

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

05 P&C

MESSAGE FROM THE PRINCIPAL

Week 4 has proven to be an exciting one with our fifth whole school Swimming Carnival being held at North Sydney Pool with most of our 645 students in attendance.

The week ahead will see our fifth P&C Welcome Drinks being held on our new senior campus and our Y7 Parent Meet & Greet Evening on March 5, ahead of first P&C meeting for the year

Campus updates

The P&C Welcome Drinks will be held on Thursday 28 February at the West St Campus from 5:30pm with two, half hour tours on the site at 5:30pm and 6:00pm before the drinks commence at 6:30pm.

The Welcome Drinks will be held in the main student entrance off West Street. We hope to show as many of our parents around as possible before we mingle in the foyer.

Please let the P&C know with your rsvp if you are attending so that we can organise tours with our teaching staff. I would like to thank the P&C for their great initiative in organising the evening which is always a huge success and many parent caregivers come along to meet each other and the Cammeraygal teaching staff

Open afternoons

On Thursday 7 March the Middle School will be hosting our Open Afternoon commencing from 3:00pm and the Senior Campus will have the open day on Thursday 21 March at 3:00pm.

CALENDAR

WEEK 5 TERM 1 / 25 FEB - 1 MARCH

- 28 Feb P&C Welcome Drinks
West St @ 6:30pm.
- Fri Y11 Spanish @ Sydney Uni

WEEK 6 TERM 1 / 4 - 8 MARCH

- Tues Y7 Information Evening
- Fri Zone Swimming Carnival

UPCOMING EVENTS

- 18 Mar Athletics Carnival
- 21 Mar West St Campus Open Day
- 22 Mar Photo Day
- 12 April Last Day of Term 1
- 29 April Staff Development Day
- 30 April All students return for Term 2
- 7 June Zone Athletics Carnival

NEXT P&C MEETING
TUESDAY 5 MARCH
@ 7:15PM

STAFF COMMON ROOM
Pacific Hwy Campus

Open afternoons (cont)

These open afternoons will showcase to prospective and current parents / caregivers the opportunities that the school provides in our middle and senior school contexts.

There will be music performances and tours of both sites. We hope to see as many parents as possible especially on the Senior Campus open afternoon so that they are able to see the state of the art facilities available for your child as they enter Stage 6 of their learning.

Swimming Carnival Thursday 21 February

It was a great atmosphere at our fifth swimming carnival at North Sydney pool. The weather was cooler and the outlook down at North Sydney pool is magnificent!

Please see some outstanding performances in the pool later in coming newsletters, featuring names of age winners and our top swimming performers from Years 7-11.

Y7 Meet & Greet Evening

We are hosting a Meet & Greet evening on Tuesday 5 March in Hall on the Pacific Hwy campus at 5:30pm. Head Teachers will be introducing themselves and talking very briefly about their key learning areas. Followed by an opportunity to meet and chat to some of the Head Teachers.

In addition, the first P&C meeting of the year will be held in the Staff Lounge on the Pacific Hwy at 6:45pm. You are also invited to attend this meeting after the Year 7 Meet & Greet.

I hope to see many of you at the upcoming events on Thursday 28 February and Tuesday 5 March

Cammeraygal High School, 'One School, 2 spaces, same purpose'.

Regards
K Melky

Deputy Principals' Report

Peer Support

The Peer Support program has continued to support Y7 students in their transition to high school.

Building on the success of the Y7 Camp, Peer Support Leaders are running weekly sessions to continue fostering new friendships, manage the differences in school routines and build their confidence.

Special thanks must go to Ms Pizzolato for her meticulous organisation of the Peer Support program.



Extra-curricular activities

Cammeraygal has always prided itself on the broad range of extra-curricular activities that our staff offer to enrich the learning of students. Please see the table below for a summary of activities and the organising teachers.

If your child is interested in participating in any of these groups, they should approach the relevant teacher for details on how and when they can get involved.

	BEFORE SCHOOL	RECESS	LUNCH	AFTER SCHOOL
MONDAY	<ul style="list-style-type: none"> Senior Percussion Ensemble 7:30-8:30 (A.4.01) Ms Wiktorowicz / Mr MacFarlane String Ensemble 7:30-8:30 (A.4.03) Ms Wiktorowicz / Mr MacFarlane 	<ul style="list-style-type: none"> Social Justice Senior Wk B (D.G.40) Ms Leung SRC Senior (Library) Mr Best 	<ul style="list-style-type: none"> Film Club Senior Wk B (D.1.08) Ms Richards Book Club Junior Wk A (Library Seminar Room) Ms Sharpe You Go Girl Group Junior Wk B (Library Seminar Rm) Ms Sharpe 	<ul style="list-style-type: none"> Maths group (AMT Challenge & Enrichment Competition students only) 3:00-4:00 (B.3.41) Mr Winstone Environment Group Combined Wk B (Pacific Hwy B.3.22) Environment Group Senior Wk A (D.G.40) Ms Kim Guitar Ensemble 3:15-4:15 (A.4.03) Ms Wiktorowicz / Mr MacFarlane Social Justice Group Combined Wk A 3:15-4:00 (Pacific Hwy B.3.28)
TUESDAY	<ul style="list-style-type: none"> Jazz Ensemble 7:30-8:30 (A.4.01) Ms Wiktorowicz / Mr MacFarlane 	<ul style="list-style-type: none"> Beading Club (B.3.28) Ms Shorter 	<ul style="list-style-type: none"> Social Justice Group Junior B Wk (B.3.28) Ms Perry Film Club Junior (Library) Mr Abbott 	<ul style="list-style-type: none"> Photo Club 3:15-4:00 (B.4.12) Mr Monteiro Debating 3:30-4:30 B Block Level 4 Mr Nowicki Robotics (Pacific Hwy Robotics Room) Dr Mirto Dance group 3:15-4:15 (A.4.09) Ms Simpson Junior Percussion Ensemble 7:30-8:30 (A.4.01) Ms Wiktorowicz / Mr MacFarlane
WEDNESDAY	<ul style="list-style-type: none"> Combined Vocal Ensemble 7:30-8:30 (A.4.01) Ms Wiktorowicz / Mr MacFarlane 			
THURSDAY	<ul style="list-style-type: none"> Concert Band 7:30-8:30 (A.4.01) Ms Wiktorowicz / Mr MacFarlane 	<ul style="list-style-type: none"> Art Club Junior (B.4.12) Mr Davidson 	<ul style="list-style-type: none"> Environmental Club Junior Wk A (B.3.28) Mr Surman 	
FRIDAY	<ul style="list-style-type: none"> Saxophone Ensemble 7:30-8:30 (A.4.03) Ms Wiktorowicz / Mr MacFarlane Brass Ensemble 7:30-8:30 (A.4.01) Ms Wiktorowicz / Mr MacFarlane 	<ul style="list-style-type: none"> SRC Junior (Library) Mr Best 	<ul style="list-style-type: none"> Tabletop Miniatures (A.4.16) Mr Lepar Journalism Club Junior (Library) Mr Abbott 	<ul style="list-style-type: none"> Chess (Terms 1&2) / Games Club (Terms 3&4) 3:15-4:15 (Pacific Hwy Library) Ms Perry / Dr Mirto

NB: Check Central Notices for Sports Council (Mr Wenyon), Steel Pan Ensemble and Senior Vocal Ensemble (Ms Wiktorowicz), Girls Fitness (Ms Hicks)

Carnivals

The 5th Annual Swimming carnival was held last Thursday at the iconic North Sydney Olympic Pool. It was great day that brought together students and teachers from both campuses to support, participate and compete. Congratulations to those students who will be moving on to compete at the Zone Swimming Carnival next Friday, 8 March.

A massive thank you to our Sports Organisers, Ms Buchanan and Ms Pizzolato, for making these events possible for our students.

The school athletics carnival is also fast approaching and will be held on Monday 18 March at the Olympic Park Athletics Centre. For students interested in improving their skills and capacity in track and field events, please consider joining your local athletics club. Please see below for further details:

From the President of Mosman Athletics Club

I would like to invite CHS parents, teachers and students in Years 7-11 to visit Mosman Athletics Club on Monday 11 March at 6:00pm – 7:30pm to see the type of training they could receive as a member of Mosman Athletics during our upcoming winter season. The students are also free to train with their respective age groups for the session if they choose (any sport clothing and sneakers are fine to wear).

I would also encourage everyone to visit our Instagram page @mosmanathleticsclub to view our training of teenage and adult athletes in action.

I'm happy for any questions from athletes or parents to be emailed to mosmanla@gmail.com

Mosman Little Athletics is made up of students from various lower North Shore schools and we offer one of the best training programs of any Little Athletics Clubs in Australia, and are proud to be used as a benchmark club by Athletics Australia.

I look forward to meeting everyone soon.

Rich Frost

P Barraclough
Deputy Principal

| FYI

UNIFORM SHOP TRADING HOURS



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

TERM 1 TRADING HOURS

Tuesday 3pm – 6pm Thursday 7:30am – 10:30am Friday 9am – 12md

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

| Faculty News

Music



Special congratulations to **Annalise H** of Y9 for her successful audition into the senior level of the Australian Girls Choir.



This is one of the most prestigious choirs for school students, boasting a range of performances with outstanding artists including Pharrell Williams, Olivia Newton-John and Hugh Jackman.

This week Annalise was also selected to perform at an exclusive media launch. We are all so proud of Annalise's continual hard work both in and out of Cammeraygal's CAPA Programs.

K Wiktorowicz
Music Teacher | Faculty of Creative and Performing Arts

| from the CHS P&C Association

A WORD FROM THE PRESIDENT

P&C General Meeting

The first general meeting of the CHS P&C for 2019 will be held on **Tuesday 5 March @ 6.45pm in the Staff Common Room on the Pacific Hwy Campus**

Please come along and bring \$1 for membership subscriptions. All are welcome.

Srima McQuillan
P&C President

UPCOMING EVENTS

Welcome Drinks for All Parents / Carers

Come along and meet the Cammeraygal teachers, staff and other parents and check out the new campus! The Social Committee's annual Welcome Drinks for parents and carers is on again this year on **THURSDAY 28 FEBRUARY 2019** from 6.30pm-8.30pm at the new West Street Campus.

We look forward to seeing you all at the new campus for the first social event of the year!

Please leave the kids at home - this is adults only event and we will be serving alcohol.

Healthy Habits for High Performing Happy Children What Can Parents Do?

with Jocelyn Brewer (Digital Nutrition™) & Lisa Maltman (The Sleep Connection)

Betissa Ryan attended the evening at the beginning of term and reviewed the event for us:

Lisa Maltman spoke about the importance of sleep for everything from concentration, mood regulation, the ability to store and process what you've learnt during the day, and recall of information, to regulating your weight.

We learnt that it's not just the quantity but also the quality of sleep that is important. We also learnt that cramming late at night is counterproductive as the effectiveness of our efforts goes down dramatically.

The recommendation was to remove all digital devices from the bedroom one hour before bedtime to allow the body to wind down. A key insight was that teenagers still need 8-10 hours of sleep per night but that 70% of them are not getting enough sleep.

Jocelyn Brewer spoke about technology being like food. It's important to eat from all the different food groups and eat each in moderation. She encouraged parents to become more aware and involved in their children's digital lives.

She explained that it's not so much the quantity of screen time that's the problem rather than the quality of it and how it is making you feel. The key seems to be to have open communication about technology and its role as a family and for parents to be good role models and practice what they preach.

She shared lots of great resources about positive uses of technology which are available on her website.

After the session I committed to my girls to play mine craft with them.

Both speakers were fantastic. Thank you to North Sydney Girls for organising it and the P&C for the invitation.

The Social Committee
CHS P&C

SPORTS

Netball update

Late Registrations for the winter season are still available. In particular we need a couple more Y7 girls to play.

Some info for the Netball Season:

1. Games are played at Willoughby courts, Small St on Saturday mornings
2. Training is on before school on Wednesday mornings at CHS
3. Season starts beginning of April and runs to the middle of August
4. Great opportunity to represent the School and get to know new students, be part of a team and learn or improve your netball skills.
5. No experience necessary. Our coaches are invested in developing players fitness and skills over the course of the season.

Please get in touch if your daughter is interested in playing asap:-

cammeraygal.netball@gmail.com

Seniors Team registration: Any mums out there that would like to get back into netball or even try it for the first time please get in touch. It promises to be a fun experience!

cammeraygal.netball@gmail.com

Mosman Athletics

For any students interested in athletics training, Mosman Athletics winter season kicks off at the end of April until the end of June.

Where: Balmoral Oval

When: Monday afternoons

Time: 4.15pm – 5.30pm

Cost: Approx \$170

Coaches cover sprints, cross country / mid distance, jumps, and optional hurdles and also throws depending on interest.

If you're keen to start now, the Mosman Little Athletics summer season training is still on every Monday from 6pm – 7.30pm until 18 March at Balmoral Oval.

All events are on offer; sprints, mid distance, jumps, throws, hurdles. The cost is a reduced amount based on the number of weeks left – but note, only a couple of weeks remain...

Anyone who needs information should contact Rich Frost on rich@istorm.com.au

Community Announcements



Become a foster carer

Help us make a positive difference to the lives of children in your community. As a Key Assets foster carer, you will be provided with 24/7 support, a dedicated social worker and on-going training.

Change a child's life today:

-  **1800 WE CARE**
-  **iwanttofooster.com.au**





SUPPORT INFORMATION EVENING FOR PARENTS OF TEENS

FREE

Mosman Art Gallery:
1 Art Gallery Way
28 Feb 2019
6:30pm - 8:30pm
Doors Open 6:00pm



Bookings: admin@phoenixhouse.org.au
Enquiries: 9437 0077 or 0490775080

Come discover a wide range of programs and agencies who offer direct support to parents.

Sign up for workshops, ask questions of our panel, and learn more about supporting your young person with:

Mental health * Flexible education* Drugs and alcohol,* Youth services * Legal advice * Parenting skills and more.



Services and organisations that will be present:

Youth Services from Lane Cove, Mosman, North Sydney and Willoughby Councils. Family Referral Services, headspace, Catholic Care, Phoenix House, Taldumande Youth Services, Parramatta Mission, Northern Sydney Local Health District, Mind Talk Counselling, Mission Australia plus more to be announced.

★ **6:00PM REGISTRATION**

★ **6:30PM WELCOME & INTRO**

★ **6:45PM ROUND ROBIN TABLES
DISCUSSION OF TOPICS**

★ **7:30PM Q&A PANEL**

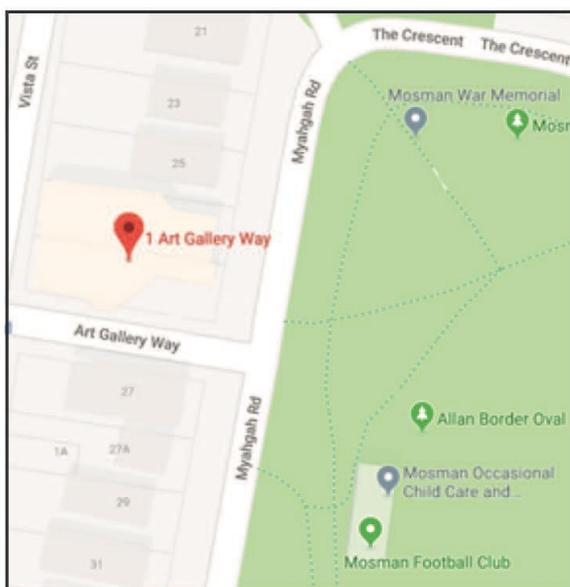
HAVE YOUR QUESTIONS ANSWERED

★ **8:00PM SERVICES MEET AND GREET**

**MEET THE VARIOUS SERVICES AND FIND OUT MORE
OF WHAT THEY OFFER**

★ **REFRESHMENTS**

★ **COUNSELLORS**



Mosman Art Gallery

**1 Art Gallery Way,
Mosman, 2088**



★ **GOOGLE MAP LINK** ★

LOWER NORTH SHORE YOUTH INTERAGENCY

GET THAT JOB DAY



YOUTH JOBS & SKILLS EXPO



This exciting expo will provide youth with 21st Century strategies and learnings to Get that Job whatever they may be seeking!

TUESDAY

9

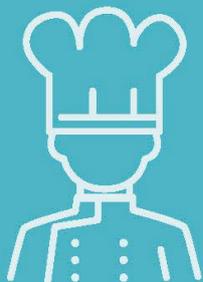
APRIL 2019

TIME

12.00 – 4.00PM

LOCATION

TAFE MEADOWBANK
SEE STREET, P BLOCK FUNCTION
ROOM – J BLOCK GATE 4



FREE

- LinkedIn photo shoot
- Workshops & Stalls
- Lunch

FOR MORE INFORMATION CALL

9952 8222

 City of Ryde

Get that Job Day – an all-inclusive event for the youth of Ryde.
People with disability and Aboriginal and Torres Strait Islander people are encouraged to attend.