

# Cammeraygal High School

## Empowered to Achieve



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### MESSAGE FROM THE PRINCIPAL

As we finish Wk 4 we hope that all students are managing the vast array of assessment tasks that are being issued and completed across the curriculum in Years 7-10.

Please inform the school if there are concerns about your child managing the work load expected of them. Most students enjoy the challenge but we are aware that some students do get stressed and may need additional support.

### Remembrance Day Assembly

At our whole school assembly this week we acknowledged the 100th Anniversary of Remembrance Day.

Our Y9 students gave a moving and in depth account of the significance of Remembrance Day and its significance both past present and for our future as Australians. We will be sending a group of SRC students to a memorial service on Sunday who will represent the school at this auspicious occasion

### P&C AGM

The P&C Annual General Meeting will be happening on Tuesday 27 November at 7:15pm.

There will be a general P&C meeting before the AGM, starting at 6:45pm. This will consist of a Senior Campus update, an outline of our elective curriculum program for stages 4, 5 and 6 and an outline of our Y7 transition program. We hope to see many of you there on the night.

### CALENDAR

#### WEEK 5 TERM 4 / 12 - 16 NOVEMBER

Tues      Y8 Wellbeing / Sleep Connection

#### WEEK 6 TERM 4 / 19 - 23 NOVEMBER

### 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

## AGM

**TUESDAY 27 NOVEMBER**

**@ 7:15PM**

**STAFF COMMON ROOM**

## Senior campus update

I visited the senior campus this week and was very impressed with the progress being made on the build so far. All things are on track to complete the refurbishment with time for us to transition across the site very comfortably.

I have also been informed that the multipurpose hall will commence now to ensure early excavation work is complete by next year. These are great developments for the school as we move forward with our planning.

In terms of our planning we have almost completed our staffing operation for 2019 and the timetable is also almost complete which means we are ready and keen to open the exciting new campus in term 1 2019.

## School Captain Elections 2019-2020

As part of our development as a new school we are again at the stage of electing our new school captains and vice captains for Y10 into Y11. These captains will be the school captains until they graduate in Term 3 2020.

There will also be school captains on the junior site from Y9 2019. There will be 1 female and 1 male captain on the junior site.

The process for electing the captains is under way and involves students nominating themselves or having a peer or teacher nominate them. These students will then be shortlisted to the top 4 males and female students by the entire Y10 cohort voting for their nominated candidate. These 8 students will then prepare a 2-3 minute speech for presentation at the school assembly next week. The staff and entire SRC will then vote for the school captains 2019-2020. We look forward to hearing their speeches next week. This is valuable real world experience that will allow students to develop their leadership skills and fulfil a critical role in the school.

Wishing you all a productive and enjoyable next 2 weeks ahead

**Regards**  
**K Melky**

# Deputy Principal's Report

## Uniform

As the weather is warming up and students are shedding their winter layers, some are realising that they may have misplaced certain critical components of their uniform. Please ensure that your child has all aspects of their uniform every day, including their school tie. Students who come to school without correct uniform will be placed on a recess detention.

## Mobile Phones

Cammeraygal High School is proud of our successful mobile phone policy and students are all aware that if they have their mobile phone out of their bags during the school day, it will be immediately confiscated.

However, students are often reporting that they are responding to text messages or phone calls from parents during the day. This undermines the school's policy and makes it more challenging to uphold our expectations of students.

The school recognises that there are often times when you may need to communicate with your child during the school day. However, please ensure that you use the official school channels to do so. If you need to get a message to your child at school, please phone the

front office and the message will be delivered to them, or, if more suitable, your child will be asked to come to the front office to phone you on the school phone. Your cooperation and support would be greatly appreciated.

**J Arrow**  
**Deputy Principal**

# | Study Skills

## Preparing for Senior Studies

As many senior students prepare to leave school at the end of this year and embark on further education or a new career, a whole batch of students are preparing to join the ranks of the senior students next year.

As students approach the senior years, they are expected to start taking more responsibility for their own learning. For many students part of this is a realisation that they need to do their schoolwork for their own sake, to keep options open for their own future – so they start to work for themselves, not just because their teacher or parent says they have to. Other students come to realize that in order to cope with the increased workload in the senior years, they need to work more efficiently at home and in the classroom, small changes like changing who students sit next to can make a big difference to how much work is completed in class.

So for students who are commencing their senior studies next year, the final term this year is important in taking stock of your approach to school and your studies. Do you work well in the classroom? Who do you sit next to? What are your listening and research skills like? Do you have systems in place to manage your homework and assignments? Do you know how to study effectively and have you tried different study techniques?

It seems many students think they will wake up Day 1 of their senior studies and suddenly have become a 'super student' overnight. This does not happen! Habits take at least a month to change – sometimes longer if they are deeply ingrained.

So for those students commencing their senior studies next year, use the last weeks of school this year to:

- Reflect on how you approach your studies. What do you do well, and what do you need to work on changing? Perhaps choose the top 5 areas to work on and write these on a card and place it somewhere at home where you will see it regularly and be reminded.
- Complete as many units as you can of [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au). This site can help you work out where your areas of weakness are and teach you new skills to try in these areas. In particular, 'Becoming a Senior Student'. There is a great quiz in this unit that helps you see how ready you are for senior studies This is also a great way to work out where your areas of weakness lie.

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Our school's subscription details to this online study skills website for secondary school students are [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

**Username:** cammeraygalhs

**Password:** 37achieve

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# | From the Office Window

We are currently processing payments for the following:

EVENT	YEAR	DUE DATE	AMOUNT
Sleep Connection	Y8	Overdue	\$15
Statement of Account	all	Overdue	Various
2019 Electives	Y9 – Y11	3 Dec	Various

**B Hayes**  
School Administration Manager

## | FYI .....

### Uniform Shop Trading Hours



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

#### Interruption to Trading Hours

Due to commitments for Anzac Park PS Kindergarten Orientation the shop will be closed  
**Friday 9th, Thursday 15th and Friday 16th November.**  
Normal trading hours will resume on Tuesday 13 November.

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#### TERM 4 TRADING HOURS

**Tuesday 16 October – Thursday 13 December 2018**

**Tuesday 10am – 6pm**

**Thursday 7.30am – 4pm**

**Friday 9am – 4pm**

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#### 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**

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**Saturday 26 January @ 9am – 12pm**

**APPOINTMENTS ONLY**

**CLOSED MONDAY 7 January and MONDAY 28 January**

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**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](http://www.noone.com.au)

# Faculty News

## Australian Mathematics Competition

The results for the Australian Mathematics Competition have finally arrived and the wait has been well worthwhile. Congratulations to all students who participated in this challenging and prestigious Mathematics paper.

The student's efforts and achievements are commendable and certificates were issued on Assembly for those who received a High Distinction or Distinction. All students will be issued with an individual student report and certificates of Credit and Proficiency along with Participation certificates will be issued in class.



Congratulations to James E on receiving the **Best in School Award**

### Year 7

High Distinction: James E

Distinction: Bethany G, Anya S, Harrison A, Charles W, Angelique M,

Credit: Matthew C, Maximo G, Jordan P, Jack W, Noah R, Joshua R, Mia B, Lien D, Remy L, James T, Madeleine B

### Year 8

Distinction: Angela K, Andrew S

Credit: Ethan C, Aditya S, Liam K, Lily W, Akita D, Isabelle M

### Year 9

Distinction: Aidan W, Rick L, Jack W

Credit: Hannah C, Zack B, Dhruv M, Yuta M, Owen J, Yongteck C, Kaitlyn P, Sydney M

### Year 10

High Distinction: Finn C

Distinction: Charlie W, Angus O

Credit: John B, Christiana V, Pratham G, Daimi Z, Sam Y, Tian W

Well done all participants

**Mrs S Wagner**  
**HT Mathematics**

## Nicholson Museum Excursion

On Tuesday 25 September, our Y9 History Elective: *Big Issues* class went on an excursion to the Nicholson Museum at Sydney University.

We have been learning about Ancient History and this excursion deepened our understanding of the Ancient world. We had a chance to see the Museum's impressive collection of Egyptian artefacts which included mummies, a brain and X rays of what is inside a mummy.

The university had many interesting sites including the Graffiti Tunnel. Inside the museum, we saw displays of Ancient Greek history including amphorae, a reconstruction of Pompeii with Lego, and many other objects.

We were invited to see how archaeologists work and train by getting artefacts of our own to examine and write about.



Overall the trip was very fun and very educational.

**Milla M & Rohan W**

# Extra curricular

## Drama

Cammeraygal students interested in Drama. It's time to take your Drama education to the next level and put yourself forward for one of these amazing programs.

Griffin Theatre Co., Belvoir St Theatre AND Sydney Theatre Co. ALL offer Young Ambassador programs. These give you access to FREE THEATRE and a chance to meet with the cast and crew in the industry. It also gives you a chance to meet others like you throughout the year. A single ticket to a Sydney Theatre Company show can cost up to \$150 dollars. The Young Wharfies program offers you 7 shows throughout the STC 2019 season FREE!

**Young Wharfies Applications:** <https://www.sydneytheatre.com.au/education/student...>  
CLOSES Friday 16 December

**Griffin Ambassadors Applications:** <https://griffintheatre.com.au/creative-programs/gr...>  
CLOSES Monday 3 December

**Young Belvoir Applications:** <https://belvoir.com.au/education3/young-belvoir/>  
CLOSES Monday 19 November

Finally, please think about taking the weekly ensembles programs at The Arts Unit and see yourself performing in the **2019 State Drama Festival**.

I congratulate Pratham G, Abby B, Charlie Warren (Y10) and Isabella J (Y8) for their outstanding performances this year.



**NSW State Drama Ensembles Program:** <https://www.artsunit.nsw.edu.au/drama/weekly-drama...>  
APPLICATIONS NOW OPEN

The **NSW Public Schools Drama Ensembles** program aims to foster the development of talented students from Years 5-12 in drama. There are seven Drama Ensembles that rehearse weekly after school hours at The Arts Unit in Lewisham during school term. Application is by audition and open to NSW public school students.

[Senior Drama Ensembles](#) Years 10-12 in 2019 - **APPLICATIONS NOW OPEN**

- \* Drama Company (Years 11-12)
- \* Senior Drama Ensemble (Year 11 only)
- \* Year 10 Drama Ensemble

[Junior Drama Ensembles](#) Years 7-9 in 2019 - **APPLICATIONS NOW OPEN please click on the link**

- Year 7 Drama Ensemble
- Year 8 Drama Ensemble
- Year 9 Drama Ensemble

Auditions are held at The Arts Unit - Cnr Toothill St & The Boulevard, Lewisham (near Lewisham PS).

For enquiries relating to the **NSW Public Schools Drama Ensembles** program, please email [Jane Simmons](#) or phone (02) 8512 1175.

**Mr Davidson**  
**Drama Co ordinator**

## Combined Band Day

On Tuesday 30 October, our school was able to host Northbridge Public School in a Combined Band Workshop Day. Some of the parents of children reading this newsletter probably went to Northbridge and will appreciate the quality of their bands. Northbridge attended with their Senior Band, comprising of students ranging from Y4 to Y6 and conducted by David Scarbrough.



We did four different pieces; *Tango Bolero*, *Christmas Swings*, *Farandole* and *Ashford Celebration*. First, we worked on those four songs. As a combined ensemble this was a struggle and it didn't initially sound great. As the day proceeded we had sectionals, giving each instrumental section half an hour to learn their individual parts. This section of the day was run but the Cammeraygal Section Leaders.

For the next couple of hours, we kept rehearsing, but it was still really fun because Ms Wiktorowicz provided extra (sugary) incentives. It was so nice to meet younger kids and play in an ensemble with them.

We then did a fantastic concert and the parents were sure proud of us all. Thanks Northbridge for coming, well because it was a really fun day.

**By Seb T Y8**



# Wellbeing@Cammeraygal

## Term 4 Wellbeing Activities Update

Term 4 is very busy at Cammeraygal with many things happening in all areas of the school. After the successes of Wellbeing Week a second module [Tomorrow Man workshop](#) has been organised for male students in years 9 and 10 and for the first time [Tomorrow Woman workshops](#) will be run for female students in Years 9 & 10.

Y8 will be participating in a Sleep Connection workshop on Tuesday next week during which they will learn about healthy sleeping habits and explore ways to improve their own sleep quality to ensure a balanced lifestyle.

Y7 will view a Cyber Safety presentation from one of our Police Youth Liaison Officers. This will assist students in making safe and respectful choices online.

## Links to Learning Graduation



Alice, Nellie & Ayden

On Wednesday this week we had a number of students graduate from *Links to Learning*

This program involved students learning and developing skills in many areas including barista work, carpentry and equine therapy.

Some students also participated in Gratitude Week during which they donated and collected items which they then passed on to people in need.

We are very proud of all students who participated in the Links to Learning program.

Special mention also goes to Alice and Ayden in Y10 who received additional awards and prizes for their dedication and development throughout the program.

## Helping teenagers embrace failure

Failure is often something that is frowned upon. The truth is we all fail at some things sometimes. It is often the best way to learn.

It is important to teach children not to fear failing. Fear of failure can be crippling, and can lead to avoiding challenging tasks and take away our motivation and our desire to achieve. [Teach your child](#) about the differences between growth and fixed mindsets, and how this can help them deal with setbacks.

**P Hicks**  
**HT Welfare**

# | from the CHS P&C Association

## A WORD FROM THE PRESIDENT

### Annual General Meeting (AGM) – Tues 27 November

Our AGM is quickly approaching and we are looking for some fresh faces to join our team. As our school grows and transitions to a 2 campus school, it is imperative that we have all year groups, capabilities, and interests represented. More official communication will come out in the next week, so consider this a sneak preview of what is ahead.



### **WANTED: Dads and other male role models**

As strong supporters of gender equality, we strongly encourage male members of the community to put their hand up for a role.

### **How can I take a position on the P&C, I am busy and work full-time?**

Most of our community is in the same boat, so you won't be alone as you try and juggle everything. We have also worked very hard to make sure that:

- ALL roles have been designed to accommodate working parents (over 90% of our parents are employed full-time).
- ALL roles can be done flexibly and can be worked into even the busiest of schedules.
- Most roles take only 1-4 hours a month.
- Most can be done virtually (limited face-to-face required)

### **We are actively seeking candidates for the following roles**

For a copy of the full role descriptions, please email [secretary@cammeraygalpandc.org.au](mailto:secretary@cammeraygalpandc.org.au)

To submit a nomination: [http://cammeraygalpandc.org.au/wp-content/uploads/2016/11/CHS\\_PandC\\_Nomination\\_form.pdf](http://cammeraygalpandc.org.au/wp-content/uploads/2016/11/CHS_PandC_Nomination_form.pdf)

More information to follow in the coming week.

## Executive Roles

### Treasurer

**Time:** 2-5 hours per month

Key role on the P&C executive team. The P&C raises, manages and invests into the school a substantial amount of money each year.

**Responsibilities:** The Treasurer manages the planning and tracking of the financial results of the P&C, ensuring the P&C is complying with Australian Accounting standards. An accounting background is ideal for this role (but not mandatory).

## Committee Convenors

### Social

**Time:** 2-5 hours per term

**Responsibilities:** Help to find hosts for all non-fundraising / Community Events, such as Welcome Drinks, Mother's Day, Father's Day etc... Find Mums /Dads to coordinate Mum's / Dad's Night Out

### Environment

**Time:** 2 hours a month, more during campaigns and events

**Responsibilities:** Helping to organise environmental sustainability programs and activities. Advise and assist to reduce the school's environmental footprint. Typically includes organising Working Bees and working with students and staff on other environmental initiatives.

### Communications

**Time:** 2 - 5 hours per term

**\*\* NB:** this role has an established committee of 3-4 members who support this role

**Responsibilities:** Help the P&C create fun and interesting collateral (official letters, brochures, flyers, invites) as needed. Plans P&C communications and helps update P&C website and Facebook.

## Roles where incumbent is standing for re-election\*

**NB:** You may still nominate someone for a role even if an incumbent is standing for re-election.

## Executive

President	Srima McQuillan (Y9 Parent)
Vice President	Sarah Culhane (Y10 Parent)
Vice President	Victoria Waller (Y9 Parent)
Secretary	Allison Fox (Y8 Parent)

## Committee Convenors

Wellbeing	Megan Salmon (Y9 Parent)
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## UPCOMING DATES

<b>27 November</b>	<b>CHS Update</b>	<b>CHS Staff Room @ 6:45pm</b>
<b>27 November</b>	<b>AGM</b>	<b>CHS Staff Room @ 7:15pm</b>
<b>27 November</b>	<b>Parent gathering</b>	<b>The Union Hotel @ 8:45pm</b>
<b>4 December</b>	<b>Y7 2019 Orientation Volunteers needed</b>	<b>CHS 9am to 1pm approx</b>

**PLEASE JOIN US FOR A SPECIAL  
CAMMERAYGAL HIGH SCHOOL UPDATE  
November 27 @ 6:45 pm in the CHS Staff Room**

### **Senior Campus Update**

- What can we look forward to at the new campus?
- How is construction progressing?

### **What does Stage 5 & 6 and the HSC look like at Cammeraygal?**

- What was on offer at Cammeraygal?
- What did the students choose?
- How does Cammeraygal compare with other schools?

### **How does Cammeraygal approach the transition from primary to high school?**

## **Sign up to join the Cammeraygal Parents Network**

Keep in the know about upcoming Cammeraygal P&C activities! [http://eepurl.com/dboU\\_9](http://eepurl.com/dboU_9)  
Note: This is different than the school email list, we can't share details due to privacy laws.  
P&C Facebook Closed Group: <https://www.facebook.com/groups/cammeraygalpandc/>

## **Trivia Night - last call for feedback!**

It's not too late to give feedback about Trivia Night. Survey Link:  
<https://goo.gl/forms/w93oIRQ2wNLIJLe52>

## **Year 7 Orientation – Tuesday 4 December 4**

**Do you remember how helpful it was to talk to CHS parents at Orientation?  
Well now you can be on the other side and help prospective parents!**

Y7 parents needed to help give advice and answer questions for incoming 2019 Y7's. Other volunteers also welcome. Please email [vicepresident@cammeraygalpandc.org.au](mailto:vicepresident@cammeraygalpandc.org.au)

**Srima McQuillan  
P&C President**

## UNIFORM COMMITTEE

### Second Hand Uniforms

So far second hand uniform sales have raised over \$300 for the school.

We're looking for more items, especially dresses and skirts, for Y7 '19 Orientation Day on 4 December.

Please drop off any clean items in good condition that you no longer need to the office by 3 December.

**Thanks**

**P&C Uniform Committee**

## SPORTS UPDATE

### Tennis

#### Lane Cove Tennis Club is 110!

This term one of the strongest tennis clubs in Sydney, Lane Cove Tennis Club, celebrated its 110th year anniversary. The Cammeraygal High tennis team makes up a big part of the Club's junior team.

In the Club Championships, Misha J Y8 came Runner Up in the Mens Open Singles and U16 Boys Singles categories. Dhruv M Y9 came Runner Up in U16 Boys Doubles.

Well done Dhruv and Misha!

#### We need more girls playing tennis!

The school has entered both the Stan Jones Trophy (Boys) and Floris Conway (Girls) Cups for 2019. Please contact Elena on [ejeregui@gmail.com](mailto:ejeregui@gmail.com) or 0412444508 if you would like to try out for the school reps girls tennis team.

### Netball News

We are starting to prepare for our season next year. We would love to hear from any girls from any age group (13-16) who are interested in joining our Netball Club next year.

Please fill in this [form](#) if your daughter is interested in playing netball next season. This includes any girls that played in the season just gone and want to come back again.

This will help us plan for a smooth season ahead!

Thank you

Cammeraygal Netball Club (CNC)

### Soccer

#### NSU All Girls Development Squad starting up for 2019

North Sydney United are launching a girls-only development squad programme for the 2019 season. It would be great to see some CHS girls take soccer to the next level in the upcoming season. Please see flyer in Community Announcements for details.

# Community Announcements

## GIRLS DEVELOPMENT SQUAD & DIAMOND LEAGUE TRIALS

North Sydney United are excited to be launching our girls only development squad programme for the 2019 season.

Do you want to improve your football skills?  
Are you keen to learn?

Then our girls development programme is for you.

We are looking for girls in all age groups G6 to G18.  
Trial training sessions will be held as follows:

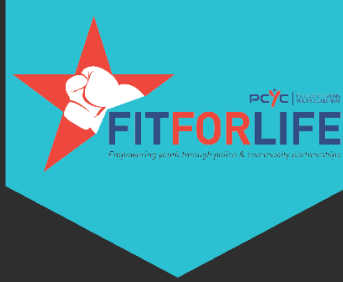
Sunday 18th November and Sunday 25th November 2018

All age groups 10.00am to 11.30am  
at Cammeray Oval Ernest St



**For more details please visit our website**  
[www.northsydneyunited.com.au](http://www.northsydneyunited.com.au)

FREE BOXING  
FITNESS PROGRAM  
AGES 12-22



EVERY TUESDAY  
FROM 6.45AM - 7.45AM  
FREE BREAKFAST

# BOXING & BREAKFAST PROGRAM

COMMENCES: TUESDAY 30TH OCTOBER 2018



224-230 FALCON ST, NORTH SYDNEY

CONTACT: PCYC NORTH SYDNEY 9955 2944

RESILIENCE - COMMITMENT - RESPECT - INTEGRITY - CITIZENSHIP