

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

11 P&C

MESSAGE FROM THE PRINCIPAL

As we move into Week 9 we continue to celebrate student achievements and keep our students engaged in their school activities moving towards the end of Term 1 on Friday 12 April.

As the weather cools down, can I please ask parents to encourage students to always wear full school uniform including school ties, leather school shoes the appropriate white socks and school jumpers. We ask parents to support the school in keeping our uniform as well looking as perfect as it always has been.

Athletics Carnival

Congratulations to all students on the amazing achievements of the 5th CHS Athletics Carnival at Sydney Olympic Park.

The event was a huge success seeing most of students compete in a huge range of events. There were some outstanding running events that saw two of our Year 11 boys go head to head with extremely fast times and very close finishes in the 100 and 200 metre events.

Well done to Ms Buchanan and her team for organising another great sporting event for CHS

Senior Campus Open Day

We had many prospective and current parents come along to the Senior Campus Open Day last Thursday afternoon.

Visitors were able to see a number of senior demonstration lessons in Science, Maths, PDHPE, Dance and many more.

The campus was thriving and the feedback we received was extremely positive.

CALENDAR

WEEK 9 TERM 1 / 25 - 29 MARCH

Mon	Senior Boys Touch Football Round 2
Thurs	Y11 PDHPE - Body Worlds Expo
Fri	Y9 Wellbeing Workshop Positive Body Image

WEEK 10 TERM 1 / 1 - 5 APRIL

Tues	CAT – Years 7 - 11
Thurs	Debating Workshop Y9 French to French Film Festival.

UPCOMING EVENTS

11 April	ANZAC Day Assemblies
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 2 APRIL
@ 6:45 PM

STAFF COMMON ROOM
Pacific Hwy Campus

Student achievement

Sebastian T in Y9 recently starred in a production of Mulan produced by Monte San Angelo Mercy College. Staring in the ensemble cast and also playing the role of Emperor.

Congratulations to Sebastian on this great achievement. Sebastian is one of our many talented performers at the school and we wish him continued success

Knockout successes

Our Open Boys' Touch Football team have had great success against Chatswood HS with a win in their recent knockout match. They are currently playing the next round of the knockout and we look forward to continued success and enthusiasm.

Equally our Open Girls' basketball team have also been a force to be reckoned with and we congratulate them on their efforts and for representing the school so proudly

First Robotics Competition

Congratulations to our first robotics team who ranked 28th out of the 110 schools internationally who were entered into the competition.

I went along to watch our team that consisted of students from Years 8- 11 students as they worked eagerly on their robot to become a competitive force with the schools around them. Many of the competing schools were more heavily funded in terms of their robots and our team, combined with North Sydney Girls, should be very proud of their achievements.

The competition was a great example of students working on a real world project designing, managing and using great skills to collaboratively build their robot from scratch. It was a very impressive demonstration of determination, skill and team work.

Thanks to Dr Mirto for his leadership of the project which was a great opportunity for our students.

I look forward to seeing many of you at the upcoming P&C meeting on Tuesday 2 April

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

Regards
K Melky

Deputy Principals' Report

Year 10 Subject Selection

Cammeraygal High School will be hosting our Year 10 Subject Selection evening early in Term 3. However, now is a good time for students to start thinking about what career pathways they would like to consider and how to best dovetail their subject selections with that. Year 10 will be completing Work Experience in Term 4 of this year, but they will need to choose their subjects for Stage 6 in Term 3.

Our Careers Adviser, Ms van Bentum, will be running a number of sessions throughout the year with the students on how to best make these choices, but some of the universities also run sessions aimed at Year 10 students to assist them in this process:

The University of New South Wales is holding two such sessions:

- May 20 at 6pm, and
- May 22 at 6pm.

I would strongly recommend these sessions, particularly for students who are aspiring to attend university – it is never too early to start clarifying these big decisions!

<https://www.gc.events.unsw.edu.au/event/year-10-subject-selection-evening-1>

J Arrow
Deputy Principal

Study Skills

For information on effective study skills visit www.studyskillshandbook.com.au

Username: cammeraygalhs
Password: 37achieve

Faculty News

Rostrum Public Speaking Competition

A rostrum is any stage or platform for public speaking, and last Thursday two of our Y9 students, Ellie D and William S, used the *Voice of Youth Rostrum Public Speaking* competition as a platform for presenting some highly significant calls for justice in Australian society.

Both students wrote compelling speeches that the panel of adjudicators agree were sophisticated and mature. An Australia wide competition, the *Voice of Youth* features many hundreds of talented public speakers and has a very long and prestigious history thus the praise our students received from the judges is an accolade to be proud of.

Future public speaking opportunities this year at Cammeraygal include the Legacy Public Speaking Award, Premier's Debating Challenge, and the UN Youth Voice competition.

Please see Ms Sharpe or Mr Nowicki in the Blue Staff Room (Pacific Hwy Campus) to get involved and make your voice heard.

S Sharpe
English Teacher

Drama News

Congratulations to Edwina I and Isabella J (Y9) who have both been selected for the NSW State Drama Ensemble program for their year group.



The students will join 22 other Y9 students from around greater Sydney who have been chosen to devise an ensemble work and perform at the State Drama Festival in October.

Isabella and Edwina will be visiting The Arts Unit weekly to represent the very best of performing and creative arts at Cammeraygal.

P Davidson
Faculty of Creative & Performing Arts


Music

Stage 4 Music



Year 7 have well and truly hit the ground running in Music. Students are currently exploring methods of sound production and last week submitted their Music Presentation Assessment Task. In this task they were required to investigate an Instrumental Family and choose a specific instrument from this Family to research in greater depth. Both Mr MacFarlane and myself were blown away by the quality of the works submitted!

History of
the
woodwind
family



- The woodwind instruments were among the first tools created by humanity. The first woodwind instrument was a flute carved from the thighbone of a bear. Bone was a natural choice for flute.

Yuna W(7Z)

The Woodwind Family – The Flute

Aerophones Origins and Features

The aerophone was one of the first musical instruments ever made dating back 67,000 years ago. The flutes were made out of mammoth ivory and hollow bird bones. They may have been used for entertainment and/or rituals purposes. They usually had 4-7 holes and had no mouthpiece making them an open flute. They are regularly called the wind instrument and have 5 different types.

Free- Free aerophones are instruments where the vibrating air is not enclosed by the instrument itself. (example Bullroarer)

Displacement- The air-stream meets a sharp edge, or a sharp edge is moved through the air. (example whip cracking)

Interruptive- The air-stream is interrupted periodically (example Udu)

Plosive- Occasionally called percussive aerophones they produce sound by a single compression and release of the air inside. (example Scraper Flute)

Non-Free- Non-Free aerophones are instruments where the vibrating air which produces the noise is contained inside the instrument. (example flute, trumpet, oboe)

Isaac S (7T)

Aerophones – The Bullroarer

Woodwind Features!

* The main woodwind instruments in an orchestra is the flute (C flute, piccolo, alto flute and the bass flute), the oboe (cor anglais), the clarinet (alto clarinet, bass clarinet and the counter bass clarinet) and the bassoon.

Some woodwind instruments use single reeds. For example, the clarinet is a single reed instrument because it only uses one cane to produce sound by vibrating against the mouthpiece. A single reed is made up of one layer of wood. (As shown below).

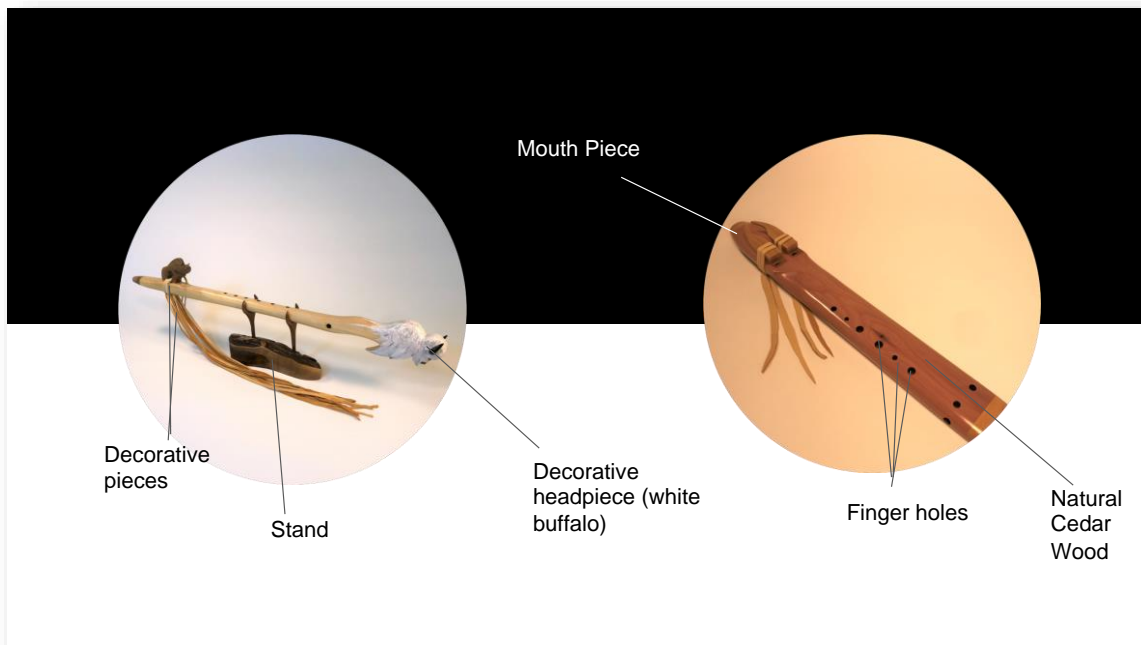


But other woodwind instruments use double reeds. The oboe looks quite similar to a clarinet except that it is a double reed instrument. A double reed is made of two reeds that vibrate against each other to produce the sound. (The pictures above shows the two reeds).



© 2014 The Woodwind Family - The Oboe

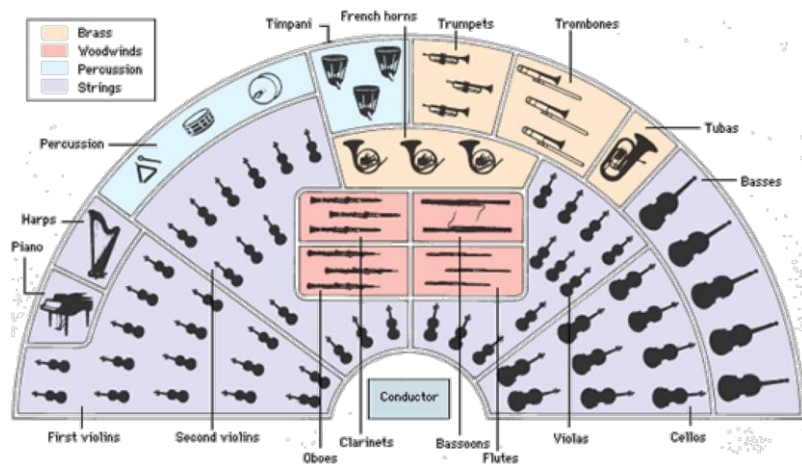
Elise T-L (7T)
The Woodwind Family – The Oboe



Erica F (7T)
The Woodwind Family – The Singing Tree Flute

Where is it positioned in a Orchestra?

The Flutes and Oboes are in the front row, and the Clarinet usually sits several rows behind those two instruments, it's remained like this and hasn't been changed.



Charlotte C (7T)
The Woodwind Family – The Clarinet

what are some of the features and similarities between instruments in this Instrumental Family?

- All percussion instruments are played by hitting them with itself or another object, shaking or scraping them
- All percussion instruments are idiophones, except for all types of drums which are membranophones as well
- Most percussion instruments are made out of wood, plastic or metal
- Most, but not quite all, percussion instruments do not require a knowledge of music or the need to be able to read music in order to play them

Laura H-S (7Z)
The Percussion Family – The Xylophone

Year 8 have also excelled this Term in their practical performance skills, working hard to master Guitar repertoire of increasing difficulty and duration. Next term these students will be forming their own groups to perform a cover of a pop/rock song – stay tuned for more updates!

Stage 5 & 6 Elective Music

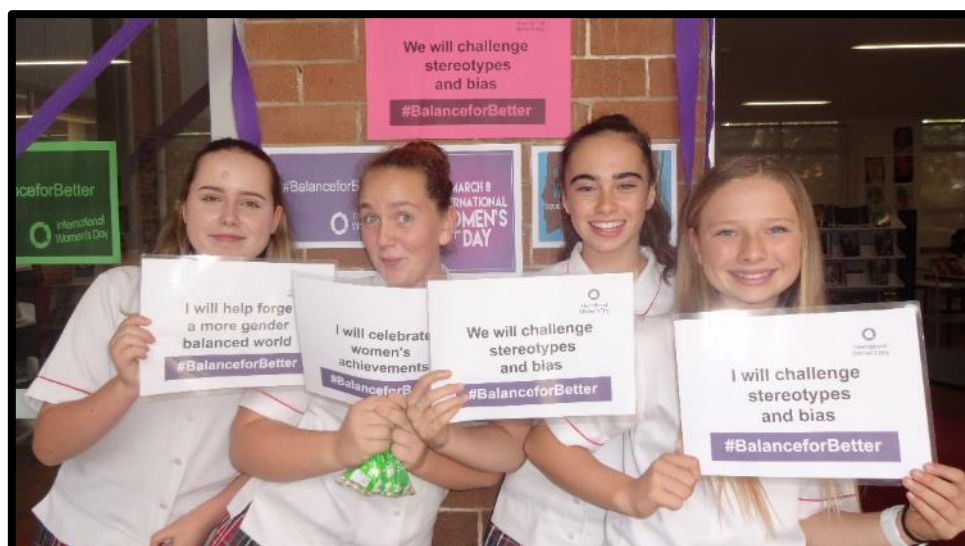
A special note of congratulations to those students who have performed in the two Open Days held this month. Messages of praise and awe have been flooding in from prospective parents who were impressed not only by the quality of the performances but also the maturity of our students. Thank you for continuing to exemplify the core values of Cammeraygal High School.

K Wiktorwicz
Music Teacher

I @ CHS

International Women's Day

March 8 marks International Women's Day each year, and Cammeraygal High School marked the day in style.



The school was awash with patches of purple in the form of flyers, posters balloons and purple socks, to show support for women's rights and gender equality. We hosted many events including a respected guest speaker, women's power anthems played at intervals throughout the day, empowerment workshops run by some of our dedicated Year 11 students, selfie booths with pledges to challenge stereotypes and celebrate women's achievements, a highly successful bake sale that raised over \$300 for the important charity 'Share the Dignity,' and a screening of the acclaimed film *Suffragette* that all should see at least once in a lifetime to truly understand the tremendous struggle of those women and men who fought to gain the vote for women.

Watch out for future events this year, such as the STELLA 'Girls Write Up' program.

S Sharpe
Supervisor of Girls (Middle School Campus)



We're looking for students to take part in the **World's Greatest Shave** for the Leukaemia Foundation.

We're on a mission to shave the world from blood cancer!

Every day another 35 Australians are diagnosed with a blood cancer. That's one Aussie every 41 minutes. Although research is improving survival, sadly an Australian loses their life to blood cancer every two hours.

We are asking for Cammeraygal students to fundraise for this great cause.

All they need to do is sign up online at <https://worldsgreatestshave.com/take-part> and add themselves to the team *Cammeraygal High School*.

Fundraising helps give families facing blood cancer the emotional and practical support they need. It will also fund vital research to help more people survive blood cancers, while improving their quality of life. Please support students in their fundraising!

We are also seeking students to shave or colour their hair at our school event on **Friday 12 April**. To be eligible, students must raise over \$200. If students want to take part they need to complete this google survey <https://goo.gl/forms/9dU0KxZWq3JECdP03> and sign up online on the 'World's Greatest Shave' website mentioned above.

Any questions, please contact the school or see me in the Green Staffroom (Pacific Hwy Campus)

Shearlock Combs
Mr Best
SRC Co-ordinator

| Extracurricular News

Ensembles Program

Performance opportunities are starting to fly in!

The recent Open Days on both the Pacific Highway and West Street sites have provided fantastic opportunities for students to showcase their talents. The Senior Percussion Ensemble has also been enrolled into the Sydney Eisteddfod with the competition taking place in June.

Just a reminder that all students in the Ensembles Program need to ensure they have paid their fees to continue to participate in the rehearsals and upcoming performances.

K Wiktorowicz
Coordinator



Wellbeing @ CHS

National Day of Action Against Bullying & Violence

All Year 7 classes participated in a lesson on standing up to Bullying. Students learnt about what to do if you see bullying and how to be an active bystander and support victims of bullying. Thank to you to the teachers who took these lessons.



Harmony Day

Harmony Day is held in the month of March each year. This Year Cammeraygal will be participating in a range of activities and events throughout Week 9.

Students and teachers have developed a Harmony Day Kahoot to test our knowledge of the world in which we all live. All students are encouraged to enter the Harmony Day poetry competition by submitting a poem that relates to the theme of Harmony "Everyone Belongs". Poems can be about celebrating diversity, cultural identity the effects of racism or equality. Entries are to be uploaded via the link below and close on Wednesday 27 March.

Students from the Social Justice Committee will also be making posters, creating orange wrist bands and encouraging students to mark on the school scratch map countries that contribute to their cultural identity. This will create a visual display of the wonderfully diverse cultural backgrounds we have at CHS.

Harmony Day Poem Competition <https://goo.gl/forms/UdRIDa8pUgyG9ynm1>

Wellbeing & Gaming Resources from Head Space

Through my discussions with many parents and carers at CHS it is evident that gaming and the effects of gaming on mental and overall health is a concern for many.

Head Space has recently partnered with Riot Games to develop and publish new mental health resources that cover topics like healthy gaming habits and sleep and screen time, they're useful for students as well as their friends and families and can be accessed here

<https://headspace.org.au/league-of-legends/>

Online Teen Anxiety Treatment

Chilled Out is based on the world renowned Cool Kids (Chilled) program which has been running at Macquarie University since 1993.

The Cool Kids program is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Results for both the face to face program and the online program show most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

The Chilled Out Online program is currently available for FREE through Headspace Chatswood as part of a research trial.

Please contact Headspace Chatswood for more information headspacechatswood@newhorizons.org.au or phone 8021 3668.

You can access more information about the program [here](#).

P Hicks
HT Wellbeing

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

from the CHS P&C Association

CAMMERAYGAL
Parents & Citizens

Mother's Day Breakfast
Friday 10 MAY

Dads Wanted!

job vacancies

- * MAIN ORGANISER - FILLED
- * SET-UP/PACK DOWN
- * SERVERS ON THE DAY

Contact Chris Chambers
chris5702@gmail.com

Calling all Dads!

Volunteers still needed for Mother's Day Breakfast

Friday 10 May 2019

We will be holding our second annual Mother's Day breakfast on the Pacific Hwy Campus on Friday 10 May.

Chris Chambers has taken on the role of main organiser, thank you Chris!

But he still needs some more dad volunteers to assist with set-up, pack-down and serving on the day.

Thank you to those who have already volunteered.

Please contact Chris on chris5702@gmail.com if you are able to assist in any capacity.

We Mums thank you!

SPORT

Netball update

Training has started for the winter comp. We are looking forward to our Netball Clinic at Willoughby courts this weekend from 9am-12pm where the girls will be trained by Nets - <https://www.netsnetball.com/> to help give them a head start for the upcoming games. Round 1 is on 6 April. We will be letting the teams know the game times as soon as NSNA post it on their website.

Go CNC!

Save THE Date

FRIDAY 10 MAY - 7-8.45am

CAMMERAYGAL'S SUPER

Mother's Day Breakfast

*Let Us Spoil You
This Mother's Day!*

This is an event for Mums,
Grandmothers and other significant
Mother Figures in our kid's lives.

POWERED BY CAMMERAYGAL SUPER DADS.

Guys, we need more help in planning
and doing things on the day. Contact Chris Chambers:
chrisc5702@gmail.com

Any Mums and Dads interested in setting up a market stall
on the day also get in touch with Chris Chambers

MARK IT IN YOUR CALENDAR. MORE DETAILS COMING SOON

Time: Friday May 10, 7-8.45am
Place: Cammeraygal High School
Pacific Highway Jr Campus



Community Announcements



SPEAKER EVENING

Tuesday 9 April 2019 @ 6.45-8.45pm

Pittwater RSL, The Auditorium
82 Mona Vale Road MONA VALE

Anxiety is such a common co-morbidity in ADHD and can be very difficult and confusing to deal with, both for the child (or adult) and the parent.

\$15 + booking fee Ticket reservations & more information via the website www.adhdsupportaustralia.com.au

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 **TIME**
9 12.00 – 4.00PM
APRIL 2019 **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.

Chilled Out

INTERNET DELIVERED TEEN ANXIETY TREATMENT (AGES 12-18 YRS*)

Chilled Out is based on the world renowned Cool Kids (Chilled) program which has been running at Macquarie University since 1993. The Cool Kids program is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Results for both the face to face program and the online program show most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

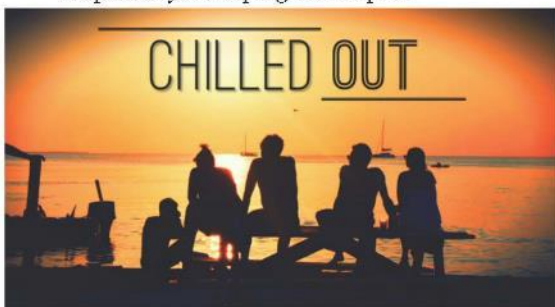
THE CENTRE FOR EMOTIONAL HEALTH

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

CHILLED OUT

The Chilled Out program consists of 8 online lessons for teens that are completed over 10 weeks. Topics covered in the program include:

- Learning about feelings and anxiety
- Building confidence and independence
- Learning to think realistically
- Developing assertiveness & problem solving skills
- Helpful ways of coping when upset



WHO IS CHILLED OUT FOR?

The Chilled Out program is suitable for a teen if:

- They are 12 to 18 years old (grade 7-12),
- Anxiety is the main problem causing the teen difficulty,
- Anxiety is affecting his or her day-to-day life, and
- The teen can read a magazine or newspaper and complete written forms.

WHAT DOES IT INVOLVE?

The Chilled Out program involves teens completing eight online lessons over a 10 week period. Each lesson takes about 60 minutes to complete. Mentors receive a mentor workbook to guide how to best support their teen. The workbook provides tips on how to best support their child to use the Chilled Out skills and how to respond to anxiety. Most importantly, mentors give their child encouragement as they learn to manage anxiety.

Four times during the 10 weeks, families will have a 30 minute telephone session with a mental health practitioner. The practitioner will talk with the teen, the mentor or both depending on the needs of the family. These sessions are an opportunity for parents and teens to:

- Ask questions about the program material,
- Discuss progress and how to apply the Chilled Out skills to particular fears and worries, and
- Receive guidance on how to overcome any problems encountered using the skills.

As a Chilled Out mentor, caregivers have an important role in encouraging their teen to face their fears and build their confidence.

COST OF CHILLED OUT ONLINE

This program is currently available for FREE through headspace Chatswood as part of a research trial. Please contact headspace Chatswood for more information (headspacechatswood@newhorizons.org.au, (02) 8021 3668).

Otherwise, the program is available for a fee. <https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/chilled-out-online>