

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 2

Week 5B

27 May 2016

## DEPUTY PRINCIPAL'S REPORT



### Building Project

On Thursday last week there was a meeting with the Project Manager; Architects; Principal, Mr Johnson and Director of Public Schools Dural, Mr McCallum. This was the first real indication of the final building design and how it will fit into the current environment. Everyone was impressed with the design and with only a few minor details to be refined, we are close to the final signoff. This is very exciting as it means work should commence during the September school holidays.

### Year 8 and 11 Parent/Teacher Interviews

Parents of Year 8 and 11 students who would like to discuss the performance of their child, are strongly encouraged to make their bookings with staff as soon as possible, via the Parent Portal. The Parent/Teacher Interviews are being held on Tuesday 31 May, in the MPC, from 4-8pm. Instructions on how to access the Portal have been sent via email and comprehensive details are also included in this edition of *Network*. Based on the success of previous evenings, it is important to book quickly as many staff have had over 30 interviews per night! Students are also encouraged to attend the interviews for feedback on their performance in class.

Year 11 reports will be distributed at the Parent/Teacher Interviews Night, whereas Year 8 reports will be available via the Parent Portal, as well as emailed, on Friday 27 May. It is beneficial for parents to acquaint themselves with the content of the report prior to the interviews.

### Athletics Carnival

The previously postponed Athletics Carnival was held on Wednesday and Thursday of this week. With 1,443 students in attendance and high rates of participation, the spirit of competition was alive and well. It is pleasing to see the majority of students attended, although as it is a normal school day, those who chose not to attend are of concern.

Congratulations to the staff who organised this event and also to those students who selflessly volunteered to keep officials hydrated, canteens running and results streaming to the recording staff. Without them the Athletics Carnival would not happen. Commendation must also go to the Sports Captains, whose boundless enthusiasm was infectious amongst the student body and surely increased participation rates!

### High Achievers' Morning Tea

Our brightest and highest achieving students, as identified from the AP3 examinations and Year 12 reports, gathered on Tuesday at recess in D2.21, for a morning tea with the Senior Executive, Year Advisers and Stage Head Teacher. It was a fantastic opportunity to reflect on the strategies used and hard work put in by the students, as well as sharing their dreams and aspirations post CTHS. The students appreciated this special event whilst remaining acutely aware of the 'big prize' being the HSC results. Heartfelt congratulations are extended to these High Achievers with my message to all students being, "Keep striving to achieve!"

High Achieving students include, Georgina Banfield, Ellen Cameron, Doris Che, Sidath Dissanayake, Kaitlin Douglas-Gray, Jack Fu, Eduard Geyl, Charmaine Lau, Janice Luo, Brendan McKee, Wayanna Padukka Vidanalage, Patrick Phillips, Laura Stockwell, Dominik Strbik, Chris Swanepoel, Catherine Thomas, Keshini Vijayan, Leo Xiang, Lauren Yanco and Zhuo Yeung.



Year 12 High Achievers  
(Georgina Banfield absent)



*CTHS Athletics Carnival*

## **SuPeRmEgAhApPyWeEk**

Hard to read? Yep you guessed it, Supermegahappyweek is back! It is bigger and better than ever. Featuring some fantastic talent with fun and games for staff and students alike, it is a week where involvement and enjoyment are paramount. None of this would be possible without the initiative of the SRC team, who have put together a huge range of activities, commencing next week. Be Ready!

The events for the include:

Tuesday: Obstacle course  
Wednesday: Mufti day  
Thursday: Sports games  
Friday: Teacher appreciation day/world record attempt, longest thumb wrestling chain  
Monday: Food Olympics  
Tuesday: Talent quest

### **Congratulations to...**

- Charles Marais, Year 8, who has been selected as a member of the NSW All Schools Swimming team.

Mr Townsend

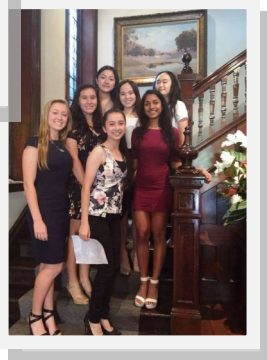
### **UBS Young Women's Leadership Academy**

From Monday 11 to Friday 15 April during the recent term holidays, I attended the UBS Young Women's Leadership Academy in a group of 50 girls selected from public schools across New South Wales, Victoria and ACT. A residential program held at the Women's College in the University of Sydney, the Leadership Academy exposed us to a multitude of inspiring female speakers including Australia's Local Hero 2016, Dr Catherine Keenan, and NewsLifeMedia's CEO, Nicole Sheffield, who provided valuable insight into the avenues they had taken to be recognised in the community as leaders. In addition to this, we went through a variety of workshops and information sessions which taught us how to better establish ourselves as leaders by working on body language, training our voices and the impact of personal branding. We learnt about the power of positive psychology by Dr Suzy Green of The Positivity Institute, and were taught by Cassandie Tozer of UBS how to achieve any outrageously ambitious goals we had; what she quite accurately labelled a 'Big Hairy Audacious Goal'.

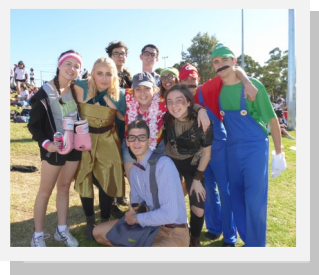
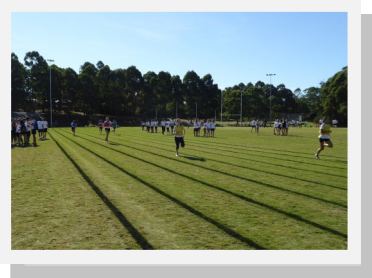
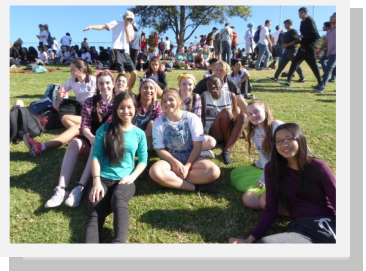
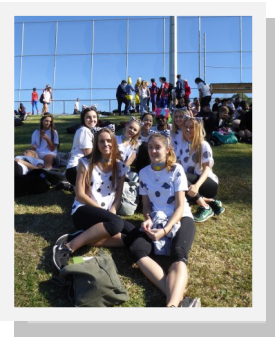
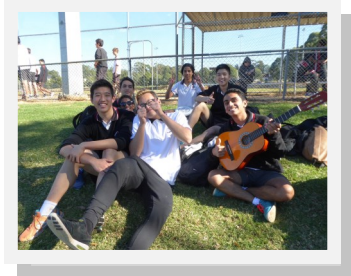
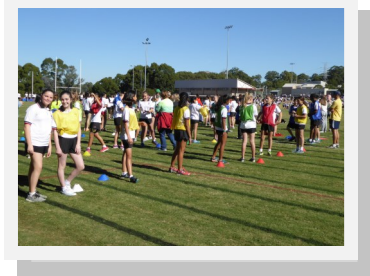
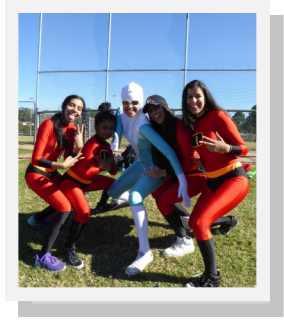
From the range of leadership activities we engaged in, to the bonding experiences we had as a group such as cupcake decorating, self-defence and a spontaneous sing-a-long to *Grease*, this academy has undoubtedly been one of the best experiences of my life. By meeting such a diverse group of girls and seeing how each and every one of us grew through this experience, it made me realise how much potential students here at Cherrybrook had to flourish as leaders; they simply needed the guidance to do so. Soon, our generation will be producing the new and upcoming leaders of our communities and by attending this academy I now recognise the importance of encouraging leadership aspirations within students and hope to encourage such goals in our school community as well.

I would like to say a huge thank you to Mr Keating and Mrs Navarro for helping me throughout the application process and for providing me with this valuable opportunity!

Hansika Muthukuda, Year 11



*CTHS Athletics Carnival*



**Must be Doing SOMETHING Right**

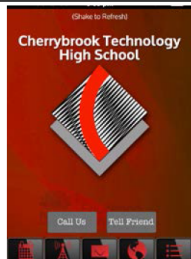
Students of 8tec02 are creating toys on wheels in the woodwork workshop, which involves cutting out intricate parts for a working mechanical system (powered by the aforementioned wheels). This project usually takes-up the entire semester. However, this year students finished in *half* the time! Indeed a large percentage of students completed their work either just before the term break or in the first couple of weeks back!

To classify as finished, the toy must have a moving part, which moves due to cams located on the same shaft as the wheels. The toy must move easily without being forced and must be painted or lacquered. This entails a lot of planning and precision of a Swiss watchmaker.

Jobs submitted so far have achieved a high level of competence and students are encouraged to continue being awesome!

Mr Laletin





**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.

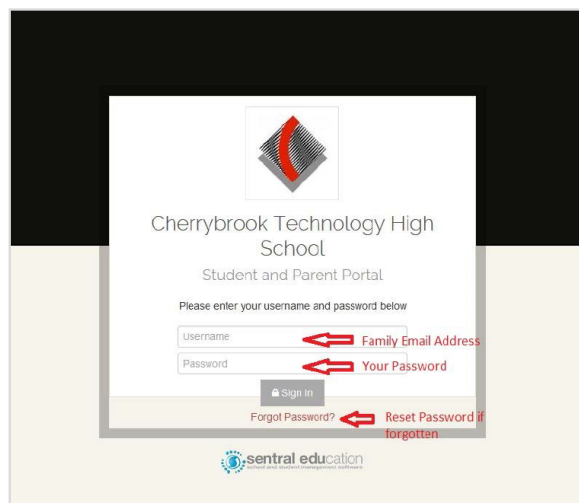


## Year 8 and Year 11 Parent/Teacher Night Tuesday 31 May 2016

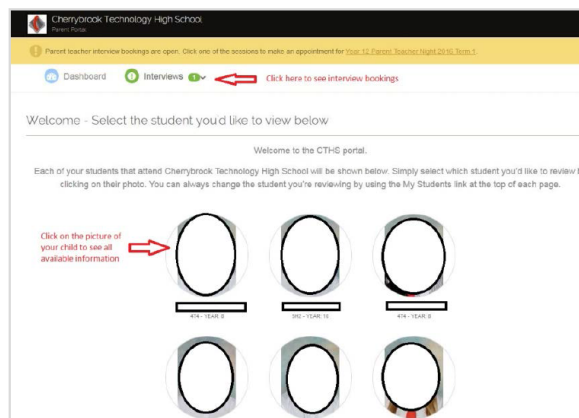
Parent/Teacher Interviews are being held in the MPC between 4pm and 8pm on Tuesday 31 May.

Bookings can be made via the CTHS Parent Portal from **Monday 23 May to Sunday 29 May 2016**  
<http://oasis2.cherrybrok-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'**.





Health  
Northern Sydney  
Local Health District

## Northern Sydney Public Health Unit Adolescent School Vaccination Program 2016 Year 7 and 8

Dear Parents/Guardians

The next HPV School Vaccination Clinic will be held on **Friday 10 June 2016**.

- Year 7:** Human Papillomavirus Vaccine (HPV). Students who were absent from the first HPV will be offered a catch-up dose on this day.  
**Year 8:** Human Papillomavirus Vaccine (catch-up).

If you would like information on the School Vaccination Program in languages other than English, it can be found at:

[http://www.health.nsw.gov.au/immunisation/Pages/school\\_vaccination\\_language.aspx](http://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx)

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the School Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation).

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure this record is kept for future reference and should not assume their child has been vaccinated if they do not receive this Record of Vaccination.

On the day of the vaccinations, students are advised:

- To ensure they have breakfast on the day
- If they are nervous, to talk to their teacher (this could also include their Year Advisor, Stage HT, a chosen classroom teacher or Mrs Navarro)
- They will be given a record of vaccination by the nurse, which is to be taken home to parents (it may be required at a later date, eg when starting work/work experience or travel)
- To bring a book or iPod with them as a distraction
- After their vaccination, they will be asked to sit quietly for fifteen minutes for observation before returning to class.

If you have any other queries regarding your child's immunisation history, please contact Northern Sydney Health on 9477 9400.

Mrs Navarro, HT Student Programs

### PROCEDURE FOR EARLY LEAVERS

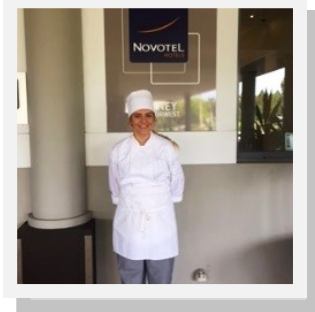
If a student needs to leave school early, they **must** provide a note from their parent/guardian giving reasons for their partial absence. **The student must hand the note in at the student window before 8:30am** where they will be issued with a leave pass. They can then present this pass to their teacher 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.

### The Real World of Hospitality - Work Placement

Last year during Term 4, students in the Year 12 hospitality class experienced the real world of work in this industry. As to be expected there were some real success stories and some which taught the students life lessons. Below are some pictures of the students at the establishments they attended. The class would like to wish the Year 11 class all the best as they venture out next week to make their first link with the industry.

Mrs Robinson



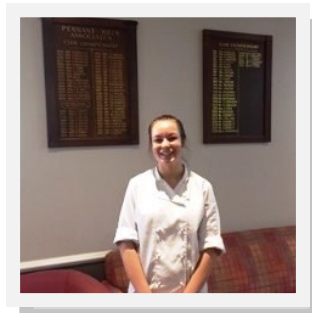
*Kirsten Croce at Novotel Norwest*



*Connor Sainsbury at Atlantis Bar & Grill*



*Brittany Ross at Epping RSL*



*Ellie Vandervinne at Pennant Hills Golf Course*



*Tayla Williams at The Station Hotel Hornsby*

Community Life Church presents:

# MYZONE

# BEAT

RUNS FOR 3 SUNDAYS FROM JUNE 5  
followed by:

## WATATO CHILDREN'S CHOIR ON SUNDAY 26TH JUNE



GET ALL THE DETAILS BY CALLING JADE ON 0418 181 931



### 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*

## CAREERS UPDATE

### Foundation for Young Australians - Enterprise Skills are in Demand

The New Basics Report reveals that employers are placing a premium on enterprise skills at a time of significant change in our workforce.

Jobs ads which ask for these enterprising skills, are offering significantly higher pay than those jobs not requiring these skills and employers of younger workers are asking for enterprise skills just as often as role-specific technical skills. What's more, the jobs of the future demand enterprising skills 70% more than jobs which are at risk of automation.

*Enterprise skills are transferable skills required in many jobs.*

They include:

- Problem solving
- Creativity
- Financial literacy
- Digital literacy
- Critical thinking
- Presentation skills
- Communications
- Team Work



### What are Enterprise Skills?

Enterprise skills are transferable skills which enable young people to engage with a complex world and navigate the challenges they will inherit. Enterprise skills are not just for entrepreneurs; they are skills which are required in many jobs. They have been found to be a powerful predictor of long term job success. The terms used to describe these skills vary across different contexts, sometimes called generic, soft or 21st century skills. However, the meaning is clear, a set of skills and characteristics which enable young people to confront the challenges of change and navigate a complex future.

### UWS Parent Information Evening

Parramatta Campus: Thursday 21 July  
Campbelltown Campus: Tuesday 26 July  
Penrith Campus: Wednesday 3 August

Students and their families may attend to learn about how the ATAR works and the range of university entry options available. Attendees will also learn about fees, HECS-HELP loans and all that UWS has to offer.

[http://www.westernsydney.edu.au/future/future\\_students\\_home/events/parent\\_information\\_evenings](http://www.westernsydney.edu.au/future/future_students_home/events/parent_information_evenings)

### UNSW Scholarship Information Evening

Wednesday 22 June 2016, 6.15pm - 8pm, Sir John Clancy Auditorium, UNSW Kensington. This event is for Year 11 and 12 students and their parents. There will be information on the different scholarships available and the application process. To register, follow this link: <https://www.futurestudents.unsw.edu.au/scholarships-information-evening-2016>

### Notre Dame Twilight Hours and Course Information

Wednesday 8 and Thursday 9 June 2016, 5pm - 7pm, 140 Broadway, Chippendale. This night is aimed at those unable to attend tours during the day and will include a campus tour, information on admission and tertiary education options.

<http://www.nd.edu.au/events/2016/individual-twilight-tours-and-course-information>

### Girls Can do Anything

This website highlights some of the many women working in 'non-traditional' jobs, revealing why they enjoy their jobs and the pathways which lead them to their current position. <http://www.security4women.org.au/rolemodels/>

### Good Careers Guide Now Available

The Good Careers Guide is replacing the Job Guide and is now available at the link below.

<http://goodeducationbookshop.com/>

### What Sort of Doctor Would You Like to Be?

This article outlines the pathways to medical schools and how to specialise in a specific field of medicine.

<https://www.myhealthcareer.com.au/medicine/medical-specialties>

### Red Shield Appeal

Saturday 28 and Sunday 29 May 2016. The annual Salvation Army Red Shield Appeal is on again and looking for volunteers to help door knock. For those interested, follow the link to find out how you can be involved in your local community.

<https://salvos.org.au/ryde/get-involved/red-shield-appeal-2016/>

Mrs Ferguson and Mrs Bower

# TUTORS

A tutor or coach of children must have a **Working With Children Check!**

Parents verify my WWCC online

My Name: .....

My D.O.B: .....

My WWCC number: .....



Tutors must have a current WWCC



Parents must verify the WWCC online



Got a clearance? You're good to go!



Scan the QR code

the working with children check 

[www.kidsguardian.nsw.gov.au/parentscheckthecheck](http://www.kidsguardian.nsw.gov.au/parentscheckthecheck)

# 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 more information please contact Sara at [uniforms@cherrybrookscouts.com](mailto:uniforms@cherrybrookscouts.com)



**Opening Times:** First Tues of each month (school terms)  
**7.30pm - 8.30pm**

**Drop-offs:** Tues, Weds or Thurs  
**7.15pm - 8pm** (school terms)

First Cherrybrook Scout Hall, Appletree Drive, Cherrybrook



## 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:

- New and the most misunderstood road rules
- Safe driving tips
- Safe driving strategies
- Pedestrian safety
- Roundabouts
- Older driver licensing
- Responding to hazards; and more

When: Thursday 9 June, 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.

Register online at: <https://trybooking.com/LNDX> or phone Council on 9847 6616.

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





**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**



**CALENDAR - Term 2 Week 6A**

Monday 30 May	<ul style="list-style-type: none"> <li>• Super Mega Happy Week</li> <li>• Year 11 Work Placement</li> <li>• G&amp;T Maths Day</li> <li>• Year 7 Science half-yearly Exam</li> </ul>
Tuesday 31 May	<ul style="list-style-type: none"> <li>• Year 11 Work Placement</li> <li>• ICAS Science Competition</li> <li>• Year 11 Reports handed-out at Parent/Teacher Night</li> <li>• Year 8 &amp; 11 Parent/Teacher Night - 4pm-8pm, MPC</li> </ul>
Wednesday 1 June	<ul style="list-style-type: none"> <li>• Year 11 Work Placement</li> <li>• Year 11 High Achievers' Morning Tea</li> <li>• Year 12 Chemistry Practical Task</li> <li>• Smart Start Incursion</li> <li>• Year 10 Science Core 'A' half-yearly Exam</li> <li>• Year 11 Ancient History Incursion</li> </ul>
Thursday 2 June	<ul style="list-style-type: none"> <li>• Year 11 Work Placement</li> <li>• Year 7 Resilience Program - Plus Year 11 Peer Support Leaders</li> <li>• DOE Walk - Offord to Bundeena</li> <li>• HSC Assessment Task - Business Studies</li> </ul>
Friday 3 June	<ul style="list-style-type: none"> <li>• Year 11 Work Placement</li> <li>• Year 8 Ecology Science Excursion</li> <li>• Year 11 Biology Excursion</li> <li>• Year 11 Senior Science Excursion</li> <li>• DOE Walk - Offord to Bundeena</li> </ul>