

# Cammeraygal High School

## Empowered to Achieve



### 01 PRINCIPAL'S REPORT 07 P&C

#### MESSAGE FROM THE PRINCIPAL

Week 8 brings us closer to the end of our school term as we finalise our reports for Years 7-10 and we continue our preparations for the senior site.

We also look forward to our Year 7/8 and 9/10 Presentation Day on Monday 17 and Tuesday 18 December. Please note that your child has been told if they are receiving an award and we invite parents / caregivers to attend this auspicious occasion on our school calendar to celebrate your child's achievements.

#### Senior campus update

As mentioned our timetable is complete and we are ready for our transition to the senior campus for Years 10 & 11 on Day 1 Term 1 2019. If your child is going into Y10 in 2019 they will need to purchase the senior uniform in preparation for the new school year. The difference is the school jumper is red and the boys and girls shirt is a black ribbed one. The girls and boys will also need to purchase the new black tie. The uniform shop will have these details. The opening hours are published later in this newsletter.

We ask parents to support the Cammeraygal HS uniform policy and ensure all students come with full school uniform including ties, mid ankle white socks and enclosed black leather school shoes.

As mentioned all students and parents in Years 10 and 11 will receive an information pack with FAQs on the senior site before the end of the term. This will include transport details, a map of the school and other

information to make the transition smooth and effortless for your child. The parent information will include details on payments, attendance and communication with either campus. Please note that there will be one phone number which will remain as 9954 7100. This number will direct you to which ever campus is needed. The school website and Sentral platform will all remain as one school as well.

#### CALENDAR

##### WEEK 9 TERM 4 / 10 – 14 DECEMBER

Mon	UNSW Excursion
Fri	NS-EC STEAM Competition Day

##### WEEK 10 TERM 4 / 17 – 19 DECEMBER

Mon	Presentation Day Years 9 & 10
Tues	Presentation Day Years 7 & 8
Wed	Students Last Day of Term 4

#### UPCOMING EVENTS

##### 2019

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

#### NEXT P&C MEETING

**TUESDAY 5 MARCH @ 7:15PM**

**STAFF COMMON ROOM**

## School Captains 2019-2020

Congratulations to our new Junior School Captains Susie P and Jackson T in Y8:



These captains were selected after delivering outstanding speeches along with 4 other students at Assembly last week. I would also like to congratulate Chloe T, Jack D, Sebastian T and Sammi L who were appointed as Prefects / Mentors for Years 7 & 8. This will be an outstanding leadership team who will work closely with the Senior Captains and Prefects to provide a powerful Cammeraygal student voice in 2019. They will be a force to be reckoned with and I hope to share their initiatives and ideas next year.

## Teachers leaving CHS

I would like to thank and acknowledge the teaching staff that will not be with us in 2019:

### **Ms Rachael Harrington**

Rachael has been working at the school as a Japanese and EAL/D teacher for the past 2 years and has been an integral part of supporting our students with English as a second language or dialect. Rachael has always looked at providing rich cultural experiences for her students in the teaching of Japanese here at CHS.

We wish the best with her future pursuits.

### **Ms Bekky Keong**

Bekky has been a Visual Arts and photography teacher over the past two years. She has created excellent opportunities for our students to work on different areas of their photography creating opportunities for exhibiting and show casing their thematic work.

We thank Bekky for her work at the school in the CAPA department and wish her the best in her future pursuits.

### **Stuart Madgwick**

Stuart is our Head Teacher of HSIE and LOTE and is moving to another Head Teacher position at North Sydney Boys high school. Stuart has been a huge part of the foundation of the school and has been with the school for the past 3 and a half years.

He has led the faculty and has been hugely involved in establishing student voice and leadership in the school. We wish him all the best in his future pursuits.

### **Ms Clare Walker**

Claire has been teaching across many subject areas including Visual Arts, English, and Learning & Support. Claire has contributed hugely to our Learning Support Team and is responsible for creating the *Humans of Cammeraygal* Instagram profile.

Claire has been a versatile teacher in the school for 2 years and we thank Claire for her commitment to the school and wish her the best for her next challenge

We thank all of these teachers for their contributions to the teaching and learning and opportunities that they created for our students. We will miss them and wish them all the best.

We will also be welcoming a large number of new teachers to the school and I will inform teachers of these new teachers in the first newsletter of the New Year.

Please note that the last day of school for your child is Wednesday 19 December. Y7 2019 students will return to the Pacific Highway site on Wednesday 30 January with their Y9 Peer Support Leaders. Years 8 and 9 will return to school on Thursday 31 January on the Pacific Highway campus. Years 10 and 11 will return to school on Thursday 31 January on the new West Street campus.

We only have 1 newsletter left for the year and we hope to make it a bumper edition with as much information for the New Year as parents / caregivers will need.

**Regards**  
**K Melky**

# **Study Skills**

## **Time to Reflect: Steps to Success**

With the end of the year fast approaching, take the time to ask yourself these questions:

- How well did I do this year at school?
- Did my particular style of thinking or approach produce more or less learning than I had expected?
- What could I have done differently?
- What might I change to help me improve next year?

Take a piece of paper and write down the top 5 changes you want to make in your approach to school next year. Do it now because you will forget what you did in the new year. That way you can review your list before you start school again next year.

If you need a bit more help identifying what you could do to improve, work carefully through the next section. The following is adapted from the *Becoming a Senior Student* unit on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au), but is suitable for students at all levels.

## **Moving Your Results to the Next Level**

### **Level 1: Do you have the basics under control?**

It is pretty hard to get decent marks if you aren't doing at least the three 'E's on Level 1:

**ENROLMENT:** coming to school every day, attending every lesson.

**EQUIPMENT:** coming to class with textbooks, writing paper, pens.

**ENGAGEMENT:** working in the classroom, trying your best, doing what you are asked to do.

### **Level 2: Do you have everything set up for learning?**

Got the basics under control and ready to move your results to this next level?

Then this is what you need to do next:

**COMPLETING SET HOMEWORK:** Your teachers are giving you this work for a reason! To help you understand the subject better. It makes sense to put a bit of effort in to do this work.

**PARTICIPATING IN CLASS / ASKING FOR HELP:** By participating it helps you understand better in class which means less work to do at home. It is also important to ask for help from your teachers if you do not understand something.

**HOME STUDY ENVIRONMENT / ORGANISING RESOURCES:** It is important you can find everything you need when you need it. Consider how you have set up your workspace, how you manage all the paper and all of the digital resources you receive in the senior years.

### **Level 3: Do you study and manage your workload effectively?**

Now that you have got things set up, time to make your life easier, and your study more effective, with the techniques on this next level.

#### **PREPARING FOR ASSESSMENTS: Are you?**

- Using a Term Planner or Calendar so you can clearly see when assessments are due.
- Using a Diary to help plan for assessments - make a plan of work and keep track of what you have done.

#### **WORKING EFFICIENTLY AT HOME: Are you?**

- Working in half hour blocks with no distractions.
- Making a study plan or study timetable.
- Making a plan each afternoon before you leave school.
- Using software such as 'Self-Control' and 'Freedom' to manage distractions
- Separating school work and personal time.
- Allocating set times to schoolwork.

#### **USING THE 1 2 3 STUDY METHOD: Are you?**

- Avoiding just reading your notes over and over.
- Avoiding leaving study until the last minute.

Instead, this is how you study in the senior years:

1. MAKE STUDY NOTES
2. LEARN THE NOTES BY TESTING YOURSELF ON THEM
3. DO LOTS OF QUESTIONS TO PRACTISE YOUR SKILLS.

### **Level 4: Do you want to get the best results you are capable of?**

So you have decided to go all out and aim for great marks. Well done you! The nice thing about school is that it rewards hard work and effort, you don't have to be a genius, you just have to get stuck into it. If you are ready to move your results to the next level, here are your next steps.

#### **MAKING STUDY NOTES EARLY:**

Don't wait until exam time. Make your study notes as you go, often at the end of a topic or section or every few weeks.

File away your study notes when complete so they are ready for exams.

Try advanced forms of note-making.

#### **USING A WIDE VARIETY OF STUDY TECHNIQUES:**

The more different ways you interact with the information you are trying to learn the better chance you have of retaining this info.

Explore which study techniques are most suited to your style of learning.

## AIM FOR 2-3 HOURS OF SCHOOLWORK PER NIGHT (FOR SENIORS):

Do homework first.

Then work on assessments.

If you still have time, continue with work on study notes.

If notes are up-to-date, think what else you could do to improve your understanding of the subject, study guides, practice papers, revision books, practice essays.

The holidays are also a perfect time to stretch your brain. The best thing you can do for your brain is to try something new, this will build new neural pathways in your brain. So these holidays, try at least one thing you have never done before, Sudoku, start learning a new language, try a new sport, take up a new hobby, even brushing your teeth with the opposite hand can have a beneficial effect on the brain!

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Visit [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) to learn more about the brain in the Your Brain and Memory unit.

**Username:** cammeraygalhs

**Password:** 37achieve

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## | FYI .....

### Uniform Shop Trading Hours



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

#### TERM 4 TRADING HOURS

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

**Tuesday 10am – 6pm**

**Thursday 7.30am – 4pm**

**Friday 9am – 4pm**

#### 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**

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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)



# | Cammeraygal High Careers

## Sydney University Visit

On Thursday 6 December, a small group of Y10 students attended an excursion to Sydney University. When we arrived at the magnificent clock tower, we were met by a current student who was extremely friendly and knowledgeable.

She took us on a tour around the campus, gauging the interests of the students and tailoring the tour accordingly. We saw almost all of the main buildings, and the rich culture and history of the buildings and the university were shared with us along the way. We stopped midway to move into a small and historical lecture hall where our tour guide gave us a presentation about the university. This included the many study options for our students, as well as various pathways into uni and how to change courses from within.

We continued on with the tour, seeing both sides of the campus, and the students developed a holistic understanding of everything offered at Sydney University, including clubs and extracurricular opportunities. We concluded the tour in one of the university's lunch areas, and students were able to eat lunch on campus like real uni students – completing our authentic experience!

**Ms C Pizzolato**  
**Careers Adviser**



# | from the CHS P&C Association

## A WORD FROM THE PRESIDENT

### P&C Special Update

Thank you to executive team, Kathy Melky, Jodi Arrow and Peter Barraclough at CHS for hosting the P&C special update on 27 November. The staff room was overflowing with current and future Cammeraygal parents who all enjoyed presentations on the following three topics:

- How does CHS manage the transition from primary school?
  - What does the HSC look like at Cammeraygal?
  - Senior Campus Construction update: Opening Day 1 Term 1 '19 and is progressing well
- There was a lot of great information shared with the community. One key takeaway that many parents commented on afterwards was how the management of the Cammeraygal timetable maximises the diversity of learning opportunities at Cammeraygal High School- *the management of the timetable is very unique to Cammeraygal and is a real point of differentiation*. Additionally, many parents were impressed with the breadth of the academic offering for both the Y9 and Y11 selection periods.

### Thank you to the 2018 CHS Executive, Subcommittee Conveners & Event helpers

Thank you to the 2018 Executive Team, Subcommittee convenors, event organisers and helpers for all your support, time and guidance throughout 2018. Many of the 2018 P&C Team have been involved with the school since opening day 2015 and have tirelessly given up their time to build a strong foundation for Cammeraygal. We are all so grateful for what you have done and hope to continue the journey you have started. Thank you to our retiring P&C leaders, Jenny Riseborough, Sarah Culhane, Victoria Waller and Elyse Sainty.

### 2018 Year in Review

In the beginning of the year we set 6 goals:

1. **#HeToo**-Getting more Dads and male carers involved
2. **Harness Diversity**-Encourage participation from all parents
3. **#KidsToo**-Getting more kids involved
4. **Supporting our Community** – Strengthen our relationships with the Community
5. **#Create Educational Opportunities**- Support the educational experience of the students
6. **Host interesting meetings and events**- Create forums for parents to connect, learn and support each other

Throughout the year, the P&C sponsored a number of events and activities to achieve these goals, most of which were held for the first time:

- Our Mother's and Father's Day events were a great way to get kids, Dads and Moms across all years and backgrounds involved.
- We had a number of "adults only" evening events such as Innovation & Ideas Night, Welcome Drinks, and An Evening with Clayton Donovan. All of which helped us to strengthen our parent network.
- We held our first major fundraiser, Trivia Night, which raised significant funds, was very well attended, and started to build relationships with our local community partners.
- We purchased supplies and educational materials to supplement our children's education

- Our Wellbeing Committee brought Tomorrow Man and Madonna King to CHS to support the wellbeing of our children, the staff and the parents.

Overall, about 75 staff, 250 students and over 900 parents participated across these events. I am proud of the Cammeraygal High School Community for turning up and for supporting our school.

The P&C also spent time advocating on behalf of our school and students via letters to the Minister, participating on the parent panel, applying for government grants and continuing to campaign for the best recreational and educational facilities possible for our Senior Campus.

This year the P&C raised in excess of \$60,000. For the first time the P&C was able to collect voluntary contributions using the schools payment system which helped us to raise about \$36,000. Thank you to all the parents for your contributions.

This year the P&C body funded:

- \$20,000 towards the installation of air conditioning
- \$20,000 towards the installation of solar panels
- \$15,000 of Wellbeing activities and initiatives
- \$4,000 of 'wish list' items

2018 has been a fantastic year thanks to all of you.

### Welcome 2019 CHS P&C Executive & Subcommittee Conveners

I would like to welcome and introduce the 2019 P&C Executive team who was elected at the AGM:

Executive Office Bearers		Subcommittee Conveners	
<b>President</b>	Srima McQuillan	<b>Communications</b>	<i>TBC *</i>
<b>Vice-President (1)</b>	Susanna Westling	<b>Community</b>	Meg Ambrose
<b>Vice-President (2)</b>	<i>TBC *</i>	<b>Social &amp; Fundraising</b>	Jane Merrett
<b>Treasurer</b>	Angela Pearson	<b>Sports</b>	<i>TBC *</i>
<b>Secretary</b>	Allison Fox	<b>Uniform</b>	Jo Graham
		<b>Wellbeing</b>	Megan Salmon

\*nominations were received after the AGM.

We have already started planning for 2019 and are looking forward to another great year. We are always looking for more voices and help so please sign up below to get involved. Especially Dads and male carers, we need your perspective!

Are you interested in being a member of the P&C? Register your interest here:

<https://goo.gl/forms/lqcJwoHhKO2ehLuT2>.

Are you interested in 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 5th, 2019 - 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 5 March 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

### Netball News

We are starting to prepare for our season next year. We would love to hear from any girls from any age group (12-16) 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)**

### Basketball News

Congratulations to all Cammeraygal High School basketball players for another fantastic competition. Over 110 players competed in 12 different CHS teams this year, from the Under 13s to Under 18s.

Special congratulations go to the Mavericks, Smashers and Chaos teams for making it into the semi-finals for Competition Two.

Good luck to the Chaos team, which is through to finals on Friday 7 December.



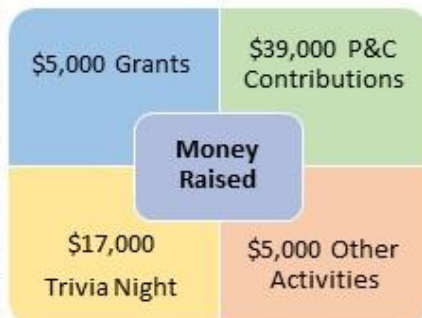
*Chaos team with coach Hal.*

Re-nominations of basketball teams for 2019 will occur over the next few weeks. If you are an existing player, please let your team manager know whether you intend to play again next year. If you are a new player interested in playing basketball next year, please register through Trybooking at <https://www.trybooking.com/ZGRR>

## P&C 2018 Year in Review

**\$4,000 raised  
for Teacher  
Wish List  
Items**

**\$15,000  
Spent on Wellbeing!**



*How Many people participated?*



**How many kids played P & C Sports?**



4 Teams  
33 Girls



7 Teams  
70 Students  
Years 7-10

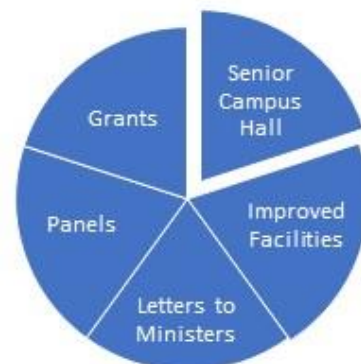
New 2018!  
20 Students



12 Teams  
115 Students  
Years 7-10



**How did we advocate on  
behalf of our children?**



**How are we building our community?**



Welcome Drinks



Mothers Day  
Breakfast



**TRIVIA  
NIGHT**



Fathers Day  
Breakfast



Madonna King



## Major Projects

\$20,000 raised  
for Air Conditioning

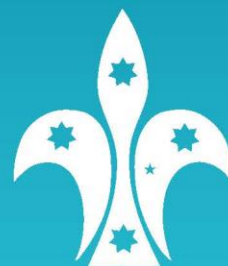


**\$20,000 raised for Solar Panels**





# 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, McMahon's Point**  
**Wednesdays 7.00pm – 8.30pm**  
**[www.northsydneyscouts.org](http://www.northsydneyscouts.org)**