

NETWORK

Cherrybrook Technology High School

Term 4

Week 1A

16 October 2020

DEPUTY PRINCIPAL'S REPORT



Welcome Back

A sincere welcome back to all members of our school community as we commence Term 4, the final academic period of 2020. Historically, this period is a busy time, with assessments and reporting taking place for all students. It is also important to note students should be wearing full summer uniform this term. If you are unsure of the correct attire, please feel free to access the CTHS website for more information <https://cths.nsw.edu.au/information/uniforms-and-backpacks>. Please also note, the proper shoes for all students are black leather business shoes. A reminder, if a student is out of uniform, they must provide a signed note from their parent or guardian, each time, to avoid lunchtime detention.

Year 12 Graduation

On the final Thursday of Term 3, the Year 12 Graduation was held in the MPC. When entering the venue, the unusual circumstances of 2020 hit home as the usually packed venue felt somewhat empty, with no parents in attendance and all students socially distanced. The mood and energy in the room lifted when students turned to acknowledge their parents, who had joined the livestream, instantly bringing back the feeling of a celebration and acknowledgment of this significant milestone.

Full credit to the planning by Mr Fisher and his team who managed the event and organised the livestream, which was accessed in 32 different countries across over 400 devices, reflecting the genuinely multicultural nature of the school.

Given the success of the evening and the fact in pre-pandemic times family members simply would not fit in the venue, the school will now stream all major events allowing loved ones, who would typically miss these milestones, to tune in and share the experience.

SRC Assemblies

On Wednesday, we held short assemblies for Stage 4 and 5 students to recognise the newly elected SRC Representatives for each group. These students would normally have been recognised at the Leaders' Induction Ceremony. However, due to COVID-19 restrictions this was simply not possible. Congratulations to our new SRC members, we trust you will represent your year group as others have before you, to support and make a valuable contribution to the school community.



COVID-19 Department of Education Update

After Term 3, the DoE released new advice for school operations, all of which have strict protocols for their implementation. The positive to come from this is there will be increased opportunity for students to enhance their learning as some excursions, incursions, camps, sports and a range of extracurricular activities are now permitted.

The following activities are now permitted in Term 4, under COVID-19 safe planning:

- Saturday School of Community Languages
- Interschool Activities including sporting activities
- Music Ensembles (except Choir)
- Drama Ensembles
- Dance Ensembles
- School formals
- Excursions and camps

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

It is pleasing to see these activities have been reinstated to support learning in what has become the 'new normal'.

Activities which are still on hold include:

- Interstate and International excursions
- **Parent attendance on school grounds**

HSC Creative Arts Success

Congratulations to the following students who received a nomination by HSC markers to showcase their HSC performances in their relevant disciplines. Selection panels will ultimately determine which students will be included in the program for each subject area. This success is a strong indication these students have performed exceptionally well in their practical examinations and we wish them the best of luck with their inclusion in their relevant showcase and also with the upcoming HSC written examination. It is also pertinent to acknowledge the tireless efforts of the staff who have supported and guided these exceptional students: Dance, Ms Holt; Drama, Ms Cannon; Music, Mr Felton; and Visual Arts, Ms Donoghue.

Dance - Callback

- Kyla Walker: Core Performance
Major Study Performance
- Fiona Lu Wang: Core Performance
Core Composition
Major Study Performance



Drama - OnSTAGE

- Nathan Jenkins: Individual Performance
- Isaak Koorey: Individual Performance
- Holly McRobb: Individual Performance
- Stephanie Neil: Individual Performance



Music - Encore

- Sun Hee: Music 1 Performance

Visual Arts - ARTEXPRESS

- Vivienne Elrahi: Major Project
- Yvonne Hong: Major Project
- Sasha Thurkettle: Major Project
- Fiona Lu Wang: Major Project



HSC Written Examinations

Best wishes are extended to the Year 12 cohort as they begin the Higher School Certificate on Tuesday of next week. We hope they have spent their time during the student vacation wisely, revising and preparing for the exams. Please note, staff are available to offer support and assistance to any student in need, with Ms Adamou, Stage 6 Head Teacher, being your first point of contact.

As with all events in 2020, we have implemented a robust plan in response to COVID-19. Students have been issued with individualised HSC timetables, indicating which classroom they will sit each examination. The school has ensured all requirements set by the NSW Department of Education have been met, including contingency planning, student screening and processes for misadventure. Please refer to the documentation sent out during the break and regularly check Canvas and your DoE email or contact Ms Adamou for further clarification.

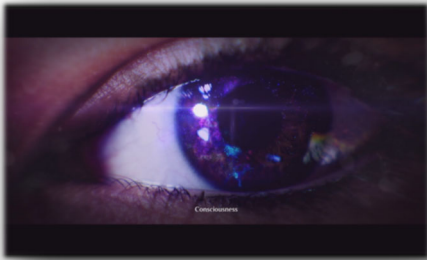
2021 Preparation

Teachers have been busily preparing for 2021, taking into consideration the myriad of changes the pandemic has presented across the course of 2020. The staff are trying to creatively plan events around the new constraints, to provide students with events and experiences which would have previously been considered normal.

End of Year Arrangements

A reminder to all parents, school will conclude on Wednesday 16 December at the end of period 4. Following period 4, students will attend a short assembly from which they will be dismissed for the summer holidays, at approximately 12.30pm. Any parent who needs their child supervised until 3.00pm on Wednesday 16 December should contact the school in writing so the school can accommodate this.

HSC Nominations



Vivienne Elrahi



Yvonne Hong



Isaak Koorey



Nathan Jenkins



Sun Hee



Holly McRobb



Kyla Walker



Stephanie Neil



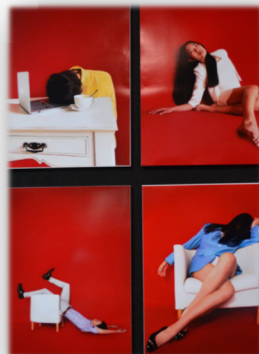
Kyla & Fiona



Sasha Thurkettle



Fiona Lu Wang



Fiona Lu Wang

Swimming Carnival

A reminder the CTHS Swimming Carnival, scheduled for Wednesday 28 October, has been **cancelled** due to the COVID-19 restrictions.

Students Preparing for the HSC

During this week, a number of Year 12 students have been coming into school for some last-minute preparation for their HSC. Some courses have offered tutorials, either face to face or online and pleasingly the attendance for our students has been fantastic. I am sure the additional assistance offered will benefit the students when they sit their respective examinations.



Congratulations to Alex Hunt

Congratulations to Alex Hunt, Year 11, who was successful in reaching the second stage in the selection process for the Minister's Student Council Steering Committee, a group which Education and Early Childhood Learning Minister, Sarah Mitchell, announced last month, to give students a direct influence on education and school policy.



The Student Council will be the peak forum for interaction between NSW public school students, the Department of Education and the NSW Government. We wish Alex the best of luck with his quest to become a member of this prestigious group.

Mr Townsend

COVID-19 Procedure for Early Leave

If a student needs to leave school early, they **must** provide a note from their parent/carer giving reasons for the partial absence. Students must **hand the note** in to the **student window before 8.30am** where they will be issued with a leave pass. They then present this pass to their teacher and leave school at the appropriate time.

Due to the recent COVID-19 directive from the NSW Premier, Gladys Berejiklian, **parents/carers** are **NOT** permitted on **school grounds** unless they have a prearranged appointment. Therefore, **please arrange to collect your child from outside the school.**

On Thursdays, if you have sport, you **MUST** have your early leave note signed off by a member of the PDHPE staff before presenting to the office.

CALLING ALL
ARTISTS,
PERFORMERS
AND FOOD STALL
VENDORS

We need you!

Register your details to be part of future Council run events.
hornsby.nsw.gov.au/eventsregister

HSC Visual Arts Major Works Exhibition

On Monday afternoon of Week 10 last term, Year 12 students showcased their major artworks in the MPC. Project based subjects allow students to express their creativity and develop important time management skills. The documentation is a valuable tool for experimentation, development and evaluation of their individual ideas with students gaining valuable examination marks for their HSC. There were many outstanding artworks on display with proud students present whilst we live streamed to parents to admire the creativity and talent of the candidates. Congratulations to all of these most creative students who presented a most diverse exhibition which showcased their individual talents. We wish them the best of luck in their HSC exams.

At the opening on Monday 21 September, awards were presented. Over 500 votes were counted for the *People's Choice Award*. Our Principal and Deputies formed a judging panel, awarding First Place and Highly Commended.

- People's Choice Award: Yvonne Hong
- First Place: Sasha Thirkettle
- Highly Commended: Jana van Rooyen
Andres Roco Penafiel
Michelle Wu



Congratulations to Mr Maynard and the Visual Arts staff for supporting and guiding these students, as well as displaying the artworks. The many additional hours outside of school are appreciated to ensure these students complete these major works to the best of their ability.

Ms Donoghue, Head Teacher CAPA



Michelle Wu



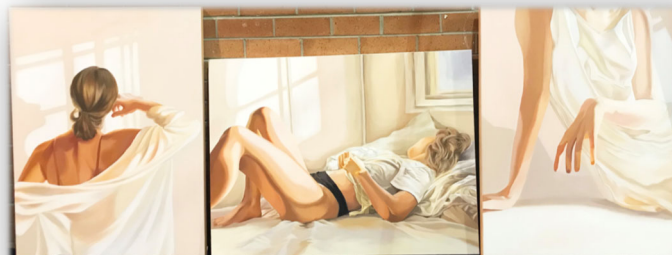
Andres Roco Penafiel



Sasha Thirkettle



Jana van Rooyen



Yvonne Hong

Girls in Tech Presentation

On Wednesday Year 10 girls were involved in a Girls in Technology video conference, presented by three ex-CTHS students (Alumni) Lizzie Fuller, Jamie Irawan and Sarah Hay. All three young women work for Microsoft in very different areas of the organisation. What was immediately evident from the very beginning of the presentation was the dynamic nature of these young women and the talent they are currently harvesting in their roles. It was so pleasing to hear of their exploits in their short career journeys thus far.

The original idea for the presentation came from Lizzie who is passionate about improving the representation of women in the Technology industry, currently sitting at a lowly 27%. It wasn't until she started working at Microsoft that Lizzie realised the amazing career opportunities which existed in technology.

The girls spoke about what a technology company looks like using Microsoft as an example and then talked about their own personal journey into the industry. This was followed by an opportunity for the Year 10 girls to ask any questions of the panel. It was great to see some thoughtful questions about gaming, app development, marketing, and design and technology. I will email out the presentation to each of the Year 10 girls, which includes a One-Pager of resources: Podcasts, Books, TED Talks and Programs Jamie put together which informs girls on how they can take the next step in their learning and development.

The event finished up with the launch of a new award CTHS will be offering to Year 10 girls from this year, the Girls in Tech Award. Interested students need to apply for a chance to win a cash prize of \$200 and the opportunity to be mentored by one of the three young women at Microsoft in 2021. The mentoring alone sounds amazing and a wonderful opportunity for anyone interested. Application forms are available from Mr Clements, in his office, and completed applications need to be submitted by Friday 30 October.

A big thank you to Mr Anderson and Mr Fisher for their input into Wednesday's presentation and to our three amazing Alumni presenters: Lizzie, Jamie and Sarah. You certainly left a number of your former teachers extremely proud of your achievements thus far.

Mr Clements



Year 8 Public Speaking Competition

Last term we held the final of the Year 8 Public Speaking Competition in front of a Year 8 student audience and, as always, the standard of competition was impressively high.

Our finalists were Isaac Cheang, Emilia Saddi, Surya Negi, Melia Bloch, Ayla Ackling, Audrey Lin, Ben Burrows and Summer McClean.

Isaac opened the competition with a humorous and very topical look at the unique nature of the year 2020. Emilia presented a passionate exploration of the ethical issues surrounding capital punishment and on an equally serious note, Surya argued persuasively for the need for greater awareness and education on teen mental health. Audrey offered a whimsical and humorous look at the role of service animals, presenting a new perspective on the animals which impact on human lives on a day to day basis. Ben displayed maturity and an impressive ability to speak without notes as he examined the fraught issue of immigration. Summer impressed with her warm and humorous take on names, using her own name as a case example. Finally, Ayla displayed poise and confidence in her examination of the importance of connection, focusing on the role of the ubiquitous mobile phones in the lives of teenagers.

Ultimately Mr Henry decided it was the topicality and humour of Isaac's speech which won the day. Congratulations to Isaac and to all of our deserving finalists!

Mrs Granziera, Public Speaking/Debating Coordinator



Science Week Activities at CTHS

During the CTHS Science week, the junior students were involved in a number of different activities. Year 7 students were asked to use their understanding of forces, lift and upthrust to create a paper plane which would fly the furthest distance. The class winners competed against each other and flew their planes across two basketball courts. The winning distance of 24.8m was flown by a plane created by Adrian Panggabean from 7SCI20G.

Year 8 students were asked to work in teams of four. They had to use their teamwork, Engineering and Design skills to create a bridge composed of straws and skewers which would span a specific distance and withstand an increasing weight force pulling down on its centre. The team who built the bridge with the greatest structural integrity won. The winning teams from each class then designed a second bridge and competed against each other at lunchtime in the pavilion. A group of student helpers from Year 9 and Year 10 carefully tested the strength of all the bridges.

The winning teams were:

- 1st Place (holding a weight of 1500g) from 8SCI20E Kai Carney, Gabe Paroz, Ben Winter and Lucas Xiao
- 2nd Place (holding a weight of 1000g) from 8SCI20H Allyssa Amin, Indhu Arunachalam, Leila Becirevic and Caelan Meredith
- 3rd Place (holding a weight of 650g) from 8SCI20K Thimansa De Silva, Divya Goyal, Angelina He and Teagan Lim.

Year 9 students also worked in teams of four and were asked to construct a weight bearing tower out of paddle pop sticks, straws, skewers and tape. Weights were added to the flat top to test the strength of each tower and a formula applied to results to obtain a score for each tower. Like Year 8, the winning teams from each class competed against each other at lunchtime in the pavilion.

The winning teams were:

- 1st Place (score 48.4) 9SCI20L Aaryaa Agrawal, Simran Bhanji, Ariel Hong and Kaitlyn Liu
- 2nd Place (score 45.6) 9SCI20E Ashleigh Jackson, Sienna Lewis, Vicky Tsiallis and Nancy Wang
- 3rd Place (score 45.45) 9SCI20M Dee Carrington, Sabrina Spadaccini and Xuan Yi.

Year 10 students have been busy over the last few weeks completing their videos from their Student Research Projects. They have the opportunity to enter these as a short STEM related video to <https://scinema.org.au/junior/>.

Students can also participate in the Exploring Engineering Careers. Engineers Australia will be holding Discover Engineering Day in late November. This will be a full day, fun program, with four, team activities and friendly competitions. Livestreamed online! If you are interested in participating, create your team of five students and register your names with the Careers Advisers.

Congratulations to all students involved in these activities and thank you to all the Science staff who helped run the final competitions.

Mrs Siratkov, Head Teacher Science



Starting a conversation

“NIP it in the bud” 3 step process



Notice

N stands for Notice.
You might notice changes in a young person:

- Things like
- A noticeable change in how they are feeling and thinking
 - Feelings like anger, sadness, fear, not caring about anything, risk taking
 - You might see changes in the way your child is behaving or acting
 - Not enjoying things anymore
 - Changes in eating or sleeping
 - Being easily irritated or having problems with friends and family
 - Finding they can't focus on things or maintain attention
 - Feeling down or that there is no hope or point to life
 - Having trouble concentrating or remembering things
 - Turning to alcohol or drugs to cope with feelings
 - Having negative thoughts or distressing thoughts
 - Feeling unusually stressed or worried
 - OR, Changes socially like withdrawal, being secretive, acting out of character

Inquire

I stands for Inquire:

There's no perfect way to start a conversation about mental health – so it's ok if you're finding it hard. It can help to do some research first, and also find a time and place where everyone involved is feeling safe.

When asking, it can help to be specific about the things you've noticed. And remember, you're asking to understand. Understanding your young person's experience can leave you in a better place to respond in a way that helps.

Some ways to try might be:

- Q: *Hey, I've noticed you seem to have a lot on your mind at the moment. I'd like to hear how it's been for you.*
- Q: *I've noticed that sleep has been harder for you lately. Have you got some ideas about why that might be?*
- Q: *I haven't seen any of your friends recently. How have things been going?*
- Q: *What can I do to help?*

Provide

P stands for Provide.

It's about providing whatever it is you think your young person might need at that time. It will include support, listening, and empathy. Responding in a way that shows you're really listening can make a big impact. Here are some statements that might help.

Statement - I can hear this is really tough for you

Statement - It sounds like it's been impacting lots of areas of your life

Statement - Thank you for sharing with me, I care about how you feel and what you're going through.

Taking the time to really try to understand can show the young person you're a safe place to go to for support, and might mean they end up sharing more. In trying to find the best way to offer some support, it can help to share the decisions with the young person. Some statements that might help are:

- Statement - I'd like to find a way that I can be helpful for you. Would that be ok for you?*
- Statement - It sounds like home is a bit stressful at the moment. Would you like to have a go with me at figuring out some ways to take some of that stress away?*
- Statement - I'm not feeling very confident about the best way to help at the moment. Would it be ok if we called a service to help us figure out the best way forward?*

If you have immediate concerns take them to Emergency or phone 000 and stay with them.

Local Support Services

NSW Mental Health Line, The Mental Health Line is available to everyone in NSW and operates 24 hours a day, 7 days a week

Mental Health Line
1800 011 511

headspace Chatswood	headspace Brookvale
30 Devonshire Street, Chatswood, New South Wales 2067	Level 2 Brookvale House, 1A Cross Street, Brookvale, New South Wales 2100
Phone: (02) 8021 3668	Phone: (02) 9937 6500
Fax: (02) 8021 7410	Fax: (02) 9938 3099
headspacechatswood@newshorizons.org.au	headspacebrookvale@newshorizons.org.au

CYMHs Community Teams CONTACT DETAILS

Service	Location	Contact details
Hornsby Kuring-gal CYMHs Opening Hours: 8.30am-5.00pm Mon-Fri Inkaku Hours: 5.00am-5.00pm Mon-Fri	Level 1, Building 52 Hornsby Hospital 36-76 Penrith Road Hornsby NSW 2077	Phone: (02) 9485 6155 Fax: (02) 9485 6307
Northern Beaches CYMHs Opening Hours: 8.30am-5.00pm Mon-Fri Inkaku Hours: 5.00am-5.00pm Mon-Fri	Brookvale Community Health Centre Level 2, 417-424 Paradise Road Brookvale NSW 2100	Phone: (02) 9388 5100 Fax: (02) 9388 5199
Lower North Shore CYMHs Opening Hours: 8.30am-5.00pm Mon-Fri Inkaku Hours: 5.00am-5.00pm Mon-Fri	North Shore CYMHs Royal North Shore Community Health Centre Level 2, 211 Harbott Street St Leonards NSW 2055	Phone: (02) 9462 9222
Ryde CYMHs Opening Hours: 8.30am-5.00pm Mon-Fri Inkaku Hours: 5.00am-5.00pm Mon-Fri	Ryde CYMHs Ryde CHd Adolescent and Family Centre 51 Standand Road Toy Ryde NSW 2112	Phone: (02) 9448 6877

MENTAL HEALTH LINE 24 HOURS
1800 011 511

Immediate support Call: 13 11 14 (24/7) Text: 0477 13 11 14 (7pm-10pm) Chat: lifeline.org.au (7pm-midnight)	Ongoing support Individual & Family Counselling in Gordon Suicide Bereavement Support Group Way2Wellness 1300 120 446	Training <ul style="list-style-type: none"> Recognise Respond Refer
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Lifeline Harbour to Hawkesbury
Phone **02 9498 8805**
Email appointments@lifelineh2h.org.au

www.lifelineh2h.org.au **13 11 14**

National Support Services

Mental Health Services and Support			
Beyond Blue 24/7 mental health support services 1300 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 headspace.org.au	Kids Helpline 24/7 crisis support and counselling services for children and young people aged 12 to 25 1800 55 1800 kids-helpline.com.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling services for people affected by suicide 1300 659 467 suicidecallback.org.au	Menzline 24/7 counselling services for men 1300 78 98 78 menzline.org.au	QLife LGBTI peer support and referral 1800 184 527 qlife.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

Tackling the topic of suicide with your child

A guide to having the conversation

Talking to your children about their mental health when you suspect there is an issue can be a challenging task for any parent.

You may have noticed your child's behaviour change and they've become more withdrawn. Preparation is key before asking them how they are feeling.

Parents should not be afraid to use the word 'suicide' or use terms like 'thoughts of death' or 'being better off dead' when talking to their child who they suspect is struggling with their mental health.

There is no evidence to suggest that they will put the idea in their heads which is often a concern for parents. Research has shown that acknowledging and talking about suicide may in fact reduce, rather than increase, suicide risk.

Asking is much safer than not asking or not asking directly enough.

Preparing yourself for the responses you might get are just as important as the preparation to ensure your child opens up to you and trusts you to help. Parents should be prepared if their child does admit to having suicidal thoughts and to respond with empathy. It is not their job to try and fix the problem for their child. Allowing the child to be heard is really important.

There are ways to prepare to ensure you get the most out of the opportunity to talk to your child.

Things to think about before approaching your child

1. Time and location

Choose a private, comfortable place, with enough time.

Don't do it during a family mealtime, or late in the day when they are tired. Instead find a time when it's just the two of you and you can talk as long as you need without having to rush off.

2. Start the conversation

If you are stuck with how to start the conversation, mention the change in behaviour you've noticed and add something positive, for example, 'I know you're usually so cheerful and lately I've noticed that this has changed. I just want to make sure that everything is going okay with you.'

Encourage them to talk by using open-ended questions like, 'What can you tell me about it?'

If they're reluctant to talk, ask more questions or agree to speak again at another time.

3. Listen and understand

Listen actively and allow them to talk. Don't interrupt or offer advice straight away.

Avoid the temptation to fill the silences.

When appropriate, reflect on some of what you've heard to show you understand.

4. Encourage help-seeking

Encourage your child to seek help by asking them what they feel comfortable in doing. Are they ready to talk to a GP for a referral to a clinician? Would they rather look at digital support?

Help them decide on the first step towards a solution.

Offer your practical support at this stage. Discuss what you can do to help towards a solution.

5. Finish the conversation

Tell them you will find the support they have asked for and that you will be by their side as they seek support.

Arrange a time to check-in again in the not-so-distant future. This can become a regular catch up if needed.

Make sure you follow up on the ideas you came up with together – even if things change, it's good for your child to know you are true to your word.

Helpful resources and online resources

Kids Helpline | 1800 55 1800

kidshelpline.com.au

Beyondblue | 1300 22 4636

beyondblue.org.au/get-support/national-help-lines-and-websites

eHeadspace

headspace.org.au/eheadspace

Brave online

brave-online.com



Black Dog Institute



Black Dog Institute

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headspace
National Youth Mental Health Foundation

how to help

a friend going through a tough time

When you know a friend is going through a tough time, it can be hard to know what to do or say.

Helping a friend who's having a tough time

When you see a friend having a tough time, it's a good idea to reach out and offer support. You might have noticed they don't seem like themselves, or they're not acting the way they normally do. Finding the words to start a conversation isn't easy, especially when you don't know what kind of help you can offer. It can make a big difference to someone experiencing difficulties.

It can be as simple as checking in, letting them know that you care and that you're there to help them. Let your friend know what changes you've noticed, that you're worried about them and that you'd like to help.

Even if they don't open up much at first, simply showing you have their back can give your friend strength and hope. This also tells them that you're someone they can talk to if they do decide to open up later on.

What if my friend doesn't want any help?

Some friends need time and space before they feel ready to get support. Being afraid of things changing or being judged, can be a big factor in why people don't seek support when they need it.

You may need to be patient with your friend and try not to judge them or get frustrated if you can't get through to them at first. Remind them that you are there if they need you. Give them time.

Sometimes you might need to involve someone else – this may be a trusted adult. If you do decide to tell someone, try to let your friend know that you're planning on doing this first and encourage them to get involved in the discussion.

Letting someone else know can be a difficult decision to make, especially if they don't want help. You might be worried they may lose trust in you. There's a chance your friend might feel like this at first but remind them it's only because you care. In the long run, they will usually understand why you got someone else involved.

If your friend is at risk of harming themselves or somebody else, you need to seek help straight away, even if they ask you not to. If your friend needs urgent help you can call 000. You could also ask someone you trust, such as a parent or teacher for help.

What can I say to help my friend with their mental health?

It's important to encourage your friend to get further support. You can say things like:

- 'Have you talked to anyone else about this? It's great you've talked to me, but it might be good to get advice and support from a health worker.'
 - 'It doesn't have to be super intense and you can make choices about what's best for you.'
 - 'Your GP (general practitioner) can actually help you with this stuff. You can find one that bulk bills, so you don't have to pay. I can go along with you, if you want?'
 - 'There are some great websites you can check out to get more information. Have you heard of headspace or ReachOut or youthbeyondblue?'
 - 'Did you know that you can get free and confidential support online or over the phone from places like headspace, Kids Helpline and Lifeline? All of these services are anonymous and can help you figure out what's going on for you and where to go for the right support.'
 - 'I know you're not feeling great now, but with the right support, you can get through this. Lots of people do.'
 - 'It's OK to feel this way and I'm here to have your back.'
- Make sure you validate your friend's concern and let them know they're not alone.

Looking after yourself

Supporting a friend through a tough time can be difficult, so it's important that you take care of yourself, too. You can check out our tips for a healthy headspace fact sheets to look after your own wellbeing and build your mental fitness every day.

Try to remember that you're your friend and not their counsellor. Be realistic about what you can and can't do. Set boundaries for yourself to make sure that you're doing the best thing for yourself, your friend and the friendship.

If you're feeling overwhelmed and need support for you, it might be a good time to reach out for extra help. A good place to start is a trusted adult (e.g., family member, teacher or GP). You can also contact Kids Helpline (1800 55 1800).



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or suicide call Back service on 1300 659 467.

The headspace Clinical Reference Group have approved this clinical resource. This resource is for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. Version 1.0, 12 April 2018

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



CAREERS UPDATE

JOB VACANCIES

Every week your Careers Advisers receive alerts for job vacancies for school-leavers and Year 10 students, wishing to complete school-based apprenticeships. We receive alerts from group training organisations such as WPC, MyGateway, the Australian Training Company, MEGT and Sarina Russo. They are always on the lookout for job seekers.

Visit the **Job Vacancies** page on the CTHS Careers website, <https://cths-careers.com/job-vacancies>, for the latest postings.



Macquarie Leaders and Achievers' Early Entry Program

Congratulations to the 45 students in Year 12 who applied and were successful in receiving an early entry offer to Macquarie University! In their applications, these students demonstrated their initiative and commitment through leadership, community, sport, or casual work activities in their senior years. The most popular courses were Commerce and IT, Medical Sciences and combined Psychology programs. Interested Year 11 students are encouraged to start preparing for 2021 applications by participating in volunteering, community service or other extracurricular activities.

Free UCAT Webinar for Year 10 and 11 Students - 18 October 2020

The UCAT is weighted heavily by universities and is often used as the only screening tool for Medical and Dental interview offers. Given its importance, this free 2.5-hour webinar will focus on the question: "When is the best time to start UCAT prep?". Students will also learn key features of effective prep and be taught how to solve UCAT Qs correctly via live teaching. Register now <https://bit.ly/36L1mIV>.

On Demand STEM Careers Webinars

Looking for a little inspiration for your future career? Check out Careers with STEM's video series to get a peek into the life of some real scientists and find out how you can follow in their footsteps. [Take a look at their videos here.](#)

Make Your Move - Traineeship program

During Term 4, the International Freight, Transport and Logistics industry is offering information sessions (face to face or virtual) to students about career pathways and employment opportunities within the industry. During April, the Australian Government announced the industry was classified as an 'Essential Service' during COVID-19. Hear why: visit www.mymv.org or contact Rob Brown by mobile 0409 719 511 or email robert@rab-consultants.com.



Find My Spark - Innovation and Entrepreneurship Festival for students and teachers

Established in 2016, Spark Festival is Australia's largest event for startups, innovators and entrepreneurs. This year's festival, running from 12-23 October, will be delivered as an online, Australia-wide experience. These FREE online workshops/panel and masterclasses will help teachers and students to see entrepreneurship as a valid career pathway: <https://sparkfestival.co/program/find-my-spark>.

Apply to join The Drop Bears from the University of Sydney

Open to students in Years 8 to 11 who can commit to one night per week during school term. The University of Sydney hosts a high school student robotics team which will be competing in the international First Robotics Competition. The team includes students from a variety of Sydney high schools who work together to build a robot to compete in a sports-like competition. By participating, you will learn valuable skills in Programming, Robotics, Building, Project Management, Leadership and Communications.



Apply to join at <https://www.thedropbears.org.au/>.

CTHS Careers Advisers

The CTHS Careers Advisers are available for Zoom interview meetings with both students and parents. You can arrange a meeting by emailing Mrs Ferguson, christine.ferguson@det.nsw.edu.au or Ms Tenedora, francesca.tenedora3@det.nsw.edu.au.

Mrs Ferguson and Ms Tenedora



Hills Hawks Softball Club

SEASON BEGINS OCTOBER

Play Softball

Receive a **\$100 voucher** to cover registration as part of the **Active Kids Rebate.**

Register on our website
www.hillshawks.softball.org.au
 Email: hillshawks.softball@gmail.com

All **NEW** players who register for Teeball and Modball B will receive a **starter kit with a backpack, glove, ball and hat.**

'Bring a friend' discount applies when a friend registers with Hills Hawks for the first time.

Get **\$50 back** with our **Family Rebate** when **3 OR MORE** immediate family members register.

Ages 4 to adult.
Learn new skills and have fun

COVID SAFE protocols
will be in place to keep our members safe

Same time, same location every week - Hayes Park, Galston

CALENDAR - Term 4 Week 2B	
Monday 19 October	<ul style="list-style-type: none"> • Year 10 Assessment Task - Science Yearly Exam (Part 2) • Year 9 Science Yearly Examination (Part A)
Tuesday 20 October	<ul style="list-style-type: none"> • Year 9 Science Yearly Examination (Part B) • Year 8 Mathematics Yearly Examination Paper 1 • HSC Commences
Wednesday 21 October	<ul style="list-style-type: none"> • Year 7 Mathematics CAT3 • Year 9 CAT4 Mathematics Assessment Task • Year 8 Mathematics Yearly Examination Paper 2
Thursday 22 October	<ul style="list-style-type: none"> • Year 8 Mathematics Yearly Examination Paper 3