

NETWORK

Cherrybrook Technology High School

Term 1

Week 9B

27 March 2020

DEPUTY PRINCIPAL'S REPORT



Thank you for your Support

I want to start with a big thank you to our school community for your patience and understanding as we all transition through this very difficult period. We are very grateful for all your well wishes and would especially like to thank all those who have sent messages of support to the school.

Preparing for the Online Learning Environment

As a school we are currently working very hard to provide your children with an engaging and supportive online learning environment. Our teachers are endeavouring to provide innovative and engaging lessons to allow for the continuation of your child's learning. To help support the implementation of online learning in the home, please look at the suggestions below as to how to set up an effective learning environment:

- Set up a regular routine, in other words do not allow your child to sleep in. They already have a really effective routine which is their school timetable.
- Place all devices, which are not necessary for learning, in another room eg, their mobile phone. Mobile phones are major distractions for all students.
- Make sure the area is a dedicated space for learning, preferably not their bedrooms. It would be good to have a proper desk and chair so you can mimic the environment in their school classrooms.
- Make sure there is sufficient lighting and power points available.

We strongly recommend you watch the SchoolTV Special Report on Online Learning, featuring Dr Michael Carr-Gregg, https://schooltv.me/wellbeing_news/special-report-preparing-homeschooling. This program outlines the key role parents and carers have in implementing online learning. Parents need to make sure their children do not see this period as an extended holiday. They do need to provide structure to their day to facilitate the online learning experience.

Parents are able to monitor their child's classwork and know what activities they have been given, by asking their child to log on to Canvas and take them through what they have been doing and what they have completed.

Learning Support at the School

For those parents who are concerned about the provision of Learning Support mechanisms within the school, a Canvas page has been created so parents and students can interact with the Learning Support Team throughout the school day. This Canvas page will also provide a *Question Space* where students can ask questions which will be visible to others in their year group. The Learning Support Team will respond to questions throughout the day. A *Check my Work* facility will be available for students to upload their tasks for feedback. Daily lunchtime conferences will also be setup, where Learning Support Team members will be available to talk to students.

AP3 Examinations Online

Yesterday, a letter was emailed to all Year 12 students and their parents outlining our intention to conduct the remaining AP3 Examinations online, from Monday 30 March. This decision was made in the best interest of students and staff. It will be very important for students to check announcements on Canvas, in their specific course, for instructions on how to access and complete their examination. Any student who believes they will have difficulty in completing their remaining examinations online must contact the school immediately.

Digital Citizenship

Due to students spending more time online, it will be important for parents to monitor their online usage, both from a recreational and educational perspective. In order for students to complete their work, it would be wise to limit students' interaction with chat rooms and various apps, which create distractions during timetabled lesson periods.

Wellbeing Online

We have also created a dedicated Canvas page focussing on Student Wellbeing. Please look out for the email home, which will let students know how they can join the Canvas page. The Canvas Wellbeing page contains useful links on how to set up an online learning space at home, mindfulness and relaxation apps and ways to contact Mental Health providers to support students and families facing difficulties at this time. The Canvas Wellbeing page also has a Google form facility students can complete if they need to speak to a member of the CTHS Wellbeing Team. This includes Counsellors, Year Advisors, Stage Head Teachers and Deputies. Following are the contact details for a number of useful sites which can help families and students through this difficult time.

Achieving Together

Principal: Mr G Johnson
Deputy Principals: Mr M Townsend, Mr B Clements, Mrs A Gatt





Address: 28-44 Purchase Road, Cherrybrook NSW 2126
Phone: 9484 2144
Web: <https://cths.nsw.edu.au/>
Email: cths@cths.nsw.edu.au

Name	About	Phone	Online
 <p>Kids Help Line</p>	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 <p>Lifeline</p>	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131 114 6.00pm - midnight	Crisis Support Chat 7.00pm - Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 <p>Suicide Call Back Service</p>	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
 <p>Beyond Blue</p>	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3.00pm - Midnight https://www.youthbeyondblue.com/
 <p>Headspace</p>	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1-on-1 Chat 9.00am - 1.00am https://headspace.org.au/eheadspace/
 <p>QLife</p>	QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships	1800 184 527 3.00pm - midnight	Webchat 3.00pm - Midnight https://www.qlife.org.au/resources/chat
 <p>1800RESPECT</p>	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome

SCHOOL PHONE NUMBER

Please make a note of the school phone number, **9484 2144**. Although we have a number of outgoing lines, this is the **ONLY** incoming phone number which directly connects to the CTHS front office. Thank you.

If you are looking for an app which will support your child.....

Name	About	Website
Calm Harm 	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	Free App Store Google Play
Clear Fear 	The fear of threat or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
ReachOut Worry Time 	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
ReachOut Breathe 	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
Smiling Mind 	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
WellMind 	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play

NAPLAN Online 2020

This is just a reminder, NAPLAN 2020 has been cancelled for this year. This also includes the practice exams which were scheduled on the school calendar as well.

Final Network for Term 1

Once again we would like to thank our CTHS community for all their well wishes and support they have given to the school at this time. Unfortunately this will be our last *Network* for Term 1, 2020. As per the current situation any updates will be emailed from the school. We wish you all the best during this unusual time. If you have any difficulties or concerns please contact the school.

Mrs Gatt

UPDATE OF PERSONAL DETAILS

It is important parents/carers keep the school informed of any changes to their personal details. Current contact information is essential, not only in the event of an emergency, but so we may also keep all parents/carers up-to-date with their child's progress and attendance and communicate any concerns which may arise.

If there have been any changes to your personal details, please email the school as soon as possible via cths@cths.nsw.edu.au

Careers Update

Western Sydney Careers Expo 2020

Due to the Federal Government's announcement on Friday 13 March 2020, that any non-essential, organised event set to take place from Monday 16 March 2020 anticipating more than 500 attendees should be cancelled because of the threat to public health by community transmission of the COVID-19 virus and the subsequent increase in restrictions announced by the Prime Minister, the **Western Sydney Careers Expo 2020 has been cancelled.**



The Expo was on track to being a fabulous event and exhibitors were looking forward to welcoming those interested. The good news is the organisers secured **dates for the 2021 event at Sydney Showground, Sydney Olympic Park, Thursday 24, Friday 25, Saturday 26 and Sunday 27 June 2021.**

Macquarie University

Macquarie University has also undertaken social distancing measures due to COVID-19. To ensure the continued wellbeing of the entire community, including our careers advisers, school contacts and prospective students and their families, all non-essential face-to-face Future Students events and engagement activities prior to **29 May, 2020** have been cancelled.

Students can:

- Live chat with Macquarie online at mq.edu.au
- Email at futurestudents@mq.edu.au
- Call their team on 02 9850 6767



Defence Work Experience Program

The Defence Work Experience Program has regrettably been put on hold from now until the end of April. The ADF encourage all students interested in future placements to keep an eye on their website www.defence.gov.au/workexperience which will advise of upcoming opportunities and their dates.

Study Work Grow

The Study Work Grow website provides **Early Entry 2021** information to school leavers and scholarships on offer. In their **University Co-op Scholarships 2021 Guide** you will find every detail about:

- Open and closing dates
- Essential links
- Eligibility info and a summary of the benefits for each scholarship.

Though these scholarships are exclusive, you don't need to be a superstar. Some of them just have an ATAR cut-off, others focus on leadership skills, sporting abilities or community service.

To find out the fantastic benefits and if you haven't signed up for membership yet, please visit their website:

Step 1 - Go to studyworkgrow.com.au/create-your-membership/

Step 2 - Use code **CHERRY19** (then personalise your password)

Work Experience

Most student work experience placements have been postponed and will hopefully be rescheduled for later in the year. Please contact careers advisers if you have questions.

While online learning is happening there are e-work experiences which will provide a simulated or virtual experience of a workplace. To find out more, click on the **InsideSherpa Virtual Work Experience Program** which can be accessed on the studyworkgrow.com.au website.

To help students in the days ahead, e-work experience will also be provided by www.jobjump.com.au across a range of areas. The website offers a great deal of useful skill development from a choice of over 100 careers and it promises to be a lot of fun, as it does not matter what year students are in or their level of ability.



Year 12 - UAC

Year 12 students will receive their UAC PIN via email when applications open on 1 April. The 2020-2021 UAC guide is available for download via the UAC website <https://www.uac.edu.au/>

Mrs van der Merwe, Mrs Ferguson and Mrs Key

CTHS Library - Supporting Student Learning

Dear Parents and Students

The CTHS Library has a number of online resources which can be accessed remotely. These will be augmented over the coming weeks with additional materials.

Instagram

Follow the library Instagram account to be updated regularly with information about new and existing resources, as well as information and interaction regarding books and authors <https://www.instagram.com/cherrybrooktechhslibrary/>

Library Website

In addition to links to the library's online resources, <https://library.cths.nsw.edu.au/>, such as Clickview, Oliver and Wheelers ePlatform, there are links to the following resources:

- Research
- Subject guides (particularly for seniors)
- Reading and online material related to books and authors.

Through the Oliver catalogue students can access digital resources such as Issues in Society, websites, e-books and audiobooks. Check the news page regularly for links which support the curriculum (regularly updated) and for general interest. Students can write reviews for all books they are reading while at home.

Clickview

Audio-visual material to support the curriculum.

Wheelers ePlatform

Whilst e-books and audiobooks can be accessed directly from the Oliver catalogue, students can also browse and borrow them directly from the Wheelers ePlatform website by downloading the ePlatform app onto a phone, e-reader or device to access.

Other Resources

State Library of NSW: All senior students should join the State Library. They can elect to receive their library card by mail. As a SLNSW member students have access to online databases, vital for research in the senior years.

Local libraries: Students who are members of their local library can borrow e-books, audiobooks and e-magazines as well as use their databases for research.

Hornsby Library: <https://www.hornsby.nsw.gov.au/library>

Hills Shire Libraries: <https://www.thehills.nsw.gov.au/Library>

If you need assistance with accessing any of the library's resources or help with research for an assignment, please ask a librarian library@cths.nsw.edu.au

Ms Sorensen and Ms Halder

CALENDAR - Term 1 Week 10A	
Thursday 2 April	<ul style="list-style-type: none">• Year 8 Science Common Assessment Task 1
Friday 3 April	<ul style="list-style-type: none">• Year 8 Science Common Assessment Task 1• Year 12 AP3 Exams end