

DEPUTY PRINCIPAL'S REPORT



NSW Department of Health COVID-19 Rules

Please be aware, the following NSW Department of Health rules regarding COVID-19 are still in force:

- Students should not attend school if they are unwell and students who are absent or sent home due to flu-like symptoms **must be tested for COVID-19**
- Students must not return to school until they have received a **negative COVID-19 result** and are **symptom free**
- **The school must receive a copy of the negative COVID-19 test result to allow students to return to school**
- A **screen shot** of the negative result **must** be either **emailed** to the school via cths@cths.nsw.edu.au or **printed** and provided to the student window
- If a parent/carer is unwilling to allow their child to undertake a COVID-19 test or provide the school with a negative COVID-19 test result, their child will be excluded from the school for a ten-day period. Additionally, the student must have been symptom free for at least three days before returning to school
- Where a medical practitioner determines a COVID-19 test is not indicated, a medical certificate must be provided to the school to confirm the student does not have symptoms which warrant a COVID-19 test. The certificate must also indicate the student is able to return to the school environment
- If a student is still displaying ongoing symptoms, which are typical of a condition such as seasonal allergic rhinitis (hay fever), they must provide a medical certificate from their GP to continue attending school.

Year 12 Formal 2020

On Monday of this week we were finally able to celebrate with our Year 12 students, the pinnacle of their school careers, their formal held at Curzon Hall. Our students, all dressed to impress, were able to celebrate with their friends and staff at this momentous occasion. It was a night creating many fantastic memories which I am sure will be relived in years to come. We would like to thank Ms Adamou, Mr An and Mr Keating for their support and dedication to our graduating class of 2020.

Final P&C Meeting for 2020

Tuesday night was the final P&C Meeting of 2020. We were very fortunate to be able to hold the meeting at school and complete the SWOT analysis which will aid in our planning for 2021. We would like to thank the P&C for their generosity and dedication to our school in such an unprecedented year. We would also like to thank our retiring members, Erin Cockerton, Rod Cuevas and Tim Spencer, who will be stepping down next year, for their continued service to CTHS and public education. We are very thankful for the support and dedication of our parent body. The next P&C Meeting will be held on 9 February 2021, closely followed by the Annual General Meeting in March.

ARTEXPRESS 2021

This week we were notified two of our HSC Visual Arts students, Vivienne Elrahi and Sasha Thurkettle, Body of Works were accepted in ARTEXPRESS 2021. ARTEXPRESS is an annual showcase of the best artworks from across the state. Vivienne's work is titled *Consciousness* and will be displayed at The Armory, Sydney Olympic Park. The Body of Work created by Sasha is titled *Collateral Damage* and will be displayed at Hazelhurst Art Centre. We would like to congratulate Vivienne and Sasha for their outstanding achievement!

Writers in Residence

Students in Year 10 have been working with authors to create, refine and publish a story or a piece of written work throughout this week. Students have been able to hone their skills and seek the help of experts whilst participating in the writing workshop. We would like to thank our Librarians for the endless hours of organisation to make this event a reality. We would also like to thank them for supporting our students through their passion and enthusiasm towards reading and writing.

Literary Festival

Our annual Literary Festival will be taking place next week on Monday 23 November. The Festival is aimed at promoting all things literacy to our Year 7 students and encourage their love of reading and writing. Once again, many thanks to the Librarians and Library staff for their organisation of this event.

Parenting Courses offered through Relationship Australia

Relationship Australia are offering a Zoom session based on the Impacts of Cultural Differences in Parenting. The workshop will be conducted by Mr Wei Leu, Curriculum Coordinator of Saturday School of Community Languages NSW. This session will focus on the challenges you may face as a parent and will promote positive parenting practices. The webinar will be held on Tuesday 24

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

Year 12 Formal



November starting at 7.00pm. You can register for this session via the following link:
<https://www.eventbrite.com.au/e/parenting-support-series-tickets-126029911859?aff=ebdssbonlinesearch>.

ReachOut Australia Resources on Wellbeing

Mental health has been a particular focus in our society of late. **ReachOut Australia** has valuable resources which can provide us with information to support or lead us in the right direction when it comes to mental health issues. Supporting our young people is a high priority. This week, we have taken an excerpt from the website, focussing on wellbeing and, more importantly, the impact of wellbeing on our young people.

We all care about teen mental health and ways to improve it and by helping teenagers develop mental wellbeing, they will have every opportunity to get the most out of their teenage years.

This will help you if:

- You want to learn about mental wellbeing
- You want to understand the importance of teen wellbeing
- You would like to know how to improve your child's wellbeing.



What is wellbeing?

The World Health Organisation defines mental wellbeing as “a state in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.” It reflects a state in which someone is healthy, happy and prosperous. A strong sense of wellbeing helps us to feel good about ourselves and the way our lives are going and can have a hugely positive impact on teen mental health.

Why is wellbeing important?

Wellbeing is important as it allows us to feel emotions like happiness, contentment, curiosity and satisfaction, all of which help us function well in the world and lead our lives to their fullest. Wellbeing also plays a role in supporting our mental health, by giving us a greater ability to manage our thoughts, feelings and behaviours. This helps us maintain good relationships, set and achieve goals, and find meaning and purpose in our endeavours.

The interesting thing about wellbeing is it can have an upward spiral effect. If you do something which increases your wellbeing, it's likely to make you feel good, which, in turn, will help give you the motivation to do something else which also improves your wellbeing and makes you feel good.

What effect does wellbeing have on teenagers?

High levels of wellbeing in teenagers can help them flourish in life, as well as act as a protective factor against some of the challenges which may arise during the teenage years. Teenagers with strong mental wellbeing are able to:

- Manage their emotions
- Enjoy positive relationships with friends and family
- Apply themselves at school
- Participate in activities which interest them
- Have optimism about the future.

Five Ways to Wellbeing

A simple framework to increase wellbeing is the 'Five Ways to Wellbeing', developed by the New Economics Foundation in the UK. The framework outlines five strategies which have been proven to have a positive effect on mental wellbeing.

These strategies are:

- Connect
- Be active
- Take notice
- Keep learning
- Give.

HSIE Jewish Museum Focus Group

Year 11/12 Modern History students participated in a focus group video conference session with the Sydney Jewish Museum. CTHS student have been assisting the Museum in creating an holographic VR experience with holocaust survivors. Students formulated questions which future students and visitors to the Museum will be able to hear answered by an holographic image of the survivor. This important project will preserve the memory of the survivor's life experiences for future generations. As well as adding to their understanding of the impact of the Nazi regime on civilians, the Modern History students enjoyed assisting the creation of a unique experience which will become an important addition to the Museum into the future.



Mrs Gatt

Year 7 Cells Assignment

In Science, 7SCI20T were given instructions by their teacher, Dr Somasi, and asked to build a 3D model of a project chosen from the following list:

- The differences between plant and animal cells
- The differences between multicellular and unicellular organisms
- The role of respiration in cell function
- The process of mitosis.

The following images illustrate some of the wonderful projects they completed:

Dr Somasi, Science Teacher



ARTEXPRESS Selections

Congratulations to Vivienne Elrahi and Sasha Thurkettle, whose Body of Works have been selected to be exhibited in ARTEXPRESS 2021. These exhibitions showcase exemplary HSC students' artworks across a variety of art forms. Vivienne's film will be exhibited at The Armory, Sydney Olympic Park and Sasha's drawing series will be exhibited at Hazelhurst Arts Centre, both early next year.

Ms Donoghue



Stage 5 Expressive Painting

Congratulations to the Year 9 and 10 painting class students, who have completed outstanding expressive canvas paintings (featured in this *Network*), using acrylic paint. After 'posing a sitter' and photographing a friend or family member, these students have been inspired by a contemporary artist in painting techniques and style.

The diversity and resolution are wonderful to see and has been most rewarding for these students who have worked extremely hard. They have been a pleasure to teach.

Ms Donoghue, HT CAPA

Stage 5 Expressive Painting



E-Cigarettes/Vaping

Vaping has become a very concerning trend in our society today. As a school, we are also concerned about this trend, as are our students. We would like to share with you the dangers and effects of vaping on our bodies through a student's perspective.

From what I've researched yesterday, e-cigarettes or vape are battery operated devices that heat a liquid to produce a vapour to inhale. E-liquid contains a range of chemicals or flavours and often contains nicotine.

Nicotine is a highly addictive chemical which is contained in cigars, cigarettes and almost every e-cigarettes. Nicotine users may find it's very hard to stop when they use it for a long enough time.

E-cigarettes can contain more nicotine than normal cigarettes and are very addictive, similar to a cigarette or other smoking devices. Each time a new memory or something new is learned, the connections or synapses are built between brain cells. This means that nicotine could change the way these synapses are formed.

The common physical effects of vaping include:

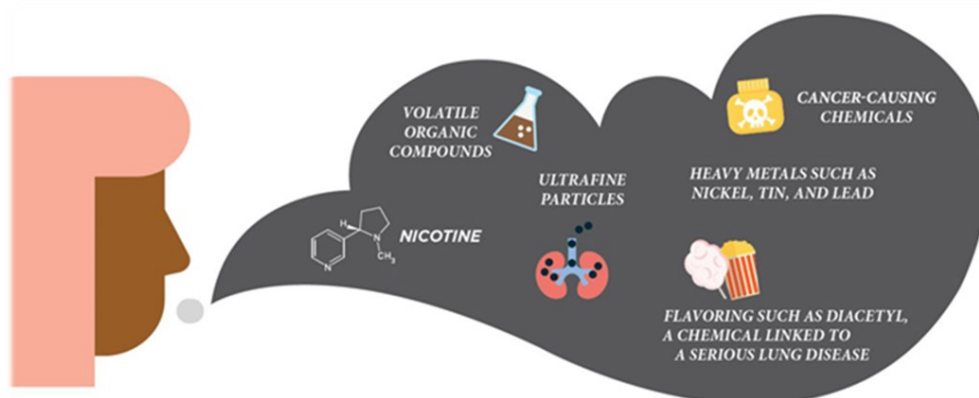
- Coughing
- Dry mouth and throat
- Shortness of breath
- Headaches.

I also learned that there are some long lasting health issues that may arise when using e-cigarettes:

- Accidental exposure of nicotine could cause severe poisoning to the body
- Some substances in e-cigarettes are linked to cancer
- Can affect the developing brain.

Source: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/

Mike Tran, Year 10



Stationery Packs

Stationery packs are available to purchase, for **existing CTHS families**, who have **siblings attending CTHS in 2021**.

- **How to purchase**
Via the Flexischools App - Under the heading 'Stationery Packs'.
- **Cost**
\$75
- **Collection**
Only older siblings, already attending CTHS, can collect the stationery pack from the school Canteen **once payment has been made**.



Making History Leathercraft Incursion

On Wednesday, members of the Stage 5 Elective Making History class took part in a leathercraft workshop as part of their course. In the past this class has travelled down to Birdsall Leather to examine the tanning process as well as practise their skills. Due to the Pandemic, this year Silvia from Birdsall came out to us and delivered an incredible workshop. They day saw the students make an archery bracer, a piece of armour worn by archers in the middle ages. Aside from cutting and dying, the biggest skill learnt was leather carving. All students reported a great sense of satisfaction at the end of the day and Silvia was impressed by their efforts and behaviour.

Mr Hartman



DISCLAIMER

Advertising in this newsletter is included as a community service. Cherrybrook Technology High School has not tested these products and they should not in any way be seen as an endorsement or recommendation by the school.



Year 10 Writers in Residence

This program has started and students have enjoyed two double periods already. The program runs for three more days in Weeks 7 and 8. Some students have not returned their permission notes. This is a mandatory incursion so please do so as soon as possible! Should you require a note, please collect one from the Library.

Year 7 Literary Festival

On Monday 23 November the whole of Year 7 will experience a day of workshops, performances and presentation. Permission notes were sent to your parents/carers via email. If you have not already done so, please return the completed note, with payment, to the student window as soon as possible, as they are now overdue! Copies are available from the Library if required.

Ms Halder and Ms Sorensen

CAREERS UPDATE

REMINDER: Change of Preference Online Expo

The Good Universities Guide is hosting a free online expo during Change of Preference, to connect students, parents and Career Advisors directly with Australian institutions. On the day, you will have the opportunity to attend webinars or chat directly with institutions via a live chat system. There will be events held in each state. Visit the events page on the [Good Universities website](#).

Virtual Work Experience from Campus to Citibank!

Can't wait to start building your skills? Don't wait any longer. You may not be ready to take on a summer internship program. However, that doesn't mean you shouldn't start learning now. In partnership with The Forage, we have created a Virtual Realty Experience allowing you to do just that. At the end of the virtual experience, you will receive a certificate of participation from big names in the industry, including Citibank, Goldman Sachs, Accenture and JP Morgan. Register for free today [here](#).

Career Advisers' Tip

There are more than 50 different virtual work experiences on offer through The Forage catalogue. Each course takes 5-6 hours to complete. You can "build" your own work experience by selecting five different courses to complete over the week!

Why you should study humanities?

Wednesday 2 December, 5.00-6.00pm, online Webinar. Do you enjoy studying History, Society and Culture, but unsure of where study in these areas can lead? Humanities degrees are the most common degrees among board directors of the 100 biggest public companies in Australia. With a diverse range of career opportunities on offer, hear from the University of Sydney in this online session to discover why you should study a humanities degree. Register for the webinar [here](#). Year 10 and Year 11 students are encouraged to register!



NIDA: Years 11 and 12 Summer Holiday Workshops

Sharpen your performance skills through a comprehensive workshop with a theatre practitioner drawing on NIDA acting techniques. Develop key principles of actor training and extend into characterisation and scenework. Interpret, rehearse and present some of the most exciting writing produced for young people today. For more information and to register your place, visit the Open NIDA Course page [here](#). Please note, these courses attract an enrolment fee. Places are limited and will be filled quickly due to popular demand.

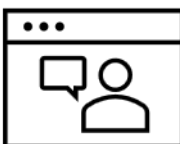


UTS Faculty of Engineering and IT: Virtual Research Showcase

26 November, 10.00am-5.00pm, online Webinar. A unique opportunity to engage with current Higher Degree Research students in the Faculty of Engineering and IT. This event highlights some of the best work from each of our seven schools, with tales of high impact research and external engagement. A closing award ceremony will recognise the most innovative research projects. To register for this event, please visit the UTS FEIT's event page [here](#).

Seven Excellent Career Ideas for Language Learners

Are you learning a language to further your career? Of all the people surveyed and listened to over the years by Donovan Nagel, career is one of the most popular motivators for foreign language learning. The reality is, for most people they don't actually have a 'passion' or deep interest in learning languages like some of us do. Read more [here](#). Donovan Nagel is an applied linguistics graduate from Queensland and is one of the founders of the language learning website, Mezzofanti Guild.



VET, It's Right Now - Industry Perspectives

"The world of work is changing faster than ever. It's not that we haven't had change before, it's just that the pace has really ramped up. As we go through the rapid change which is happening at the moment, we're going to need to keep reskilling and upskilling throughout our lives and VET is the main way of doing that. That's what VET is all about." Sara Caplan, CEO, PwC Skills for Australia.

Watch this short video of the industry perspectives of VET here: <https://youtu.be/xi0jZaOoYUg>

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

STARTING YOUR NEW **WORK GIG**



STARTING AS THE NEWBIE

Congrats on getting yourself a job! You obviously made a mint resume, charmed your way through the interview and scored yourself the job.

Like making new friends, there are the same unspoken rules when you start at a new job. Go into the role with a positive and open minded approach, willing to learn, eager to grow and excited to form new bonds with all your new colleagues.



THE UNSPOKEN RULES

- 1 Don't be late to work and meetings (AKA get there 5 minutes early).
- 2 Find out when and where to take breaks.
- 3 Introduce yourself and talk to everyone!
- 4 Ask your boss how they would like things done.
- 5 Keep your boss updated with your work.
- 6 Don't talk about and share photos of your #bigweekend. Choose topics that are work appropriate.
- 7 Thank people who show and teach you things.
- 8 If you need to tell your boss something, call them or speak in person (no texting).
- 9 Don't take personal phone calls during work (make it fit in with your lunch break).
- 10 There's no such thing as a stupid question #askaway
- 11 Be independent, take initiative and don't wait for someone to hold your hand. You're hanging with the big kids now.
- 12 Write down everything and ask questions if you don't understand.



SUCCESS ON THE **JOB**

SURVIVING THE FIRST FEW WEEKS OF YOUR NEW JOB



From figuring out what you're going to wear, to remembering all the new names, making a good first impression at your new job can be scary! Everyone needs time to settle in, find your place, learn the culture and learn who's who.

HOW TO KICK OFF ON THE RIGHT FOOT

- Now that you get paid, you'll need to follow the workplace rules
- Mind your language and your manners
- Step back, observe and take note (have a notepad with you whenever you ask questions)
- Smile! Make conversation, and don't be shy to say hi
- Find that work buddy who you can ask all the embarrassing questions to
- Understand what is expected of you



FINDING THE #BALANCE

- Eating healthy and drinking water (#cheatday, not cheat week)
- Getting enough sleep (7 – 8hrs should do the trick)
- Don't let partying muck up your week
- Managing to fit exercise in regularly (promise it will make a difference)
- When you're at TAFE (or other training), it's not a day off, you are being paid, so don't treat it like a joke

NEEDING MORE TIPS?

[SKILLSROAD.COM.AU/SUCCESS-ON-THE-JOB](https://skillsroad.com.au/success-on-the-job)

HEAD TO OUR WEBSITE TO FIND MORE INFORMATION JAM PACKED WITH WAYS FOR YOU TO PUT YOUR BEST FOOT FORWARD!

AC2470

SKILLSROAD.COM.AU *your career journey starts here*

NO DEPOSIT FINANCE

PowerGain Solar
Energy Saving Solutions

7.9KW SOLAR SYSTEM FROM ONLY \$3999*

6.6KW SOLAR SYSTEM FROM ONLY \$2899*

9.99KW SOLAR SYSTEM FROM ONLY \$6299*

- ✓ HUGE bill savings
- ✓ No deposit finance
- ✓ 25 yr panel performance warranty - Tier 1 panels
- ✓ 5 -10 year inverter warranty
- ✓ Certified installation

GET A FREE QUOTE

CALL OR EMAIL US NOW TO START SAVING

1300 281 541
powergainsolar.com.au

WHATSAPP: 0412 860 924 | EMAIL: SALES@POWERGAINSOLAR.COM.AU

*T&C's apply. Applies to Sydney Metro areas only. System price quoted is subject to eligibility for Government Solar Rebates/STC discounts. Price reflective after STC's assigned to PowerGain Solar Pty Ltd. Multiphase, meter box upgrades, 2 story roof, tilt frame kits may incur additional charges. Offer valid until 29 Nov 2020 or while stocks last. Finance subject to lending criteria from Solar and Energy finance.

CALENDAR - Term 4 Week 7A	
Monday 23 November	<ul style="list-style-type: none"> • Year 7 Literary Festival
Tuesday 24 November	<ul style="list-style-type: none"> • Textiles and Design HSC AT1 • HSC Assessment Task 1 - Food Technology • Year 10 Writers in Residence
Wednesday 25 November	<ul style="list-style-type: none"> • HSC Economics - China Case Study Zoom Presentation
Thursday 26 November	<ul style="list-style-type: none"> • Band Orientation Workshops - MPC • Year 10 Writers in Residence
Friday 27 November	<ul style="list-style-type: none"> • Year 7 HPV dose 2 Vaccinations • Year 11/12 Geography Excursion • HSC Assessment Task - Design and Technology