

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 2

Week 6A

3 June 2016



## DEPUTY PRINCIPAL'S REPORT

### Bullying 'No Way' Assembly

The focus of this week's assembly was an Anti Bullying message. Despite a great deal of talk about bullying, and increased awareness of this issue, it is still a problem for many students. The nature of bullying seems to have changed, with far more online issues causing people distress. Bullying can happen anywhere, at school, at home, in the workplace or in online social spaces, via text messaging or email. It is intended to cause distress or harm.

Bullying has a negative impact and should **not** be tolerated. It can have serious mental and physical impacts. When bullying isn't stopped or challenged, it can create an environment where it is accepted and where students feel powerless to stop it. At CTHS we try to encourage students to talk to someone who they know and trust, gaining the support they need to help in such situations. Everyone has the right to feel safe and be treated fairly and respectfully.

At the assembly a short film was shown highlighting the impact of cyberbullying and sexting. The situation presented was very realistic and hopefully all students clearly understood the message. A Q&A session was also held with Stage 4 Representatives answering questions posed by the junior members of the SRC. A big thank you goes to Mrs Howard and the Stage 4 Representatives for putting on this very worthwhile event.

### Student Online Behaviour

We have recently had incidents reported of our students being involved in 'sexting'. Senior Constable Deb Crystal came and spoke to Year 8 boys and girls about the dangers of this practice. For parents, this should be worrying behaviour, as there can be serious consequences both in the short and long term. This information was clearly conveyed to all students. The take home messages to students were:

- Do not forward the image to anyone
- Tell the person sending the image that you do not want any more texts like this
- Block the sender
- Don't be pressured into doing something you don't want to do.

These images are more commonly sent over mobile phones, but can also occur through Skype and other social media sites like Facebook, Twitter, Instagram, Flickr, Tumblr and Snapchat.

### Year 11 High Achievers' Morning Tea

The gifted and diligent students of Year 11 were invited to attend the High Achievers' Morning Tea at recess on Wednesday, which gave us the opportunity to congratulate and acknowledge the top all-round students of Year 11. Mr Johnson acknowledged this year's High Achievers had produced some of the most outstanding reports he had ever read! The students enjoyed morning tea especially the hot food, which is not surprising given the very cool temperatures we have been experiencing this week. Students discussed their future plans and aspirations with the Senior Executive, Stage 6 Head Teacher and Year Advisers. Congratulations to the following students who were identified through the AP1 reports as being exceptional: Eliza Chalik, Manash Chowdhury, Sanjeev Desai, Nadia Fathinia, Pabodha Gunaratne, Laura Heinrichson, Edwin Hosseini, Candice Jackson, Kendrick Kam, Elsie Kwak, Esther Kwak, Brinda Kumar, Daisy Lau, Mai Le, Dillon McGrath, Hansika Muthukuda, Lisa Ostman, Yasheeka Patel, Nina Qiu, Michelle So, Jenny Wang, Lottie Wills, Natalie Windsor, Natalie Wong and James Yoo (absent).



Year 11 High Achievers  
on Mufti Day

Super Mega Happy Week

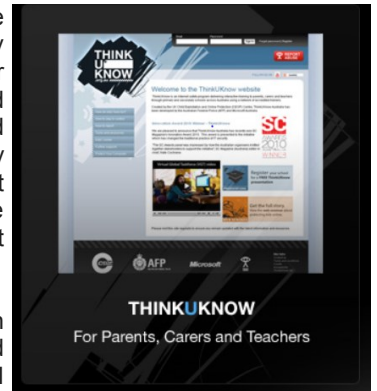


## Mental Health Conference

More than 6% of young people in Australia have experienced an affective (mood) disorder in the past twelve months. More than 15% of young people in Australia have experienced an anxiety disorder in the past twelve months. Suicide is the biggest killer of young Australians, accounting for more deaths than car accidents. These are the inconvenient truths that impact on schools and families. I had the opportunity to attend the 2016 Mental Health in Schools conference recently and was confronted with a range of worrying statistics. Mental dysfunction occurs every minute, every hour, every day and in every classroom. Teachers, like parents are at the forefront of management and duty of care, to try and support our young people experiencing mental health issues. The one message that the conference reinforced was the importance of diagnosis and the encouragement of appropriate treatment.

Our Welfare Team, including Year Advisers, Stage HTs and DPs, recently completed the Youth Mental Health First Aid training course so we can all be more informed and better prepared regarding Mental Health Issues. For parents who would like additional information on this subject, I recommend the following websites which are excellent online resources:

<https://parents.au.reachout.com/>, <http://www.thinkuknow.org.au>



## Year 8 and 11 Parent/Teacher Night

On Tuesday of this week, the MPC was crowded with parents and students from Years 8 and 11 as parents met teachers to discuss their child's progress. Year 11 reports were distributed on the night with reports not collected being mailed to families. Thank you to the Stage 4 and Stage 6 Head Teachers and the Year Advisers, for their organisation of this important event.

## P&C Meeting

The next P&C meeting will be held on Tuesday 7 June at 8pm in the staff common room. These evenings provide a wonderful opportunity for parents and community members to learn what is happening at CTHS, as well as meeting other parents within our school community. Apart from the regular agenda items, there will be two additional presentations which will be of great interest. Mr Clements will speak on the latest *Tell Them From Me* survey and the architects involved in the building program will be giving an update, as we now have concept drawings and multimedia imaging of the project.

## SuPeRmEgAhApPyWeEk

The week started as a big success with large numbers of students descending into the MPC at lunchtime to participate in a fun obstacle course. Students darted, jumped with balloons, ran with Brussel sprouts in spoons and dodged jumping ropes to complete the course.

On Mufti Day, Wednesday, students donned a range of clothing reflecting the theme, 'It used to be cool' and enjoyed pizza at lunchtime. \$1,000 raised from this event will go towards Oxfam overseas aid projects and \$2,000 will be donated to Motor Neurone Disease research in memory of Professor Paul Brock, Director of Learning and Development Research in the Office of the Director-General and a former parent of Cherrybrook Technology High School.

Thursday's activities included a range of games organised by the Sports Executive. Another very successful event! A big thank you to the SRC and Mrs Fletcher for their organisation of the events so far. More fun to come during the next week.



Mrs Bevan

## Registration Audit by NSW Board of Studies, Teaching and Educational Standards

On Thursday of this week Inspectors from the NSW Board of Studies, Teaching and Educational Standards (BOSTES) reviewed the school.

During the course of this registration/audit process key aspects of the school's operations were closely scrutinised. Areas included: curriculum, assessment, attendance recording processes, student well being, student leadership and a range of other important areas. The aim of the exercise was to determine whether the school, as part of the public system, was compliant with all NSW Government regulations.

This year approximately twenty Government schools are being reviewed or sampled and the results aggregated to confirm whether or not the public system is compliant with Government expectations and regulations and whether there may be areas for system improvement.

This process is one non-Government schools have been experiencing for many years, but one, which is new to our sector.

Pleasingly, the Inspectors were very positive about the operation of the school and most importantly the quality teaching and the outstanding learning outcomes our students achieve. They were also very complimentary about the many opportunities afforded to our marvellous students.

The entire process, despite generating an enormous amount of preparation work, was one, which was very valuable and served to confirm the valuable work completed by staff and students each day at Cherrybrook Technology High.

Mr Johnson

**Department of Education Requirements for Students  
who are Anaphylactic, Asthmatic, or have Allergies or Serious Medical Conditions**

The Department of Education requires parents to provide full disclosure of **ALL** medical conditions. Therefore, **ALL** students who are **Anaphylactic, Asthmatic**, or have **Allergies** or any **serious medical conditions**, **MUST** supply documents to the school confirming their condition. A current *Medical Plan* from a General Practitioner is also mandatory. Parents must contact the Head Teacher Welfare to discuss their child's medical condition(s) and the required documentation.

Please note, it is a Department of Education prerequisite that **all students who are Anaphylactic carry their Epipen auto-injector and 2015 ASCIA Anaphylaxis Personal Plan with them at all times at school**. The plan should be wrapped around the Epipen box and secured with a rubber band.

Mr Hind, Head Teacher Welfare

**LMC Mathematics Gifted and Talented Day**

On Monday 30 May, selected Year 8 students participated in a Gifted and Talented Competition. Ten schools from around Sydney participated in challenging mathematics activities in small teams, competing for prizes. The following report by Year 8 students, Shreya Trackroo and Kaye Leong, details their experience on the day.

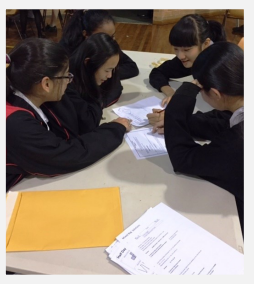
Mr Watson

"Our classes recently had an amazing opportunity to participate in a Maths Challenge Day held in the CTHS MPC, where we got to compete in teams of six against different schools. The day was full of fun, hands-on activities and challenging problem solving questions.

First, everyone got into their groups and were given numerous questions to complete. Every activity had a time limit and when the time was up the teachers collected your answers and according to how well you scored. We also competed in an individual elimination challenge where Mr Watson asked a question and told us an answer which was wrong and you had to decide if the actual answer was higher or lower. This task was exciting and it tested our abilities to think fast as you only had twenty seconds to answer the question. The final activity was a prac task that we did called 'Fence the Maltesers', where we had to build a fence out of raw spaghetti and tape in which 200 Maltesers had to fit perfectly without any gaps and in one layer, otherwise you lost points. This was by far the most fun activity of the day because we got to communicate with our groups, think mathematically and use creative ideas and designs.

Overall the day was a success and very enjoyable as it encouraged us to test our abilities in a fun way. We got to combine our knowledge with other people in our grade whom we don't usually come across and work together as a team to answer hard problem solving questions. It was great fun and we are very grateful for our excellent teachers for providing this amazing opportunity."

Shreya Trackroo and Kaye Leong



### HSC Aboriginal Studies Major Project Display

The Aboriginal Studies HSC class hosted a display of their major projects after school on Wednesday 1 June in the school library. The event provided an opportunity for the families of our students to see the incredible array of subjects and formats these talented young people dedicated two school terms to producing. Parents are often the unsung heroes of our students' successes at school and nowhere is this more apparent than in the support and encouragement provided in the production of these major projects. It was a wonderful opportunity for the class to say thanks to those who made the 6am trips to Bunnings for last-minute supplies, read countless proofs of early versions of reports, drove students to interviews in distant parts of the city, assisted with printing, binding and other costs of production and were loving and wise listeners and providers of support in countless important ways. The class of 2016 thank you all very much.

The display was also attended by our Year 10 students presently undertaking the Preliminary Aboriginal Studies course who will commence their own projects when they begin the HSC course in Term 4. The class of 2016 hope the Year 10 students were inspired by what they saw and grasp the opportunities the course offers.

Mrs Cross



### From the Library

The library webpage (weebly) has been decommissioned. *Oliver* continues to provide links to resources and information and there will be a new library page to follow. Anything you do not find on *Oliver*, please come and ask the library staff to help you find what you need.

*Vivid* is brightly lighting the night and you can still marvel at the technical skills and creativity of the 'makers' of these installation. If sadly, you have missed exciting talks at the Sydney Writers' Festival or TEDx, thanks to the internet you can still experience these events. So, explore and enjoy some challenging/inspiring presentations. Take a few minutes to relax and reflect about something; there is content for everyone!

Sydney Writers' Festival <https://www.youtube.com/channel/UCuCZP35tRLm6YfvB9HiS3Vg>

TEDx Sydney <https://tedxsydney.com/talks/>

TEDxYouth@Sydney 2016 is "Made by young people, for young people, it is a platform for *ideas worth spreading* designed for young change makers, thinkers, innovators, activists, entrepreneurs and go-getters between the ages of 16 and 26." Does that sound just perfect for you? Check out how to view this:

TEDxYouth@Sydney <https://tedxsydney.com/event/tedxouthsydney-2016/>

Ms Halder

#### 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.



**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

## Entertainment Book 2016 | 2017

The new 2016 | 2017 Entertainment™ Book and Digital Memberships are available now and packed with thousands of up to 50% off and 2-for-1 offers. From every Membership we sell, 20% of the proceeds go towards our fundraising. The more Memberships we sell, the closer we get to our goal, so please share this information with all your family and friends!

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Cherrybrook Technology High School

Phone: 02 9484 2144 | Email Sandy Jones: [sandy.jones8@det.nsw.edu.au](mailto:sandy.jones8@det.nsw.edu.au)

### 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 be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc.**

### 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.

**“A minute on the lips, is a lifetime on the hips”**

Obesity in Australia is rapidly increasing, especially among youth. Based on 2013-2015 Australian Bureau of Statistics Australian Health Survey:

- 2 out of 3 adults are overweight or obese
- 10% more adults are overweight or obese than in 1995
- 24% Australian children are overweight or obese
- Obesity is the 2<sup>nd</sup> highest contributor to other diseases

There are two impacting issues that affect the growing obesity statistics; unhealthy diets and lack of adequate exercise. The majority of Australians work white collar occupations that involved constantly staring at computer screens with little to no movement.

Some children receive most of their energy from junk foods e.g. high-sodium snacks, confectionary opposed to fresh, nutrient-enriched foods. If these unhealthy eating habits continue, it will extend into their adult lives and children. Additionally, the lack of adequate exercise contributes to the growing numbers of obesity in Australia. In 2014-2015, over 70% of Australians did little to no exercise at all. Adequate exercise is crucial as it balances the amounts of adipose tissues (fat) stored in the body. It is recommended Australian adults complete at least 30 minutes of exercise daily.

The Australia government has implemented systems to enable Australians to make small changes to their life styles to reduce the growing issue of obesity and healthier lifestyles. Recently, health programs such as ‘Crunch and Sip’ have been set up in primary and secondary schools to educate the youth.

The smallest changes can often lead to life changing impacts such as changing eating habits, substituting foods for

#### Coconut and Berry Pancakes Recipe

##### Ingredients

- 1 cup spelt flour
- 1 cup light coconut milk
- 2 eggs, separated
- 1 tablespoon coconut oil
- Fresh berries, or frozen berries, to serve
- Maple syrup, to serve



healthier options without compromising the flavour.

Pancakes are popular breakfast option. However, with its high content of butter and sugar, it has become unhealthy. But, through substituting some ingredients, it can be healthy and enjoyable. This could include replacing butter with coconut oil, adding spelt flour instead of self-raising flour or substituting full fat milk with coconut milk. These substitutions bring many health benefits with them as well as being delicious.

Coconut oil is one of the richest sources of saturated fat, with almost 90% of the fatty acids in it being saturated. An interesting feature of coconut oil is that it can improve satiety.



This may be related to the way the fatty acids in it are metabolized, because

ketone bodies can have an appetite reducing effect. Coconut oil appears to be effective in reducing abdominal fat. Spelt flour is fast gaining popularity as a health food because it contains a broad spectrum of nutrients, including complex carbohydrates, sugar, soluble and insoluble fiber, sodium, vitamins, minerals, fatty acids, amino acids and more. Coconuts are highly nutritious and rich in fiber, vitamins and minerals including iron and calcium. Unlike cow's milk, coconut milk is lactose free so can be used as a milk substitute by those who are lactose intolerant.

When the pancakes were tasted, 87% of the class enjoyed it, however it didn't appeal to 13% of the class, this was because they thought it lacked in sweetness. To improve the taste it was recommended to add honey or coconut sugar.

Thus, little changes in one's lifestyle can have a huge impact in the future.

##### Method

1. Preheat oven to 150C. Line a tray with baking paper.
2. Sift flour into a bowl. Make a well in the center and whisk in combined milk and eggs until batter is smooth and bubbles form. Set aside for 20 mins.
3. In a clean, dry bowl, whisk egg whites until stiff peaks form. Gently fold through batter.
4. Heat a frying pan on high and brush with coconut oil. Using a ladle, spoon 1 ladle-full into pan, to make a 12cm circle. Cook for 2-3 mins or until bubbles surface. Flip and cook the other side for 1 min.
5. Transfer to a prepared tray and keep warm in oven. Repeat cooking process with remaining batter. Serve with berries and a drizzle of maple syrup.

Kashmine Deogun, Sophie Hui, Maryam Mariot and Luckmini Weerasinha, Year 12



## CAREERS UPDATE



### Western Sydney Careers Expo, Year 10 and 12 Excursion

**ALL** Year 10 and 12 students **MUST** attend this excursion. The Western Sydney Careers Expo 2016 will include a comprehensive display of post-school education providers. Students will travel by bus from the school to the event. Please go to the CTHS website careers section and download the appropriate permission note <http://cths.nsw.edu.au/curriculum/careers/>

#### Dates:

Year 12: Thursday 16 June

Year 10: Friday 17 June

**Please complete the permission note and return, with the \$15 payment, to the student window before Wednesday 15 June.**

### Life at Sydney

Tuesday 27 and Wednesday 28 September 2016, Camperdown Campus, University of Sydney. The day will include hands-on tutorials, tours and the chance to experience life as a student. <http://sydney.edu.au/study/admissions/events-for-future-students.html>

### Australian Jobs 2016 Report

Australian Jobs 2016 presents information for people exploring careers or education and training options, as well as those currently looking for work or assistance to enter or re-enter the labour market. The publication includes information about employment trends by region, occupation and industry, together with projected employment growth and job prospects.

[https://docs.employment.gov.au/system/files/doc/other/australianjobs2016\\_0.pdf](https://docs.employment.gov.au/system/files/doc/other/australianjobs2016_0.pdf)

Mrs Ferguson and Mrs Bower

Open days for 2016		
<b>Australasian College of Natural Therapies</b> Pymont and Brisbane 30 April, 13 August Campus tours can be booked all year round. For more information, visit the website or call 1300 017 287.	<b>Griffith University</b> Gold Coast 24 July	<b>Top Education Institute</b> For information about open days visit <a href="http://www.top.edu.au">www.top.edu.au</a> .
<b>Australian Catholic University</b> Canberra 27 August North Sydney 3 September Strathfield 10 September	<b>International College of Management, Sydney</b> Manly 14 August For more information, visit <a href="http://www.icms.edu.au/open">www.icms.edu.au/open</a> .	<b>Torrens University Australia (including APM College)</b> The Rocks, Adelaide and Brisbane 30 April, 13 August Campus tours can be booked all year round. For more information, including Day in the Life events, visit <a href="http://www.torrens.edu.au">www.torrens.edu.au</a> or call 1300 880 810.
<b>Australian College of Applied Psychology</b> 27 April For more information and future dates during 2016, visit the website.	<b>Jansen Newman Institute</b> Pymont 30 April, 13 August Campus tours can be booked all year round. For more information, visit the website or call 1800 777 118.	<b>University of Canberra</b> Bruce 27 August
<b>Australian Maritime College</b> Beauty Point and Newnham 7 August	<b>La Trobe University</b> Sydney 4 August Melbourne 7 August Bendigo 14 August Albury-Wodonga 15 August Mildura 17 August	<b>University of New England</b> Armidale 6 May
<b>Australian National College of Beauty</b> Pymont and Brisbane 30 April, 13 August Campus tours can be booked all year round. For more information, visit the website or call 1300 885 385.	<b>Macleay College</b> Surry Hills 20 August Open day is every day. For a personalised tour, call 1300 939 888.	<b>University of Newcastle</b> Port Macquarie (evening) 4 August Central Coast (Ourimbah) 13 August Newcastle (Callaghan) 20 August
<b>Australian National University</b> Canberra 27 August For campus tours, visit <a href="http://anu.edu.au/study/events/campus-tours">http://anu.edu.au/study/events/campus-tours</a> .	<b>Macquarie University</b> North Ryde 20 August	<b>University of Sydney</b> All campuses 27 August
<b>Billy Blue College of Design at Torrens University Australia</b> Ultimo, Brisbane and Melbourne 30 April, 13 August Campus tours can be booked all year round. For more information, visit the website or call 1300 851 245.	<b>MIT Sydney</b> Open day is every day. For campus tours/ appointments, call (02) 9287 2400 or visit the website.	<b>University of Technology Sydney</b> City 27 August
<b>CATC Design School</b> Ultimo, Brisbane and Melbourne 30 April, 13 August Campus tours can be booked all year round. For more information, visit the website or call 1300 881 111.	<b>National Art School</b> Darlinghurst 3 September	<b>University of Wollongong</b> Wollongong 13 August
<b>Charles Sturt University</b> Powerhouse Museum 27 August For campus tours, appointments and course information, call 1800 334 733 or visit <a href="http://futurestudents.csu.edu.au/unife/campuses">http://futurestudents.csu.edu.au/unife/campuses</a> .	<b>SAE Creative Media Institute</b> Sydney and Byron Bay 8 August For up-to-date information, freecall 1800 SAE EDU (1800 723 334) or visit <a href="http://sae.edu.au/news-and-events/events">http://sae.edu.au/news-and-events/events</a> .	<b>UNSW Australia</b> Kensington 3 September UNSW Canberra at the Australian Defence Force Academy 27 August
<b>CQUniversity</b> Sydney 19 December Virtual open days (online) 8 August – 10 September For more information visit <a href="http://www.cqu.edu.au/opendays">www.cqu.edu.au/opendays</a> .	<b>SIBT</b> All campuses 27 August For more information on open days, visit <a href="http://SIBTOpenDay.com">SIBTOpenDay.com</a> .	<b>Western Sydney University</b> Parramatta 28 August For more information, call 1300 887 888 or visit the website.
	<b>Southern Cross University</b> Coffs Harbour 2 December Lismore 7 December Gold Coast 9 December The Hotel School Sydney 10 September	<b>William Blue College of Hospitality Management</b> The Rocks and Brisbane 30 April, 13 August Campus tours can be booked all year round. For more information, visit the website or call 1300 851 237.

For information on school visit days, contact individual institutions.

## WEEKLY SPORTS REPORT

### CTHS Athletics Carnival

Last week our 2016 Athletics Carnival took place after being postponed. The weather, atmosphere and participation were fantastic and we had some exceptional results over the two days. Congratulations to everyone who took part, a special congratulations must go to Kate Collett (15 years girls, Year 10) who was the highest point scorer of the carnival and also broke three records, two of which have stood since 1996! For those who have qualified for the Zone Carnival, which will be held on Wednesday 15 June. Permission notes will be handed out shortly.

### Age Champions

	Girls	Boys
<b>12 years</b>	Milena Visser	Michael Blundy
<b>13 years</b>	Kelly Chapman	Alex Durheim
<b>14 years</b>	Lara Woollett	Charles Marais
<b>15 years</b>	Kate Collett	Harish Abimanju
<b>16 years</b>	Aurora Henke	Michael Growden
<b>17+ years</b>	Emily Jones	Brent Larkham

### Records Broken

Kate Collett	15 years Girls	Shot Put, Discus, 100m
Katie Devitt	16 years Girls	100m, 200m
Emily Jones	17+ years Girls	Long Jump, Triple Jump
Alex Durheim	13 years Boys	100m
Danielle Osifo	13 years Girls	100m
Jessica John	12 years Girls	100m

### Grade Sport

Last week most teams played Turramurra in the first round of the winter season.

### Representative Carnivals

Zone Athletics will be held on Wednesday 15 June and permission notes will be handed out shortly.

Area Cross Country will be held on Friday 24 June and permission notes are now due.

If you will be travelling on the Zone bus, please ensure you have paid your fees.

Students interested in competing in the sprint hurdles, 1,500m, 3,000m or walks events, please sign-up at the PDHPE staffroom with their personal best time ASAP.

CTHS is running the Representative Carnival this year, so anyone interested in helping out should sign up at the PDHPE staffroom ASAP.

### Upcoming Events

Date	Event
Wednesday 15 June	Zone Athletics Carnival
Friday 24 June	Area Cross Country Carnival

Boys		Girls	
Basketball A	Win	Basketball A	Win
Basketball B	Win	Hockey A	Win
Basketball 15's	Win	Netball A	Loss
Hockey 7's A	Loss	Netball B	Draw
Soccer Open A's	Loss	Netball 9/10 A	Win
Soccer Open B's	Draw	Netball 9/10 B	Win
Soccer 15's A	Draw	Oztag A	Win
Soccer 15's B	Loss	Oztag B	Win
Speedway A	Win	Soccer A	Loss
Volleyball A	Win	Soccer B	Win
Volleyball B	Loss	Speedway A	Loss
Rugby 16/17's 7's	-	Volleyball A	Loss
Rugby 14/15's 10's	-	Volleyball B	Win
Mixed			
Badminton	-		
Table Tennis	Win		

Emily Jones and Kurt Perry, Sports Promotion Officers

## WEEKLY SPORTS REPORT (cont'd)

### Knockout Softball

Congratulations to the boys' knockout softball team who recently won the Sydney North Final. The boys' progression through the qualifying rounds was made relatively straight forward with a forfeit win in round one against Woy Woy High School, a round two win of 19-4 against Kincumber High School, a round three win of 22-10 against Waldalba High School and in the final a 26-4 victory against Gorokan High School. In all matches the skills and team spirit shown was of a very high level. The boys have now qualified for the final 16 State Championships to be held in Newcastle on Tuesday 23 and Wednesday 24 August.



Team: Mitchell Baker, Hamish Baker, Lachlan Cranfield, Ashley Eaton, Liam Harris, Arun Mohindra, Thomas Pellow, Alex Pellow, Connor Sainsbury, Tom Simpson, Christian Wheeler and Lucas Wright.

The girls' knockout softball team played against a very strong round three opponent, Mackellar Girls' High School, which also included the Australian Softball Captain. Our team was further disadvantaged with many of our regular team members either injured or sick on the day. The game was played in good spirits with many of our girls experiencing softball at a competitive level for the first time. However, the 30 minutes coaching session was not enough to match the opposition with the end result not in our favour. Some excellent performances were shown on the day.



Team: Monique Barberis-Leon, Hannah Giovanazzo, Jessica Phillips, Matilda West, Jasmine Connolly, Courtney Trumper, Emilija Grubisic, Brooke Steinwede and Brittney Hartley.

Mr Monahan

**THE CTHS**  
**TRIVIA NIGHT**

**24th June 2016**

Students, families and friends of the CTHS community are invited to a fun filled night of trivia with all money raised going to support our sister school in Cambodia and the charitable work of the Social Justice Club.

Time: 6 Pm  
Venue: CTHS MPC  
Cost: \$10 Per Person or \$80 for a table of 10 People  
Tickets to be purchased online at: <https://www.trybooking.com/202109>

This is an alcohol free event. BYO own snacks and drinks.  
Show your school spirit and grab a ticket!

Hornsby  
Kuringgai **Women's Shelter**



**The Sun-Herald**  
**CITY2SURF**  
PRESENTED BY  
**Westpac**  
**Run for us**  
**Sunday 14 August 2016**  
Register now and start fundraising!  
Visit  
[www.hkws.com.au/c2s](http://www.hkws.com.au/c2s)

CALENDAR - Term 2 Week 7B	
Monday 6 June	<ul style="list-style-type: none"> <li>• Year 7 Resilience Program - Plus Year 11 Peer Support Leaders</li> <li>• Year 12 Mathematics Task</li> <li>• Year 12 Mathematics General Assessment Task</li> <li>• Year 12 Economics Assessment Task</li> </ul>
Tuesday 7 June	<ul style="list-style-type: none"> <li>• DoE Walk - Otford to Bundeena</li> <li>• Year 12 Senior Science Excursion</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 8 June	<ul style="list-style-type: none"> <li>• Year 9 Mathematics Assessment Task</li> <li>• DoE Walk - Otford to Bundeena</li> <li>• Year 12 Physics Assessment Task 3</li> <li>• NDCO Disability Outreach program</li> <li>• Year 12 FDT Excursion</li> </ul>
Thursday 9 June	<ul style="list-style-type: none"> <li>• Year 7 Resilience Program - Plus Year 11 Peer Support Leaders</li> <li>• Year 8 Geography Incursion</li> </ul>
Friday 10 June	<ul style="list-style-type: none"> <li>• Year 7 Vaccinations</li> <li>• Year 8 Catch-up Vaccinations</li> <li>• Year 11 Biology Excursion</li> <li>• HSC Assessment Task - English (all courses)</li> <li>• HSC Assessment Task - Industrial Technology</li> </ul>