

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 1

Week 4B

19 February 2016

## DEPUTY PRINCIPAL'S REPORT



### Parking Officers

Last week Council Parking Officers were outside the school taking video footage of illegal parking and dropping-off of students. Please be aware of the signage at the front of the school as well as traffic laws. These regulations need to be observed or fines are likely to be incurred.

### Year 12 Parent/Teacher Interviews

The first of this year's Parent/Teacher Interviews was held on Tuesday. This gave parents of Year 12 students the opportunity to discuss with their child's teachers their progress to date. This is a critical time for Year 12 students as they prepare for the upcoming AP3 exams. Strategies and tips to optimise performance were shared, to encourage and motivate students for the challenges which lie ahead in the coming year.

### P&C Meeting

The first General P&C Meeting for 2016 was also held on Tuesday night. The P&C is a critical body in the organisation of the school. They are actively involved with funding many projects and have input into decision making in the school. We welcomed many new parents to this meeting and always encourage others to attend. P&C meetings are held at 8pm in the staff common room. On most occasions we organise a guest speaker from within the school, to discuss a topic of interest. Mr Clements, who was this year's first guest speaker, talked about the outstanding HSC results and of the analysis done by each KLA to further improve student outcomes. The next meeting will be held on Tuesday 22 March 2016, if you wish to attend.

### Study Leave and TAFE Passes

Eligible Year 12 students have been issued with their Study Leave and/or TAFE Passes this week. These passes indicate the times when students will be out of the school and, therefore, students **must** carry them at these times. Study Leave Passes can be collected from the library. However, those who are undertaking courses of study at TAFE will receive their passes from the Careers Advisers. Study Leave Passes are processed in Weeks 3 and 8 of each term, but students can submit their application at any time.

### A reminder to all of the Study Leave Pass conditions of use:

Students are **not permitted** to leave the school grounds at any time unless they have a Study Leave Pass. This gives students a flexible timetable to arrive later, leave earlier or leave the school grounds to go home during a **double free lesson**. At no time are students permitted to go to the shops, leave the school grounds at **lunchtime or in a single free lesson**. With electronic roll marking, Year 12 students have been reminded about signing in when leaving and arriving back at school during double lessons in the middle of the day and signing out when leaving school, if it is not the end of the school day.

Year 11 were addressed at their Year Assembly this week regarding the Study Leave and TAFE Pass application processes.

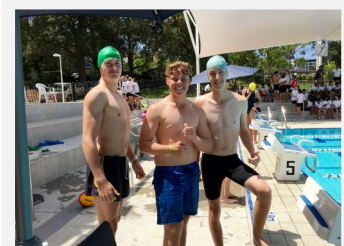
### UNHCR Event

Last Friday I had the great pleasure of escorting a group of CTHS students to the Australia for UNHCR Event - in Conversation with Kristin Davis. Kristin spoke of her work in the Democratic Republic of Congo where she launched the *I Will* campaign. This campaign was developed to highlight UNHCR's support of forcibly displaced women, and shows how life-changing, livelihood programs help these women.

Our students were outstanding in their support of the event, organising the sale of raffle tickets for the 400 guests attending. They even received a special mention from Kristin, who said how "adorable" they were. I was certainly very proud of how they conducted themselves. They were excellent ambassadors for the school.



Year 7 Swimming Carnival



## Year 12 Sleep Seminar

As part of the Study Skills Program, we have incorporated a *sleep session*. This will be run by Dr Carmel Harrington, a well respected educator who has a PHD in Sleep Medicine from Sydney University who consults with companies and educational institutions both here and overseas on sleep health.

As an internationally recognised sleep expert, Dr Harrington is amazed at the seemingly little importance given to sleep. Research shows that sleep is critical to our physical and mental health and is fundamental to our ability to think and learn. Emerging research clearly shows that sleeping well is a key component to optimal performance and health and if we want to be at the top of our game we need to ensure we get the best sleep possible.

We spend about one-third of our life asleep. In addition to being a time of rest, a lot of important activity occurs in the brain and body during sleep. The quality of our sleep affects the quality of our lives spent awake.

In Australia, over 30% of primary school children and 70% of teenagers have insufficient sleep. Without adequate sleep our health, resilience and performance is greatly impacted.

Good quality sleep helps:

- Optimise learning, memory and concentration
- Support our emotional health and wellbeing
- Promote positive behaviour and decision making
- Improve energy levels and promotes healthy growth, metabolism and immune system.

The following hours of sleep per night are provided as a guide for optimal energy and performance: Teenagers (13-17 years old) 8-10 hrs.

All Year 12 students have had a sleep diary emailed to them in preparation for the talk. They have been asked to fill in the diary so they can obtain the most from the session.

## Student Diaries

After a review last year by staff, students and parents, we are no longer using the e-diary. Students are encouraged to use the Google Calendar Diary, which can be accessed via their @education.nsw.edu.au site. Homework is entered by staff on the Sentral system and both students and parents can access this through their respective portals. All information previously attached to the e-diary has been moved to the Student and Parent Portals under the 'resources' tab. Students may also purchase a paper diary if they prefer to use this system of recording homework.

## Sports Uniform/School Jackets

Uniforms form a large part of how we at CTHS wish to present ourselves to the wider community. The wearing of school uniforms has been outstanding, with the majority of students complying to the uniform standards. I would also like this to be shown in the wearing of the sports uniform. Gym gear or black tights are not part of our school uniform and should not be worn **at any time** during the school day. Students have been instructed that appropriate length black shorts or black track pants are the uniform code for PE lessons and on sports day. We are currently developing new sports shorts, in conjunction with the Sports Executives, and will keep you updated on this issue.

School Jackets can also be purchased through the link on the school website. Students can try on jackets at any time in my office. This will avoid an incorrect size being purchased. These jackets are delivered to your home approximately one week from date of ordering.

Mrs Bevan

### 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.

## MathsPASS

MathsPASS (Peer-Assisted Study Sessions) is a peer-tutoring program that exists for two complementary purposes: to support students who are struggling with maths in an understanding and encouraging environment and to provide an avenue for proficient mathematics students to help others and strengthen their own skills. Year 7 and 8 students are individually paired with a trained Year 11 tutor who provides weekly guidance and support in mathematics.

The benefits of peer tutoring are well-documented. Students experiencing difficulty are able to receive individualised support and guidance from students who have developed mastery of relevant skills and concepts in recent memory, and hence are immediately familiar with the initial troubles students face. The regular encouragement provided by a peer tutor can be decisive in helping struggling students to develop the perseverance and confidence necessary to make progress and gain a deep understanding of maths.

The Mathematics KLA is now accepting applications to MathsPASS, which will commence in the second half of Term 1. Interested Year 7 and 8 students should see Mr Woo or Mr Watson, Head Teachers Mathematics, in the main staffroom for an application form. This is to be filled out by students and parents and returned by Wednesday 2 March. Parents who believe their child could benefit from this experience, or who have any enquiries about MathsPASS, can contact Mr Woo at [edward.woo@det.nsw.edu.au](mailto:edward.woo@det.nsw.edu.au)

Mr Woo



## Welcome to the World for the Child Studies - Virtual Babies

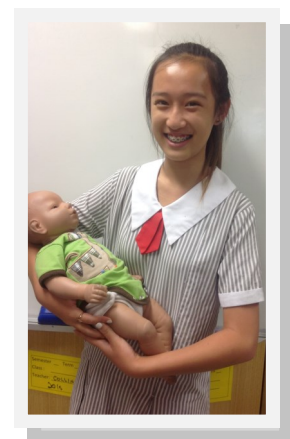
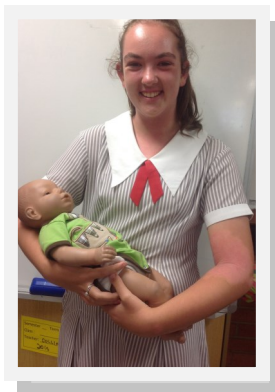
Stage 5 Child Studies students are currently having a taste of what it is like to care for a newborn baby. Each student will have the opportunity to care for a virtual baby boy or girl, for 24 hours. The students each choose a name for their baby and receive a birth certificate for their little bundle of joy.

The fun begins for the new mums with the onset of their around-the-clock routine of feeding, burping, changing the baby's nappy and trying to settle and soothe the baby. The demands of newborn babies can happen at any time or place!

The Child Studies students have learnt that looking after a baby is a tiring and exhausting, as well as an enjoyable experience. They have also learnt time management is important and the baby always comes first.

The following photos show students with their virtual babies.

Mrs Goykovic



## FROM THE LIBRARY

### Premier's Reading Challenge

Congratulations to the students who successfully completed the 2015 PRC! They received their certificates during this week's assembly. A special mention to Emma Smalley and Shayan Lahijanian, who received medals. Platinum awards went to Monica Li, Sienna Marshall and Gabriel Wong and Gold awards to Maham Ahmed, Monica Lam and Melissa Yeung.

The 2016 Premier's Reading Challenge will open on 7 March and closes 19 August. It is open to all students in Years 7, 8 and 9. The new PRC booklist is available on the 'Booklists' page of the Premier's Reading Challenge website:

<https://online.det.nsw.edu.au/prc/home.html>. The books on the PRC list which are available in the school library are listed on the *Oliver* homepage under 'Reading Lists'. All students have access to *Oliver* via the Student Portal.



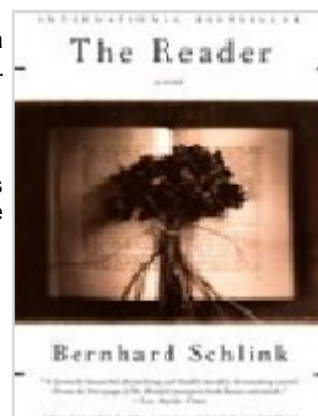
Students need to read a minimum of twenty books, fifteen of which must be from the PRC list with a maximum of five personal choice books. Students can select books from the 5-6 and 7-9 PRC lists. For more details about the Premier's Reading Challenge, please see the PRC website. Get Reading!!

### Book of the Week - German Fiction

Your German friends have visited, you can explore some fiction (in English) set in Germany! This mesmerizing novel is a story of love and secrets, horror and compassion, unfolding against the haunted landscape of post-war Germany.

**The Reader by Bernhard Schlink** (location: HF F SCH; seniors)

Mrs Sorensen



### CTHS Clubs

We have kicked off 2016 with a bang at the CTHS clubs. Monday Chill Out club where you can chat and play computers and other games has proved very popular. On Tuesdays we have been playing Chinese Checkers and some card games at Card and Game Club. Wednesdays is Junior homework club and any student is welcome to come and get assistance with homework or just sit quietly and work on their own. In Thursday Club we decorated some biscuits for Valentine's Day and we will soon be starting the egg piñata for this term's Easter party. Friday Chill Out club we had pink drink, pink biscuits and candy cane while watching *Shrek* for Valentine's Day. There is a movie every week and all are welcome to relax in a bean bag and chill out! All clubs take place in D1.3. Hope to see you there

For the seniors, homework club is available on Tuesdays and Thursdays. Tuesdays start from 2pm when senior students finish and Thursdays start at 2.30pm following sport for Year 11 students and from the end of lunchtime for Year 12 students. Help and printing is available or students are welcome to sit and work on their own. Homework Club is always in D1.3. Hope to see you there.

Miss Deadman



### Theatre Visit Proves Instructive

Our Year 12 drama students had the opportunity to attend a production of one of their HSC drama texts at the Seymour Centre last Friday. The play, written by Daniel Keene, entitled *Life Without Me* is a clever blend of farce and sit-com which draws from the absurdist tradition. The piece looks at the seemingly meaningless nature of city existence with the rat race rendition of the daily grind. Amidst a grey urban landscape, six characters struggle to find resolution to some naggingly agonising quandaries of living.

Our Year 12 students will be taking their experience of the play and incorporating their perceptions into their AP3 drama essays in the coming weeks, so the timing of this event couldn't have been better.

Year 11 and Stage 5 drama students will be writing theatre reviews on the play, so there was plenty of furtive scribbling going on during the play's interval.

A big thank you to the parents of all students who attended this excursion, as they have supported their children in deepening their appreciation of theatre.

Ms Cannon



### Year 7 Drumbeat; the Art of Hitting Things

Year 7 students had the pleasure of watching and participating in a highly entertaining presentation given by two talented musicians on Thursday. The percussion workshop was organised by the CAPA KLA and showcased a multitude of fascinating instruments from around the world including congas, bongos, timbales, cymbals, shakers, chimes, whistles, bells and of course, drums. The focus of the event was to show how percussion had changed over time with an emphasis on the rhythms and patterns used in all types of music. The highlight of the workshop was the segment set aside for student participation where a number of volunteers got to play a given instrument as part of a group performance and star in their own solo!

Mr Clements



### Showtime Approaches

Tickets are now on sale via the school website and the excitement is mounting as performers anticipate their audience and frantic fans struggle to secure first-rate seating.

Sonali Seneviratne from Year 10 was in last year's school production and will be seen once again on stage in our school musical which opens in Week 8 of this term.



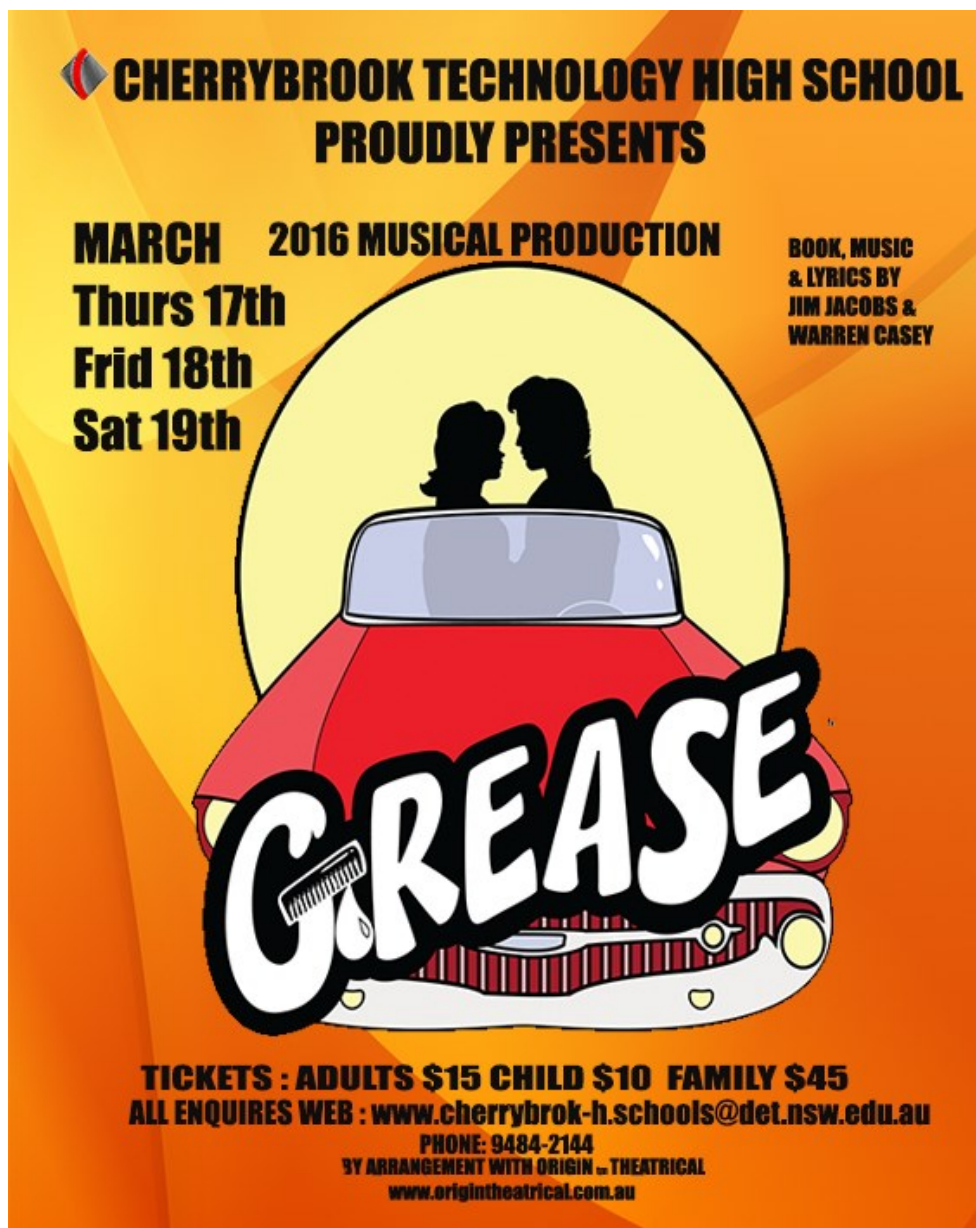
Here is Sonali to tell us about her experience of preparations for this year's big show:

"I am in the chorus of the 2016 CTHS *Grease* Musical! My experience being in the musical has been such an amazing journey! During rehearsals, I have met new people that I never thought I would talk to, and now, I have become really good friends with the cast! I have also absolutely loved rehearsals. It is always so much fun rehearsing the songs and dances, and watching the talented leads in the musical!

Being in this cast has made me build my confidence in singing and dancing, and we are extremely lucky to have Ms Holt and Mr Jones directing this musical! I definitely recommend that you come and watch CTHS's production of *Grease*!!! So much hard work has been put into make this musical possible, so come along and enjoy the show!!"

Tickets will sell quickly so make sure you get in early.

Ms Cannon



**CHERRYBROOK TECHNOLOGY HIGH SCHOOL  
PROUDLY PRESENTS**

**MARCH 2016 MUSICAL PRODUCTION**

**Thurs 17th  
Frid 18th  
Sat 19th**

**BOOK, MUSIC  
& LYRICS BY  
JIM JACOBS &  
WARREN CASEY**

**GREASE**

**TICKETS : ADULTS \$15 CHILD \$10 FAMILY \$45**  
**ALL ENQUIRES WEB : [www.cherrybrok-h.schools@det.nsw.edu.au](http://www.cherrybrok-h.schools@det.nsw.edu.au)**  
**PHONE: 9484-2144**  
**BY ARRANGEMENT WITH ORIGIN - THEATRICAL**  
**[www.origintheatrical.com.au](http://www.origintheatrical.com.au)**

## WEEKLY SPORTS REPORT



### **Year 7 Swimming Carnival** Take your marks...set...BANG!

With great enthusiasm Year 7 took to the water at Hornsby Aquatic Centre last Friday for their first high school Swimming Carnival. The weather was fantastic and the participation from the students ensured everyone had the opportunity to cool off.

The Stage 4 representatives, consisting of Renee Trumper, Sid Dissanayake, Taha Shoaib and Sammy Groves, did a terrific job of taking videos and photos, distributing sunscreen and making everyone feel a part of the special event. The Peer Support Leaders, consisting of Ben Cutler, Calvin Mabbott, Cameron Lee, Cameron Hall and Aqeel Khan, were equally helpful assisting the teachers with marshalling, judging and recording results. All of the senior students who attended are to be commended for giving up their time to help on the day, especially in the running of the novelty events. Their enthusiasm, attentiveness and maturity was a great asset to the school.

While no records were broken on the day, Year 7 students swam well and many students will now be selected to represent CTHS in our upcoming Zone Swimming Carnival at Homebush at the end of the month. The highlight of the day was the Year 7 versus Senior Students event, which the Year 7 students won with great pride, taking bragging rights with them to camp next week!!

PDHPE Staff

### **CTHS Cross Country Carnival**

The CTHS Cross Country Carnival is coming up for all students on Wednesday 2 March (Week 6B). It is a compulsory school event and thus all students are required to attend. Each stage group will travel by bus to Fagan Park, Galston, and then run their race in their Year group and gender. Students will be required to attend normal classes for other four periods of the day. Please ensure you bring a full water bottle and sun protection. Permission notes will be distributed early next week and need to be returned with \$5 payment by Friday 26 February.

Period 1 and 2	Years 9 and 10	(Stage 5)
Period 3 and 4	Years 11 and 12	(Stage 6)
Period 5 and 6	Years 7 and 8	(Stage 4)

### **Sydney North Trials**

This term features a multitude of trials for athlete's seeking selection into the various Sydney North Teams. If you have any questions regarding these teams or trials, or wish to sign up to attend the trials, please see Mr Vaux in the PDHPE staffroom.

### **Upcoming Events**

The Zone Swimming Carnival will be held on Monday 29 February. The team list has been posted on the sport's notice board. Congratulations to all students involved! Please return your permission notes ASAP!

Date	Event	Date	Event
Thursday 25 February	Sydney North Boys Softball Trials	Friday 4 March	Sydney North Girls Volleyball Trials
Friday 26 February	Sydney North Basketball Trials	Monday 7 March	Sydney North AFL Trials
Monday 29 February	Zone Swimming Carnival	Friday 11 March	Year 7 Athletics Gala Day
Monday 29 February	Sydney North Golf Trials	Wednesday 16 March	CTHS Athletics Carnival
Wednesday 2 March	CTHS Cross Country Carnival	Thursday 17 March	CTHS Athletics Carnival (am)
Thursday 3 March	Sydney North Touch Football 15 & Under Trials	Thursday 17 March	Sydney North Swim Carnival
Friday 4 March	Sydney North Diving Trials	Monday 4 April - Tuesday 5 April	CHS Swimming Carnival

Emily Jones and Kurt Perry, Sports Promotion Officers



## CAREERS UPDATE

### WANTED: Mentors for Year 11 Mentoring Program

We are currently looking for Employer Mentors to assist Year 11 students in the following areas:

Doctor  
Veterinarian  
Builder  
Radiologist  
Lawyer

Please contact [Christine.ferguson@det.nsw.edu.au](mailto:Christine.ferguson@det.nsw.edu.au) if you are able to assist.



### Work Experience at CTHS

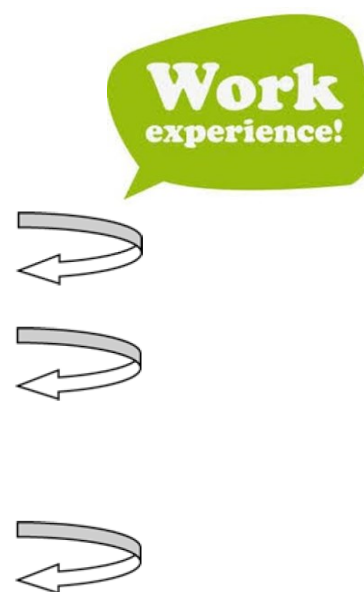
During Year 10, students have the privilege of undertaking up to two weeks of work experience. This enables them to 'try before they buy' possible career fields. All Year 10 students have been given a letter addressed to the parents concerning this, and all are encouraged to find a suitable employer for this placement. Below is an outline of what needs to occur prior to a placement.

### Employers Needed

**Could you be a host employer for a work experience student?** Do you have contacts within an organisation which could host a student? CTHS has a wealth of parents who are employers and/or have positions of influence who could assist students. If you are interested to be added to my list of prospective host employers, please email me your contact details with a description of the activities/duties that can be undertaken by a student. Send to [christine.ferguson@det.nsw.edu.au](mailto:christine.ferguson@det.nsw.edu.au)

### WORK EXPERIENCE PAPER TRAIL

ONE	<b>Student Placement Record</b> Student must complete Section 1. The prospective employer should be given the Employer's Guide to Workplace Learning booklet and they complete Section 3 of the Student Placement Record. A Parent completes Section 4. The Placement Record is returned to the Careers Adviser at least two weeks prior to commencement of the placement.
TWO	<b>Release Form</b> This sheet is to be signed by all class teachers prior to work experience so they know when you will be absent. It must be returned to the Careers Adviser prior to the commencement of the work experience.
THREE	<b>Work Experience Folder</b> This will be given to the student on the Friday lunchtime in the week prior to the commencement of the placement. It contains an Emergency Card and three copies of the Student Placement Record; a copy must be given to the employer on the first day of work experience. The remaining copies are for parents and the student. A Student Journal (blue book) is included for students to complete during the week of the placement. <b>The Release Form must be submitted prior to or at this meeting.</b>
FOUR	<b>Certificate of Participation</b> The completed Student Journal is to be submitted to the Careers Adviser on the student's return to school. A Certificate of Participation will be issued. This should be filed in the student's Resume Portfolio to assist when applying for future scholarships and casual, part-time or full-time employment.



### Health Inspiration Program

Monday 16 - Friday 20 May and Monday 17 - Friday 21 October. Applications for the Health Inspiration Program at Nepean Hospital Campuses are open from Monday 21 March - Friday 1 April. The program aims to provide realistic work experience for students who are interested in a career working in a hospital. <http://www.nbmlhd.health.nsw.gov.au/health-inspirations/health-inspirations>

### Rotary Youth Exchange

Rotary Youth Exchange provides the opportunity for students at the end of Years 10 or 11, to experience life overseas as part of their academic studies. Students are hosted in homes and go to school for a full year. We currently have one Rotary Exchange student at CTHS. Included in this week's *Network* is information about a Youth Exchange Expo at CTHS on Wednesday 24 February. Interested students and parents should attend.

### Careers in Maths

Visit the Australian Mathematical Sciences Institute's website to view a range of career profiles from apprentice chefs to Electricians to Nurses where mathematics is a necessary part of their everyday jobs. <http://www.mathscareers.org.au/>

### TSFX Free HSC Survival Guide

The School for Excellence (TSFX) has put together a 36 page guide to help Year 12 students achieve the best possible marks in their end-of-school exams. This guide has advice about goal setting, managing stress and procrastination, time management skills, effective learning techniques, planning study timetables and more. Download it here:

<http://www.tsfx.com.au/hsc-survival-guide-edge-teachers>

Mrs Ferguson and Mrs Bower



Fruitopia  
Juicebar

MONDAY AND TUESDAY  
AT LUNCH  
IN THE MPC FOYER

**JUICES \$3**



# U.S. COLLEGE FAIR

Redlands School

LindenTours.com

## Participating Universities

Fairleigh Dickinson University  
Foothill and De Anza Colleges  
Georgetown University  
New York University  
University of Colorado, Boulder  
University of Michigan  
University of South Carolina  
University of Virginia  
...And More to Come!

Date: Thursday, March 10, 2016

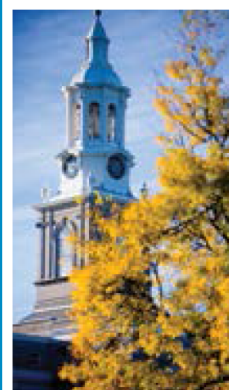
Fair Hours: 5:00 pm - 7:00 pm

Schedule: 5:00 pm - 5:45 pm Introductions and  
Panel Discussion  
5:45 pm - 7:00 pm College Fair

Location: Redlands Hall  
272 Military Road  
Cremorne NSW 2090

Local Contact: Simone Salier  
Email: [ssalier@redlands.nsw.edu.au](mailto:ssalier@redlands.nsw.edu.au)

Register at [www.trybooking.com/KJVA](http://www.trybooking.com/KJVA)



# Set yourself up for a great year

Andrew Fuller

Make this the year that you will remember for the rest of your life as the time you really set yourself on the pathway to success. There are several sure-fire ways to make this the best year so far.

## 1. Make friends with everyone you know

Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

## 2. Acknowledge your inner genius

You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best.

To do your best you have to get out of the habit of predicting that things won't go well for you. If you look for what's going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

Aim to develop at least one positive aspect of yourself this year. The easiest way to start this is to appreciate the quality you want to develop in yourself.

## 3. Know that geniuses make mistakes

People who achieve a lot know that you have to make mistakes to learn. In fact, learning often involves making a mistake and then figuring out what went wrong. If you get too scared to make a mistake, you will not do anything different or new in your life and that would be, well, a mistake!

## 3. Prepare yourself for learning

Thinking positively isn't enough for successfully achieving goals. You have to focus and do things differently. Concentration is hard to achieve and very easy to lose. Find ways to reduce distractions, at least while studying.

Not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may pull you from your goal. Surround yourself with people who encourage you. Take time to be an encourager of other people rather than being a critic.

## 4. Live up your life and get enough sleep

Sleep helps you to manage stress, stay happy and also increases your marks. The best way to protect yourself from being stressed or depressed is to get enough sleep.

You need at least 8 hours and sometimes as much as 9 and quarter hours a night. If we don't get enough sleep we often become tired, moody, bored and boring.

## 5. Be healthy - eat breakfast

Some people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches, concentration problems and low energy.

## 6. Do the most important things first

Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, "What is the one thing I could do

this week in each subject area that would improve my results?" Then do it.

#### **6. Use your time well**

Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Hours that you can spend doing the things you really want to do. Some people find if they sit at the front they are less distracted.

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

#### **7. From little things big things grow**

Do a little bit, often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do spaced interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

#### **8. Focus and immerse yourself**

For at least some time every day switch all forms of technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it.

#### **9. Don't try to predict the future**

Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don't spend the year thinking how awful your results could be. Just

do the most important things first and do them regularly.

#### **10. Be curious**

Think of someone you know who always seems to know interesting things- weird facts, strange occurrences, funny jokes, and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.

#### **11. Play more**

Be active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy three twenty minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.

#### **12. Decide to be happy**

Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now.

Have a look at the things in your life you can feel lucky that you have.

Appreciate the people who like you and love you.

Make the most of the moment and seize the day.

Help and encourage other people.

Be a really good friend.

Laugh more.

Have fun.

Have a fantastic year.

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

## FEBRUARY FITNESS OFFER!

Fitness First Pennant Hills are offering YOU  
20% off student memberships!

EXCLUSIVE TO STUDENTS

## LIVE FEARLESSLY




Start the journey with **20% off**  
Student memberships\*

For full details visit your local Fitness First



\*Offer available on 12 and 18 month passport or platinum memberships.  
\$50 Start-up fee is payable upon joining. Valid until the 29th February 2016.  
For Fitness First Clubs in the ACT (Canberra City and Deakin), the offer is  
applicable on 12 month memberships only. Conditions apply.



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



Call the team today on 02 8401 7001

Memberships as low as \$11.20 per week!

We look forward to helping you take control of your health and fitness in 2016!



**Cherrybrook  
"movie under  
the stars"**

**minions**

**Saturday 5th March - 4:30pm**  
**John Purchase Oval**

Access behind Cherrybrook Community Centre  
(no access from Purchase Road)

Activities, Food, Drink & Novelties on sale from 4:30pm  
Fireworks! Have a night off cooking - Bring a blanket,  
the kids and enjoy the movie.

cherrybrookmovieunderthestars.com

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1<sup>st</sup> CHERRYBROOK SCOUT GROUP  
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# Teaching someone to drive can be a **happy** experience.

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## 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**  
**www.rotaryyouthexchange.net.au**

EXPAND YOUR HORIZONS WITH  
A YEAR ON ROTARY EXCHANGE

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

# Youth Survey 2015

In 2015 Mission Australia conducted its 14th annual survey of young people aged 15-19 years. The survey was distributed nationally and aimed to identify the values and issues of concern to young people.



**Alcohol & drugs** was the most important issue in Australia today for the first time (27.0% in 2015, 22.1% in 2014 and 18.7% in 2013)

**1 in 4** people indicated that **equity & discrimination** was an issue of national importance

**1 in 5** young people highlighted that **the economy and financial matters** was a key issue in Australia today

### Top 3 concerns:

**Stress** **38.4%** highly concerned

**School** **33.6%** highly concerned

**Body image** **26.5%** highly concerned

**Just over half** of respondents indicated **high levels of confidence** in their ability to achieve work/study goals

**10.3%** indicating they were **extremely confident**

**40.3%** indicating they were **very confident**

However, around

**1 in 10**



were less confident in their ability to achieve their goals

**8.1%** indicating they were **slightly confident**

**2.3%** indicating they were **not at all confident**

in their ability to achieve their study/work goals after school

More females than males felt that **academic ability** and **financial difficulty** would pose a barrier to the achievement of their post-school study/work goals



Females were slightly less confident than males in their ability to achieve their study/work goal

**52%**

of young people across Australia felt that there were barriers which may impact on the achievement of their study/work goals

### Top 3 barriers:

Nationally, the top three barriers that young people felt would impact on their study/work goals were:

**academic ability** (18.2%)

**financial difficulty** (16.9%)

**lack of jobs** (12.2%)

Read the full report at: [www.missionaustralia.com.au/youthsurvey](http://www.missionaustralia.com.au/youthsurvey)

## CALENDAR - Term 1 Week 5A

Monday 22 February	<ul style="list-style-type: none"> <li>Year 7 Camp</li> <li>Year 9 Mathematics Assessment Task - Pd 1</li> <li>Year 10 Mathematics Assessment Task - Pd 2</li> <li>German Exchange Ends</li> </ul>
Tuesday 23 February	<ul style="list-style-type: none"> <li>Year 7 Camp</li> </ul>
Wednesday 24 February	<ul style="list-style-type: none"> <li>Year 7 Camp</li> <li>Year 8 Drama Incursion</li> </ul>
Thursday 25 February	<ul style="list-style-type: none"> <li>Year 12 Parent Study Skills Seminar - 7pm, C2.1</li> </ul>
Friday 26 February	<ul style="list-style-type: none"> <li>Year 12 Study Skills &amp; Sleep Seminar - Pds 1-4</li> </ul>