

NETWORK

Cherrybrook Technology High School

Term 4

Week 8B

1 December 2017

DEPUTY PRINCIPAL'S REPORT



It is with mixed feelings that I am writing this report, as it will be my last as one of the Deputy Principals of CTHS. It has been an absolute privilege to be the Deputy of this wonderful school. It is always with great pride that I represent the school at any function, as it is a lighthouse model of how public education should be delivered and the students here always live up to expectation when needed.

When people today speak negatively about today's youth, they obviously don't know the students of Cherrybrook! Almost without exception, we have an articulate, responsible student body who think about how they would like the world to be. They often help groups less fortunate than themselves, are accepting of differences and embrace change. Obviously, some students experience hiccups along the way but when we have the opportunity to work with families and offer support these problems are often resolved. Students here usually accept responsibility for what they have done and are very accepting of the consequences. I think they will make exceptional citizens in the future.

I would also like to acknowledge my fellow staff members. As a community, the school is very fortunate to have such a talented, hard working groups of teachers whose genuine concern is the education of the students who come here. Having worked in the welfare area for the past fifteen years as a Head Teacher and then a Deputy, you would not find a more supportive group of teachers who acknowledge the importance of wellbeing as a primary indicator of academic success.

The school was set up 25 years ago to be a leader in education with a technology focus. This vision has never been lost and in fact has been built upon by successive innovative leaders, especially our Principal, Gary Johnson, and teachers who realise that the future is not something to be concerned about but something to look forward to. The high expectations set for all and the mantra of doing your best is well known throughout the school. Participating in all areas of school life is encouraged and will ensure a well-rounded individual. There is no doubt why CTHS is the number one comprehensive high school in the state and beyond.

I will miss the staff, students and parents who I have come to know over my time at the school. However, I look forward to the next phase of my life.

Community Workshop for the Planning of Cherrybrook Station Precinct

Four of our school student leaders, Courtney Cockerton, Dylan Vellani, Dhruv Lohia and Nadee Manchanayaka, attended a planning meeting hosted by the Department of Planning and Environment on Wednesday 22 November. This meeting was organised so that different stakeholders could voice opinions about the priorities for our neighbourhood. The issues discussed ranged from housing choices, road use and parking, access to public transport, environmental sustainability and public spaces. Students found this meeting extremely worthwhile and were commended for their thoughtful input.

Welcome to the New Head Teacher Maths

The new Head Teacher Mathematics, Miriam Lees, started with us this week. She has come from Blacktown Boys' High School where she was already established as a highly successful Head Teacher. For 2018, Ms Lees will be responsible for Years 7, 9 and 11.



Cyberbullying Report

A survey of 1,000 respondents aged 14-25 by mental health service, ReachOut, shows that a quarter of those surveyed had been the victim of bullying over the last twelve months.

According to the survey, the highest incidence (52%) of bullying occurs at school, followed by the online space with 25%, and the workplace at 25%.

With digital devices present in almost every home, workplace and classroom, cyberbullying is becoming increasingly difficult to address.

Tim Falinski, consumer director of APAC for anti-virus company, Trend Micro, says better education around digital citizenship as well as the real-life consequences that cyberbullying can have are key to stamping out this problem.



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Below, Falinski shares some counter-cyberbullying tips for parents and principals:

- Have an open two way conversation with your children about the risks
- Try to get your kids to share their profiles and blogs with you
- Establish some general rules: Set time limits on when they can go online and guidelines on what sites they can and can't visit
- Consider requiring Internet use in a high-traffic place in your home
- Parents should be careful not to react when the kids tell them something bad, otherwise run the risk of scaring them from talking to them next time
- Invest in a solution that offers parental controls like Home Network Security.

If your child is having issues with bullying in any form, it is important the issue is addressed. Headspace, the National Youth Mental Health Foundation, has its offices in Castle Hill and offers a range of services to students and parents. These include, mental health, physical health, work and study, alcohol and other drug services. They are located at 253 Old Northern Road, Castle Hill NSW 2154. P: 7801 4600, E: headspaceCastleHill@ucmh.org.au, FB: www.facebook.com/headspaceCastleHill/.

They also provide **ehespace**, an online service to support young people and their families. You need to register either on their website or over the phone **1800 650 890**, to access this service.

Peer Support

Our extremely important Peer Support training will occur next week. Mr Hind will be training our 2018 Peer Support Leaders for their role in working with next year's Year 7 students, day one and two of Term 1, 2018. This program is designed to assist in the transition process and give an understanding of the CTHS experience. The leaders will also be preparing for the pre-camp activities which focus on the importance of a positive school culture and maintaining an inclusive environment at CTHS.

The leaders will also be involved in Rock and Water training with Mr Hartman as they will be working with the Rock and Water team promoting strategies for coping within the Resilience Program in Term 2. Early next year the leaders will complete the Mental Health First Aid course (TAFE accredited) as we see this as very beneficial in helping students understand mental health issues. This training enables them to be equipped to have the appropriate responses and gives assistance on where to go for support.

The Welfare Team looks forward to working with our new leaders in 2018.

Assembly Week

As we steadily roll towards the Christmas break, it is important to note that next week is amongst the busiest in the school calendar as we celebrate and recognise the outstanding achievements of our wonderful students. Students and parents are asked to take note of the following dates and times:

Year 6 into 7 Orientation Day:	Tuesday 5 December in the MPC from 9am until 11am
Presentation Night Ceremony:	Tuesday 5 December in the MPC from 7pm
Sports Awards Ceremony:	Thursday 7 December in the MPC from 9.20am
Presentation Day Assemblies:	Friday 8 December in the MPC - Year 7 from 9am; Year 8 from 10.45am; Year 9 from 1.15pm

Parents please note: There is very little parking in the Cherrybrook Technology High School vicinity. The boom gates will prevent parental access to the school carparks. Please allow ample time to park and make your way to the venue for the designated start times.

End of Year Arrangements

A reminder to all parents the school year continues for students up to and including **Friday 15 December** and student attendance to this date is a requirement of the NSW Government. Your support in ensuring your child attends each day in full school uniform will be greatly appreciated.

After consultation with the P&C, the last day of our school year will be Friday 15 December, finishing at the end of period 4, with an assembly in the MPC. Students will be dismissed at this time to go home. The bus companies have been informed of these arrangements, but unfortunately cannot provide school bus services at that time. Students will need to travel home on normal timetabled schedules or arrange alternative transport. Any parent who needs to have their child supervised until 3.00pm on this final day should contact the school **in writing**, so this may be arranged.

Student Couriers Decorate the Front Foyer

We were fortunate to have two very enthusiastic student couriers, decorate our front foyer this week. Well done Jasmine Wells and Guruprasath Venkateswaran, Year 7, it looks terrific!

Congratulations to...

- Liam Christie, Year 10, who received a CHS Sporting Blue for Trampolining. Recently, Liam also represented Australia in the World Titles in Bulgaria where he came fourth. An outstanding performance!

Mrs Bevan



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Social Justice SHAC

Throughout Week 6, students from the Social Justice Committee volunteered their lunchtimes to sew pencil cases for students at our sister school, SHAC (Smiling Hearts Association for Children). Located in Siem Reap, Cambodia, the school provides underprivileged children with an education, and a safe place.

Seventy-five pencil cases were made and filled with stationery. The pencil cases will be sent with a group of outgoing Year 12 students who will be visiting and volunteering at SHAC as part of an alternate schoolies trip to Cambodia and Vietnam.

Sophie Cunningham and Adrian Monardo, Stage 5 and Social Justice Representatives



Social Justice Visit to Westmead Children's Hospital

On 27 November, ten students travelled to Westmead Children's Hospital to attend the Patient Interactive Program. The program involved Year 10 students dressing up in fun costumes, such as pirates and superheroes, to visit the different areas of the hospital. Mr Clements in his bear suit was a favourite with the children, who all wanted a cuddle, a high five and a photo.

We visited the outpatient waiting rooms for the fractures and oncology departments as well as the Starlight Room. Each student got the chance to interact with patients, ranging from as young as 4 months old to 17 years. To entertain the kids we blew bubbles, drew pictures, coloured-in, read books and talked to some of the parents. The visit concluded with a tour of the hospital, revealing the work that goes on behind the scenes and learning about the different facilities that differentiate Westmead from the typical hospital.

The excursion was a rewarding experience which gave us the chance to do something that was about more than our sheltered lives, giving us the chance to be a part of something bigger. We learnt about the Child Life Therapy that goes on, seeking to not just heal a child's physical ailments, but create an environment that promotes self-esteem and self-expression. It was touching to be a part, no matter how small, in a child's road to recovery.

Without a doubt it was an eye opening and bittersweet day that left us all with the desire to assist the hospital and children as much as we can. So keep an eye out Cherrybrook for future fundraisers!

Daniel Monteiro and Sewmini Malalagama



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Cherrybald Portrait Prize Exhibition

The Cherrybald Portrait Prize Exhibition for Year 7 Visual Arts and Stage 5 Painting, was held on Wednesday 29 November. Teachers selected a diverse range of paintings to be exhibited, with portraits of identities from history, politics, human rights, sporting icons, actors, authors and of course family members.

We were fortunate to have Ms Carole Wilson as our special Guest Judge. Ms Wilson was a Visual Arts Teacher at Cherrybrook Technology High School for many years and has 40 years experience in Art Education. Ms Wilson presented awards for Winner of Year 7 and Winner of Stage 5, as well as two Highly Commended from each category.

During the exhibition parents, students and teachers were invited to vote for the People's Choice Award. Ms Wilson and exhibition guests were amazed at the sheer talent, dedication and technical skills of our young Year 7 and Stage 5 artists.

Thank you to the large audience who attended the Cherrybald Prize.

On behalf of all the Visual Arts teachers we would like to congratulate all of the students and commend them for their talent and dedication in the creation of their artworks. We look forward to next year's Cherrybald Portrait Prize Exhibition and the ever flourishing artistic talent of Cherrybrook Technology High School Visual Arts students.

Cherrybald Year 7 Winner:	Lillian Lu
Cherrybald Year 7 People's Choice:	Sherri Casey
Cherrybald Year 7 Highly Commended:	Charlena Ling
Cherrybald Year 7 Highly Commended:	Rohan Hopkins
Portrait Prize Stage 5 Winner:	Danielle Zalud
Portrait Prize Stage 5 People's Choice:	Narin Onay
Cherrybald Stage 5 Highly Commended:	Rachel Ingram
Cherrybald Stage 5 Highly Commended:	Naomi Ferreira

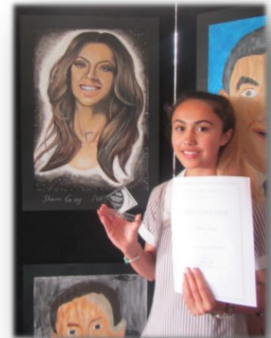
Mrs Jaeger



Danielle Zalud



Lillian Lu



Sherri Casey



Narin Onay



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Lions Club of West Pennant Hills / Cherrybrook

It was a great pleasure and honour to attend the 2017/2018 Lions Club of West Pennant Hills / Cherrybrook Youth of the Year C Club Final where our current School Captains, Courtney Cockerton and Dylan Vellani, delivered their speeches. In addition to the two representatives from our school, five other students were also selected for this round, they were from Normanhurst Boys High School, Galston High School and Pennant Hills High School. Students were first subjected to two impromptu questions, these were:

1. Dual citizenship is causing problems for some individuals of our federal parliament, what do you understand about this situation and its possible implications?
2. Is emotional intelligence as important as intellectual intelligence, give us your thoughts.

Both Courtney and Dylan gave some excellent responses to both questions. Additionally, both candidates were required to give a speech on a subject of their choice. Courtney gave a moving speech about her aunt who died from Meningitis, an inflammation of the membrane surrounding the brain and spinal cord that is commonly caused by an infection. Her aunt passed away just prior to the Federal Government's introduction of the meningococcal vaccination program for senior students. Courtney spoke about the difficulty reconciling her feelings of grief concerning the death of her aunt from a disease best prevented by vaccination and the complaints from the community and students about the introduction of the vaccine.

Dylan's speech was similarly impressive. He spoke about being a first generation Australian and the not so easy journey his grandfather and family had moving from Tanzania to India and finally Australia to afford him the privileged life he now enjoys. Initially leaving a war torn Tanzania where his grandfather worked in the family medical practice only to escape the conflict in the country to India. With no money or assistance he established another medical practice in addition to settling down and starting a family. Again conflict in India forced the family to abandon all their possessions and livelihood to travel to Australia, only to have to start all over again. Dylan's story emphasised that despite hardship, danger and despair it is possible, through hard work and perseverance to overcome difficulties, even if they seem overwhelming at the time.

Pleasingly, Courtney was awarded with the Public Speaking Award.

Miss Hampe, Mr Fisher and I would like to congratulate both Courtney and Dylan for an excellent effort on the night, particularly the day before the HSC English assessment task. We were in awe of your public speaking skills, well done!

Miss Adamou



University of Technology Sydney Law Discovery Day

On Thursday 23 November Dhruv, Emma, Archana, Miss Adamou and I attended a law degree workshop hosted by UTS. The students were exposed to the daily commute requirements and convenient city location of the university's campus. Upon arrival, we were able to discuss all forms of questions and aspects involved within a law degree at UTS with a once CTHS student, Louisa Dimarco, who is now thriving amongst the university lifestyle. CTHS students, as well as an array of other schools, got to meet a Dean of the Law Faculty and gained a thorough insight into law options at UTS and what the future law degree lifestyle beholds.

The rest of the day saw us participate in legal activities and lectures. A legal professor gave us an insight into her research and opinions of the law and its application within public order offences such as swearing. Then a practice mediation session went underway, aiming to develop students' communication, problem solving and team working skills, proving to students that a law degree can be useful for graduates who go beyond the career path of a lawyer. A mock trial session took place in the afternoon, whereby a relatively significant portion of CTHS students participated and developed impromptu public speaking skills, appropriate legal arguments and gained a greater understanding of the court trial process.

The day was a major success and a special thanks to Ms Adamou for organising safe and efficient transport as well as providing this valuable opportunity to four lucky legal studies students.

Maxwell Ward



Emma Poole, Louisa Dimarco,
Archana Obeyesekera & Dhruv Lohia



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Laps for Love Fundraising Campaign

Hi everyone! Daniel De Sacadura (Year 7) would love your help please. He and his friends are getting together to swim and raise funds for a good cause. On 3 December these gorgeous young people will attempt to swim 10km, continuously, relay style under the banner created last year, 'Laps for Love'. This year the funds raised are going to be used to fulfil Christmas wishes for teenagers who are doing it tough. Perhaps they can't be with a parent this Christmas or perhaps they are caring for a sick family member or simply battling issues of their own.

Last year Dan, then aged 11, started asking how much it would cost to provide bottles of water to homeless people, then it grew to wondering how they met other needs. Before his mother knew it he had gathered four friends and come up with the idea to swim to raise money. They raised a staggering \$1,500 to put together survival packs for homeless people; toothbrush, soap, toothpaste, hairbrush, face cloth, noodles, chips, drink bottle, cutlery, poncho, sanitary items, muesli bars, torch and cap. They made 50 of them, which the team and families then delivered around the city to homeless people on the streets. We took many remaining care packs to Parramatta Mission where the children saw how they help homeless people.

At the same time, Dan noticed that a day before the gifts were all due to be handed in, there were a lot of tags for teenagers left on the Tree of Joy outside Woolworths at Cherrybrook. It broke his heart to think someone his age would be left without a gift. Many of the tags were for essentials like school bags and stationery, so he vowed there and then he was going to swim again this year and pull those tags off the tree and fulfil them with the funds raised. He already has 25 tags for teenagers aged between 12 and 14 and he's sure there'll be more if they need them! So that's where the funds are going this year. If you wish to support Dan and his friends, please send a message via the following link: <https://www.facebook.com/pg/Lapsforlove-132631654107352/posts/>



Courtney Stalley, Anisha Dhillon, Daniel De Sacadura (+ two friends)

Mrs Howard

Year 8 Medieval Day 2017

On Thursday 30 November James Adams and his assistant, Kyla, brought their Medieval Show to CTHS once again. This annual event is an opportunity for Year 8 students to acquire a more in depth and hands on understanding of Medieval History, with an emphasis on weapons and warfare. Mr Adams' show was interesting and funny and he was an engaging presenter with many facts, figures and stories to illustrate them. Students had an opportunity about halfway through the show to stretch their legs and try out the weapons and shields, armour and helmets, with many taking the opportunity for selfies and group shots with Fred (the full suit of plate armour). Many thanks to the students for their outstanding behaviour and to the library for allowing us to use the venue.

Mr Hartman



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Stage 5 Food for Special Occasions and Year 12 Food Product Development

Week 8 has been a particularly busy week in the Food Technology classes. Below is a selection of pictures from the Cakes for Children and the Food Product Development Assessment Task taste test. The classes have produced food items that exceed expectations and demonstrate great skill and attention to detail. Congratulations to both classes for your time and effort on these two tasks.

Mrs Robinson



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CAREERS UPDATE

CAREER MENTORS NEEDED - Year 11 Careers Mentoring 2018

The Career Mentoring Program at CTHS has been a huge success, allowing students to gain wonderful insights into possible career paths. Again we are asking the school community for names and contact details of possible Career Mentors. The career fields which are required for next year are:

- Optometrist
- Mechanical and Biomedical engineer
- Dietician
- Graphic Designer
- Journalist / Writer / Editor
- Physiotherapist
- Occupational Therapist
- Doctor
- Psychologist
- Architect



The Mentors and Mentees meet six times in the year for breakfast and take part in a Shadowing Day. If you have any contacts in these careers, please email or phone. More information is available by emailing Christine.ferguson@det.nsw.edu.au.

Tech Jobs Which don't Involve Coding

The tech industry is broader than you might think, and only getting bigger. Read about it <https://careerswithstem.com/tech-job-guide/>

Getting a Job with no Experience

This article gives great tips on how you can apply for jobs when you don't have any experience. Read the article <https://www.fastcompany.com/3046146/how-can-i-get-a-good-job-with-no-experience>.

Tips to Increase your Confidence Before Going to University

Read the article <https://www.cambridgeimmerse.com/pre-university-confidence-boosters/>.

Care Careers Quiz

If you're interested in working in the care sector but don't know what you want to do, take this quiz to narrow down your options <https://www.carecareers.com.au/page/career-quiz?>

Mrs Ferguson and Mrs Bower

A promotional poster for the Cherrybrook United Netball Club. The background is black with decorative pink and white swirls. At the top center is a netball icon. Below it, the text reads "Cherrybrook United Netball Club" in a white serif font. The main headline is "PLAY NETBALL IN 2018!" in large, bold, white capital letters. Below this, it says "Join Cherrybrook United Netball Club for the 2018 Winter season" in pink. There are three categories of players listed: "Netta 6-9 yo" (Friday night), "Juniors 10-15 yo" (Saturday morning), and "Cadets (16/17 yo) & Seniors (+18yo)" (Saturday afternoon). A circular badge on the left states "All games are played at Pennant Hills Park". At the bottom, it says "Online registration opens 1st January, 2018" and "SEASON COMMENCES 4/5 MAY 2018". The footer includes the website "cherrybrooknc.nsw.netball.com.au" and the Facebook page "CHERRYBROOK UNITED NETBALL CLUB".



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CALENDAR - Term 4 Week 9A

Monday 4 December	<ul style="list-style-type: none"> • HSC Assessment Task - Mathematics • HSC Assessment Task - Senior Science • Stage 5 Boys' and Girls' Class Excursion
Tuesday 5 December	<ul style="list-style-type: none"> • Year 6 into 7 Orientation Day - MPC & C2.1, 9am-11am • Year 10 Debating Competition • Sport Excellence Excursion • HSC Assessment Task - History Extension • HSC Assessment Task - Food Technology • CTHS Presentation Night Ceremony - MPC, 7pm
Wednesday 6 December	<ul style="list-style-type: none"> • HSC Assessment Task - Geography • Year 9 Debating Competition • Year 10 Peer Support Leader Training
Thursday 7 December	<ul style="list-style-type: none"> • Sports Awards Presentation Ceremony - MPC, 9.20am
Friday 8 December	<ul style="list-style-type: none"> • Years 7, 8 & 9 Presentation Day Assemblies • Year 10 Crossroads Enrichment Program • HSC Assessment Task - SDD • HSC Assessment Task - Drama



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