

DEPUTY PRINCIPAL'S REPORT



End of Year Assemblies

Throughout this week, CTHS has hosted and run a series of assemblies and the year is now drawing to a close. Traditionally, there would be several local primary schools using our facilities. However, like many things in 2020, COVID-19 has led to some schools opting to livestream events from their own venues. This week commenced with one of our partner public schools, Oakhill Drive, celebrating a great year, followed by our annual Presentation Night Ceremony.

The evening was a great success with over 320 awards presented. Students were all very proud of their fine achievements. The organisation by Mr Fisher and his team was outstanding and I would like to extend my sincere congratulations to all award winners.

Likewise, Wednesday's Year Assemblies and Thursday's Year 10 into 11 Transition Assembly were also great successes, with the enormous talent and success of our students showcased in a very positive fashion.

I would also like to thank all staff and students involved in organising these significant events, no mean feat as we adapt to our changing world.

HSC Results

The HSC results, which are due out on Friday 18 December, will be an exciting day for our Year 12 students, many who have been anxiously counting down the days since November. The school will host a barbecue for all students on Friday 18 December commencing at 11.00am, following the release of students' ATARs. This is an opportunity to share their results, to debrief and, if necessary, gain some advice or guidance.

Mr Peter Maynard

Next Wednesday will be Mr Maynard's final day as an educator. Mr Maynard will retire after many years of faithful service to the students of NSW. Mr Maynard has been at Cherrybrook since the school opened in 1992. He is an original, foundation member of staff who has contributed an enormous amount to the Creative Arts at Cherrybrook. He will be sadly missed by students and staff alike.

Mr Maynard began his career in 1985, first teaching in Sydney South West and his passion for teaching has not faded over the years. Mr Maynard will leave a legacy at CTHS as someone who was at the absolute forefront of embedding digital technologies in Creative Arts. Mr Maynard is well known in the Art community as someone who has always been at the cutting edge, teaching Digital Technologies and Media to countless students over the years. Many other schools have sought his expertise when teaching HSC students, a testament to his skills.



I would like to wish Mr Maynard all the best as he embarks on a new and exciting period in his life, where the ringing of a bell will no longer govern his day!

Life Ready Program

Year 10 students completed the first part of their compulsory Life Ready Enrichment Program on Tuesday and Wednesday of this week. The Life Ready course builds on content which underpins the new K-10 PDHPE syllabus. This course reflects a renewed focus on students confidently and successfully transitioning to post-school employment, participation and independence in addition to the current emphasis on preparing senior students to lead and contribute to healthy, safe and meaningful lives.

Students completed three presentations and a full day of activities in small groups. The areas covered in the presentations included:

- Road Safety and Trauma - Blue Datto
- Mental Health - Look Out for Your Mates, by Batyr (Batyr is a for-purpose preventative mental health organisation, created and driven by young people, for young people)
- Police Liaison Officer - Safe Partying and Safe Driving, by Lynda Hart.

The full-day activities run by the Kids Youth Development Service (KYDS) included topics on:

- Independence
- Mental health and wellbeing

Achieving Together

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

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Visual Arts GATS Exhibition



Annabelle Cote



Emma O'Donovan



Emmanuel Tang



Aeryn Murray



Chelsea Cheang



Sherri Casey



Vihaan Jain



- Relationships
- Sexuality and sexual health
- Drugs and alcohol
- Safe travel.

Students will add to this knowledge and understanding at the Year 11 Camp in Jindabyne next year.

Year 10 into 11 Transition Assembly

On Thursday, the Year 10 into 11 Transition Assembly took place in the MPC. Sadly, due to COVID-19 restrictions, parents were not able to be present, instead joined a livestream to participate in this important milestone. This also allowed relatives in the wider community to join in and celebrate with the cohort, with people tuning in from fifteen separate countries and more than 400 connected devices, making this form of broadcast something CTHS will continue to deliver post-pandemic.

Congratulations to all students who have now completed Year 10 at Cherrybrook Technology High School. You should all be proud of your achievements and enjoy a well deserved break before coming back next year, refreshed and ready to begin senior school.

A special thanks must go to Mr Spencer, P&C President, for being the special guest for the occasion, Concert Band 1 for playing an excellent piece and the Stage 5 Dance group for an excellent performance.

In addition to this, Jasmine Patankar, Benysha Wadia, Tamika Ho, Ayla Ackling and Zoe Schafer from Year 8, for putting in countless hours preparing folios, gift bags and certificates, as well as assisting in the smooth running of what was a great assembly! Finally, a big thank you to the Year Advisers, Mr Lamont and Ms Jaeger, who did a fantastic job organising this event and throughout the assembly itself.

Visual Arts GATS Exhibition

On Monday afternoon, the Year 10 Visual Arts student from the Gifted and Talented class, exhibited their significant works in the shared learning space. The talent, technique and creativity evident is testament to the dedication of these students and the mentoring provided by Ms Donoghue. There were many outstanding artworks on display, with proud students and their families present to share in the afternoon.

Congratulations to all these gifted students who presented a most diverse exhibition showcasing their strengths.

Awards were presented with over 150 votes counted for the People's Choice Award. The senior Visual Arts teachers awarded two Winners and Highly Commended.

- People's Choice Award: Annabelle Cote
- Material Practice Winner: Emma O'Donovan
- Conceptual Practice Winner: Emmanuel Tang
- Highly Commended: Aeryn Murray

Resumption of School in 2021

A reminder, school resumes for students in Years 7, 11 and 12 on Friday 29 January 2021 and for Years 8, 9 and 10 on Monday 1 February 2021.

Presentation Night Ceremony Sponsors

CTHS would like to sincerely thank the following sponsors for their continued support of our annual Presentation Night Ceremony:

- Australian Defence Force
- Elizabeth Fuller, Microsoft Australia
- Cherrybrook Technology High School P&C
- Macquarie University
- May Samali
- Petals and Leaves
- The Lions Club of West Pennant Hills and Cherrybrook
- The Rotary Club of West Pennant Hills and Cherrybrook
- The University of Sydney.

CHS Athletics Results

Last weekend, five of our students competed at the CHS All Schools Athletics. Below are the results:

- Milena Visser: Competed in 800 metres
- Sarah Koot: Fifth in 200 metre Hurdles
Second 80 metre Hurdles
- Corey Dewar: Seventh in 800 metres
- Lara Woollett: Third in 400 metres
- Andrew Malcom: Fourth in High Jump



Santa visits CTHS

Happy Holiday

Finally, after what has been an unprecedented year, I would like to take this opportunity to thank the entire CTHS community for their tremendous support which has ensured 2020 has seen us triumph over adversity. I would also like to wish staff, students and the community well for the approaching Christmas break, stay safe and enjoy what will be a well-deserved holiday.

Congratulations to...

- Year 11 student, Charlie Tchetchenian who will be performing two shows in late January. As part of the Talent Development Project phase 2 program, Charlie was tasked with arranging a headline event in a pop-up cabaret style. He will be teaming up with former CTHS students and talented musicians, Adam Tan and Sanjeev Desai. The first concert will be at Sydney Jazz Club Foundry 616, <https://foundry616.com.au/>, followed by a performance at Hornsby RSL Club, <https://hornsbyrsl.com.au/>.



- Krish Nair, Year 9, whose four coding books he authored, have been published by Amazon. The books are a definitive guide to Scratch programming (the latest version of scratch 3.0), catering for all level of skill and ability. There are key concepts taught throughout the guides and over 100 projects included. Krish has kindly donated a copy of each book to CTHS. These books are available from Amazon: <http://amazon.com/author/krishnair>.

Mr Townsend

Peer Support Leaders' Training

On Monday 7 December, 51 Year 10 Peer Support Leaders underwent training in preparation for day one of the Year 7, 2021 students' orientation. They brainstormed advice for Year 7, based on their own experiences at CTHS, prepared for icebreaker activities, planned the orientation and organisation activities and considered the role of the leader as a role model for the new students. Day one for Year 7 is all about forging a bond with our future Year 11 students, someone who they can turn to for support. This will be further reinforced throughout the term, as the Peer Support Leaders work with Year 7 in our Anti-Bullying and Bounce Back resilience programs.

Mr Hind, Head Teacher Wellbeing



History Extension HTA Major Project Award

Charlotte Cameron (Year 12, 2020) was nominated by Mr Hartman for the History Teacher's Association Extension History Prize earlier this year and was successful in achieving a Certificate of Excellence, placing her amongst the top students in the state. History Extension is a one-unit course open to Year 12 students who are studying Modern and/or Ancient History. As part of the course, students engage in historical inquiry into an area of their own choice and produce a 2,500 word essay presenting their findings. Charlotte's topic was: *The Pen and the Camera: Construction of History and the Spanish Civil War. How valuable has historical fiction been to the construction of history, using the Spanish Civil War as a case study?* The piece was particularly sophisticated in its conceptualization and composition. Congratulations to Charlotte on this excellent achievement.

Mr Hartman

Sogeri HS and the PNG and Australia Partnership of Secondary School

On Monday 7 December we spent an afternoon celebrating our partnership with Sogeri HS in PNG and the other schools participating in the PNG and Australian Partnership of Secondary Schools. We were able to reflect on the achievements of the past year, the difficulties we had overcome and the challenges we faced during COVID-19. I would like to thank Mrs Howard and Mr Annetts for their contribution to the Partnership and the Project WASH during the year and also to our wonderful students, Tania Tabrizi and Daniel De Sacadura. We look forward to working with Sogeri HS and the PNG and Australia Partnership of Secondary School during 2021.

Mrs Gatt

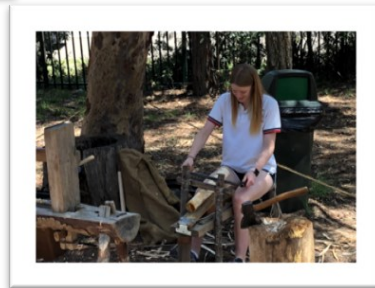
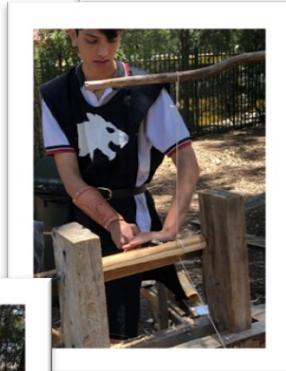
Making History Medieval Faire Incursion

On Monday, Making History Medieval students took part in a Medieval Faire incursion. In normal times this incursion would be a Medieval Banquet, but due to COVID-19 restrictions, things were a little different this year. The morning kicked off with a Jester performance in the Library by none other than Feldergast the Fool. The show was incredibly engaging and entertaining and students also learnt much about medieval court life and performance. Feldergast juggled, told jokes and perhaps, most impressively, did magic tricks, including a few which were commonly performed in medieval times. Students were delighted with Feldergast and it set them up for an excellent day.

After recess, students headed to the front of the school where Roy Davi, the Leura Bodger, had set up his shaving horse and pole lathe to demonstrate traditional woodworking technologies and skills which have been used since ancient times. A Bodger is a tradesman who turns chair legs on a spring pole lathe. Roy has been practising this craft for over 20 years. Students were mesmerised by the reciprocal action of the spring pole, turning the work piece first one way then the other as Roy sliced into it on the down stroke. Students assisted with the demonstration too, with a few splitting a log into billets using a maul and a wedge, others separating heartwood from sapwood with a froe and a lucky few having the opportunity to use a drawknife and shaving horse to round the billets, before having a go turning them on the lathe. The consensus was, the demonstration was incredibly interesting, although it was a pity not everyone was able to have a turn.

The last activity for the day was Archery Tag. Students have been learning about medieval warfare in a hands-on way, having made bracers (leather arm guards) at a previous incursion and in the process of making shields. Archery Tag was a natural extension of these lessons and gave students an empathetic understanding of life in medieval Europe. The game requires students to fire foam tipped arrows at dots on a target, hoping to knock them out. To prevent this, the opposing team can get them out by hitting them with their arrows. Archery Tag was lots of fun and despite a few low hits, was a great way to end the day. Thanks to all students who attended for your enthusiasm and engagement, and thank you to all staff who helped make the day happen.

Mr Hartman



SRC Wrap Up

The 2019-2020 and the 2020-2021 SRC and Student Executive Leadership teams have been working very hard over the last twelve months raising an amazing total of \$9,767.60 through mufti days, bun sales, merchandise sales, candy cane sales, music and sporting events. This money has been used to fund the SRC and donate to a great variety of charities. Our main highlights throughout the year were Valentines Day roses, Hippy Mufti Day, Super Mega Happy Week (COVID-19 support), Jeans for Genes Day, Pink October and the Christmas week.

Valentine's Day is the traditional fundraising day for the CTHS Student Leadership group and the SRC. The team took orders for roses, prepared them after school hours on Thursday 13 February, by de-thorning, wrapping with cellophane, tying with ribbon and adding the delivery card. They then delivered the prepared roses to staff and students on Valentine's Day, Friday 14 February. An exceptional \$2,761.25 was raised to fund important SRC programs.

The Combined Networks Primary Leadership Camp, also known as the JC's Camp, was held from Wednesday 5 February to Friday 7 February at Vision Valley Conference Centre, for our Year 10 SRC students. The camp focuses on the development of communication skills, leadership styles, public speaking and decision making.

Hippy Mufti Day was held on Wednesday 11 March. Students and teachers wore their best and brightest, colourful clothing to raise money for the environment, specifically the regeneration of the Great Barrier Reef and care of the animals which live in and around the reef. The SRC were stationed at all the school gates early in the morning and up until roll call, raising an amazing \$1,823.35 for the cause. The funds have been used to support The Reef Restoration Foundation, which is dedicated to the regeneration of damaged coral reefs by establishing ocean-based coral nurseries. The foundation receives support from scientists at James Cook University's Trop WATER, Reef Ecologic and volunteers to grow coral and replant it to regenerate damaged high-value coral reefs. The funds have been used to adopt two coral branches, each with ten corals, from the foundation for \$1,000.00. We will receive an electronically stamped certificate, regular updates on the growth of our coral branches and further information regarding the work the Reef Restoration Foundation are doing to improve the health and resilience of the Great Barrier Reef. The balance of funds raised, \$823.35, has been donated to The Cairns Turtle Rehabilitation Centre, a voluntary non-profit organisation dedicated to the rehabilitation of sick and injured turtles. If you would like to personally donate to either of these wonderful causes please click the following website links: <https://reefrestorationfoundation.org/>, <http://www.cairnsturtlerehab.org.au/>.

Super Mega Happy Week was held in Term 2 from 9 until 12 June. The SRC and Student Leaders conducted a range of activities throughout the week for students and teachers. All activities were carried out with special consideration to the COVID-19 restrictions. The Student Sports Executives organised a game of dodgeball between teachers and students, which everyone thoroughly enjoyed. An online talent show enabled them to show off their Music and Drama skills. On Wednesday 10 June, a 'Comfy in Quarantine' themed mufti day raised an outstanding total of \$1,889.65. After special consideration, the SRC and Students Exec decided to donate these funds to the Salvation Army Christmas Appeal, who are experiencing an increased demand from people needing help due to the COVID-19 emergency. If you would like to make a personal donation to this worthy cause please follow this link: https://www.salvationarmy.org.au/donate/make-a-donation/donate-online/?appeal=helphthischristmas&qclid=EA1aIQobChMI9v_M2p2r7QIVtDdyCh3KRQNhEAAAYiAAEgK-dPD_BwE.

Stewart House is a foundation which supports public school students. Each year, 1,700 public school children in need come to Stewart House from many parts of NSW and the ACT. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs and out of school activities to boost self-esteem and promote a healthier lifestyle. Stewart House Envelopes were distributed to CTHS teachers, students and their families by the SRC and Student Exec twice this year, in Term 1 and Term 3, due to the interruption in fund raising, caused by COVID-19. We raised \$264.95 for this worthy organisation. <https://www.stewarthouse.org.au/>.

The 2021 Student Leadership elections were held on 23 June and were closely followed by the 2021 SRC elections on Tuesday 28 July. A small badge ceremony for the SRC was held on 14 October. Thank you to the outgoing Student Leaders and SRC for all their contributions to the running of the team. The new Student Leaders and SRC had their planning day on 10 August, brainstorming some great ideas for future fundraising activities.

On Wednesday 2 September they held a *Jeans for Genes day*, the iconic fundraising campaign of the Children's Medical Research Institute which helps find cures for children's genetic diseases. CTHS students and staff once again supported this great cause raising a whopping \$1,939.30. If you would like to personally donate to this cause please click the link below: <https://www.cmrijeansforgenes.org.au/get-involved/jeans-for-genes>

Pink October was from Wednesday 28 October until Friday 6 November. The SRC and Student Leaders took orders from teachers and students for buns, which were sourced from Cherrybrook Bakers Delight, in support of the Breast Cancer Network Australia. Bailey Fraser was our contact and he organised the order and delivery of the buns to school. We sold \$700 worth of pink buns and the SRC and Student Leadership team, led by Lara Flaksbard and Bailey Fraser, did an awesome job of distributing these buns to students in a very short time frame. <https://www.bcna.org.au/>.

The SRC also distributed Can at 40 Do at 45 business and information cards and took orders for merchandise to the value of \$130. This campaign is endorsed by BCNA to increase the awareness of free mammograms for women 40-49 provided by BreastScreen Australia and to lower the Australian active recruitment age for screening mammography by doctors to 45. <https://www.facebook.com/Can40Do45/>

On Friday 6 November students were provided with pink ribbons to wear and were encouraged to wear pink accessories, such as socks, ribbons, ties and clips to school. Donations were collected by the SRC as students arrived to school and have been sent to the McGrath Foundation, who raise money to fund McGrath Breast Care Nurses. These nurses provide invaluable support and care to women and men experiencing breast cancer from diagnosis throughout treatment and are available to help individuals and their families for free and with no referral. <https://www.mcgrathfoundation.com.au/>.

The SRC will be organising a Christmas week, selling candy canes and conducting many exciting activities for staff and students in collaboration with the Social Justice group. Proceeds of the week will be donated to Foodbank.

Overall, it has been a fantastic year for the SRC and Student Leaders, despite any disruptions caused by COVID-19. Thank you so much for your support throughout the year and we look forward to continued exciting events with our team in 2021.

Hope you have a wonderful Christmas and a very Happy New Year!

Melia Bloch, Katie McKeon and the SRC Student Executive Leaders

CSI in the Ancient World - Archaeological Dig

Last week students from CSI in the Ancient World undertook some Archaeological field work as a reward for all their efforts this semester. After some brief shovelling with spades and troughs, students soon came across a number of artefacts including, pottery, a sword, rings, a leather belt, a tunic, a horse figurine and, excitingly, human skeletal remains. The dig provided students with the opportunity to use the skills and knowledge they had learnt over the course of the semester, as they were not only required to uncover the artefacts carefully, but to methodically catalogue the finds through drawings and writing descriptions of their finds. At the conclusion of the dig, the remains were carefully removed to be uncovered by some aspiring Archaeologists in the future.

Mr Hartman



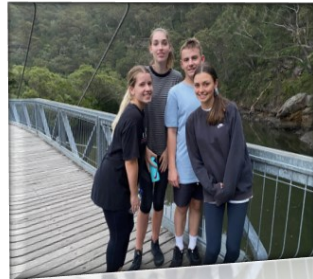
Aboriginal Studies Camp

From Wednesday 2 until Friday 4 December, Year 10 Aboriginal Studies (Preliminary) had their annual camp. While we were unable to travel to Canberra this year for our usual research trip, we had a fantastic time exploring Country closer to home. After a very rewarding session with AIATSIS via Microsoft Teams on Wednesday and a thorough investigation into our Major Projects, we headed out to Muogamarra Nature Reserve. There we were taken to a range of engraving sites by Dave Lardner and Lea Harlow from Gibberagong Environmental Education Centre, who showed us evidence of our First Peoples' life in the area as well as teaching us about their use of the bush and the features of the landscape.

From there, we travelled down to Bobbin Head and had a turn at spear throwing and Aboriginal games before unwinding. That evening we walked into the mangroves to immerse ourselves in Country. The next day, it was canoeing up Cowan Creek with Lea and Brad and a walk into the rainforest, stopping at more engravings and grinding grooves along the way.

Thanks to Gibberagong for hosting us and to Dave and Lea, in particular, for sharing their knowledge of the area and the people. Thanks also to Mr Hartman for driving the bus. It was a great camp which provided a tangible experience of many of the things learnt in Aboriginal Studies and it was a wonderful way to finish the year with a lovely group of students.

Ms McLean



Drama Ensembles Wrap Up

The end of 2020 is in sight and the school year drawing to a close gives rise to some reflection upon a year of hairpin bends and abrupt, unanticipated enforced stoppages and equally sudden resurrections. Our CTHS Drama Ensembles got off to such a flying start.



There was plenty of fun to be had for all participants of our Year 7 Drama Ensemble. Director, Jemma Harris (CTHS Alumni 2018), is the most fun person any bunch of actors could ever hope to be around. Jemma's ensemble presented a piece inspired by the musical, *Hamilton*. These young performers really owned their roles in this piece.

Over 80 students signed up for the Year 8 Drama Ensemble this year. It was the first time we had two Year 8 Drama groups on a Thursday afternoon, with Mrs Cunningham and, initially, Ms Ormiston, there to see to it the acting aspirations of this great bunch were realised.

That's Life was the title of the Year 8 Green Drama Ensemble piece and looked at the many, many uncontrollable and unanticipated circumstances which go into making life the suspenseful adventure it is! I really enjoyed tutoring this group. To see them bring this piece together, in only the five afternoon sessions we had together, was a Goliath effort.

Jananii Venkat Narayanan had this to say about the experience of devising and performing this work:

The piece we did in the Year 8 Green Drama Ensemble called, 'That's Life', was very fun and interesting. When preparing it to be recorded, everyone in the ensemble got to add their own input and it made the whole piece ours. This made the process entertaining and something we looked forward to coming back to every week.



We also got the chance to create our own 30 second scenes in smaller groups which were included in the play, making it even more unique. This also made everyone in the ensemble feel like what we were doing was ours. Because of all this, the whole process of creating the piece, from preparing to filming, was very fun and enjoyable.



Mrs Cunningham's Year 8 Pink Drama Ensemble piece made full use of the group's comic talents in a piece entitled, *Year 8 Are Clowns*. A colourful and physical piece, this work was highly theatrical.

Year 9 Drama Ensemble were looking forward to performing at the Arts Alive Drama Festival in July, but will now have their ambitions, hopefully, realised as they morph and become our Year 10 Drama Ensemble in 2021. I had the pleasure of also directing the Year 9 Drama Ensemble. This group performed a piece written by one of the members of this ensemble, Isabella MacDonald, a funny whodunit called *Cruise's Olives*. It's hats off to Isabella for penning this creative masterpiece and to the cast for putting themselves so fully into the shoes of the various characters.

Our current Year 10 Drama group are a cohesive and committed bunch of performers who take a suite of fantastic skills into their Stage 6 Drama studies. Mrs Cunningham oversaw the Year 10 students in their ensemble piece, *Waking Up in 2020*. A special mention goes out to Bronwyn Rumbel for equipping the group with costumes and for working the piece up into the clever commentary it is.



Once more, Eduard Geyl (CTHS Alumni 2016) headed up the Screen Acting Ensemble as the Director of this cohort, inspiring these young actors with his own ongoing success in the world of professional acting, being cast as the male romantic lead in a popular web series entitled, *Love, Guns and Level Ups*. This ensemble gave stellar performances captured on film, with scenes which were deeply captivating.

With all Drama Ensembles resuming in Week 3 Term 4 this year, it was great to see everyone back. Each ensemble needed to find their stride very swiftly, having only five afternoon sessions to devise a short performance! Skills nurtured and strengthened



throughout Semester 1 usually find their application in devised works which are developed after the students have got to know each other by working closely on collaborative activities over many months. Not so in 2020! So, I'd like to thank the Ensemble Directors who have done an amazing job to get the performances together in less than a heartbeat for online viewing to parents.

Thank you to all the parents who weathered the uncertainty of the year with us. I appreciate your understanding and patience. Thank you for supporting your child to participate in the highly collaborative and creative experience which comes with being a member of a CTHS Drama Ensemble.



Ms Cannon

Chinese Continuers Letter Exchange Program with Rouse Hill High School

In Terms 2 and 3 of this year, our Chinese Continuers class had the opportunity to write letters in Chinese to students at Rouse Hill High School. This was a very valuable opportunity to improve our writing skills and enabled us to put what we learnt in class into practice, whilst also learning new words and phrases from our pen pals. The students we wrote to were also in Year 11, with a few in Year 12, which made the experience more beneficial as they had a similar grasp of the language as we did, which put us on the same wavelength and allowed us to connect better with them.

Personally, I think the letter exchange program was equally fun and rewarding as it encouraged us to stray from the textbooks and write in a way that you would normally write to someone about everyday subjects and life, rather than prescribed scenarios under exam conditions requiring us to incorporate grammatical structures and vocabulary learnt from the textbooks.

What I liked about the letters was that we had the freedom to converse with our pen pals about any topics of our choosing from school subjects to hobbies and jobs. Overall, it felt more natural to write to someone my own age without the added exam pressures and thus the experience allowed me to develop my writing skills in a more enjoyable way and learn more than what I would have learnt from a textbook. This was additionally beneficial in the absence of being able to visit China which was originally planned for earlier this year.

Olivia Roberts

HERE'S WHAT'S ON:



 MERRY CHRISTMAS FROM
COMMUNITY LIFE CHURCH

CAROLS AT THE VILLAGE
 Sunday 13th December
 Look out for us bringing
 some sweet Carol singing
 outside Oliver Brown at
 Cherrybrook Village

CAROLS IN THE CULDESAC
 Thursday 17th December
 8 Alice court Cherrybrook
 7pm
 Glow candles provided

CAROLS LIVE
 Saturday 19th December
 head to our **FACEBOOK PAGE**
 for live Carols at 8pm

CHRISTMAS DAY SERVICE
 held at CTHS 9.15am.
 A celebration for everyone!

For more details www.communitylife.org.au
 or find us on Facebook



<https://parents.au.reachout.com/common-concerns/mental-health/anxiety-and-teenagers>

An anxiety disorder is when worry or fear get out of control and start interfering with everyday life. Anxiety in teens is common, affecting one in five young women and one in ten young men aged 16-25 years. Understanding more about teens and anxiety will help you to determine if it's an issue for your child. If it is, you can then take steps to help them manage it.

What is anxiety?

Everyone gets anxious at times - it's a part of life and can even be helpful in some situations, like getting a burst of energy to power through a stressful job interview. However, when someone becomes so worried about or afraid of something, or obsessed about something happening in a certain way, that it affects their everyday life and causes them problems, there may be an underlying anxiety condition at play.

Types of anxiety

There are many different types of anxiety disorders. The following are the most common ones:

- **Generalised anxiety disorder:** Anxiety or worry that isn't about one specific thing, but can be about many everyday situations
- **Social anxiety:** Fear of being in public or social situations where people might judge you
- **Panic disorder:** Repeated panic attacks that make you feel fear or terror
- **Agoraphobia:** Anxiety about having a panic attack in certain situations and not being able to escape or get help
- **Specific phobia:** Intense fear of objects or situations (e.g. fear of dogs or heights)
- **Separation anxiety disorder:** Fear of being separated from a loved one or home.

What are the risk factors for anxiety?

There are a number of factors that have been shown to increase the likelihood of someone experiencing an anxiety disorder. These include:

- Genetics - a family history of anxiety, or a child's role models displaying anxious behaviours
- Personality factors and learned traits, such as a child being highly sensitive, shy, a perfectionist or having low self-esteem
- Chronic illnesses, such as asthma, diabetes or epilepsy
- Ongoing stressful events, such as family problems or change in living arrangements
- Trauma, such as abuse, or the loss or death of a loved one
- Other mental health conditions.

How can I recognise the symptoms of anxiety in my teenager?

Learning how to help a teenager with anxiety starts with recognising the symptoms. The symptoms of anxiety can look different for each type of disorder. However, the following are some common signs of anxiety in teens.

- They worry about or are extremely fearful of specific situations or of everyday life
- They complain that their mind is racing and they can't think straight
- They are unable to concentrate or to remember things
- They avoid new and difficult situations
- They avoid social situations, and are socially isolated or extremely shy
- They're always on edge or nervous
- They're constantly tired and unable to sleep.

Physical symptoms that may accompany anxiety include:

- Chest pain, rapid heartbeat and sweating
- Shallow breathing and shortness of breath
- Restlessness and shaking
- Dry mouth, stomach pains, nausea, digestion issues
- insomnia.

If these experiences are interfering with their daily functioning, responsibilities and quality of life, your teenager may have an anxiety disorder.

What can I do to help right now?

If you think that your child is experiencing anxiety, help them to recognise it. Awareness of anxiety will be the first step for them in managing it effectively. Ask them the following questions relating to anxiety symptoms in teens:

- Is something specific causing them to worry, or is it things in general?
- How are they feeling physically?
- What are they thinking about?
- How is their anxiety affecting them - is it making them behave in a particular way, or is it preventing them from doing something?

By helping your young person to be aware of the triggers for their anxiety, they can learn to manage situations that might intensify it. They'll also learn strategies that will help them to deal with anxiety in the moment, such as breathing or relaxation exercises. [Get more coping strategies for anxiety here.](#)

Anxiety affects different people in different ways. If it goes on for an extended period of time or becomes difficult for you and your child to manage together, you should be prepared to support them to [seek professional help](#). There are many effective ways that anxiety can be treated by a professional, and it's best to set up an appointment with your [GP](#) who can explain your options and refer you to a [psychologist](#).

When to take action

If your child experiences ongoing symptoms that can't be attributed to an obvious cause or are preventing your child from doing everyday tasks, then it's possible they have an anxiety disorder. If the symptoms go on for more than two weeks, it's a good idea to talk to your child and to seek professional help.

There are also things that you can do to help your child become aware of how their anxiety affects them, and to make them aware of steps they can take to keep their anxiety under control.

Coping strategies for anxiety

Breathing exercises

Physical symptoms of anxiety include rapid, shallow breathing and hyperventilation. These symptoms can sometimes trigger panic attacks. Try teaching your teenager some [breathing exercises](#) to help immediately reduce their anxiety symptoms and calm them down. For example, try the 'long exhale':

- Thoroughly exhale, pushing all the air out of your lungs
- Take a deep breath and inhale slowly, counting to four
- Exhale slowly, counting to six. Try to spend more time exhaling than inhaling
- Repeat for two to five minutes.

Your teen could also use [ReachOut Breathe](#), an app designed to help young people control their breathing and manage the symptoms of anxiety.

Going for a walk or doing light exercise

This can help to distract the mind and manage the physical symptoms of anxiety and stress. It's also an opportunity to take a break from whatever is making your teen anxious.

Writing down worries

Writing down your worries and setting aside a designated time to come back to them is a technique used in cognitive behavioural therapy (CBT) and can help ensure that excessive worrying - which can lead to anxiety - doesn't take over someone's life. ReachOut has developed an app called [WorryTime](#) to guide young people through the process.

Meditation and mindfulness

These tools teach you how to focus on the present, instead of worrying about things in the past or the future. [Smiling Mind](#) is an app designed to teach young people mindfulness meditation, a technique that has been shown to help with anxiety.

Lifestyle changes for coping with teenage anxiety

Dealing with teenage anxiety can be tough for a lot of parents. It's important for your child to be aware of their anxiety and of techniques they can use to cope and manage their symptoms. There are also things that your child can do to avoid making their anxiety worse.

Anxiety can be triggered by:

- Lack of sleep
- Major life events
- Poor health
- Illness
- Hormonal changes
- Alcohol and other drugs.

Maintaining a healthy lifestyle can reduce the effects of anxiety and give your teen better skills to cope with the ups and downs of everyday life. You could encourage the whole family to be involved in these things:

- **Regular exercise:** Being active has been shown to reduce anxiety and depression. Exercise is not only a great stress reliever, but also helps to improve physical health
- **Healthy eating habits:** A regular eating schedule, nutritious meals/snacks and staying hydrated all support your physical and mental development
- **Regular sleep schedule:** Your brain needs time to rest and recharge. Getting enough sleep helps us to make good decisions and be present in what's happening and lowers stress levels
- **Connecting to others:** None of us can get through life alone. Spend time together as a family, encourage your teen to hang out with their friends, and talk to your teen regularly to maintain your connection with them.

If your teen's symptoms aren't improving after trying these coping strategies for teenage anxiety, or if they've been going on for a while, it could be time to think about whether your teen could benefit from [professional support](#).

CTHS Library



Pick of the Week

The book voucher winners of the last 2020 Pick of the Week draw are:

Jessica Lin, Year 7 and Jananii Venkot Narayanan, Year 8.

Join us next year to recommend the gems, challenges and surprises you discover in your reading.

Writers in Residence

Year 10 students have hopefully uploaded their creative works for editing and online publishing. The stories will be available on the Westwords site next year (you will be informed). Students have given feedback on this program. They have gained technical, critical insights about character, back stories, the essence of storytelling, complications and first sentences. They appreciated the authors' engagement, the range of activities they offered, the challenges to be creative, the encouragement and fun while working hard on their writing. The importance of effort, persistence, adaptability and the challenges of teamwork were appreciated and the fundamentals of senior English reinforced.

Anyone, any year, keen to compete in writing.

Check out the links on the library page [Writing and Other Competitions](#)

CTHS Library and others.

You can access various resources through the [CTHS Library page](#).

If you have zoomed through your books and crave more reading, you can, throughout the holidays, continue to use [Wheeler's CTHS Library](#) to borrow ebooks and audiobooks.



The Hills Shire Library and Hornby Shire Library (and other sites) can be searched through [Oliver](#) in 'search other sources'.

If you are missing your inviting, colourful school library, it's time to explore [The best libraries in Sydney](#) Libraries continue to adapt, expand and challenge stereotypes with great architecture, facilities and services.

[Cherrybrook Technology Library Instagram](#) will keep you updated.

We wish you a wonderful end to this unexpected year and an exciting embrace of the New Year. Hopefully the New Year is satisfyingly varied with stimulating challenges to keep you energized and enthralled in anticipation of the next day. Have a safe and joyous holiday!

Ms Halder and Ms Sorensen



CAREERS UPDATE

Medical Special Zoom - Personal Journeys



Monday 14 December, 1.00-4.00pm. The aim of the symposium is to help students understand the journey from medical research to a product which can be used with patients. One of the key elements of the Australian Research Centre for Innovative Bioengineering (ARCTCIBE) is to provide the next generation of researchers with the interdisciplinary skills and mentorship to be leaders in the rapidly evolving, highly innovative field of Bioengineering. The event is a significant step in this journey. We will hear from pioneers in the field, about their own personal journeys on the road to translation, taking devices out of the lab and into the world. For the young researchers in the Centre, it is an opportunity to learn from and be linked with mentors who are among the brightest minds in the Australian Bioengineering landscape.

<https://www.eventbrite.com.au/e/personal-journeys-to-translation-tickets-122649549103?aff=ebdssbonlinesearch>.



Meet a Geoscientist

Dr Ashleigh Hood is a [L'Oréal-UNESCO For Women in Science](#) Fellow and has a killer career as a Geoscientist. At school, Ashleigh was into Science, but also creative subjects. "I loved Physics, but also Geology and Art," the [University of Melbourne](#) Graduate says. "I enjoyed basically any subject where I could learn about how the world around us works." And with a family big time into Environmental Science, Ashleigh spent her childhood hanging out in nature, camping, kayaking and rock climbing, constantly questioning why and how things were the way they were.

https://careerswithstem.com.au/profiles/dr-ashleigh-hood_loreal-unesco-for-women-in-science/.

Defence Careers Virtual Information Session

Monday 14 December at 6.00pm. Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force. Tune in for a virtual information session to speak with current serving members and ask your questions. Is a career in the Australian Defence Force for you? How does it work? Click here to find out more: <https://www.facebook.com/events/720915725504874>.



Glass and Glazing Apprenticeships - Apprentices Needed

A Glass and Glazing Apprenticeship is the start to an amazing career in the Glass and Window Industry. Glaziers install glass in windows, skylights, store fronts and display cases or on surfaces, such as building fronts, interior walls, ceilings and tabletops in residential and commercial constructions. The industry is now hiring in various locations. Send your resume to melissa.baker@agwa.com.au.

Tips for Choosing the Right Referees

Referees are key to job search success. In a competitive job market adversely impacted by COVID-19, it pays to ensure the referees you're putting forward are the most appropriate for the job you are applying for. Be strategic when putting forward someone to speak about your work, achievements, skills and cultural fit for the job you are in the running for. Here are just a few tips which may help: <https://www.australiancarersservice.com.au/industry-news/9-tips-for-choosing-the-right-professional-referees>.

TAFE NSW InfoFest - 8-22 January

Are you looking for a 2021 career change or perhaps a new skill-set to stand out from the crowd? Find out how at TAFE NSW InfoFest!

Whether you're joining us online or on campus, you'll have the opportunity to connect with industry expert teachers, join interactive workshops, explore state-of-the-art facilities and get the help you need to finalise your enrolment. Registrations are mandatory, so get in quick to secure your seat at your nearest participating campus. If you need further information, drop into your local TAFE NSW campus or call us on 131 601 to speak to one of our friendly staff. <https://www.tafensw.edu.au/infocfest>.



Short Story Prize - Entries Open

The prize is open to all short story authors writing in English. They seek original short stories between 2,000 and 5,000 words. All winners will be published on the Mary River Press Services site. Competition closes Thursday 1 April 2021. Find out more and enter: <https://maryriverpress.com/competitions/>.

What are core skills (and why do you need to know about them)?

You've probably already heard about 'soft' skills like communication, time management and resilience, but if you'd like to learn more about how these skills can help improve your success in the workplace, then you need to [read this article from Ponder](#). Find out which core skills you need and how to go about getting them.



Job Spotlight - Entrepreneur

Are you innovative, passionate, full of ideas and prepared to take risks? A career as an Entrepreneur could be perfect for you. Find out whether or not it could be the career of your dreams in [our latest Job Spotlight](#).

Did you know you can specialise in Climate Law?

Your work and professional life could help to address climate change issues, bring about reforms and be a truly rewarding career. So if you're considering a career in law and you're passionate about the environment, why not find out more about specialising in Climate Law on the Bond University [webpage](#).

Summer Skills Program

A new Summer Skills program of fee-free vocational training and skills support is now available to all 2020 Year 12 school leavers. A range of flexible options are available and cater for different interests and time commitments. Over 30 short courses are currently available and cover a range of industries. Courses will include Agriculture, Landscape, Fitness, Mechatronics, Coding, Communication and Digital Literacy, Plumbing and Draining and Gallery and Museum Skills.

More information about the courses on offer is available via the NSW Department of Education [Summer Skills](#) webpage.

CTHS Careers Advisers

Contact with the Careers Advisers will be limited over the school holidays. Meetings with students and parents for early 2021 can be booked through our online booking form: <https://bit.ly/2Rhcwfu>.

Mrs Ferguson and Ms Tenedora



HOLIDAY PROGRAMS

At the Museum - School Holidays

There is something for everyone at the Australian Museum these January school holidays! Play Scientist for a day and explore the Australian Museum's amazing fossil collections. Recreate ancient creatures and lost worlds in a Palaeo Art workshop or learn how to capture nature's best angles in a Photography workshop. Book today and have a roaring good time these school holidays!

<https://australian.museum/event/school-holidays/>.

Holiday Program - Back in the Lab

13-14 January 2021

The University of Sydney would like to invite the keenest young Scientists going into Year 9 and 10 to sign up to a brand new, hands on holiday Science program on one or both days 13-14 January 2021. Prices are \$60 per student per day. For more information see the flyer here:

<https://drive.google.com/file/d/1MjKvUw2YWw7AR8RndYs7xeZ35bA6JV0A/view?usp=sharing>.

Advanced Game Design January School Holidays 2021

19-20 January 2021

This course is open to any student. Learn one of the premier Game Development platforms (Unity). Start making 2D, 3D or even Virtual Reality games. Each level is a separate enrolment and takes two full days to complete. Visit the website to register your place or to find out more information:

<https://codercollege.com.au/calendar/agd-hols2021/>.

Macquarie Ancient Languages Summer Week 2021 - Ancient Greek, Hieroglyphics and Classical Hebrew

11-15 January online via Zoom

Suitable for students with no experience of the language. Please consult our FAQs page for information about the daily timetable and browse below for information about the different languages available this January. When you've decided on a language and level, please click on the button to enrol via our Eventbrite page:

<http://mals.org.au/current-program/>.

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.



CHUFC invites all girls aged between 9 & 18 years to

PRE GRADING SOCCER SKILLS TRAINING

Sessions times

U9 to U13 6 pm to 7.30 pm

U14 to U18 7.30 pm to 9 pm

held on

19 & 21 January 2021 at Fred Caterson Reserve Castle Hill, field 1

*As a big thank you for bringing your friends, existing members
will receive a new pair of socks!*

*Register ASAP by emailing your name and contact details to
the ladies coordinator Scott Marchant at
ladies@castlehillfootball.com.au or 0418 534 629*

Inspiring a new generation of girls to love soccer




“Act, Create, Communicate”

Boost your child’s creativity, confidence, communication skills & self-development through drama

Our youth drama programme covers mime, scripts, improvisation, monologues, play building, auditioning techniques, directing skills and productions

Students 12 - 18
Enrolling for 2021

North West - Youth Theatre
Castle Hill, Quakers Hill, Baulkham Hills, Bella Vista
0438 788 080 | sydneywest@ogradydrama.com.au
www.ogradydrama.com.au

We don't just teach drama, we teach life

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 at 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.

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.

CALENDAR - Term 4 Week 10B

Monday 14 December	<ul style="list-style-type: none"> • HSC Assessment Task - Business Studies • City Textiles Excursion
Tuesday 15 December	<ul style="list-style-type: none"> • PDHPE HSC Assessment Task • Year 11/12 EALD Assessment task
Wednesday 16 December	<ul style="list-style-type: none"> • Year 11/12 Gala Day • Term 4 ends
Friday 18 December	<ul style="list-style-type: none"> • HSC Results BBQ - 11.00am, CTHS