

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT 08 P&C

MESSAGE FROM THE PRINCIPAL

Thank you all for a wonderful school year at Cammeraygal. It was lovely to celebrate our Presentation Days, with your children achieving so exceptionally well in a range of areas across the school.

Please see the school [website](#) for updated 2019 information including Parent / Student Information Pack for the Senior Campus, start dates and new bell times for 2019 for both campuses.

There will be a number of staff on site to meet and escort Year 10 and 11 students to the first assembly. Students will be given tours of the site on the first day back.

2019 Start Days

Year 7 – Wednesday 30 January

Years 8 to 11 - Thursday 31 January

SRE

SRE will now be held at 8:45am-9:15am each Thursday. Students will attend Roll Call and then go to SRE.

Those students doing Non Scripture will be supervised after Roll Call.

Period 1 will commence after SRE and school will finish at 2.45 on Thursdays.

I would like to wish all of our Cammeraygal community a happy, safe and restful holiday season. We look forward to seeing you all back refreshed again next year.

Regards
K Melky

CALENDAR

WEEK 1 TERM 1 / 30 JAN – 1 FEB

Wed Y7 '19 & Y9 '19 Peer Support
Thurs All other students

WEEK 2 TERM 1 / 4 – 8 FEBRUARY

Wed Y7 leave for Camp
Fri Y7 return from Camp

UPCOMING EVENTS

2019

21 Feb Swimming Carnival
7 Mar Junior Campus Open Day
8 Mar Zone Swimming Carnival
18 Mar Athletics Carnival
21 Mar Senior Campus Open Day
22 Mar Photo Day
7 June Zone Athletics Carnival

NEXT P&C MEETING

TUESDAY 5 MARCH @ 7:15PM

STAFF COMMON ROOM

FYI

Uniform Shop Trading Hours



73 Dickson Ave ARTARMON NSW 2064
(02) 9436 1700 sydney@noone.com.au

SCHOOL HOLIDAY TRADING HOURS

8 January 2019 to 1 February 2019

Monday 9am – 4pm

Tuesday 10am – 6pm

Wednesday 9am – 4pm

Thursday 7:30am – 4pm

Friday 9am – 4pm

Saturday 26 January @ 9am – 12pm

APPOINTMENTS ONLY

CLOSED MONDAY 7 January and MONDAY 28 January

New student fittings are by appointment. Please call us to arrange a suitable time.

Don't forget our online service at www.noone.com.au

Sport

Teacher vs Students Basketball

Would like to thank Max, Zach, Mark, Manu and Laurence for playing nearly a full 50 minute basketball game against a combined Y9 and Y10 boy's team.

Intense and passionate, both teams did well with the boy's team having a strong 20 point lead for the first 3 quarters. Being the true warriors they are, the teachers rallied back to finish in a nail biter with the game ending in a 73 point even score.



2019 NSW All Schools Triathlon Championships



Juniors 12, 13, 14 years	400 m SWIM	10 Km CYCLE	3 Km RUN
Intermediates 15, 16 years	600 m SWIM	15 Km CYCLE	4 Km RUN
Seniors 17, 18, 19 years	750 m SWIM	20 Km CYCLE	5 Km RUN
Relays - (Juniors)	400 m SWIM	10 Km CYCLE	3Km RUN
- (Intermediates/Seniors)	400 m SWIM	15 Km CYCLE	3Km RUN

28th February to 1st March 2019 SYDNEY INTERNATIONAL REGATTA CENTRE PENRITH LAKES

*** Attention ***

All CIS entries are to be submitted online to CIS via School Sport Coordinator

Information: <https://cis.aisnsw.edu.au/Pages/Sports.aspx>



*** Attention ***

All CHS entries are to be submitted online

INDIVIDUAL ENTRIES

<https://www.eventbrite.com.au/e/2019-nsw-all-schools-triathlon-government-schools-individual-entry-registration-50674803702>

TEAM ENTRIES

<https://www.eventbrite.com.au/e/2019-nsw-all-schools-triathlon-government-schools-teams-entry-tickets-50674353355>

*** Attention ***

All CCC entries are to be submitted online

<http://www.csss.nsw.edu.au/>



Enquiries related to the 2019 NSW ALLSCHOOLS event should be directed to your school system representative

Or Email: nswallschoolstri@gmail.com

*** This race will be the selection race for the N.S.W. ALLSCHOOLS TEAM to contest the National Championships on the Sunshine Coast, Queensland from 3rd – 6th May 2019 ***

*** PLEASE NOTE – TO COMPETE IN THE NSW ALL SCHOOLS TRIATHLON THERE ARE A NUMBER OF CONDITIONS THAT MUST BE MET. PLEASE CHECK DETAILS BELOW ***

This is a Non-Drafting event and draft zones will be monitored by Triathlon Australia course officials.

CATEGORIES

• Individual events:

- Junior – 12, 13, 14 years
- Intermediate – 15, 16 years
- Senior – 17, 18, 19 years

• Relay event:

- teams for each age and gender division. The team must comprise three athletes; one swimmer, one cyclist and one runner. Schools may enter as many teams as they wish.
- Mixed teams are to compete in male division and the oldest age group category of the team.

N.B.: RELAY TEAMS MUST HAVE 3 COMPETITORS FROM THE SAME SCHOOL.

AGE

Category is determined by the competitor's age as at the 31st December 2019.

Junior	Born on or before 1 st January 2005
Intermediate	Born between 1 st January 2003 and 31 st December 2004.
Senior	Born on or before 31 st December 2002

ENTRY FEE

Must be received by close 21st Feb 2019

Individual entry fee \$30.00 per person (including GST)

Teams entry fee \$45.00 per team (including GST)

(Refunds are at the discretion of each school system).

All entries must be done ONLINE and NO late entries will be accepted.

Due to the significant increase in participant numbers, there will be caps placed on all age groups and divisions. As a result, each individual school is only permitted to enter a maximum of 5 teams per age division and gender. Extra nominations will be considered after the closing date however this will be at the discretion of the organising committee. Please contact your system convenor for further details.

SAFETY, SUPERVISION and CONDITIONS OF ENTRY

- This is a safety-oriented event with a closed circuit (no vehicles – except drafting motor bikes) ride and a protected open water swim.
- **Students with pre-existing medical conditions must be identifiable on the day.** Medical information **MUST** be provided upon registering the student along with a management plan. Individuals will need to report to officials on the day. Failure to do so will result in the individual / team being disqualified.
- **Swimmers MUST be competent and able to meet the demands of the swim leg.** Any students not meeting these expectations will be removed from the water immediately. This decision will be at the discretion of course officials / water safety.
- **All individuals / teams must have an adult representative present on the day.**
- All cyclists must wear an approved helmet. All bikes must be presented for a safety inspection prior to racing on the course.
- It is expected that all participating students are suitably prepared prior to the championships to meet the physical demands of the event (in varying environmental conditions) and are appropriately hydrated and fuelled to participate safely.
- The following guidelines will be utilised when making decisions in relation to hot weather
<http://sma.org.au/wpcontent/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>

Bike Restrictions

There will be no Roll Out checks completed on any bike. Therefore, there is no roll out distance specification for any age group.

The following equipment restrictions will apply for the NSW All Schools Race:

- (i) The bicycle may be on-road, off-road or youth style. No "time trial" style bicycles are allowed. No recumbent style bicycles are allowed. No BMX bikes are allowed.
- (ii) Only standard drop, straight, or curved handlebars are allowed. No aero or time trial bars may be attached to the bike or used during competition.
- (iii) For all events wheels must have at least 16 spokes.
- (iv) No disc wheels or wheel covers are allowed.
- (v) Carbon wheels must be no deeper than 60mm
- (vi) Only detachable tyres and tubes shall be used
- (vii) Time trial style helmets may NOT be used.

PROGRAM

Thursday 28th February - INDIVIDUAL RACES

7.00 am – 8.00am Registration (All students)
7.00am – 7.15am Seniors then to transition.
7.15am – 7.30am Intermediates then to transition.
7.30am – 8.00am Juniors then to transition.

8.30am – 1.00pm Race Times
8.30am Senior Individual Race Start.
10.00am Intermediate Individual Race Start.
11.15am Junior Individual Race Start.
Presentations to take place after Individual Races.

- Approx. 5 minute break between boys and girls start times.

Friday 1st March - RELAY RACES

*** The nominated school representative will need to register the team/s and collect race packs.**

7.00 am – 8.00am Registration
8.20am – 3.00pm Race Times
8:20 am Junior Boys Relay Race Start.
8:50 am Junior Girls Relay Race Start
9:30 am Intermediate Boys Relay Race Start.
10:30 am Intermediate Girls Relay Race Start.
11:30 am Senior Boys Relay Race Start.
12:30 pm Senior Girls Relay Race Start
Presentations to take place after Relay Races.

During the Relay races, there will be cut off times put in place. If swimmers are not out of the water by the cut-off time, the team cyclist will be sent off. If a cyclist has not finished by the cut-off time, they will be taken off the course and their runner will be sent off. Cut off times will be at the discretion of the event organisers.

N.B:

- **RACE START TIMES ARE SUBJECT TO CHANGE ON RACE DAY**
- There will be a short pre-race briefing approximately 10 minutes before each race.
- Maps of the course will be on display and each competitor needs to be familiar with the course for their age group.

FAQ

- **Allow 15 minutes to get from car park to Registration.**
- All registrations for individual and relay events must be completed by 8:00am, as the course will be closed after this time.
- **No parents, coaches, teachers or friends are permitted at anytime in the transition area (bike compound).**
- Race numbers must be worn by competitors during the cycle and run legs of their event.
- Race belts will be available for purchase on the day.
- This event is only for Secondary school students.

Results will be available from

www.multisportaustralia.com.au / www.sports.det.nsw.edu.au

| Wellbeing @ Cammeraygal

Share the Dignity: It's In the Bag

This year Cammeraygal High School participated in the It's In the Bag Christmas charity drive. Thank you to everyone who donated to this wonderful cause. We collected many bags filled with essential and luxury products that will be donated to women and girls in need over the Christmas period.

This is a wonderful and worthy cause and we are very proud of our school community's generosity. Thank you to Ms Keong for organising the collection.



Member for North Shore Felicity Wilson collecting our donations.

Tomorrow Man and Tomorrow Woman Workshops

In Wk8 students participated in the Tomorrow Man and Tomorrow Woman workshops. Feedback from students was positive with many students gaining great insight into their individual and collective strengths.

Y10 Student Recap of Tomorrow Man Workshop:

When we had our tomorrow man session with Kane, we developed our sense of understanding of each other and got to unveil our masks and talk to each other honestly. We discussed how as young men we tend to hide how we are feeling and put up a mask. Kane (the facilitator) asked us to take off our "masks" and be truthful with the group. We also did an activity which taught us that there are other tactics apart from just using our strength to be in control, we could use patience and letting go to be in control of a situation.

Overall we learnt a lot about each other and how to talk to each other about our feelings and taking our masks down.

Y10 Student Recap of Tomorrow Woman Workshop:

Tomorrow Woman was a very beneficial experience, which taught us a lot about self-worth and female empowerment.

During the session we talked about the expectations that women have to uphold, even if we don't want to, and the way these expectations affect us. We also had the opportunity to fix any friendship issues we had with other people in the room, with the help of Tamika (the facilitator). This opened up new perspectives on these people because we got to know more about the other people in the room, and learn more personal details in a non-judgemental way.

Overall, this was a great opportunity and all the girls who participated in it thoroughly enjoyed it.

Accessing Mental Health Support

At Year assemblies in Wk8 students in YEARS 7-9 discussed how to access mental health support and what support is available for people experiencing a mental health crisis.

Students identified a range of support strategies for individuals in need of urgent mental health support including Kids Help Line, Life Line, The Suicide Call Back Service, a medical professional, a trusted adult, parents and carers and emergency services on 000.

Approximately 1 in 4 young Australians experience a mental health difficulty and it is critical students are aware of support available to them and how to access support if required. Students were reminded of the importance of accessing professional and adult help in the event of a mental health crises for themselves or a friend as their peers do not have the skills and knowledge to support someone at risk of suicide.

It is important that students discuss their emotions and wellbeing with each other, however in a crisis situation regarding self-harm or suicide, safety is the biggest priority. It is critical that an adult and emergency services are notified as soon as possible so the individual can be provided with support and care immediately.

Students acknowledged the extreme pressure and difficulties a young person could go through when trying to support a friend in need of emergency support. The following websites are useful for Parents / Carers who want to know more about:

[Getting Mental Health Support for Teenagers](#)

[Information on Suicide and Young People](#)

P Hicks HT Welfare

The Sleep Connection Workshop

On Tuesday 13 November 13, all Y8 students took part in an incursion called 'The Sleep Connection'. This involved a presenter coming to the school to facilitate an informative and interactive workshop.

The presentation highlighted the importance of healthy sleeping patterns, and the workshop facilitated students reflecting on their own sleeping patterns and how these could be improved. Following the incursion, the presenter took away the student feedback and provided the following information based on the students' work during the session:

- The average sleep range of students varied between 6.5-10hrs/night, with most groups averaging 8-10hrs. This places most students at the lower end of the recommended 8-10hrs sleep per night.
- Most of the students' motivation to improve their sleep focused around enhancing energy and academic performance, sports performance, mood and concentration.

- The top 4 reasons students gave for not getting enough sleep were technology, homework/study, time management/procrastination, stress (in order).

Some reflective comments from students included:

"We learned how much sleep teenagers need and how sleep improves our mood, motivation and concentration. We also learned about how the blue light from our tech affects our sleep. Many of us don't get enough sleep, mostly due to tech use. This affects our mood, weight, anxiety, and depression."

"We need more sleep. We spend 1/3 of our lives sleeping and we dream for 2 hours a night. Our brains are busier during some stages of sleep processing information we have learned."

Some student ideas and suggestions for improving their sleep included:

- No tech 1 hour before bed;
- Leave devices outside room when sleeping to avoid distraction / temptation;
- Focus on priorities to improve time management;
- Exercise more;
- Relax and wind down before bed

Overall, the workshop was successful in raising awareness of the importance of sleep amongst the Y8 cohort. Students left the lesson with a better understanding of their own sleeping patterns, and a range of useful strategies they could implement to improve their habits.

Ms Pizzolato
Y8 Year Adviser

Peer Support Training

On Monday 26 and Tuesday 27 November, a group of 31 Y8 students participated in leadership training ahead of their important roles as Peer Support leaders in 2019.

The two days were spent developing crucial leadership and interpersonal skills such as teamwork, cooperation, communication, problem-solving and confidence with public speaking. All students actively participated across the two days and really put their full effort into each of the activities. By the end of the training, they were feeling confident and ready for their first official responsibility as leaders.

This occurred the following week when students ran their first Peer Support session with the new cohort of Year 7's on Orientation Day. The students not only ran their own activities, but also assisted teachers, students and parents throughout the entire day. The feedback from staff was that the leaders were outstanding in their approach with their mentees, as well as their general knowledge and helpfulness throughout the day.

This sets a really positive tone for the 2019 Peer Support program, and this exceptional group of students are set to be the most committed and enthusiastic group yet!





Watch this space for further exciting reports to come!

Ms Pizzolato
Peer Support Coordinator

| from the CHS P&C Association

A WORD FROM THE PRESIDENT

How can we empower our parent community?

Do you have a topic or idea you would like to discuss with other parents? What would you like to learn about next year? Do you know of a great speaker that we should bring in? We are organising our wellbeing seminars and P&C meeting topics for next year and are interested in hearing from you about what might be of interest. Please email secretary@cammeraygalpandc.org.au to share your thoughts.



We need some Year 8 / 9 Dads to organise Mothers Day 2019

Per numerous suggestions, we have divided the social activities by year groups and, in the case of Mothers and Fathers Day, by gender. Year 10/11 Mums have already stepped up to host Fathers Day.

Year 8/9 Dads - WE NEED YOU!

Email social@cammeraygalpandc.org.au to help create an amazing Mothers Day.

Are you interested helping connect the P&C with the students?

We are looking for one more volunteer who would like to help Cammeraygal student leaders organise student directed activities and events that the P&C will help support and / or fund.

Please email president@cammeraygalpandc.org.au if you are interested helping out.

Join the P&C

Are you interested in being a member of the P&C? Register your interest here: <https://goo.gl/forms/lqcJwoHhKO2ehLuT2>.

Are you interested volunteering your support at one of our social events in 2019, or on one of the other subcommittees? Register your interest here: <https://goo.gl/forms/3HUF1mWb9UdQxr832>

2019 Meeting Dates- Mark your calendars!

School Term		Meeting Dates		
Term 1	29 January - 12 April		05-Mar	02-Apr
Term 2	29 April - 05 July	07-May	04-Jun	02-Jul
Term 3	22 July - 27 September	06-Aug	03-Sep	
Term 4	14 October - 20 December	05-Nov	03-Dec	

March 52019 - 1st P&C meeting - Focusing on Wellbeing

Our new P&C Team is gearing up for next year and has already planned a special topic for our March 5th meeting - Pip Hicks and Megan Salmon will run through the CHS Wellbeing strategy so make sure to mark your calendars.

Srima McQuillan
P&C President

SPORT

Extra-curricular sport: Girls Soccer in 2019

We are looking for additional players across all years to play in the CHS girls soccer teams. Training starts in March 2019, with matches played on Sunday mornings.

Register your interest at: <https://www.trybooking.com/ZGRR>

HAPPY HOLIDAYS!!

Community Announcements



SCOUTING
IS FUN!

Come and try Scouting at 1st North Sydney Scout Group!

Prepare for Adventure
Prepare for Life

Girls and boys are welcome!
SCOUTS (11–15 years) | VENTURERS (15–18 years)



1 Munro Street, McMahons Point
Wednesdays 7.00pm – 8.30pm
www.northsydneyscouts.org