

NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 2

Week 4A

20 May 2016

PRINCIPAL'S REPORT



Year 7 Parent/Teacher Night

Tuesday night proved to be a very busy evening with a large number of parents taking the opportunity to meet the teachers of their Year 7 sons and daughters. For many parents this was their first experience of such a night at a high school and I am pleased to report the evening went exceptionally well with many people commenting on Mrs Howard's outstanding organisation of the event. Hopefully, parents left with a clearer understanding of their child's progress and are now able to 'put a face to a name' when reports are sent home.

Year 8 and 11 Parent/Teacher Night

A reminder to parents, the Parent/Teacher Interviews for Years 8 and 11 will be held on Tuesday 31 May in the MPC from 4 - 8pm. Parents should have received an email from Ms Adamou, Stage 6 Head Teacher, explaining how to logon to the Parent Portal and book session times to see your child's teachers. Parent/Teacher Interviews provide an excellent opportunity for parents and caregivers to meet teachers and discuss individual student's progress and future needs. Students are encouraged to attend and be involved in the discussions. More information regarding bookings is included in this *Network*.

Zone Cross Country

Tuesday of this week saw many of our students competing in the Zone Cross-Country Carnival at St Ives Showground. On a near perfect autumn day our students tackled the course with enthusiasm and sportsmanship leading to many fine results. Amongst the many outstanding achievements were the following students who, by winning their event, became age champions: Milena Visser, 12 years girls and Emily Jones, 18 years girls.

Pleasingly, Cherrybrook achieved first place at the carnival, narrowly beating Pennant Hills High School in a neck and neck finish. This finish continues a tradition of friendly rivalry, which really brings out the very best performances from all students in both schools.

A full report on the carnival will follow in a later *Network*. Congratulations to all involved.

Year 12 Movie Night

On Wednesday night, Year 12 students held their annual Movie Night in the MPC. Around 150 students brought their bean bags and blankets to the event to watch a classic film, *Back to the Future*. Pre-ordered pizza and soft drink kept the students well fed. It was decided by Year 12 that proceeds from the night would go towards the *Sick or Treat* fundraising initiative set up to support Mrs Trumper with her treatment regime for her diagnosed rare lung cancer. Mrs Trumper's eldest daughter, Renee, who is in Year 12 and is a member of the SRC executive, spoke beautifully at the end of the night thanking her fellow students for their support and explaining how humbling the community reaction has been to her Mother's illness. A big thank you must go to Dominic Serov, Year 12, who was instrumental in the organisation of the event and to the staff members who gave up their time to supervise on the night. I am pleased to announce the event raised \$3,300!

Congratulations to...

- Our sixteen students selected for Schools Spectacular which will take place in November. This year will be the first time Schools Spectacular takes place at the new venue of Homebush, following the demolition of the Sydney Entertainment Centre.

Mr Johnson



Year 12 Enjoying their Movie Night



Year 8 and Year 11 Parent/Teacher Night Tuesday 31 May 2016

Parent/Teacher Interviews are being held in the MPC between 4pm and 8pm on Tuesday 31 May.

Bookings can be made via the CTHS Parent Portal from **Monday 23 May to Sunday 29 May 2016**
<http://oasis2.cherrybrook-h.schools.nsw.edu.au/portal/login>

- Your **Username** is the family email address nominated by you for the school's records.
- Your **Password** was selected by you when you created the Parent Portal account. Please note there is a **'forgot password'** function on the login screen, if you wish to reset your password.
- **It is not necessary to re-enter a family key**, the link to your child/children will continue from the time the account was first created.

- Once logged in, to access and book for the upcoming interview sessions, click on the link within the notification banner or use the **'Interviews'** tab.
- On completion of your bookings you will be given the option to either download or print your schedule. **Please note, once the bookings have closed your schedule is no longer accessible.**
- If you wish to access **Dashboard** where you can view information regarding your child's timetable, resources, attendance, wellbeing or reporting, click on the picture of your child, then click on the large word **'Dashboard'**.

Mentoring Program

A second successful Mentoring Breakfast was enjoyed by 25 Year 11 students last Tuesday morning. Students were encouraged to identify their personal strengths as well as opportunities available to them which would assist in reaching their potential. A SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis was used as a tool to encourage discussion with the mentor.

Students discussed their goals with their mentor in the areas of education, art/music/creativity, relationships, spiritual, sports/fitness/health and work. Steps to achieve these goals were identified and an implementation plan was drawn up.

The morning concluded with a brain teaser, mentee/mentor trying to solve a puzzle.

Mrs Ferguson and Mrs Bower



Cochlear Autumn School of Engineering, April 2016

During the first week of the recent school holidays, three Year 12 students, Elizabeth Li, Divya Vythilingam and Chris Swanepoel, attended the Cochlear Autumn School of Engineering organised by Engineers Australia. It was a week of early starts as we made our way to Chatswood every morning, bonding as friends on the train trips. Each day, we visited both a local university campus, where we were shown the respective engineering faculties and got a chance to play with some of their equipment and also visited active engineering sites to get a taste for the career.

We were taken on a tour of ANSTO, the National Nuclear Research Facility, visited the RAAF base at Richmond and saw the production lines of both Cochlear and ResMed from start to end at their local headquarters. All three of us went in, still not sure what courses to pick for next year come September and, without a doubt, this week has opened our eyes to a fascinating and exciting career that is now high on our shortlists. I highly recommend that everyone partake in similar programs as they come up. I know I regret not getting involved earlier!

Chris Swanepoel, Year 12



Cards for a Cause

Days of intricate planning, designing, tracing, cutting and gluing, preceded the opening of CTHS's first ever Mother's Day Stall, *Cards for a Cause*. Aimed at raising money for breast cancer, many generous volunteers set to work creating over 160 handmade cards.

Our *Cards for a Cause* stall opened on Wednesday 4 and Friday 6 May outside the school canteen and managed to raise a total of \$460 for the Cancer Council. Thank you to all the wonderful volunteers and all the generous CTHS students and teachers, who helped to make this stall a success; we couldn't have done it without you!

Nikita Kapahi, Year 12



From the Library

Magazines are not extinct! The library has subscriptions to syllabus-related magazines as well as general interest magazines. Escape your devices and (re)discover the pleasures of reading and browsing in the paper world.

To access the magazines, go to *Oliver*:

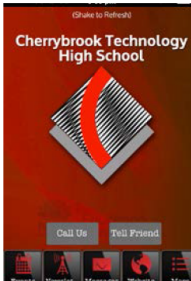
1. Change 'Basic Search' to 'Advanced Search'
2. Go to 'Types' and select 'Magazines'
3. Click the green arrow to see the available magazines.

Below are the new titles:



Any library book (which is not a faculty issued textbook) you have had for longer than two weeks is **OVERDUE**. Please return such resources immediately so others can access them. A fine of 10c for each day overdue is payable. You can easily avoid this by renewing items on your *Oliver* page or in the library **before** they are overdue.

Mrs Sorensen



Cherrybrook Technology High School App

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

Blueberry and chia seed pancakes

- ¼ cup black chia seeds
- 2 ½ cup almond milk
- 1/3 Canadian maple syrup
- 2 oranges
- 1 ½ cups wholemeal plain flour
- 2 teaspoons baking powder
- ½ cup walnuts, chopped
- 1 cup fresh or frozen blueberries
- Olive oil spray
- 250g tub ricotta

Method

1. Combine the chia seeds, almond milk and 1 tablespoon of the maple syrup in a large jug. Stand for 3-4 mins or until seeds swell. Meanwhile, finely grate 1 teaspoon rind from 1 orange. Cut the segments from both oranges (see Notes).
2. Combine the flour, baking powder, orange rind and half the walnuts in a medium bowl. Whisk in the milk mixture until smooth. Stir in the blueberries.
3. Spray a non-stick frying pan with oil and heat over medium heat. Cook level 1/2 cup measures of mixture, in batches, for 2 mins each side or until golden to make 8 pancakes. Divide among plates. Top with the orange segments, ricotta, remaining syrup and walnuts.



The super foods that were in our recipe that made it a superfood dish was black chia seeds and almond milk. Both of these ingredients have been gaining popularity over the years thanks to the health benefits they provide for people.



Chia seeds have been used in southern and Central America for many years

as a dietary mainstay in their diets. More recently Chia seeds have become a part of Australian life as a source of protein and carbohydrates that also provides a source dietary fibre for the body. Chia seeds provide the body with 2x the amount of protein than eggs this protein is used for repairing muscles in the body, 2x more fibre than oats this fibre is used in the body to help clean out the digestive track and bowels, 9x omega 3 than salmon the omega 3 is used to keep healthy heart and brain function, 5x more calcium than milk the calcium is used to improve hard tissue such as bones.

Almond milk is seen as a superfood due to the health benefits it can have to people who cannot or decide not to consume cow's milk. Almond milk is preferred by these people due to the fact that it contains less calories than cow's milk (1 cup contains 60 calories compared to 146 in cow's milk). There is little to no cholesterol or saturated fats present in almond milk making it a healthier alternative for those people who are heart conscious. Almond milk even though it has these health benefits it does not contain as much protein, and calcium as cow's milk contains per serve.



*By Jessie Chen, Kiran Ghumundee, Manvir Kalsi
& Connor Sainsbury, Year 12*

Year 12 Drama Camp

Last weekend Year 12 students attended a Drama Camp at Elenora Heights Conference Centre. This annual event provides Year 12 drama students time in which to focus exclusively on their HSC group performances. Each year, the comments remain unchanged as students continue to remark that the CTHS Drama Camp is singularly an absolute “stand-out” experience, allowing to fully immerse in preparing for the HSC drama practical exam in mid-August. Our 2016 cohort agree the camp gave them a great start to their group performance task.

This subject provides students with the opportunity to engage with a range of educational opportunities, including further development of the individual’s capacity to work collaboratively with others, to achieve collective goals. The outcomes of drama contribute richly to this goal. This productive use of the imagination, coupled with academic analysis, enables insights for use in daily life and the student’s next step forward. What parent does not seek to quell their anxieties about their child’s future by considering the best way forward for a relatively secure life, filled with satisfying achievement.

A key drama skill, which assists the development of resilience for engaging with our constantly evolving workplaces, is *divergent thinking*. Our students are encouraged to learn to generate creative ideas by exploring many possibilities. Working in a spontaneous, free flowing ‘non-linear’ manner is more than lateral thinking. It is a skill which is increasingly required in the job market. Those most likely to succeed possess this, along with an intuitive flexibility and ingenuity which allows individuals to adjust to rapid change with equanimity and poise.

It was great to see our Year 12 drama cohort work so industriously over the weekend.

Ms Cannon

Last Friday the Year 12 drama class took a trip to Elenora Heights for the annual Year 12 Drama Camp. During this weekend we engaged in brainstorming and producing the early drafts of our group performance pieces. Over the short amount of time we had we bonded over card games and a close deadline. This weekend tested our limits dramatically whilst our relationships transcended from classmates to friends. This was a worthwhile experience personally and academically, allowing us to gain insight into what HSC markers were looking for enabling us to understand the guidelines and newfound respect for each other.

Georgina Banfield, Year 12



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.**

WEEKLY SPORTS REPORT

Zone Cross Country Carnival

Congratulations to all our runners who competed fantastically at the Zone Cross Country Carnival on Tuesday. Full results will be included in next week's newsletter. Good luck for all our athletes who have qualified for the Area Cross Country Carnival, to be held on Friday 24 June.



U15 Boys AFL

Congratulations to our U15 boys' AFL team! They played well, defeating Killara High School 39-2 in the quarter finals before unfortunately losing out to Narrabeen Sports High School in the semi-final.

Sydney North Softball

Congratulations to our boys' softball team who played exceptionally well and were crowned the Sydney North Champions, convincingly defeating Gorokan High School 26-4. An outstanding effort and we wish the team the best of luck for their State Carnival.

Grade Sport

This week saw the second round of trials for the winter season of grade sport and the first week of intra sport for the season. Congratulations to everyone who has made a grade team and good luck in your first round against Turramurra next week. Boys will be playing away. Please ensure any outstanding bus fees have been paid.



Netball News

Congratulations to our girls' open netball team who defeated Killarney Heights High School last week. They all played fantastically and we wish them luck for the next round of the competition!

On Wednesday, four U15 teams played in the Netball NSW Schools' Cup, playing against state, catholic and private schools in four different pools with tough competition. Thanks to our exceptional umpires, Narin Onay, Tilly West, Lilly Morris and Emilija Grubisic and our student coaches, Shreya Bhatia, Keira Bower, Mina Gillani, Vanshika Gupta, Saamia Khan, Megan Ingram, Courtney Trumper and Natalie van Stryp. Special congratulations to our girls' A team, Jasmin Haoushar, Paris Lee, Alexis Masterton, Nilushi Ratnam, Abby Seamons, Amy Sherlock, Rosemary West and Lara Woollett, who were undefeated and became champions. All players are to be commended on their exceptional behaviour, displaying great sportsmanship.



Athletics

Our School Athletics Carnival will be held next week on Wednesday 25 May. It will be a fantastic day, so get involved and make the most of the late autumn sunshine! On Thursday, we will be holding the triple jump, 800m, junior high jump and 400m events. If you wish to compete and have not signed up, please see the PE Staff as soon as possible.

Students interested in competing in the 1,500m, 3,000m, sprint hurdles or walks events at Zone please submit your personal best time (and the race distance for hurdles and walks events) to the PDHPE staffroom ASAP.

Exciting news for Cherrybrook Alumni

A huge congratulations to one of our ex-students, Jenny Blundell, who recorded an OLYMPIC GAMES qualifying standard and a huge personal best of 4:04.62 in the 1,500m, placing fourth at the IAAF World Challenge in Beijing. The 1,500m is hotly contested for Olympic selection. Five Australian athletes are seeking qualification for only three available spots, with the final team being announced on Tuesday 12 July. We wish Jenny the best of luck!

Upcoming Events

Emily Jones and Kurt Perry
Sports Promotion Officers

Date	Event
Wednesday 25 May	CTHS Athletics Carnival
Thursday 26 May	CTHS Athletics Carnival (AM)
Wednesday 15 June	Zone Athletics Carnival
Friday 24 June	Area Cross Country Carnival

CAREERS UPDATE

Accounting Cadetship

This cadetship is for students looking at majoring in Accounting and who are just about to complete Year 12. The program provides a paid position at the firm and the opportunity to study either full or part time.

http://www.srfpl.com.au/careers/current_positions/srf_cadetship

University of Sydney - Year 10 Information Evening at James Ruse Agricultural High School

Tuesday 24 May 2016, 6.15pm - 8pm, James Ruse Agricultural High School, 17-31 Felton Rd, Carlingford. **Dr Karl Kruszelnicki** (ABC Science) will be the guest speaker at this event, which is designed to help Year 10 students (and their parents) choose subjects for the HSC and navigate through the process of applying to university. Topics will include, ATAR, scaling, maths prerequisites and assumed knowledge, subject selections, career pathways as well as the student journey to university.

www.sydney.edu.au/Year10-info-evening



Australian Government ICT Apprenticeship Program

Applications open July 2016 for 2017. Applicants must have completed Year 12 and there will be the opportunity to be placed in the Australian Federal Police, Australian Taxation Office, Bureau of Meteorology, Department of Defence, Department of Finance, Department of Human Services, Department of Immigration and Border Protection or Department of Veterans' Affairs.

<http://www.australia.gov.au/information-and-services/jobs-and-workplace/australian-government-jobs/ict-apprenticeship-programme>

The 2016 Hornsby Apprenticeship and Traineeship Expo

Wednesday 10 August, 4pm - 7pm, Hornsby War Memorial Hall. Meet training organisations and employers, learn how to get an apprenticeship or traineeship, pick up job applications, learn interview tips and find a career which suits you.

https://www.facebook.com/Hornsbyexpo/timeline?ref=page_internal

High School Careers Expo Sydney

Tuesday 14 June 2016, 5pm - 7pm, Hilton Hotel, 488 George St, Sydney. This expo is aimed at students in Years 10 to 12 as well as parents and careers advisors, who are interested in speaking with employers about career paths after high school. Employers at the event will include the Australian Tax Office, Deloitte, PwC and more.

<https://www.eventbrite.com.au/e/high-school-careers-expo-sydney-tickets-24836662125>

High School Careers Expo 

My Big Tomorrow

My Big Tomorrow aims to demonstrate how important developing sound literacy and numeracy skills are for future careers. The website features over 90 different career choices, with students able to search careers based on their hobbies and interests or search for random careers. <http://www.mybigtomorrow.com.au/>

Royal Australian Chemical Institute Career Profiles

These career profiles provide an insight into the jobs available for students interested in a career working within the chemistry field.

<http://www.raci.org.au/jobs-careers/career-profiles-2>

Engineering Link Group - What Makes a Great Engineer?

<http://www.telg.com.au/what-makes-a-great-engineer/>

How to Boost your Career in the Animation Industry

<http://www.rmit.edu.au/news/all-news/2016/may/boost-your-career-in-the-animation-industry/>

CSU Single Subject Study Option

Single subject study allows students to study a range of subjects taken straight from degrees. This means single subject students will study the same materials as students in a full degree and interact with other students and lecturers through CSU's online supported learning.

<http://www.csu.edu.au/oncampus/study-options/single-subject-study>

 **Charles Sturt
University**

Single Subject Study at CSU is an ideal way to:

- Return to study
- Gain professional development
- Gain new skills for a career change
- Get a taster of study without committing to a full-time degree.

Mrs Ferguson and Mrs Bower

PROCEDURE FOR LATE ARRIVALS

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



PENNANT HILLS HIGH SCHOOL
RESPONSIBILITY INTEGRITY ACHIEVEMENT

50
Years of Excellence



IN CELEBRATION OF OUR 50th ANNIVERSARY
WE PROUDLY INVITE YOU TO ATTEND OUR
FIFTY YEARS OF EXCELLENCE
CELEBRATORY DINNER

SATURDAY 27 AUGUST 2016 at 6.30PM
HORNSBY RSL CLUB
4 HIGH ST HORNSBY 2077
9477 7777

TICKETS \$85 plus \$2 booking fee. On sale from the venue.

BOOKINGS MUST CLOSE 8 JULY!

Hornsby Shire Library Services would like to
invite you to attend the launch of the

Korean and Hindi Language Books

혼스비 도서관에서 한국어와
힌디어 도서 서비스를
시작하는 출범식에 여러분을
초대합니다.

Hornsby Shire Library Services,
कोरियाई और हिंदी भाषा की
पुस्तकों के नए संग्रहण के
शुभारंभ में भाग लेने के लिए
आपको आमंत्रित करती है

Monday 23 May, 10am
Hornsby Central Library, 28-44 George St Hornsby

The new collections will be officially opened by
Mayor Steve Russell.

새로운 도서 진열대는 스티브
러셀(Steve Russell) 시장이
공식 개장할 예정입니다.

पुस्तकों के नए संग्रहण का
उद्घाटन आधिकारिक तौर पर
मेयर स्टीव रसेल द्वारा किया
जाएगा

Please stay and join us for the
Biggest Morning Tea Cancer Council fundraiser.

All are welcome.

Enquiries: 9847 6614

hornsby.nsw.gov.au/library



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 into 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.



**Cherrybrook
Markets**

For items with beauty, character and style

Saturday 28th May

9am - 2pm

at

**Cherrybrook Technology
High School**

28-44 Purchase Rd, Cherrybrook

cherrybrookmarkets.com.au



ABSENTEE NOTES

- Please ensure notes to the school contain your child's **FULL NAME** and **year** plus the **date** and **reason for absence**
- Absentee notes should be handed in to the student window the first day back after an absence
- Notes must be received within seven days of returning to school otherwise it will be recorded as 'unjustified'.

CALENDAR - Term 2 Week 5B

Monday 23 May	<ul style="list-style-type: none"> • Year 7 Resilience Program, Plus Year 11 Peer Support Leaders • Year 10 Mathematics Assessment Task • HSC Assessment Task - PDHPE
Tuesday 24 May	<ul style="list-style-type: none"> • HSC Assess Task, History Extension - Major Project • Year 12 High Achievers Morning Tea
Wednesday 25 May	<ul style="list-style-type: none"> • CTHS Athletics Carnival • HSC Assessment Task - IPT
Thursday 26 May	<ul style="list-style-type: none"> • CTHS Athletics Carnival - am only • Mock Trial
Friday 27 May	<ul style="list-style-type: none"> • Year 8 Reports Available via Parent Portal • Year 7 Mathematics Assessment Task • Year 11 Geography Excursion • HSC Assessment Task - Biology
Saturday 28 May	<ul style="list-style-type: none"> • Cherrybrook Markets