

# Cammeraygal High School

## Empowered to Achieve



### 01 PRINCIPAL'S REPORT

### 23 P&C

#### MESSAGE FROM THE PRINCIPAL

Dear Parent/ Caregivers,

Welcome to all of our students who have returned refreshed, motivated to learn and engage with school life. This term see a number of milestones as we move towards our subject selection process for year 8 into 9 in week 6. I have many great achievements to celebrate and hope to outline some of the stand out achievements in this newsletter. I would also like to apologise for the last newsletter going out late due to an administration error. I remind parents/caregivers that we aim to send out newsletters on a three weekly basis to ensure we highlight student achievements and provide communication to our school community.

#### Gifted and Talented program in term 3 and term 4.

As part of the school's commitment to differentiation for all students we have embarked on GAT program for years 7-10 which aims to specifically profile our students who are achieving well academically, with the aim of providing further opportunities in and out of the classroom for enrichment and extension. One of the initiatives will be a pilot program that sees students from years 7-9 work on a withdrawal project over the coming term. The students involved in the program will spend two periods per week working outside of their normal classroom environment. In these periods, the students will work with the school's Gifted and Talented Coordinator in a project of their choosing.

#### Orienteering competition.

Some great news from our students who competed in the recent Orienteering competition in the region. Cammeraygal had an outstanding result as listed below. The team comprised of year 7 and 8. We had placing in all events - here are a few stand outs: Charlie W: 3rd place in individual race. Sumire and Coco: equal second in individual race. Charlie, Lachlan F , Josh H : 3rd in team relay Our girls team placed 2,3,4,5,6,7 in the individual race. Cammeraygal came 2nd overall on the day!

#### CALENDAR

##### WEEK 5 TERM 3 / 19 – 23 AUGUST

Thurs Yr 10 GAT 2040 Documentary  
Thurs U15 Girls Knockout Basketball

##### WEEK 6 TERM 3 / 26 - 30 AUGUST

Tue Yr 7 Archibald Excursion  
Tue Yr 8 Stage 5 Subject Selection Evening  
Thurs P&C Father's Day Breakfast (West st)  
Fri YR 7 Morris Gleitzman Author Visit

**NEXT P&C MEETING THURS  
29<sup>th</sup> AUGUST @ 6:45 PM  
STAFF COMMON ROOM  
SENIOR CAMPUS  
WEST ST CAMPUS**

## **Debating achievements**

Christovalanti C in Year 11 has been selected to represent Cammeraygal HS at the combined high schools debating competition later this term. This is an amazing achievement as he was selected as part of a state level group of only a small number of debaters. He is the only student not from a selective school in that group. Congratulations and best of luck in the completion

## **Arts unit event**

Pratham G in year 11 hosted a very prestigious Arts unit event recently which showcased some outstanding performances across the state. Pratham was chosen to host the event and again did our school proud in this huge spectacular at the Opera House

## **NSWCHS Gymnastics Championships**

Congratulations to Chloe H in year 7 who represented Cammeraygal high School at the NSWCHS Gymnastics Championships!

Chloe H competed in the NSW CHS State Gymnastics Championships this week at the Hunter Sports Centre in Newcastle. In the top division (Level 10) Chloe and her team placed 1st in the Team Event. Individually, Chloe also placed 2nd on the uneven bars and 4th on vault. In Division A Chloe was competing against some very experienced year 11 & 12 year students. The Northern Region Team were also crowned Women's Artistic Gymnastics Champions across all divisions of the Championships. As a 12 year old year 7 student this was a fabulous experience and opportunity for Chloe to proudly represent Cammeraygal.

## **Article in Mosman Daily on our Representation in the Interschool's Snowsports Championships.**

A great article was featured in the August 1 edition of the Mosman daily outline our outstanding achievements in the Interschool completion at Thredbo. Students competed in 9 events including giant slalom, skiing and many more. Cammeraygal High was one of a few public schools and we thank our parent Mr Mike Salter who was involved in organising the event. This is a great lead in to our fifth annual Winter academy that is happening with 50 students in week 5 of this term. Congratulations to our team that represented the school so proudly down at Thredbo earlier this month.

What a great start to our school term with a celebration of these outstanding achievements from our students.

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

**Regards  
K Melky**

# **| Deputy Principals' Report**

Timetable construction for 2020 has commenced over the past few weeks with Year 10 making very considered choices around their subjects for Year 11 and 12. I am pleased to report that the students have shown interest in a broad range of courses and we will be working over the coming weeks to ensure that we are able to run as many choices as possible to ensure that we cater to the needs of all learners. Constructing a complex timetable for two campuses is a time-consuming process but, as always at Cammeraygal, student choice will drive all of these decisions. Once the lines for year 11 have been determined I will speak with students who need to consider reserve subjects so that they are best able to consider all of the implications before making their final choices.

Year 11 2019 are also knuckling down to prepare for their final Preliminary exams, which will take place in weeks 8 and 9. Please note the attendance requirements, as set out by NESAs, for assessment tasks. Students must be present at school and in all classes for the whole week prior to an examination period, so in this case students must be at school every day from the middle of week 7. If they are absent on any of these days a medical certificate must be obtained and they must follow illness misadventure procedures

**J.Arrow**

**Deputy Principal.**

## **Stage 5 (Year 9 & 10) Subject Selection**

Year 8 will be making their 2020 elective choices in Week 6 this term. Next week they will be provided with an elective information booklet to take home and discuss with their families. Head Teachers will also be going around to all core classes to talk to students about the electives on offer and answer any question they may have. The next two weeks are an important time for students to familiarise themselves with the Stage 5 elective information booklet and speak to teachers about the courses on offer in their areas of interest.

Following this, there will be an elective information evening for students and parents on Tuesday 27 August at 6pm on the Pacific Hwy Campus, in the Hall. Important information will be shared about the structure of Year 9 and 10 electives, advice on how to choose, and an opportunity to speak with teachers and head teachers about the courses on offer.

Choices will be finalised by the end of Week 6.

## Combined Band Day – ANZAC Park PS

Last Tuesday students from Cammeraygal and ANZAC Park worked together rehearsing a number of musical items that were performed to an audience of parents at the conclusion of the day. It was wonderful to see the joy students experienced collaborating and performing together. We look forward to hosting North Sydney Demonstration students at the upcoming Combined Jazz Band day on Tuesday 20 August.



## RAISE Mentor Program

This week fourteen Year 8 students taking part in the two-term RAISE Mentoring program were accompanied by their mentors to Zurich Insurance Group's headquarters in North Sydney to understand careers in business. Students worked as marketing and sales reps, actuaries, underwriters and customer service staff through a number of simulated activities to see what ethical dilemmas we are faced with in the work force. The lesson learned, always be honest with your insurer and always have a back-up plan.





## North Sydney Demonstration Leadership Induction Ceremony

Special thanks to Sydney A and Max N for participating in the Leadership Induction Ceremony at NS Dem last week. The Assistant Principal reported that both students shared very inspiring speeches and continue to be exceptionally positive role models for the students at the school.

## School Equipment

Teachers have reported that an increasing number of students are coming to school without the required equipment for learning, such as pencil case, pen, pencil, eraser and books. It would be greatly appreciated if parents could check in with their children to ensure that they have all the required stationery for school at this time of year and top up as required.

## Winter Academy

Next week 50 students across all years will be heading to Winter Academy to build their skills and confidence in participating in snow sports. Students who committed to represent the school at the Snow Sports Interschools Championship in the school holidays received priority for this sort after activity. Congratulations must go to Max G and Bill S for qualifying for the State Championships next week and wish them the best of luck at this event.



# Crowie kids carve up Thredbo

Cammeraygal students represent school in Interschools Snowsports Championships

CROWS Nest's Cammeraygal High School students took to the slopes in the recent Interschools Snowsports Championships in Thredbo.

The championships are a series of snowsports competitions where students compete for their school in nine events, including giant slalom skiing and snowboarding, ski and snowboard cross and cross-country relays. They took place between 16 and 20 July.

Cammeraygal ski team manager and school parent, V1 - MOS5E01Z01MA

Mike Salter was extremely proud.

"We were one of only a couple of public schools in the Interschools competition," he said.

"We were proud of all the kids who entered, and it was great to see Cammeraygal students placing ahead of a number of major private schools in their events.

"Special mention should go to two of our students, Max Gjivoje and Bill Salter, who have qualified to compete at the state level competition."

"We were one of only a couple of public schools in the Interschools competition"

Cammeraygal runs a Winter Academy Program in Jindabyne in August each year for students to sharpen their snowsports skills.

This is understandably extremely popular, with stiff competition for places. Students who race at Interschools are rewarded with

being first in line for a place on the program.

Cammeraygal is a vibrant comprehensive, coeducational high school. The school opened in 2015, with a new senior campus added in 2019 to provide state-of-the-art learning facilities for years 10-12.



Cammeraygal's Henry Salter competing in the event. Picture: IBImages. MOSMAN DAILY, Thursday, August 1, 2019 65

P. Barraclough

Deputy Principal.

# Study Skills

Learn more at the Brain and Memory unit of [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)  
Username: cammeraygalhs Password: 37achieve

## From the Office Window

**Term 3 Statement of account will go out on Friday 16th.**

Any enquiries please email the school and allow adequate for a response as Accounts will be busy with all the extra payments at this time.

Sport selections will be happening on Tuesday 27th.  
Please **do not pay** until payment request has been emailed after selections have been confirmed.

### What's New

**PaperCut Cards are now available at the Senior Campus**

Available in \$2, \$5, \$10 and \$20.00 with no expiry!

**We are currently processing payments for the following:**

EVENT	YEAR	DUE DATE	AMOUNT
Rizzeria Print Studio	11	Wednesday 21 August-Overdue	\$31.00
Author talk and Q&A with Morris Gleitzman	7	Thursday 30 August-Overdue	\$15.00
Taronga Zoo	7	Monday 26 August by 3pm	\$ 35.00

## Faculty News

### Music

Good luck to Seb T in his application for the Festival of Summer Voices 2020! This Festival is a 4-Concert Series with a huge range of repertoire in various languages, including Australian Indigenous languages.



Congratulations to Elise T-L for her involvement in the Instrumental Festival with the State Junior Wind Band. Elise had several rehearsals throughout the week as well as the final concerts on both Wednesday and Thursday nights. By all accounts it was a huge success with sold out audiences.

Another congratulations to Lydia H for her performance with the Arts Alive Combined Schools Band at Sydney Town Hall. The level of repertoire this ensemble works through is staggering as well as the commitment of individual students to attend the rehearsals.

### Music Ensembles:

"Congratulations to the Concert Band on their first Combined Band Day Rehearsal last week. On Tuesday Anzac Park Concert Band merged with our Cammeraygal Concert Band for a day of combined rehearsals and workshops, coordinated by our Section Leaders and Music Captains. This was the first Combined Band Day of three, fostering the musical connections between our local Primary Schools"



**Katherine Wiktorowicz**

**Music Teacher | Faculty of Creative and Performing Arts**



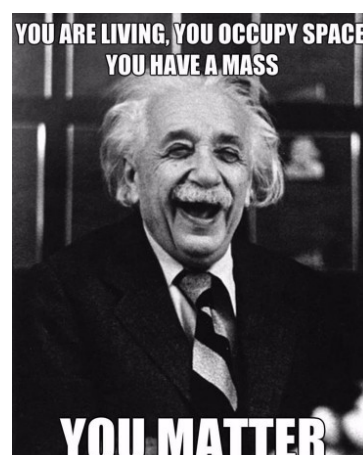
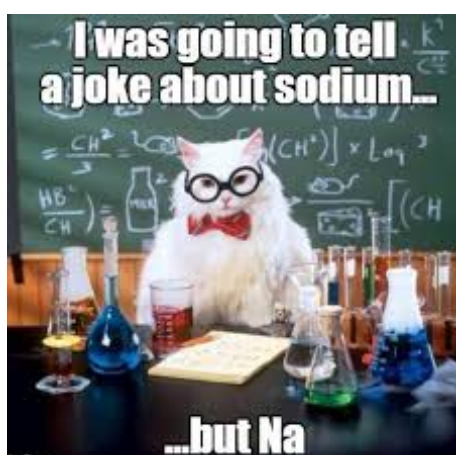
## Science

Science week competition – Science Meme

**What is National Science Week?** National Science Week is Australia's annual celebration of science and technology. Science Week is designed for everyone. It provides an opportunity to acknowledge the contributions of scientists' to the world of knowledge. It also aims to encourage an interest in science pursuits among the general public, and to encourage younger people to become fascinated by the world we live in. It is held in August 10-18 in 2019.

**Competition details:** National Science Week will be celebrated at Cammeraygal high school through a meme competition. If you have a funny meme related to Science that you would like to share, please print out the meme and a brief explanation why it is funny(maximum 250 words).

**Submission instruction:** submit it to Mr. Nguyen on the senior campus or Dr. Mirto on the junior campus by 16 August 2019. The memes will be judged by the Science teachers and the best ones will be displayed on level 2 of the senior campus. The top meme will be awarded with a prize.



## Sport

### Orienteering

On Monday 12th August, 19 students represented Cammeraygal High School in the Sydney North Orienteering Trials. The students were outstanding and produced exceptional results. We placed in the top ten in all events and came away with SECOND on the day!

The following students received awards for their placings on the day :

Charlie W - 3rd in 12/13 boys

Sumire I - equal second 12/13 girls





Coco G -equal second 12/13 girls

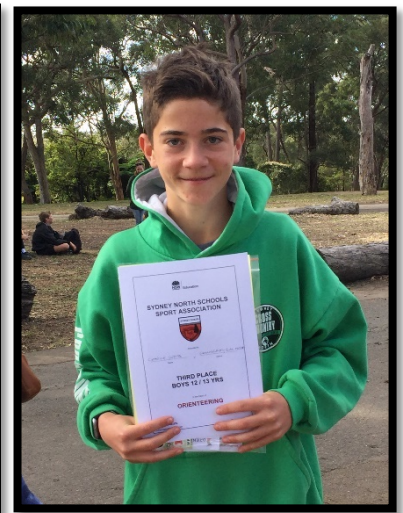
Charlie W, Lachlan F, Josh H - 3rd in relay

Our 12/13 girls placed 2nd, 3rd, 4th, 5th, 6th and 7th in the individual race.

**Outstanding work Cammeraygal.**

**Siobhan King**

**PDHPE Head Teacher**



## | @ CHS ....

### Garden grant

This year Cammeraygal High School applied for another grant from North Sydney Council. We were successful in gaining this grant, our 4<sup>th</sup> grant over the last four years. This year we successfully applied for bins to collect recyclable paper and trolleys to easily move the paper to the dedicated paper recycling bin. We are committed to caring for our environment having exclusive 'paper only' bins in each classroom, staffroom and admin area will help reduce our school's landfill waste. The SRC team in conjunction with environment and sustainability students will collect the paper from each room once or twice a week. This will ensure we have an environmentally friendly paper recycling program at the senior campus. We hope to have this program up and running by the end of this term. Thanks to North Sydney council for funding this project and supporting our school and community.



Green Schools Grant Program

### Chess

The NSW Junior Chess League Secondary Competition 2019 was conducted in Term 2 2019. The teams are to be congratulated for all the effort, skill and sportsmanship that they displayed during the term. Cammeraygal had 4 teams and we played on a home and away basis every Friday afternoon. Special mention needs to go to the parents that drove the students to and from the games. Thank you for your help as this allowed us to transport teams with ease to other schools.

**The Senior team** consisted of Finn C, Aayush T, Christiana V, John B, Sam Y and Celeste S. This team scored 13 points for the tournament and came 5<sup>th</sup> in the competition. Well done. This team worked

exceptionally well together and were great role models for the junior teams. A big thank you to the whole team for all help you gave me with co-ordinating 16 games plus afternoon tea at every home game.

**The Intermediate team** consisted of Andrew S, Nicholas C, Aditya S and Stefan M. This team, with 16 points, placed an amazing third in the competition. This was a terrific result as they played most of the games with only 3 players.

**There were two junior teams.**

Players in the **Junior 3 team** were Gourisankar B, Alexander A-K, Kaden L, Chris C and David L. This team placed 4<sup>th</sup> with 13 points in the competition which was an excellent result.

**The Junior 5 team** consisted of Nik S, Marcus V, Rikita O, Joe G and Advait I. This team scored 14.5 points and came 4<sup>th</sup> in their division which was also a fabulous result.

Congratulations to all team members on fine sportsmanship and commitment to the Chess Competition and thank you for representing Cammeraygal High School. Thank you to Dr Mirto for his wonderful help and support and also to Mr Abbott for the use of the library. We look forward to next year's competition.



**Mrs J. Perry**

**Chess Co-ordinator**

## **YEAR 11 ACHIEVEMENTS:**

Over the last two terms some of our year 11's have accomplished some amazing feats that I would like to share and acknowledge. They have all worked incredibly hard to achieve these accomplishments, congratulations.



THE UNIVERSITY OF  
**SYDNEY**

## **School of Computer Science High School Fellowship Program**

The University of Sydney Computer Science High School Fellowship Program is an opportunity for talented high school students who are passionate about programming, information technologies and computer science to enrol as a first year university student for semester one in while still maintaining their Year 11 school commitments. They also have the opportunity to gain a scholarship. Cammeraygal nominated two students and Gus O was successful in gaining entry into the program. Gus studied Introduction to Programming through the School of IT. The subject focuses on the foundation principles of coding and software development process, including skills of testing and debugging. It is a prerequisite for more advanced programming languages, systems programming, computer security and high-performance computing. Gus needed to attend the University at particular times and also complete one assignment and one final exam in the holidays. The study was self-directed and required 2 hours of

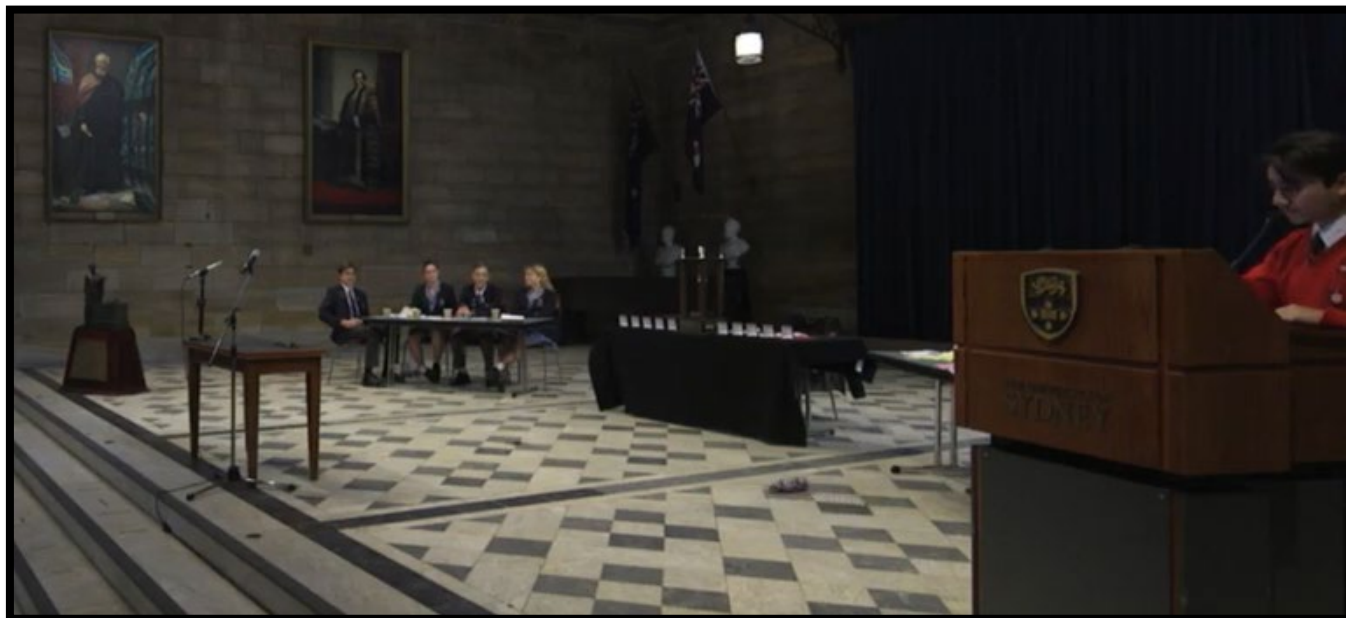
lectures and 3-4 hours of online exercises each week. This has given Gus a unique opportunity to experience university life and expand his knowledge of IT and computer science. Gus has now successfully completed this course and has been awarded only one of three scholarships with Amazon. Huge congratulations to Gus for his efforts.

## 2019 Festival of Instrumental Music

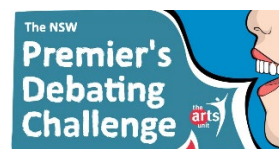
The Festival of Instrumental Music is an annual concert series co-ordinated by the Department of Education's Arts Unit. Pratham G was selected to co-compere for the Acacia Concert on Monday July 29<sup>th</sup> from 7-9:30pm. The concert was held in the Concert Hall of the Sydney Opera House. Pratham donned his tux and introduced conductors and performers for each of the 12 acts. He also interviewed one of the performers and was required to move on and off stage throughout the show. Pratham presented exceptionally well and carried out a flawless performance. It was a full house at the Opera House and Pratham looked relaxed and comfortable at all times. He was a fantastic ambassador for Cammeraygal High School. Well done Pratham.



## Debating



The final of the Premiers Debating Challenge 2019 was held at the University of Sydney Great Hall on Friday 25<sup>th</sup> July. Chriso C was chosen to be the Chairperson and Timekeeper for this debate. Chriso was articulate and composed as he skilfully introduced and welcomed the debaters and the adjudicators. He then formally closed the debate by thanking the teams, the adjudicators and the audience. Chriso also announced all the winners and runners up and acknowledged the organisers. This was a great honour for Chriso to be chosen and is to be congratulated on the professional manner in which he conducted himself. He is a great representative of Cammeraygal High School.





## Robotics

The Crobotics team from Cammeraygal were entered into the Duel Down Under at Macquarie University. The team consists of 28 students from Cammeraygal with five of the members for this event from Year 11. Congratulations to John B (the driver and programmer), James C (head of construction), Finn C (engineer), Angus O (electronics and programmer) and Christiana V (team manager and engineer) for all their hard work and efforts to get the team into 18<sup>th</sup> place. They also won the Collaboration Award at the tournament and received an honourable mention for safety. A fabulous effort after many months of hard work, designing, programming and constructing the robot. Congratulations John, Gus, James, Christiana and Finn.



## Year 12 Jersey

Last term some Year 11's put forward design alternatives for the Year 12 Jersey. There were over ten designs submitted with the winning style being created by Abby B and Orlando HM. (See Abby and Orlando's awesome design above) After this decision was made the students then voted on a manufacturer. Brandii and Pratham worked hard to short list two potential clothing companies who could supply this design. Students voted to go with the Reform Clothing Company. The jerseys will cost \$85 and the payment is to be made DIRECTLY TO THE COMPANY. There will be explicit instructions sent out to all parents very soon regarding this process. There will only be a short window of opportunity to order and purchase the jerseys as we are hoping to get them delivered very early in term 4. Please note that the jersey MUST be worn over the full school uniform at all times. Also, this jersey is NOT compulsory.



**Jenny Perry**

**Year Advisor**

## Year Group Wellbeing Activities

Every term, each year group participates in an activity to enhance their wellbeing. These activities are organised and facilitated by the Year Advisers and the Head Teacher Wellbeing.

Year 7 will be participating in a Rock and Water workshop during Year Assembly in week 7. The Rock and Water program leads from games, simple self-defence, boundary and communication exercises to a strong notion of self-confidence. Students will engage in a number of games and activities that aim to improve self-awareness.

Year 8 are participating in a Looking Forward Workshop. Students will be walking to St Leonards Park or to the West Street senior site's new hall to meet some student volunteers from the senior school. In small groups students will work with their leaders to participate in activities and discuss some of the changes students can expect moving from stage 4 to stage 5. The students from the senior school will also share tips and information about the transition to the senior campus.

Year 9 will be walking down to Berry Island to view and interact with the historic fishing, hunting and camping sites that were used by the Aboriginal communities in the 19th century. This activity will be used to assist the students to feel more connected to country and to understand where the name of our school has come from. The site was also used as a local gathering place for Indigenous people. We will replicate this sentiment by gathering the students for a meaningful BBQ and picnic where we can discuss Aboriginal culture and the significance of the land upon which we live in order to enhance the students' feeling of connectedness and belonging to both the school and local communities.

Year 10 will be attending the [Be Street Smart Workshop](#). Be Street Smart is the inspiring road safety initiative of the Trauma Service at Westmead Hospital. The purpose of Be Street Smart is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers. Be Street Smart provides students with first hand experiences and:

- An understanding of their responsibilities as a driver and as a responsible passenger
- Information and strategies to avoid serious injuries and death
- Information on how to reduce risk taking behaviour through greater awareness of the consequences of distracted driving, inattention, speeding, drink and drug driving and driver fatigue.

Going into Year 12 Next Term, Year 11 might be starting to feel the pressure of stage 6. To give some strategies to manage stress and to provide a positive coping strategy, Year 11 will be participating the [Paws the Pressure program](#) run by Delta Therapy Dogs.

## School TV

It's never been more challenging for parents to raise happy, healthy and resilient children.

Like never before, parents need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression, self-harm, drug and alcohol use, cyberbullying and many others need clear explanation and guidance.

**Depression, Anxiety, Cyberbullying, Drugs, Alcohol...**  
Some of the challenges faced by today's parents.



SchoolTV is a new resource designed to inform and support parents on major issues with contributions from Australia's leading experts.

SchoolTV is an online resource that is now available to parents and carers of Cammeraygal High School. School TV website content includes expert interviews, fact sheets, parent/carer quizzes, recommended apps, books and much more. SchoolTV aggregates information from resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents and carers time and confusion by eliminating the need to search online across multiple sites for information.

You can access our SchoolTV website here:

<https://cammeraygal-h-schools.nsw.schooltv.me/launch>



From the 2-8 of September is Love Your Body Week. With so many young people struggling with body image, The Butterfly Foundation is asking schools and youth organisations to jump on board to help promote body acceptance and to celebrate diversity. Our senior student school leadership team is facilitating a number of activities and events for students and teachers throughout the week to encourage positive sense of self and body acceptance.

Below is a resource from the Butterfly Foundation on supporting your child's body confidence.

The Butterfly Foundation also offer a 1.5hr parent and carer session with a focus on why positive body esteem, non-dieting approaches and healthy behaviours in relation to food and exercise are strong protective

factors.

The Wellbeing P&C Committee along with the Head Teacher Wellbeing are looking to book the workshop for the CHS parent and carer community. So we can gauge interest, please complete the form using the link below.

<https://forms.gle/VTamYY9p1AhEmLxu7>

### National Consistent Collection of Data



**Nationally Consistent  
Collection of Data**  
School Students with Disability

All schools in Australia are required to collect information on students with a disability, so that education resources can be properly allocated according to the needs of students. If you would like more information on the Nationally Consistent Collection of Data please read the parent/carer Factsheet: [NCCD Factsheet](#). If you have any questions, please call Daniel Burton (Learning and Support Teacher) on 9954 7100.



# Mindfulness in Cammeraygal



This term Emma O'Toole (SLSO) has been running her MindSetGrow Mindfulness program for Year 7. The MindSetGrow program has been created by Emma and is based on the curriculum from Mindful Schools where Emma has studied. Mindful Schools is one of the key players in a movement to integrate mindfulness into the everyday learning environment of K-12 classrooms. The organisation has trained over 50,000 educators, parents, and mental health professionals who work with young people. Today the network has grown to over 100 countries and has reached over 3 million children worldwide.

## What is Mindfulness

Mindfulness is a form of attention or awareness training that can be applied in any activity throughout the day – seeing, hearing, walking, eating, playing, homework, etc. Its purpose is to increase self-awareness, emotional balance, impulse control, reduce anxiety/stress and overall focus.

Mindfulness is about creating a present-moment awareness of our thoughts, feelings, bodily sensations, or surrounding environment. It also includes the intentional nurturing of positive states of mind such as kindness and compassion. Black Dog institute recently released statistics around the mental health of young people. The research found that 1 in 7 primary aged children will experience a mental health illness as will 1 in 4 secondary students.

Schools around the world are turning to mindfulness as a tool to help address the alarming rise in stress, anxiety, emotional dysregulation and attention deficit in young people.

Research into school systems that have adopted mindfulness techniques find that students and teachers are happier, more focused, emotionally regulated and less affected by stress.



## What are some of the benefits?

A range of studies have found that there are significant benefits from the regular practice of mindfulness. Some of these benefits include;

Emotion regulation: promoting a better ability to focus and engage with tasks even when strong emotions are activated.

Attention Control: improved attention including better performance on objective tasks.

Self-Awareness: more likely to help someone in need and have greater self-compassion

## What was covered during the lessons?

The program has 4 distinct modules;

- Introduction to mindfulness
- Mindful of our emotions
- Mindful of the senses
- Kindness and gratitude

The start of each lesson focuses on how the brain works both biologically and biochemically. This forms a basis for understanding and exploring how we think.

Students then move through a guided mindfulness exercise. The purpose of this is to get students comfortable with sitting in stillness with their thoughts. It allows them to practice breathing techniques that they can return to again and again.

A pre and post evaluation has also been conducted as part of the program to measure how effective the program has been. These results will be presented in Term 3 to the wellbeing committee



# Careers @ CHS

August 2019

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*The nice thing about teamwork is that you always have others on your side*

*(Margaret Carty)*

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## Beyond School Study Guide

The new [Beyond School Study Guide](#) is designed to help senior students navigate their way into higher education. It provides information on

- higher education pathways
- higher education fees and government loans
- student support services.



## PwC's Higher Apprenticeship Program

*Did you know you can join PwC without a degree? Traditionally there has only been one route to a career in professional services. Uni. Degree. Career. But the world of business is changing and so are we. There are now opportunities for students to join us straight out of high school.*

As an apprentice, students get to learn on-the-job, developing broad skills in business and technology in a hands-on environment, and receive the study support required to earn a professional qualification in **Information Technology (IT)**, at the same time!

Applications are open now for apprentices joining PwC in January 2020.

Find out more about the various programs at [PwC's Higher Apprenticeship Program](#).





## VET Toolkit for Parents

The Foundation for Young Australians [FYA](#) undertook research for the groundbreaking [New Work Mindset](#) report in 2016.

It has built on findings in that research to develop a [VET Toolkit for Parents](#) which includes a glossary and discussions about how to use VET to design your best possible career.

There is a Self-Assessment Audit Tool which students can use to help to make career decisions.

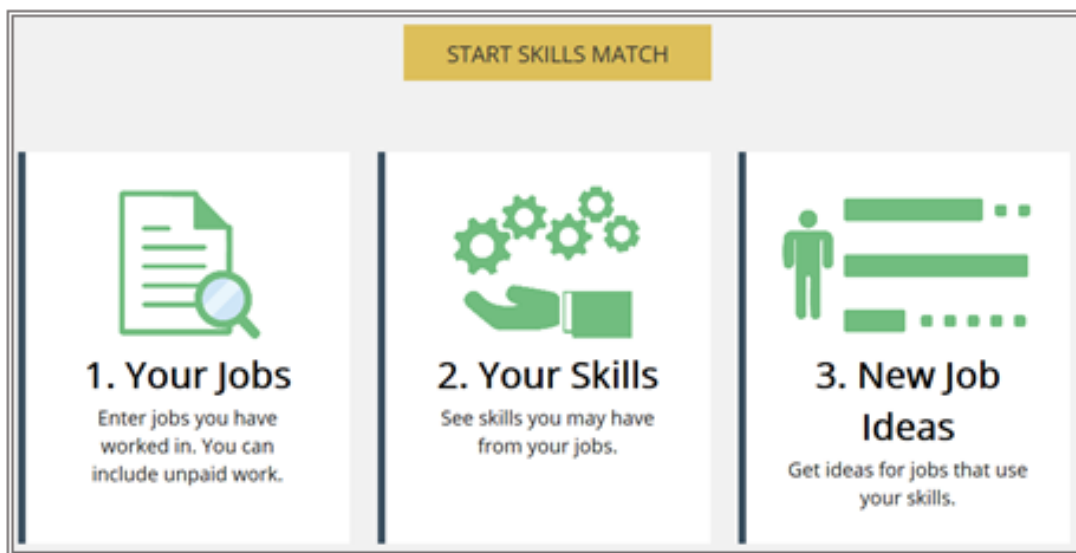
You can find the Toolkit [HERE](#).



## New Job Outlook Skills Match Tool

Job Outlook has developed a new career match tool that will give you ideas about the sorts of jobs that match your interests, what level of pay to expect and if there is growth in that industry.

You can [go here to do the quiz](#).



## Career Focus - Landscape Architect

Landscape architects find creative ways to build on, into and around land to better preserve, display, and borrow from it. This is a fun job for someone who is creative and enthusiastic about nature.



Landscape Architects plan and design land areas for projects such as open space networks, parks, schools, institutions, roads, external areas for all building types, land subdivisions, and commercial, industrial and residential sites.

You usually need a bachelor's degree in landscape architecture to work as a Landscape Architect. In some states, training may also be available through VET (Vocational Education and Training).

Landscape Architects earn an average of about \$1674.00 per week

### Upcoming Open Days 2019

#### ACT:

<b>University:</b>	<b>Open Day Date:</b>	<b>Website:</b>
Australian National University	Saturday 31 August 2019	<a href="#">Visit</a>
University of Canberra	Saturday 31 August 2019	<a href="#">Visit</a>
University of NSW (ADFA)	Saturday 24 August 2019	<a href="#">Visit</a>
Australian Catholic University	Saturday 31 August 2019	<a href="#">Visit</a>

## NSW:

<b>University:</b>	<b>Open Day Date:</b>	<b>Website:</b>
University of Sydney	Saturday 31 August 2019	<a href="#">Visit</a>
University of NSW	Saturday 7 September 2019 (Kensington)	<a href="#">Visit</a>
	Saturday 24 August 2019 (ADFA)	<a href="#">Visit</a>
Macquarie University	Saturday 17 August 2019	<a href="#">Visit</a>
University of Newcastle	Thursday 15 August 2019 (Port Macquarie)	<a href="#">Visit</a>
	Saturday 3 August 2019 (Central Coast)	
	Saturday 31 August 2019 (Newcastle)	
University of Wollongong	Saturday 3 August 2019	<a href="#">Visit</a>
Charles Sturt University	Sunday 4 August 2019 (Bathurst)	<a href="#">Visit</a>
	Sunday 11 August 2019 (Wagga Wagga)	
	Sunday 18 August 2019 (Albury-Wodonga)	
	Sunday 25 August 2019 (Port Macquarie)	
	Friday 30 August 2019 (Dubbo)	
	Friday 6 September 2019 (Orange)	
Southern Cross University	Sunday 18 August 2019 (Gold Coast)	<a href="#">Visit</a>
	Saturday 17 August 2019 (Lismore)	<a href="#">Visit</a>
	Friday 16 August 2019 (Coffs Harbour)	<a href="#">Visit</a>
	TBA (National Marine Science Centre)	<a href="#">Visit</a>
University of New England	Friday 10 May 2019	<a href="#">Visit</a>
University of Technology - Sydney	Saturday 31 August 2019	<a href="#">Visit</a>
Western Sydney University	Sunday 18 August 2019	<a href="#">Visit</a>
Australian Catholic University	Saturday 7 September 2019 (Strathfield)	<a href="#">Visit</a>
	Saturday 24 August 2019 (North Sydney)	

Open Day



La Trobe University (Sydney)	Thursday 22 August 2019	<a href="#">Visit</a>
CQ University (Sydney)	Thursday 22 August 2019	<a href="#">Visit</a>
University of Tasmania	Sunday 1 September 2019 ( <del>Rozelle</del> /Darlinghurst)	<a href="#">Visit</a>
University of Notre Dame	Saturday 31 August 2019	<a href="#">Visit</a>

## *Getting the most out of an Open Day*

Most institutional Open Days are held in late July and August (see above page for Open Day dates). However, you are more than welcome to contact an institution to arrange a visit any time.

### **What happens on an Open Day?**

On Open Day you can visit an institution when it's at its best. Everyone is there – academics, lecturers, current students and information officers. More importantly, you can talk with academics, lecturers and current students about what certain courses are actually like, and what is required to get into them.

### **Who should attend an Open Day?**

*Anyone who is considering studying at a tertiary level in the next few years should attend.*

### **Why should you attend an Open Day?**

Apart from the opportunity to obtain course information there are many other reasons why attending an Open Day is a good idea:

- You are going to feel more comfortable arriving at a university or TAFE institute on the first day of classes if you have been there before.
- What is really involved in the course or courses you are interested in?
- If you have to move away from home, where are you going to live?
- Will you be happier studying in a large metropolitan institution or a smaller, perhaps rural institution?
- What does the place 'feel' like? Is it a bustling environment with lots of activity or a quieter, more relaxed campus set in landscaped grounds?
- How are you going to get there? Is it close to public transport or should you start saving now for a car?

If you don't know the answers to any of these questions, then you should attend an Open Day!

### **How to make the best of Open Days?**

To make your Open Day visits fun and informative, here are some pointers:

- Write down a list of questions you would like to ask about particular courses
- Be there early. Crowds tend to develop as the day progresses
- On arrival, get a map from a central point and ask for directions to the relevant faculties or schools
- Ask questions!
- Don't spend the day collecting printed information only. Use the opportunity to speak directly with academics before applications close
- Introduce yourself to selection officers if you feel it is appropriate, but don't be pushy

- Check out the residential colleges, if available. After all, it is you that will be living there.
- Walk around the campus. Have a good look! See what sporting facilities and other services are available.
- Enjoy the visit!

## Volunteering



Thinking of taking up a volunteering opportunity and giving back to your community? Whether you have a little or a lot of time to spare, there are plenty of ways to get involved and make a difference to the lives of others and to your community and at the same time develop some employability skill and work experience.

Some volunteering opportunities that are available include:

### NSW Health

NSW Health considers its volunteers to be an essential and valuable asset to the delivery of public health services across NSW. Their tireless and enormous effort directly supports and delivers better outcomes for patients, staff and visitors. [Find out about volunteering with NSW Health.](#)

### Ambulance Service of NSW

Volunteer ambulance officers, peer support officers, chaplains and consumer representatives help Ambulance Service of NSW improve access to and the quality of their services, particularly in isolated communities. [Find out about volunteering with Ambulance Service of NSW.](#)

### Community Fire Units

If you live in an urban area close to bushland, you can help your local community with preparation for, prevention of, and protection from bushfires by becoming a Community Fire Unit (CFU) member. [Find out about Community Fire Units.](#)

### NSW Rural Fire Service

The NSW Rural Fire Service (RFS) relies on volunteers to keep our communities safe. You don't have to be a firefighter – you can also contribute through a range of other roles such as administration, communications, catering, community education and engagement, training and more. [Learn more about volunteering with the RFS.](#)

### NSW State Emergency Service (SES)

NSW SES provides 24-hour emergency assistance to those impacted by storm, flood or tsunami in NSW. It relies on its 9,000 volunteers to do so – whether they be on the ground or supporting in media liaison and community engagement roles. [Become a volunteer with NSW SES.](#)

### Volunteer in Policing (VIP) Program

NSW Police require the support of volunteers to assist in their local communities by providing victim support and customer service, supporting witnesses through the court process, performing



## | from the CHS P&C Association

CAMMERAYGAL



### A word from the president

**Thank you to all the Year 7 Parents** who came out to the Union last week. There were lots of new faces around the table and everyone enjoyed meeting each other. It was a great opportunity for parents to chat about all the new high school experiences and adventures (and occasionally misadventures!) the kids were all going through.

Thank you to Kara Laird for organising the event.

### P&C Fee Drive

Since our last newsletter, our P&C contributions have increased from \$40,000 to \$58,000. Thank you to all the parents who have donated. We are getting closer and closer to our possible \$150,000 in parent contributions.

As you are aware, our school is in the process of building a fantastic multi-purpose hall at the West Street Campus. While the hall will be beautiful and new, it needs audio visual equipment to really take advantage of all it has to offer.



Can you imagine trying to hold an assembly or other gathering without being able to project anything on a screen?

Can you imagine how difficult it will be to hear announcements, speeches, or performances without a sound system?

Well, we don't want to imagine those scenarios and are hoping that through a combination of parent fees and our Trivia Night fundraiser to be able to purchase the following items for the hall.

- Projector (\$25,000)
- Retractable Screen (\$25,000)
- Sound system (\$25,000)

All of the systems need to be designed to accommodate multiple uses as well as be protected from multiple uses (think of an errant basketball crashing into expensive AV equipment). As such, the cost of the systems must include not only the equipment, but additional structural reinforcements, the ability to move/retract when necessary and protective coverings.

Let's all work together to kit out the hall!

I have also included some information about the importance of paying P&C fees from the last newsletter as I am concerned that many people didn't read it due to its late distribution.

Why is the P&C contribution so important? The annual P&C contribution is the largest source of funding for the P&C. This is eight times more than we raised from our very successful Trivia Night last year. Each child's P&C Contribution is less than 1% of the cost of a private school annual fee, and with it the School Community is able to accomplish so much.

If we meet our \$150,000 fundraising target, we will be able to:

- Install a high-quality sound system and projector in the new school hall (about \$75,000)
- Meet the school's need for shade and protective covers at both campuses
- Satisfy the increasing demand to support well-being programs, education-related activities (such as the robotics club), student events and groups (including the SRC), and purchase of educational materials and equipment to meet the needs of our fast growing school

These ambitious but necessary plans will continue, on a larger scale, what the P&C has already been doing. Last year the P&C funded several major projects including:

- Air conditioning - \$20,000
- Solar panel installation -\$20,000
- well-being activities and initiatives - \$15,000
- Educational supplies and materials - \$4,000

The P&C works hard to establish strong traditions of family involvement at Cammeraygal High School which we hope will last long into the future. Your engagement with the school can be via many avenues, not only through financial support.

Since our school was established in 2015, the P&C has funded and run many events and programs including::

Mothers' Day and Fathers' Day breakfasts

The annual Trivia fundraising night

- The extra-curricular sport program for students, including basketball, netball, soccer and rugby.

I invite you to join us in helping to run these programs and events. You are very welcome at the regular P&C meetings, usually held on the first Tuesday evening of the month. You'll find details in the school newsletter.

**Kind regards**

**Srima McQuillan**

**President, Cammeraygal P&C**

***We are still looking for additional parents to serve on the interview panel. The school is growing again next year and we could use your help to pick the best people.***

Sitting on an interview panel is a great way to learn about the school's direction and vision, get to know the school leadership and be impressed by CHS hiring practices. Most people only serve on 1-2 panels a year which take about 4 hours over two days. This is a great use of corporate volunteering hours for those whose work for companies that offer that.

We could use both men and women on our panel, will you be our next member?

More information can be found here:

[https://www.teach.nsw.edu.au/documents/sel\\_panelproc2.pdf](https://www.teach.nsw.edu.au/documents/sel_panelproc2.pdf)

Interested? please email: [secretary@cammeraygalpandc.org.au](mailto:secretary@cammeraygalpandc.org.au)

### **Important P&C Dates and information**

<b>Date</b>	<b>Event</b>	<b>Where</b>	<b>More info:</b>
Aug 29 -Thurs	P&C Meeting	West St Campus	Order & RSVP: <a href="https://www.trybooking.com/BEPYP">https://www.trybooking.com/BEPYP</a> Volunteer: <a href="https://www.volunteersignup.org/DLTYX">https://www.volunteersignup.org/DLTYX</a>
Sept 3 - Tue	P&C Meeting	Pac Hwy Campus	
Sept 19 - Thurs	Ladies Night Out	Cork & Canvas	Book here <a href="https://www.trybooking.com/BEHOQ">https://www.trybooking.com/BEHOQ</a>
Oct 26 - Sat	Trivia Night	Pac Hwy Campus	Book here: <a href="https://www.trybooking.com/BENNK">https://www.trybooking.com/BENNK</a>
Nov 5 - Tue	P&C Meeting	West St Campus	
Dec 3 - Tue	AGM P&C Meeting	West St Campus	

## Cammeraygal Facebook Community

Join the Cammeraygal Parents Facebook Community - 180+ strong and growing. Great place to find out what is going on

<https://www.facebook.com/groups/cammeraygalpandc/?ref=bookmarks>

Get P&C emails: [http://eepurl.com/dboU\\_9](http://eepurl.com/dboU_9)

Note: This is different than the school email list due to privacy laws.

Join the P&C <https://goo.gl/forms/lqcJwoHhKO2ehLuT2>.

Help the P&C <https://goo.gl/forms/3HUf1mWb9UdQxr832>

## Father's Day Breakfast BBQ - Thursday August 29th – West St Campus!



Time to put your breakfast order in!

<https://www.trybooking.com/BEPYP>

Ladies, we also need more volunteers to help out on the morning - please sign up here - <https://www.volunteersignup.org/DLTYX>



## Seeking Pre-loved uniform donations

At the Father's Day Breakfast, the Uniform Committee is planning to run a second hand uniform sale. We are therefore seeking donations of good quality (and washed) second hand uniform items your child has outgrown or no longer requires. Any uniform items can be placed in the donation boxes outside the offices on either campus.

A Halloween-themed promotional poster for a trivia event. The background is black with various Halloween balloons (orange and black stripes, white with a skull, orange with a jack-o'-lantern, and white with orange wavy patterns) and orange streamers. The text is centered and reads:

**CAMMERAYGAL  
TRICK·OR·TREAT  
TRIVIA**  
**Saturday October 26**  
Grab your friends, make up a table of 10,  
dress the best spooky table and you could win!  
**Dress yourself and your Table Competition!**  
**Prizes for best decorated table!**  
**Best Costume — His, Hers and Couple**  
**\$55 Per Person**  
Includes Arrival Drink, Dips and Dinner,  
Trivia, Raffles, Auctions and so much more!  
**Don't delay! Book your table or ticket today!**  
<https://www.trybooking.com/BENNK>  
**Don't have a group of 10? Just book for yourself and  
we'll pair you with parents in your child's year.**

**Book a table or ticket here!**

<https://www.trybooking.com/BENNK>

## P&C SPORT

### Cammeraygal Netball Club News

Saturday 17<sup>th</sup> is the Last Round for the winter season!

5 out of our 6 teams are still in the top 4 of their grade and have a chance of being in the Finals!

#### Photos from Round 13 – August 10th



Some of our lovely umpires – Jaime, Chloe, Zoe, Nina, Lilya and Jade (in umpire action in the second photo)

#### *Congratulations to our umpires for moving up through the levels*

These are our current umpires: -

JL1	Jade, Chloe
JL2	Nina, Zoe
JL3	Lilya, Izzy
Ungraded	Jaime

***Well Done girls!***

#### **Some of our lovely Managers and Coaches sporting the red and black colours!**

Mary, Anna, Vicki, Lisa, Liz, Claire and Sally (in second photo with one of her teams that she helps to coach – CNC03)



Even though it was bitterly cold on Saturday, all the seem to be enjoying themselves as well as the parents on the sidelines. So great to see our CNC community enjoying Netball.

girls



## CNC06 being coached by Kaitlyn P

Good luck for your last game on 17<sup>th</sup> August CNC06. Such a great team of positive and fun girls! We hope you come back for the Summer comp!



Order today to enjoy these bonus offers  
Bonus offer extended

\*\$20 off your total shop when you spend \$220 or more at Woolworths online  
^\$50 off your total shop when you spend \$120 or more at Cellarmasters online. \*\*Terms & Conditions apply

## Support Cammeraygal High School! Get your new Entertainment Membership today.

The 2019 | 2020 Entertainment Memberships are here, with exclusive offers for everything you love to do. It's our best Membership yet, packed with amazing offers for activities, attractions, shopping, travel and all kinds of tasty treats - from cool cafes to fabulous fine dining.

**With Entertainment there are thousands of experiences you can enjoy, while raising funds for the things you care about.**

**SUPPORT US NOW**



*"The Entertainment Membership is great value. With lots of instant savings. It more than outweighs the price. There is something for everyone – casual and fine dining, adventure and family activities. I couldn't live without it. Plus, I get to support a good cause."* – Zana B. Sydney

The graphic is a promotional banner for the Sydney and Surrounds Entertainment 2019 | 2020 Membership. It features a smartphone on the left displaying the app interface, and a physical membership card next to it. The main text reads "Sydney and Surrounds Entertainment" in a large, white font. Below this, it says "SEE WHAT'S INSIDE" in a blue box, "2019 | 2020 Membership" in a white box, and "Just \$70" in a dark blue box. Below the main text, there are four logos: "Virginia australia", "CELLARMASTERS", "entertainment traveller", and "LORNA JANE". At the bottom, it says "FUNDRAISING WITH entertainment" with a crown icon. Below that, it says "THANK YOU FOR YOUR SUPPORT!" followed by "Cammeraygal High School", "Daniela Gaete-Muller", "0425836510", and "dgaetemuller@gmail.com".

## Community Announcements

### **NSNA run a Twilight Comp at Willoughby Courts.**

This is a fun summer comp run at Willoughby courts on Monday afternoon/early evening or both Junior & Senior Players, starting on 14<sup>th</sup> October to 2<sup>nd</sup> December.

There is no training, just turn up for a game.

Registrations close on 6<sup>th</sup> Sept.

Cost for whole team registration: \$300

Min players: 8

Cost per player for a total of 10 weeks of games approx: \$45 (inc payment for umpires)

Email [Cammeraygal.netball@gmail.com](mailto:Cammeraygal.netball@gmail.com) if you are interested in joining a team or putting a team of your own together.

SAVE THE DATE:  
**Teenagers, Alcohol  
and Other Drugs -**  
with **Paul Dillon**  
Director Drug & Alcohol Research of Australia  
**Cammeraygal Senior Campus**  
**6pm Tuesday October 22nd**  
More info and booking link to come.

### **Service adjustments from Sunday 28 July**

To improve reliability and meet customer demand, timetable adjustments will occur on many bus routes from Sunday 28 July. There are also changes to the timetables of many school services.

### **Trip planning and further information**

Parents and students are encouraged to plan their trip to see if these timetable changes will impact the way that they currently travel to and from school. More information, including timetables, maps, Trip Planning and school service details is available at **transportnsw.info**. You can also view school service information on the Transit Systems website – **transitsystems.com.au**.

### **Student Opal Card Reminder**

Please ensure your students are aware of the condition of use of their Opal Card, and the importance of carrying and using their card whenever they travel.

It is a condition of travel that all students tap on with their Student Opal card every time they board the bus, and tap off when they alight. This allows Transport for NSW and bus operators to assess the patronage of bus services, including School Special buses, to ensure that resources are used efficiently and meet customer demand.

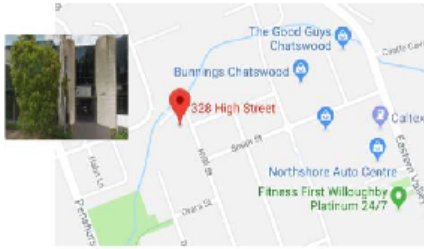
## **| FYI...**

# **NOONE** BEST IN CLASS SINCE 1947 **CHATSWOOD**

**Cammeraygal High School Uniform Shop has moved! Noone Chatswood Uniform Super Store is now open.**

Ground Level, 328 High Street, Chatswood Hours: Monday to Friday 9-5, Saturday 9-1

Plenty of parking – on street and undercover. Located near The Sydney String Centre.



**Sydney Office**  
Suite 1, 328 High Street  
Chatswood NSW 2067



**Toll Free:** 1800 339 570  
**P:** 02 9436 1700  
**F:** 02 9436 1244



**E:** [sydney@noone.com.au](mailto:sydney@noone.com.au)  
**W:** [www.noone.com.au](http://www.noone.com.au)