview bookings will now be done via the CTHS Parent Portal

### Please Note:

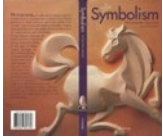
1. Year 12 Parent/Teacher Interviews will be held on Tuesday 16 February, 4pm - 7pm. Bookings open at 9am on Tuesday 9 February via the CTHS Parent Portal.
2. The **student key**, which links the Parent Portal account to a student/s, will **only need to be entered once** for the whole time the student/s is enrolled at CTHS. Your Username will be your family email address and there is a facility to reset your Password on the Login screen.

## FROM THE LIBRARY

### Celebrate the Lunar New Year

Our book of the week is **Chinese Symbolism: The sublime language - NF 306.40951 MOS**

This book has some of the best recognised examples of symbols from China's ancient heritage, including the animal signs of the Chinese zodiac.



It's the Year of the



Celebrate, eat, learn more.

Find out what's going on at <https://whatson.cityofsydney.nsw.gov.au/#/major-events/chinese-new-year-festival>

### Borrowing for all New Students

All new students are able to borrow books from the library without their ID cards, until they are issued later this term. The borrowing term is two weeks and items can be renewed twice. Students can manage their loans online, including renewing a book (see instructions below). Alternatively, students can ask library staff to renew books for them.

### Borrowing Limits at any one Time

Years 7-10: Four items  
Year 11: Six items  
Year 12: Ten items

These borrowing limits are for library resources only. Textbooks issued in class are additional to library resources.

### Instructions for Renewing Items Online

Login to the Department of Education Student Portal and click on the *Oliver* 'Library' button located under Google search.

The screenshot shows the Oliver Library home screen. At the top, there is a search bar with the text 'Enter your search here ...' and a dropdown menu set to 'Basic search'. Below the search bar are several icons for social media and other services. The main content area is titled 'Welcome! My Library summary' and includes a summary of account statistics: Messages (0), Current Loans (25), Overdue Loans (0), Reservation (1), and Bookings (0). Below this is a section titled 'Welcome to our library' with a link to view account details. At the bottom, there are three main navigation tabs: 'Searching the Library', 'New Books', and 'Library Link', each with an 'Edit Delete' option.

Students will see the *Oliver* home screen

Click on the 'Current Loans' tab. A list of the items currently on loan to you will appear, showing the date borrowed and date due. Click on the green 'Renew' arrow next to each item you wish to renew. The new due date for those items will then be displayed.

The screenshot shows the 'Current Loans' tab in the Oliver Library system. The tab is selected and shows a list of 25 current loans. The list has columns for 'Title', 'Date out', 'Date due', and 'Renew'. There are three items listed:

Title	Date out	Date due	Renew
Great speeches : words that shaped the world	1:13 PM on 02 February, 2016	4:00 PM on 16 February, 2016	
Lend me your ears: great speeches in history	1:13 PM on 02 February, 2016	4:00 PM on 16 February, 2016	
Well may we say- : the speeches that made Australia	1:13 PM on 02 February, 2016	4:00 PM on 16 February, 2016	

We look forward to seeing eager new borrowers in the library.

### Welcome Peer Tutor Reading

The library is excited to be hosting Peer Tutor Reading classes and we look forward to working closely with the students and roll teachers.

We ask Year 12 students to vacate the library during roll call unless they engage in silent study only. There is a senior study room available for Year 12s in D block, which is more suitable for group work.

Mrs Sorensen and the CTHS Library Team



### Year 12 Study Skills Seminar

This in-school excursion will give students techniques to improve their studies while maintaining their wellbeing in this crucial year. It includes time management, goals, memory techniques, sleep and more.

- When: Friday 26 February, periods 1-4
- Where: At school (students will be notified of locations on the day)
- Cost: \$18
- Who: All Year 12 students are expected to participate.

**Permission notes are required and due by Friday 19 February.**

### Year 12 Parent Study Skills Evening Seminar

This is a special **FREE** event for parents of Year 12 students.

- When: Thursday 25 February at 7 pm  
(tea and coffee provided)
- Where: C2.1

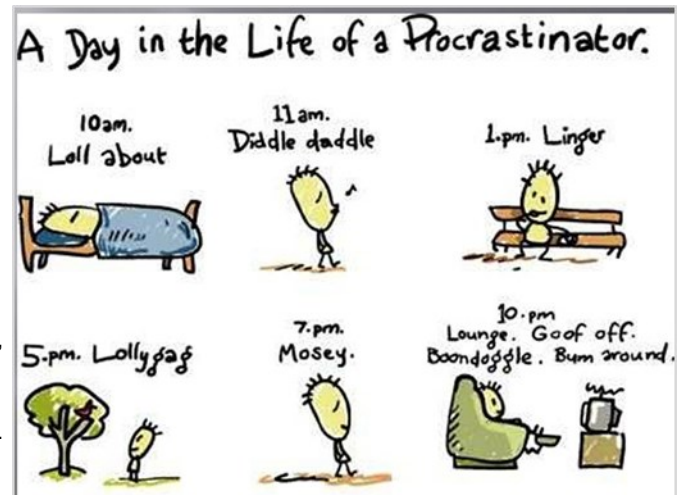
**RSVP by Friday 19 February** for seating and catering.

Included in this seminar is:

- How best to support your children and reinforce good practice
- How students should be studying, motivation, procrastination, time management, practice papers and stress.

Notes for both these sessions have been sent home with students. Spare notes are available from the library.

Mrs Sorensen, Teacher Librarian



### Textiles Technology for Beginners!

As all Stage 4 students undertake a wide range of subjects during the technology mandatory course, they are faced with the challenge of mastering the use of a variety of machines, equipment and construction techniques.

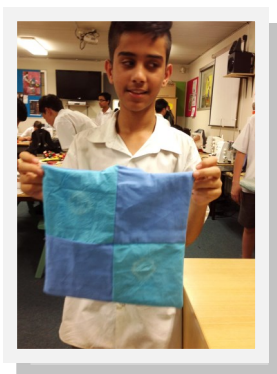
In the textiles area, mastering the sewing machine is akin to learning to drive a car. Our students must be able to select the correct gear, drive in a straight line, turn corners without crashing and control their speed, all whilst keeping the fabric under the needle and their fingers NOT!

Year 7 must master all these skills and then apply them to produce a cushion, of their own design, all within ten weeks.

Our new crop of 2016 trainees have already mastered threading the machine, driving straight(ish) lines and turning corners with minimal collisions, in just two weeks. Once they return from camp they will begin constructing their original designs.

The following photos showcase some of our successful "learners" from Term 4 last year.

Mrs Collins, TAS Teacher

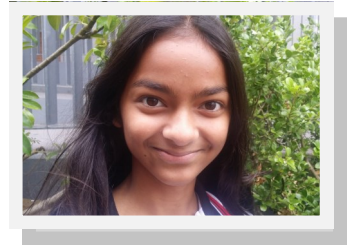


### Grease Opening Night in Week 8 of this Term

There are some very excited performers around campus at the moment as we hurtle towards opening night for this year's musical, *Grease*.

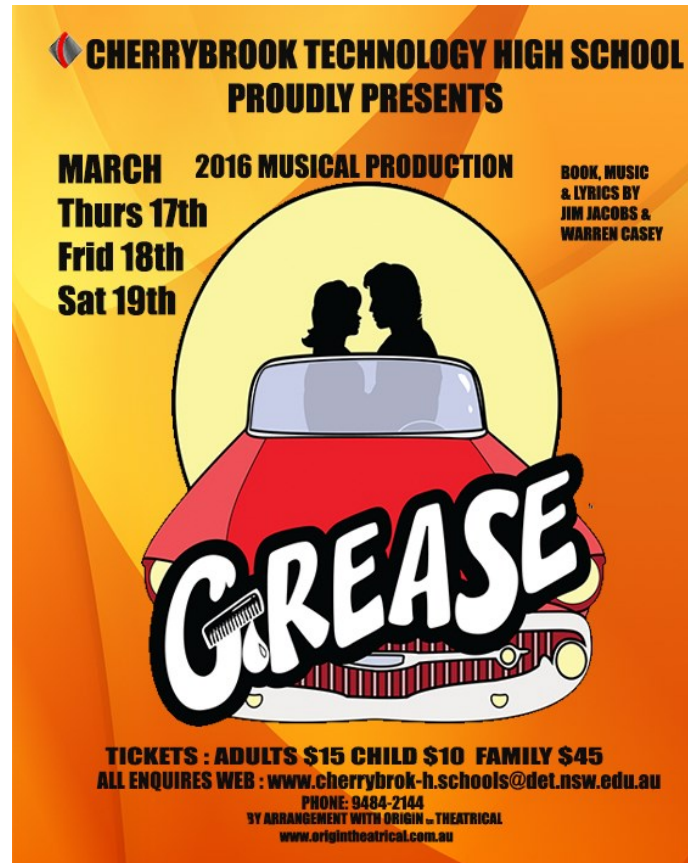
I asked Haripriya Parthasarathy to share with you a little about her experience of the show thus far, Haripriya comments:

"In 2015, I decided to try out for the 2016 musical, *Grease*. It was a great decision as it is a lot of fun and a great experience. It's a great opportunity to learn more about the theatre. The set is really cool and the staging is very unique. As a chorus member of the play, I have learnt more about dancing, singing and performing from Ms Holt and Mr Jones. I'm sure *Grease* will be a huge success and I am excited to see the other opportunities theatre can offer me."



Tickets go on sale at the beginning of Week 5.

Ms Cannon



### ONSTAGE 2016

Last Saturday twenty four very enthusiastic CTHS drama students from Stage 4 through to Stage 6 attended the annual ONSTAGE event which takes place at the Seymour Centre in the city.

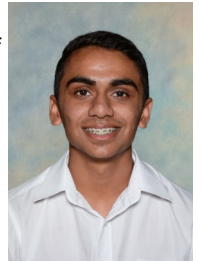
Each year the most outstanding of group and individual performances are on show for Drama students to enjoy and learn from. As well as performances, a range of individual Projects are on display. This event serves to inspire specifically our Year 12 drama students as they navigate through the creative challenges of their HSC course of study.

Ms Cannon



## The Dural and Hornsby Networks Primary School SRC Leadership Camp

This camp was a jam-packed three days of leadership building challenges, exciting experiences and entertaining fun, that encouraged the leadership development of over 150 primary school Captains and Vice-Captains. And of course, it saw our six Year 10 and 11 Cherrybrook Technology High School students participating within a small band of eighteen JC's (Junior Counsellors).



The primary school students were all assigned to a particular 'Fruit Group' that each JC (often two JC's together) led. This provided the opportunity of team building exercises such as bridge building, challenging the students (and the JC's themselves) to work collectively and build positive relationships that would put the apples, bananas, rockmelons, grapes (and all the rest of them) to an hilarious contest that sparred for three days.

Central to the idea of the camp, in addition to overcoming challenges, was the development of confidence and public speaking, which as assisted by a variety of guest speakers (including an incredible guitarist who spoke of the challenges he'd overcome being legally blind throughout his life) and dramatic on-the-spot games such as Space-Jump, became undeniably evident by the final hours of the camp. And through group chants, cheers and songs, the primary captains were able to let out a collective energy and spirit that proved the similarities between them all, how achievable it is to bring groups of people together and how it's possible be successful within their leadership role at school.

Mealtimes were a perfect opportunity for chatter and release, and so too was the fantastically-run disco and relaxing free time, that saw the kids getting to know each other. But most especially the JC's, whom through these experiences were able to achieve a closeness that was the catalyst for their successful execution of leadership and organisation.

And, of course, being a JC myself, I was so thankful for the top opportunity. Having gone to the very same camp some five years earlier as the Vice Captain of Cherrybrook Primary, it was refreshing to have a change of role, and be the one to help shape the very school leaders of the future. But as much as it was a leadership camp for them, I found, it was a leadership camp for all eighteen JC's. And after having an absolute ball, and getting the most out of leading and being a role model, it's a sad thought that I can't go again in Year 12. The SRC Leadership Camp was a success for our community, and I hope the same goes for the primary school captains' year ahead.

Sanjeev Desai, Year 11 SRC

## Bell Times

Note: \*Non Assembly Tuesday's will run on normal Monday bell times

	Monday	Tuesday*	Wednesday	Thursday	Friday
<b>0</b>	7:30 8:23(53)	7:30 8:23(53)	7:30 8:23(53)	7:30 8:23(53)	7:30 8:23(53)
<b>roll call</b>	8:30 8:40(10)	8:30 8:40(10)	8:30 8:40(10)	8:30 8:40(10)	8:30 8:40(10)
<b>1</b>	8:40 9:34(54)	8:40 9:25(45)	8:40 9:34(54)	8:40 9:30(50)	8:40 9:34(54)
<b>SA</b>		9:25 Assembly 10:13(48)			
<b>2</b>	9:34 10:27(53)	10:13 10:59(46)	9:34 10:27(53)	9:30 10:19(49)	9:34 10:27(53)
<b>recess</b>	10:27 10:47(20)	10:59 11:19(20)	10:27 10:47(20)	10:19 10:39(20)	10:27 10:47(20)
<b>3</b>	10:47 11:40(53)	11:19 12:05(46)	10:47 11:40(53)	10:39 11:28(49)	10:47 11:40(53)
<b>4</b>	11:40 12:33(53)	12:05 12:50(45)	11:40 12:33(53)	11:28 12:17(49)	11:40 12:33(53)
<b>lunch</b>	12:33 1:13(40)	12:50 1:30(40)	12:33 1:13(40)	12:17 1:13(57)	12:33 1:13(40)
<b>5</b>	1:13 2:06(53)	1:30 2:15(45)	1:13 2:06(53)	1:13 2:06(53)	1:13 2:06(53)
<b>6</b>	2:06 3:00(54)	2:15 3:00(45)	2:06 3:00(54)	2:06 3:00(54)	2:06 3:00(54)
<b>7</b>	3:00 3:53(53)	3:00 3:53(53)	3:00 3:53(53)	3:00 3:53(53)	3:00 3:53(53)

## CAREERS UPDATE

### Health Graduates' Statistics

Starting salaries and employment rate.

<https://www.myhealthcareer.com.au/health-industry/employment-and-starting-salaries-2015-gradstats>

### UNSW Engineering: Through engineers' Eyes, Engineering Mechanics by Experiment, Analysis and Design

Monday 18 April 2016, 12pm. This free online course will provide information on the techniques of engineering mechanics as well as use the theory to interpret experiment and designs. The course consists of four hours per week over a seven week period.

<https://www.engineering.unsw.edu.au/all-events/free-online-course-through-engineers-eyes-engineering-mechanics-by-experiment-analysis>

### University of Sydney: Introduction of Mathematics Prerequisite

The University of Sydney will introduce a mathematics prerequisite for some courses in 2019. The courses that will have the prerequisite will be listed in UAC's 2016 Year 10 guide.

<http://sydney.edu.au/news-opinion/news/2016/02/01/mathematics-to-become-a-prerequisite-for-university-of-sydney-ad.html>



### BMIHMS Career Focus Days

Blue Mountains International Hotel Management School Career Focus Days give prospective students an insight into what it's really like to study at BMIHMS. These focus days are held at our Practical Learning Centre (Leura Campus) and Executive Business Centre (Sydney Campus).

**Dates:** Tuesday 19 - Thursday 21 April, Tuesday 12 - Thursday 14 July, and Tuesday 29 November - Thursday 1 December.

**Cost:** \*\$325 which includes all transportation, accommodation, three meals a day and all activities related to the program. (\*This fee will be credited towards tuition costs to attendees who later enrol in a BMIHMS Hospitality Management Degree Program.)

**Contact:** 02 9307 4600 or email [enquiry@bluemountains.edu.au](mailto:enquiry@bluemountains.edu.au)

<http://www.bluemountains.edu.au/your-hospitality-career/career-focus-days/>

### JMC Academy Open Day

Saturday 30 April 2016, 10:30am - 2:30pm. This open day includes tours, an overview of courses and viewing current students' work. [http://www.jmcacademy.edu.au/events/open-days/register-for-our-next-open-day-2016-\(1\)](http://www.jmcacademy.edu.au/events/open-days/register-for-our-next-open-day-2016-(1))

### Basair Aviation College

Basair Aviation College runs monthly seminars in Sydney, Brisbane and the Hunter Valley. Learn more about a career in aviation and the benefits Basair can provide for your training as a commercial pilot. Sydney: Tuesday 16 February and Wednesday 23 March. <http://www.basair.com.au/events-form>

### Sydney Design School

If you're passionate about becoming an Interior Designer or Interior Decorator, we invite you to come into our studios to learn more. Information Session, Wednesday 23 March, 6pm, Level 2, 40 Oxley Street, St Leonards. Register online:

<http://sydneydesignschool.com.au/info-sessions/>



### National Youth Science Forum 2017

The National Youth Science Forum (NYSF) is a twelve-day residential program for students entering Year 12, who are passionate about science, technology, engineering and maths.

2017 Session Dates:

Session A Canberra: Monday 2 - Saturday 14 January 2017

Session C Canberra: Monday 16 - Saturday 28 January 2017

Expressions of interest open Tuesday 1 March 2016 <http://www.nysf.edu.au/>

### Kickstart Science Workshops

The Kickstart Science Workshops at the University of Sydney are aimed at HSC science students. Workshops are available throughout the year at a cost of \$29.70 per student. <http://sydney.edu.au/science/outreach/high-school/kickstart/>

Mrs Ferguson and Mrs Bower

## WEEKLY SPORT REPORT



Congratulations to Abbey Lemon, Year 8, who during the holidays, was selected to represent the Australian Under 14's Women's Futsal Team.

Last year Abbey was selected to represent NSW Metro 14 Girls in the AFA National Futsal Championships, played earlier this month. The team was very successful finishing up as 14 Girls Champions.

Following Abbey's performance at Nationals, she has been selected into the Australian team to tour the UK in October. They will train and play Premier League teams during a 2.5 week tour.

Abbey joins a prestigious list of CTHS students who have gone on to represent their country at the highest level, joining the likes of immortals, Jenny Blundell and Joe Caletti.

If you would like to directly support Abbey, she has set up a fundraiser for anyone who would like to help make her dream a reality. <https://www.gofundme.com/AbbeyLemon>

Good luck Abbey, all your fellow schoolmates wish you the best in your future career!

Kurt Perry and Emily Jones, Sports Promotion Officers

### 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, the First Cherrybrook Scout Group operates a clothing pool for your convenience, through kind donations from the CTHS community.

For opening times please contact Sara Mitchinson at [uniforms@cherrybrookscouts.com](mailto:uniforms@cherrybrookscouts.com)



Drop-offs: Tues, Weds or Thurs  
Between **7.15pm & 8pm** (school terms)  
First Cherrybrook Scout Hall  
Appletree Drive, Cherrybrook



# How to make friends

## Andrew Fuller

One way to be happier is to increase the quality of our friendships. Whether you are a sociable person or a loner, friendships are important. One of the easiest ways to remain engaged and interested at school, at work or in life is to enjoy the company of the people that we are with.

Let's talk about how to build friendships (without turning into some sort of gushy, over the top, Ned Flanders type character).

### Look people in the eye

Gaining brief eye contact with people communicates interest and trust. One simple way to do this is to mentally remind yourself to notice the colour of other people's eyes as you say hello to them.

### Smile and say hello

While the minimalist "hi" accompanied by a shrug may seem cool, it can also come across as disinterested and uncaring. Smile genuinely when you meet people and let them know you are glad to see them.

### Call people by their name - a lot

Most people feel liked and reassured when someone calls them by their name. Try to use their name at least twice in a conversation, once when you meet them and once when you say goodbye.

### Be where you are

One of the easy ways to stand out as a good friend is to be with people when you are with them. This means rather than checking messages, or scrolling through social media or sending texts you actually stop, talk, look at and listen to the people you are with.

### Feel lucky to know them

One of the really simple ways to be a good friend to someone is to decide that you are lucky to know them.

### Ask people what they think

One way of getting past the awkward stage in conversations is to ask people just what they have been doing but also what they think about something. Seeking their ideas and thoughts shows that you value them.

### Get to know a lot of people

Not everyone you meet will be a close friend. The more people you get to know even a little bit, the more likely you will be able to find friends. It can also be good in life to know some people as good acquaintances as well as having close friends.

### Get to know people who are different

One of the ways to live an interesting life is to talk to people who are different than you. Getting to know people from different countries and backgrounds will enrich your life and stretch your ideas.

### What young people want in a friend.

I asked over 1,000 young people last year what looked for in a friend. They said:

humour	honesty
kindness and caring	trustworthy
non-judgemental	happiness

### Say hello to people you don't know

All of your friends were strangers once. Maybe it is time to start saying hello to some people you would like to be friends with but don't know yet.

***The best way to lose an enemy is to make them into a friend-*** Abraham Lincoln.

# How to mend a friendship

All friendships go through some rough times. Generally people seem to know more about how to make friends than they do about how to mend a friendship. This means that if you are going to fix up a friendship you will have to do it- you can't rely on other people knowing how to do it.

## **Nix it or Fix it**

The first thing to decide is whether to nix the friendship and leave it or fix it. Generally it is good to keep as many of your friendships as you can but there are always exceptions. Some friendships just wear out. Others are with people you thought you could be friends with but they end up wanting to control, tease, bully or intimidate you. Not everyone is designed to be your closest friend.

But! Before you just say, "why should I be the one to fix it?" think long and hard about what you want. Good friends aren't easy to come by and shouldn't be treated as expendable.

## **Forgive**

One of the easiest ways to be forgiving towards your friends is to stop and consider how often people may have had to forgive you in order to stay friends with you. We all make mistakes and we all do things that have unintentionally upset or hurt someone else. When you forgive someone, the person who benefits most is – you.

## **Apologise**

Making an apology can fix a friendship. If you feel you have hurt or upset someone even if you didn't mean to do it, apologies. An apology starts with "I" and does not include the word "but". Even if your apology doesn't fix the friendship you will feel better.

## **Be true to yourself**

Don't let the meanness of others run your life. If you feel hurt or insulted by someone, you can either choose to act in mean ways towards that person or you can think about the sort of person you are and keep acting in the way you want to be. If you think you are a kind, caring, understanding, funny and trustworthy person keep being yourself.

## **When you need to change a friendship**

If you have a friend who demands that you do everything that they say there may come a time when you want to change the relationship.

It is not a good idea to let other friends tell you who you can hang out with or what you should or shouldn't do.

Standing up for yourself and doing the things that you think are important is part of being true to yourself. This may come as a shock to your friend who is used to you agreeing with everything they say. At first they may threaten to end the friendship.

Even if they do end the friendship, you may want to ask yourself was it really much of a friendship if it relied on one person doing exactly what the other person other said.

## **Bullying**

Finally don't be a bully and don't hang around with people think it is ok who bully others. Be kind to yourself by being friends with people who are prepared to see the best in other people- you'll have a happier life.

**Andrew's most recent book is "*Unlocking Your Child's Genius*" (Finch, 2015).**



ROTARY CLUB OF WEST PENNANT HILLS & CHERRYBROOK INC.

*Proceeds will go to local Rotary charities*

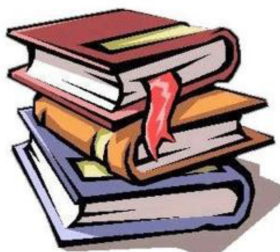
# ANNUAL GIANT BOOK SALE

**COME ALONG AND JOIN US**

**Fri 13th March - 9am-8pm**

**Sat 19th March - 8am-3pm**

Uniting Church  
134 New Line Road  
Cherrybrook



We are looking for donations of books in good condition, original CD's & DVD's, records, sheet music.

Donations accepted until Tuesday 15th March

We really appreciate all the support that you give us with these donations. Thank you.

**Note:** We do not take: textbooks, encyclopedias, damaged or dirty books, magazines, coffee table books, Readers Digest, condensed editions.

RING OUR HOTLINE FOR MORE INFORMATION AND FOR DETAILS OF A CONVENIENT DROP OFF LOCATION

**0468 330 667**

[www.wphcrotary.org](http://www.wphcrotary.org) - email: [wphc.rotary@gmail.com](mailto:wphc.rotary@gmail.com)



We appreciate the support  
of our Gold sponsors



## 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.

## ROTARY YOUTH EXCHANGE INFORMATION NIGHT



### THE OPPORTUNITY OF A LIFETIME

FOR YOUNG AUSTRALIANS CURRENTLY IN YEAR 9, 10 or 11

Come along to meet current and former exchange students, host families and participating Rotary Clubs, and find out more about Rotary Youth Exchange.

**WEDNESDAY 24<sup>th</sup> FEBRUARY  
7:00PM**

**CHERRYBROOK TECHNOLOGY  
HIGH SCHOOL  
28-44 PURCHASE ROAD  
CHERRYBROOK**

For more information contact:  
[secretary@ryep.org](mailto:secretary@ryep.org)  
[www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)



**EXPAND YOUR HORIZONS WITH  
A YEAR ON ROTARY EXCHANGE**

[www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)



## Safer drivers presentation

Is it time to refresh your knowledge of the road rules? Hornsby Shire Council is holding a free road safety presentation for drivers of all ages.

Presented by Council's Road Safety Officer.

Topics covered will be:

- Older driver licensing
- Safe driving tips
- Road rules
- Vehicle safety
- Pedestrian safety
- Roundabouts
- Responding to hazards; and more

**When:** Tuesday 1 March 2016, from 10am-12pm

**Where:** Hornsby Shire Council, Chambers Building, 296 Peats Ferry Road, Hornsby

**Cost:** Free. Light refreshments will be available. Places are limited.

**Bookings essential.** Phone Council's Traffic and Road Safety team on 9847 6616.



For more information visit [hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)



## Play Hockey WITH THE HILLS BULLS

### ABOUT OUR CLUB

We're your family-friendly hockey club in the hills. We have a range of junior teams for 6 to 17 year old boys and girls as well as senior teams. You'll find our club relaxed but organised, and focussed on having fun while challenging ourselves. Come join us and find out for yourself!

### PLAYING HOCKEY

Our winter season runs from April to September with junior hockey games held on Friday evenings or Saturday mornings and senior games held on Sundays.

Visit our website to register or get more information on fees and gear requirements. You'll find hockey a family-friendly, safe and inexpensive sport to get involved in. Hope to see you around the club!



**WEBSITE** [baulkhamhillshockey.org.au](http://baulkhamhillshockey.org.au) or google *baulkham hills hockey*  
**EMAIL** [communications.bhbc@gmail.com](mailto:communications.bhbc@gmail.com)  
**FACEBOOK** [facebook.com/baulkhamhillshockey](https://www.facebook.com/baulkhamhillshockey)

# BENEDICTINE MONASTERY ARCADIA

## 51ST ANNUAL COUNTRY FAIR

proudly supported by Castle Hill RSL Club 77 Castle St, Castle Hill (02) 8858 4800

### MAJOR RAFFLE PRIZES

- 1st: \$800 shopping voucher
- 2nd: \$600 weekend away
- 3rd: \$100 dinner for 2

- Plants
- Raffles
- Sweets
- White Elephant
- BBQ
- Hot/Cold Drinks
- Choc. Wheel
- Farm Produce
- Cakes
- Jumping Castle
- Fancy Goods
- Face Painting
- Select Market Stalls
- Merry-go-round
- Tours of the Monastery
- 11:00am / 12:00pm / 1:00pm / 2:00pm

• COUNTRY SETTING • FAMILY DAY

• MASS TO BEGIN 10.00AM • FETE TO BEGIN 10.30AM

RAIN OR SHINE - TELEPHONE 02 9653 1159

[benedictine.org.au/go/countryfair](http://benedictine.org.au/go/countryfair)

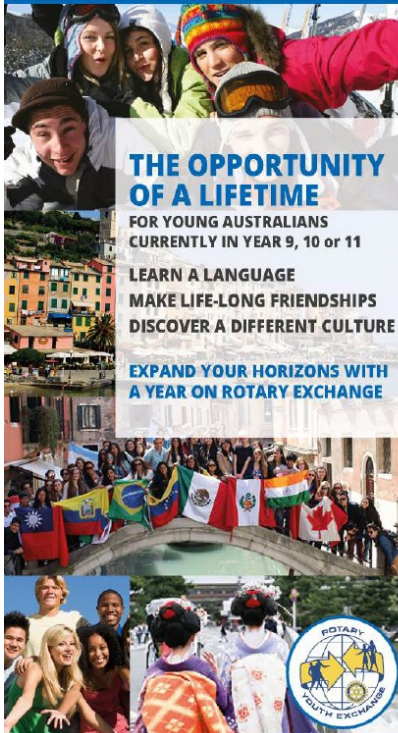
## 13th March 2016

121 Arcadia Road, Arcadia  
(02) 9653 1159

## ROTARY YOUTH EXCHANGE

## ROTARY YOUTH EXCHANGE

## APPLY NOW



### THE OPPORTUNITY OF A LIFETIME

FOR YOUNG AUSTRALIANS CURRENTLY IN YEAR 9, 10 or 11

LEARN A LANGUAGE  
MAKE LIFE-LONG FRIENDSHIPS  
DISCOVER A DIFFERENT CULTURE

EXPAND YOUR HORIZONS WITH  
A YEAR ON ROTARY EXCHANGE

This year, more than 8,000 young people will have the opportunity of a lifetime – a chance to live in another country and see the world from a new perspective through Rotary Youth Exchange.

### YOU COULD BE ONE OF THEM!

As a Rotary Youth Exchange Student, you'll spend a year living with host families and attending school in a country other than your own. You will learn a new way of living, maybe even a new language, and a great deal about yourself.

As you are learning, you will also be teaching your host community about your country, your culture and your ideas. You'll be a young ambassador, helping to bring the world closer together, seeing amazing places and making some great friends along the way.

If you are ready for the challenge and the rewards of living in another country as an exchange student, then you're ready to discover new worlds through the Rotary Youth Exchange program.

[www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)  
[secretary@ryep.org](mailto:secretary@ryep.org)



For students who live in Greater Sydney, to Wyong in the north and Lithgow in the West.

Visit the website for a preliminary application form, or contact Rotary District 9685 via email.

[www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)  
[secretary@ryep.org](mailto:secretary@ryep.org)



Rotary is a worldwide organisation of more than 1.2 million business, professional, and community leaders. Members of Rotary Clubs (known as Rotarians) provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

There are over 340,000 Rotary clubs in more than 200 countries and geographical areas. Clubs are non-political, non-religious, and open to all cultures, races, and creeds.

As signified by the motto "Service above Self", Rotary's main objective is service - in the community, in the workplace, and throughout the world.



[www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)



For more information about Rotary  
visit [www.rotary.org](http://www.rotary.org)

### WHAT IS ROTARY YOUTH EXCHANGE?

The Rotary Youth Exchange Program (RYEP) is arranged by Rotary Clubs for young people to experience a year of education overseas, with a wide choice of countries. Youth Exchange provides many opportunities, both during and after the exchange is completed.

Rotary Youth Exchange is recognised as the best student exchange program by schools, parents, and students around the world on safety, cost & benefit. Students stay with host families who are arranged by the hosting Rotary Club. Host families may or may not be Rotarians, but are always Rotary approved.

### WHO CAN APPLY?

Any student currently in Years 9, 10 or 11 at school. Relatives of Rotary members gain no preference in selection.

Applicants should be making sound progress at school and have a general interest in people and places. They should possess a good general knowledge of Australia - its political system, socio-economic policies and involvement in international affairs. Applicants must have displayed high standards of personal conduct.

They must have an outgoing personality and be interested in cultural or outdoor pursuits. Rotary is looking for young people who can act as personal ambassadors.

### WHAT DOES EXCHANGE COST?

Actual cost will vary depending on the country of exchange and the student's personal budget.

### SCHOOLING CONSIDERATIONS

There may be credits available for subjects studied and it may be possible for current Year 9 students to replace Year 10 with their year away; however, this needs to be checked with each school before departure. Also, the breaking of the HSC years needs to be discussed with each school.

The real bonuses are a wealth of experience, maturity and conversational foreign language ability.

### HOW ARE STUDENTS SELECTED?

Usually students are nominated to the District by Rotary clubs on the basis of the preliminary application and a personal interview with the applicant and their parents.

Students who do not have existing contact with a Rotary club may also apply direct to the District, who will assist the student to connect with a sponsor club. The District committee then holds a second round of interviews to assess all the applicants before arranging exchanges with overseas clubs.

Applicants have the opportunity to nominate preferences for countries of exchange. There are limited places in each country, so applicants must be prepared to accept an exchange in any available host country.

### ROTARY PREPARES YOU

Rotary Clubs have an important role in the exchange program. The sponsor Club (in Australia) provides one of their members to act as a counsellor. The counsellor's role is to maintain close contact with the student until the exchange year begins, and with the student and their family during the exchange year. This keeps everyone informed of the process of the exchange.

The District committee also provides training days for a wide range of personal development and other areas, such as public speaking and cultural expectations. This is to prepare the student as much as possible for the exchange. Parents of students are also required to be involved in these training sessions.

### STUDENT OBLIGATIONS

Students are required to adhere to the rules of the program, as applied in the country of exchange and the host Rotary Club. These relate to personal behaviour and the expectations of being an ambassador for their country, their family, themselves, and Rotary.

### QUERIES

Visit the website or contact Rotary District 9685 via email

[www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)  
[secretary@ryep.org](mailto:secretary@ryep.org)

### Host Rotary Club/District Provides:

1. Board and lodging with host families.
2. A monthly allowance of approx. \$US120.
3. A Host Club & District Counsellor to support the student through their exchange year.
4. Orientation sessions and some group activities.

### Student & Family Provide:

1. BV Base cost payable to Rotary of approx. \$8,000 (in 3-4 instalments due from May to November prior to the exchange year). This covers return airfare and visa, as arranged by Rotary, to the country of exchange, insurance, costs associated with administration of the program and the student's preparation for the exchange.
2. Additional day to day living and entertainment expenses, including mobile phone/data costs, clothing, footwear etc.
3. A small emergency fund (repayable at the end of exchange, if unused).
4. Cost of any compulsory language camps in the host country.
5. Other discretionary costs for any organised tours and trips etc.



Do you want to make a difference in the life of a child?



## Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0–18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 9765 5000 or email [fosteringwithfacs@facs.nsw.gov.au](mailto:fosteringwithfacs@facs.nsw.gov.au)



Family & Community Services



FOSTERING NSW

### CALENDAR - Term 1 Week 4B

Monday 15 February	<ul style="list-style-type: none"> <li>• Music Ensembles Meeting - 7.30pm, Staff Common Room</li> </ul>
Tuesday 16 February	<ul style="list-style-type: none"> <li>• Year 12 Parent/Teacher Interviews - 4-7pm, MPC</li> <li>• P&amp;C Executive Meeting - 7pm, A block Conference Room</li> <li>• P&amp;C General Meeting - 8pm, Staff Common Room</li> </ul>
Wednesday 17 February	<ul style="list-style-type: none"> <li>• Year 7 &amp; 11 Peer Support Pre-Camp</li> <li>• Red Zone Day</li> </ul>
Thursday 18 February	<ul style="list-style-type: none"> <li>• Year 7 Drumbeat - MPC</li> </ul>
Saturday 20 February	<ul style="list-style-type: none"> <li>• CTA - Clash of the Titans</li> </ul>
Sunday 21 February	<ul style="list-style-type: none"> <li>• CTA - Clash of the Titans</li> </ul>