

Cammeraygal High School

Empowered to Achieve



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MESSAGE FROM THE PRINCIPAL

Term 4 has commenced with many activities and events to report in this week's newsletter.

These include the hugely successful P&C Trivia Night, a visit from the Secretary of the DoE Mark Scott, and much more.

CHS P&C Trivia Night

On Saturday night the P&C organised a Trivia night as the main fundraiser for the year.

The event was very well supported by our parent community with over 140 parents and caregivers attending.

The Trivia was fast and furious and the Spanish feast of Paella was a big hit with all in attendance.

A huge thankyou to Srma, Carol and Jane for their massive efforts in organising the event that saw the P&C raise over \$21,000!

The school is very grateful to the P&C for their ongoing partnership and support of the initiatives that the school undertakes. Funds are currently being raised to compliment sound and lighting equipment in our new Hall on the senior Campus.

This year has seen several great P&C events. The Father's Day and Mother's Day breakfasts saw many of our parent body come along to the school and celebrate these occasions.

CALENDAR

WEEK 3 TERM 4 / 29 OCT – 2 NOV

Week 2 of 3 / Assessments

Mon	Y8 VALID catch up day
Tues	Y8 VALID catch up day Band Workshop

WEEK 4 TERM 4 / 5 – 9 NOVEMBER

Week 3 of 3 / Assessments

UPCOMING EVENTS

4 Dec	Y7 '19 Orientation Day
17 Dec	Presentation Day Years 9 & 10
18 Dec	Presentation Day Years 7 & 8
19 Dec	Students Last Day of Term 4

2019

29 Jan	Staff return
30 Jan	Y7 '19 return for Term 1
31 Jan	All other students return

NEXT P&C MEETING

TUESDAY 30 OCTOBER

@ 7:15PM

STAFF COMMON ROOM

Secretary DoE Mark Scott visits Cammeraygal

The Secretary of the Department of Education, Mark Scott, paid us a visit this week. The purpose of the visit was for Mr Scott to see the school in full operation and speak with our staff and students.

He observed and spoke with some classes and was very impressed with the level of interaction and engagement of our student with their lessons. I was able to discuss where the school's development is up to and how the senior campus is progressing.

Senior campus update

I visited the senior campus with the Project Reference group late last term and was very impressed with how quickly the building is progressing with the internal refurbishment. We are still on track to have the site handed over to us later this term in preparation of the school opening in Term 1 2019.

It is an exciting build that will see us take Years 10 and 11 there in 2019 and eventually have Years 10, 11 and 12 there in 2020. In 2019 the Pacific Highway site will have Years 7, 8 and 9 with student numbers of approximately 430 and approximately 250 students on the West street site for. Our anticipated total enrolments for 2019 are approximately 680 students in total.

We ask parents to let the school know if there are any plans to take your child out of the school. This assists us to plan for 2019. We do hope to maintain class sizes lower than 30 to enhance the quality of your child's learning experience

Staffing 2019

The school has been undertaking a massive staffing operation in preparation for next year where the school advertised approximately 22 teaching positions and 3 head teacher positions.

Thank you to the parents that have been involved in our merit selection panels. It is a big time commitment and we greatly appreciate your input.

The school's teaching staff will grow from approximately 35 teachers to over 57 teachers due to our increase in enrolments and with the expansion of the curriculum in the senior school.

I would also like to congratulate Ms Philippa Hicks who has been appointed as the Head Teacher of Wellbeing substantively at the school. Ms Hicks was relieving but was successful at gaining the position at merit. Ms Hicks will continue to work across both sites next year developing proactive wellbeing initiatives for our students. The position is a critical one in the school and Ms Hicks has brought great ideas and skills to the position and we look forward to her continued work in wellbeing in the school.

Kick-Start STEM workshop

Dr Mirto hosted a regional workshop at the school to showcase the CHS STEM club initiatives. He was invited by our regional office to promote STEM initiatives across the region with the aim of showing our local schools how to go about starting these clubs and initiatives in their schools.

The workshop saw over 15 schools attend and the feedback was extremely positive.



Crows Nest Fair

Thank you to Ms Kate Wiktorowicz for her work with the music ensembles and for their participation at the Crows Nest Fair last weekend.



Our students were proud representatives of the school and showcased the range of musical talents in the school.

Sculptures by the Sea excursion

Y8 attended the Sculptures by the Sea excursion last week with the CAPA teaching staff.

The students and teachers reported having a wonderful time whilst being part of this excellent event that makes up our art scape.

Thank you to all of the organising teachers who went along on the day including Ms Walker, Ms Keong, Mr Davidson and Mr Burgess.



Invictus Games excursion

Y9 and 10 PASS students attended the Invictus Games this week and were lucky enough to see some incredible events throughout the day.

Our students were appreciative of the opportunity to see our veterans in action and all had a great day.

Thank you to Ms Buchanan and Ms Hicks for their organisation of the event.

P&C Meeting

I look forward to seeing many of you at the upcoming P&C meeting on Tuesday 30 October at 7.15pm

Regards

K Melky

| From the Office Window

We are currently processing payments for the following:

EVENT	YEAR	DUE DATE	AMOUNT
Sport	all	overdue	various
Statement of Account	all	overdue	various

B Hayes

School Administration Manager

| FYI

Uniform Shop Updated Trading Hours



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

TERM 4 TRADING HOURS

Tuesday 16 October – Thursday 13 December 2018

Tuesdays	10am – 6pm
Thursdays	7.30am – 4pm
Fridays	9am – 4pm

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

Study Skills

Preparing for Blocks of Exams

For many students, a block of examinations can be daunting. Some students have no idea where to start and what they should work on.

The first thing to do if you have examinations approaching in the next few months is to find out what topics will be tested. Even a simple question to teachers can get you started such as 'are we being tested on the whole year's work or just this semester?'.

Once you know what topics will be covered, organize all of your learning materials and make sure nothing is missing and you have everything you need to review those topics.

The next step is to make study notes on these topics if you haven't been doing this throughout the year (hopefully you have!). You can visit the SUMMARISING unit on the Study Skills Handbook to learn more about making effective study notes.

Next it is time to start learning the notes (testing yourself on them over and over) and doing practice questions to make sure you can apply your knowledge to different types of questions. The ACTIVE STUDYING unit will give you lots of ideas on different study techniques to help you achieve your personal academic best.

If you have a number of weeks prior to the examinations, it is a good idea to make a plan in your diary or phone or on a whiteboard of what subjects you will study when. Try and allocate each subject once or twice each week, depending on the number of examinations you have. The PREPARING FOR EXAM BLOCKS unit explains in more detail how you put together a study plan for exams.

Our school's subscription details to this online study skills website for secondary school students are www.studyskillshandbook.com.au

Username: cammeraygalhs

Password: 37achieve

Faculty News

Y9 & Y10 PASS Excursion

On Thursday 27 Oct, 30 Cammeraygal PASS students were given the opportunity to go and watch the Invictus Games 2018, Sydney.



The Invictus Games are an event similar to the Olympics that give injured war veterans a chance to compete and represent their country for gold, silver or bronze. The Invictus Games include 12 different events including swimming, wheelchair basketball, archery and many more. We were lucky enough to go and see the athletics.

During the course of the day, we saw multiple different track races including the IT1 (Single or double below the knee amputation or substantial foot to knee damage), IT3 (Single upper limb amputation, permanent upper body limb impairment or permanent limited function in one or both limbs), IT5 (Spinal cord injuries or similar impairment but without full trunk function) and IT7 (Slight or non-permanent physical disabilities, or other psychological or unseen conditions such as post traumatic stress disorder). Our favourite by far was the IT5 as we got to witness wheelchair racing up close.



Another event during the athletics was the women's shot put IF6 (Very high bilateral above the knee amputations, spinal cord injury or similar but without full trunk function). The participants had to be seated in a special chair which held them in place so they could make their throws, with the gold medallist getting over 7 metres (she had a really cool blue mohawk).

The end of the athletics was wrapped up with multiple heart-warming medal ceremonies, with our favourite medal presenter saluting the recipients.

The day ended with a talk from Lorin Nicholson, a blind Australian who has persevered despite his disability and gone on to establish himself as a motivational speaker, award winning author, amazing guitarist and a nominee for Australian of the Year. He shared many stories from his childhood that put our lives into perspective and made us realise how lucky we are.

All in all, our time at the Invictus Games was a thrilling but also inspiring experience for all that went and we are grateful that we were given the opportunity to go and watch them.

A Wooldridge & S McQuillan

ICAS (International Competitions and Assessments for Schools) results for Mathematics

Congratulations to all students who participated in the 2018 ICAS Mathematics paper. The student's efforts and achievements are commendable and certificates were issued on Assembly for those who received a Distinction or High Distinction.

All students will be issued with an individual student report and Credit, Merit and Participation certificates will be issued in class.



The **Principal's Award** was presented to Noah R of Y7 whose outstanding achievement placed him in the top 1% of all students who sat the paper nationally

Year 7

- High Distinction: Noah R
- Distinction: Matthew C, Max L, Jack W, Bethany G, Charles W, Lien D, James T, Harrison A, Mia B, Aidan M, Travus O, Zachary T
- Credit: Gourisankar B, Anya S, Jordan P, Thea W, Maximo G, Sumire I, Mirabai L, James E, Matias W, Henry S, Connor M
- Merit: Jack C, Angelique M, Chelsea-Lee N, Britney W

Year 8

- Distinction: Angela K, Andrew S, Nicholas C
- Credit: Liam K, Aditya S, Vivian C, Hamish T, Ethan C, Akira D, Ruairaidh K, Atsushi S, Lily W, Vetaka V
- Merit: Riley M, Isabelle M, Lachlan P, Riana S, William S, Alexander H, Mabel W

Year 9

- Distinction: Aidan W, Hannah C
- Credit: Owen J, Yuta M, Zack B, Sydney M, Kaitlyn P, Caspar B

Year 10

- Distinction: Angus O, Finn C, Steven S
- Credit: Christiana V, Shivanika C, Sam Y, John B, Charles W, Pratham G, Abby B, Callum L, Tian W
- Merit: Chrisovalanti C, Aayush T, Sanara W, Daimi Z

Congratulations to all participants.

Mrs Wagner
HT Maths

| Extra curricular

NSW Public Schools Drama Company 2019 Applications Now Open



The Department of Education's The Arts Unit is proud to partner with **NIDA** and **Sport for Jove** to present the 2019 Public Schools Drama Company production, William Shakespeare's Macbeth. Directed by industry professional Rob Jago from Sport for Jove, this exciting production will be performed at NIDA in May 2019.

Auditions are open to all students in **Year 11 & 12 in 2019** from NSW Public Schools.

Further information and application forms can be found on the Arts Unit [website](#).

Applications close Friday 16th November. Apply online now!

| Wellbeing@Cammeraygal

Youth Mental Health Forum



On Monday a group of Y10 students attended a Youth Mental Health Forum at the Australian Catholic University North Sydney. The forum was organised by Felicity Wilson MP Member for North Shore.

The aim of the forum was to raise awareness about mental health and illness amongst local teenager, to help them identify the signs, and gain an understanding of what help is available to them in the local community. There were many other local schools in attendance.

Throughout the day students heard personal stories from people who live with mental illness and their experience getting medical treatment and support. They discussed how access to support can be improved for young people and the barriers young people face in regards to mental health. Finally the students worked as a group to develop a school project to assist all Cammeraygal students in better understanding mental health and illness and how to access support.

Stay tuned to hear more about their excellent ideas.

Teenagers and Independence

The teenage years are when students begin mastering skills that enable them to be independent. The whole school community is responsible for encouraging this independence, while also ensuring that students are supported and remain safe.

While some teenagers crave freedom and independence, others need a little more support to become confident and self-motivated.

Regardless of which best describes your teenager, you can assist them to develop this this independence while also finding the balance between freedom and safety. [Find out more.](#)

P Hicks

HT Welfare

I from the CHS P&C Association

A WORD FROM THE PRESIDENT

Trivia Night was a smashing success!

Q: Who made \$18,000 on Saturday Night?

A: WE DID! Thanks to all the Trivia Night attendees and Raffle Ticket purchasers.





And what a night we had!

Even though the heavens opened and bucketed down as our evening was beginning it didn't dampen the spirits of the night's guests who came ready to test their knowledge, have some fun and win some great prizes, all in support of a very worthwhile cause – our children's education.

Over 150 guests were met with a festive glass of sangria on arrival, antipasto on the tables and the smells of fresh paella being prepared outside the doors. The Trivia began fast and furious and the race for the table with best collective knowledge of random facts was on! Raffle tickets were sold, very popular lucky dip envelopes were flying out the door and people were sneaking away from their tables to place their bids for silent auction items. Plentiful plates of paella were served and the Trivia competition heated up. Live action items – a holiday, original artwork, a 5 star dinner, and a fitness package were auctioned to the highest bidder. Trivia complete – the winners were announced with Table 10 taking the winning honours away from the Teacher's Table – coming in second! And then as quickly as it started – it was over. But as parents left the hall, the mood was festive and it was obvious that a great night was had by all.

And whilst it was a magical night, events like these don't happen magically....

A HUGE shout out to Carol Kostamo, Jane Merrett and Srma Mcquillan for their countless hours of hard work organising our FIRST ever Trivia Night.

And thank you to our 20+ volunteers who helped with set up and pack down. With just a small window of time to get organised and ready, we could never have done it without you!

We received great support from so many local businesses but a special Thank You to Woolworths for all their support not only with Trivia Night but throughout the entire year with their amazing generosity sponsoring our P & C Mother's Day, Father's Day and now Trivia. It's with this kind of support, we can reach our goals to ensure we give our children the resources to assist them in realising their full potential.

Additionally, thank you to Clayton Donovan, Ninth Wave Fitness, Just Orthodontics, Caroline Kostamo (Cypress Lakes) and Srma Mcquillan (Josie Petrick Aboriginal Painting) for donating prizes worth in excess of \$2,000 each.

Congratulations to our winners!

Major Auction Winners

An Evening with Clayton Donovan Kristina and Victor Dodds
Josie Petrick Aboriginal Painting Krystal and Matt Denny
Ninth Wave- Strength and Fitness Transformation Package..... Jane Merrett
2 Nights away with Golf at Cypress Lakes ???
Please contact school office

Raffle Winners

Northshore Pack Rachael Garret
Men's Pack Mark van Kerkwyk
Women's Pack Ellie Louie - *Great job buying your raffle tickets online!*
Pub Crawl Pack Rachel Heywood

Feedback

As this was our first Trivia Night, we would appreciate your feedback. Please take a moment to answer our quick 3 question survey:

Survey Link: <https://goo.gl/forms/w93oIRQ2wNLIJLe52>

We'd also like to thank the following sponsors for their generous support:

Avery	Greenwood Pub	Secret Women's Business
Blues Point Hotel	Grill'd Crows Nest	Small Bar Wine Tasting
Borrusos Pizza Crows Nest	Heart & Soul	Srma McQuillan
Caroline Kostamo	Jagos on Miller	Stuyvesant's House
Clayton Donovan	Just Orthodontics	Tensegrity
Constant Reader	Kirribilli Hotel	Thai Fusion
Desmond & Molly Jones	Lok Lok Mosman	Treehouse Nth Sydney
Dixon Advisory Nth Sydney	Makers Loft	Tuffrock P/L Hunter Valley
Firehouse Nth Sydney	Montezuma's Restaurant	Union Hotel
Fitness First	Ninth Wave Fitness	West Street Well Being
Flat Rock Brew Cafe	Orange Theory	Wild Sage
Footgolf Australia	Pandora Greenwood Plaza	Wok Passion Lane Cove
For Humans	Paw Republic	Woolworths
Garfish	Radiance Hair Northbridge	

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Bright smiles for future stars

Just **400m** from Cammeraygal High School

We provide specialist orthodontic care, to give your child the confidence to let their personality shine through.

Metal & Ceramic braces and Invisalign, are just a few of the options we can provide.

We have been fortunate to have looked after many outstanding Cammeraygal students and look forward to continue offering our support and services, and getting to know more of the Cammeraygal school community.

If you have any questions or queries, please don't hesitate to contact us.

Please encourage responsible behaviour by your child while in Crows Nest.

Please remind your children, and perhaps even their friends, that while wearing their school uniform, they are still representing the school. Any misbehaviour after school, especially while in uniform, can reflect poorly upon the school as a whole.

We have all worked very hard to build strong relationships with the community, especially in Crows Nest, and do not want to jeopardize those connections. Crows Nest businesses overwhelmingly supported our Trivia Night. Sadly there were a couple of occasions when our requests for Trivia Night were met with stories about poor behaviour by our students.

Upcoming Dates

30 Oct (Tuesday)	P&C Meeting	CHS Staff Room @ 7:15pm
27 November	AGM	CHS Staff Room @ 7:15pm
27 November	End of Year drinks	The Union Hotel @ 8:45pm

Help with selection of senior campus canteen operator

We need two parents to help us select an operator for the senior campus canteen. If you are interested, please email president@cammeraygalpandc.org.au

Annual General Meeting (AGM) – 27 Nov

Our AGM is coming up in just one month and we'd love to see some new faces on the P&C team. If you are interested in a leadership position, please email secretary@cammeraygalpandc.org.au

Sign up to receive Cammeraygal P&C emails

Keep in the know about upcoming Cammeraygal P&C activities!

Note: This is different than the school email list, we can't share details due to privacy laws. Sign up for P&C emails: http://eepurl.com/dboU_9

P&C Facebook Closed Group: <https://www.facebook.com/groups/cammeraygalpandc/>

Srima McQuillan
P&C President

SPORTS UPDATE

Netball Shout Out

Is your daughter aged between 12-14?

Would they like to play netball on Mondays @ 5:30pm at Willoughby courts?

It started on Monday and runs for 8 weeks.

It will cost \$45 if your daughter has played in the NSNA winter comp this year, otherwise it will cost \$90.

No training required.

It is just a fun comp. Just rock up and play!

If your daughter has friends outside of school that are also keen, please pass this message on.

The summer comp isn't necessarily just for CHS students.



For more information please get in touch with Amanda at cammeraygal.netball@gmail.com

Community Announcements



GV GREENWICH VILLAGE ARTS TRAIL

3 & 4 NOVEMBER • SAT & SUN • 10AM - 4PM

A great day out at Greenwich Village Arts Trail.

Now in its 7th year, there are 25 artists across 21 sites.

Chat to artists, ask questions about their work, and see how they work.

Take the opportunity to buy quality artwork direct from the artist - paintings, sculptures, pottery, children's book illustrations, hand-printed textiles, photos and jewellery.

Cafes, picnic spots & parking available plus a FREE SHUTTLE BUS around Greenwich.

Maps available at **Greenwich local shops**, FB or www.greenwichvillageartstrail.com.au



**TRENT
ZIMMERMAN MP**
Federal Member for **North Sydney**

invites you to the
eSafety Forum

with Special Guest

Julie Inman Grant

Australian eSafety Commissioner



Julie Inman Grant
Australian eSafety Commissioner

The forum will cover what you need to know to keep you and your family safe online and will include topics such as:

- Technology trends and what young people are doing online
- What we can do when things go wrong online including cyberbullying and image-based abuse
- Parenting strategies to help manage technology

Where: Arts & Cultural Common,
Monte Sant' Angelo Mercy College
128 Miller Street, North Sydney NSW 2060

When: Tuesday 30 October 2018

Time: 6:30pm for a 7:00pm start

RSVP: By Monday 29 October 2018
<https://www.trybooking.com/YGGK>
or Phone 9929 9822

There is no charge for this event

*There will be limited parking at the school as well as on nearby streets.
Parking is also available at the North Sydney Council Car Park on Ridge Street.*

Level 10, 2 Elizabeth Plaza, North Sydney NSW 2060 9929 9822 trent.zimmerman.mp@aph.gov.au

trentzimmerman.com.au [trentzimmerman](https://www.facebook.com/trentzimmerman) [trentzimmermanmp](https://www.instagram.com/trentzimmermanmp)

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AGES 12-22



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COMMENCES: TUESDAY 30TH OCTOBER 2018



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CONTACT: PCYC NORTH SYDNEY 9955 2944

RESILIENCE - COMMITMENT - RESPECT - INTEGRITY - CITIZENSHIP