

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

12 P&C

MESSAGE FROM THE PRINCIPAL

Dear Parents/caregiver

The school remains highly productive as we move into week 7 of term 1. Many students have started in their extracurricular clubs in week 5. Please see below for the list of clubs available to your child. We also saw a competitor only swimming carnival that allowed our competitive swimmers to thrive with some wonderful performances in the pool. Students of course will be doing many assessment tasks over the coming weeks and we ask parents and caregivers to offer support and encouragement during this busy time.

Voluntary contributions

Again, I would like to remind parents to understand that Our school relies on funds that we collect from families in our voluntary contributions for Years 7-12. These funds do go towards critical programmes that will only be run if school funds can cover them. The fees we ask our parents/caregivers to pay are very carefully considered to allow for all our families to afford these payments that cover essential consumables and other parts of the school that enhance your child's opportunities. If you are not able to pay the contributions when the statement of accounts is released, please ask the office to organise a payment plan which they are happy to do. Elective subject fees for elective subjects are a 'user pay' option for your child's subject choices and do have to be paid. If you are unable to pay these elective choice fees please contact the school and we can place your child in an elective course that does not

require consumables and other materials and will not require a fee.

CALENDAR

TERM 1 /Wk 7 9 – 13 March

Mon 9 th Mar	School Photo Day
Wed 11 th Mar	UAC Visit
Thurs 12 th Mar	KO Boys Soccer
Fri 13 th Mar	Zone Swimming Carnival

UPCOMING EVENTS

Tues 24 th Mar	Regional swimming carnival
Thurs 26 th Mar	Harmony Day Assembly
Thurs 2 nd April	Athletics Carnival
Thurs 9 th April	ANZAC Day Assembly – West LAST DAY OF TERM

**NEXT P&C MEETING TUES
7th APRIL @ 6:45 PM
STAFF COMMON ROOM
JUNIOR CAMPUS
PACIFIC HWY**

Principal report Continued...

The statement of accounts is currently being sent to all students across the school and I do ask that all families settle these accounts as soon as is possible. I will be reporting on the fees collected to the community as an indicator of what percentage we collect from the voluntary fees in relation to other local public high schools.

COVID-19 (formerly referred to Novel Coronavirus)

Parents would be aware of the recent advice sent to all parents/caregivers on the management of the Covid -19 protocols as directed to us by the DoE and NSW Health. This is an evolving situation and I reassure all parents that the school is following these protocols at all times. We remind parents that if your child has recently travelled or intends to travel through the countries mentioned including China, Hong Kong, Iran and more recently South Korea that you need to keep your child home from school for 14 days after your return to Sydney. Please inform the school so if this is the case so that we are able to provide work on Sentral. We also ask that with the imminent onset of the flu season that if your child has got flu symptoms that they remain at home.

Extra-Curricular Clubs 2020

Please see the table of clubs running this term and encourage your child to get involved in these clubs.

	RECESS	LUNCH	AFTER SCHOOL
MONDAY	<ul style="list-style-type: none"> • SRC (Junior) - Pacific Highway Library (C.1.03) – Jaymie Parish • SRC (Senior) – West Street Library (D.1.51) – Daniel Best 	<ul style="list-style-type: none"> • Theatre Sports – A.4.16 – Week B – Sara Sharpe 	<ul style="list-style-type: none"> • Senior Vocal Ensemble – West Street – Ann Boyle • Senior Art Club – West Street – Emmanuel Monteiro [3:15-4:00] • Maths Club and Algebra Help - venue (TBA) – Nordin Zuber and Lee Winstone
TUESDAY	<ul style="list-style-type: none"> • Social Justice Club (Senior) – West Street – Josie Perry • Cammeraygal Karribarri Podcast Club (Junior) – Pacific Highway Library (C.1.03) – Zacc Abbott 	<ul style="list-style-type: none"> • Dance Club – Pacific Highway Dance Studio (A.4.09) – Kirsten Carlisle 	<ul style="list-style-type: none"> • Debating (Senior) – D.1.16 – Mark Nowicki [3:30-4:30] • Debating (Junior) – Sara Sharpe [3:30-4:30] • Crobotics – West Street – Jennifer Campbell & Lloyd Mirto [3:30-5:00] • Junior Choir – Week B – Pacific Highway
WEDNESDAY			
THURSDAY	<ul style="list-style-type: none"> • Environmental and Sustainability Club (Junior) – A.4.15 – Jaymie Parish • Environmental and Sustainability Club (Senior) – West Street Campus – Nicholas Surman 	<ul style="list-style-type: none"> • Silent Film Club (Junior) – Pacific Highway Library (C.1.03) – Zacc Abbott 	
FRIDAY	<ul style="list-style-type: none"> • Tabletop Miniatures Club – A.4.14 – Week B – Matthew Lepar 	<ul style="list-style-type: none"> • Yabun Beat Music Club (Junior) – Pacific Highway Library (C.1.03) – Zacc Abbott • Book Club – A.4.16 – Week B – Sara Sharpe 	<ul style="list-style-type: none"> • Chess Club (Terms 1 & 2) – West Street Library (D.1.51) – Jennifer Perry [3:00-4:30] • Games Club (Terms 3 & 4) – West Street Library (D.1.51) – Lloyd Mirto

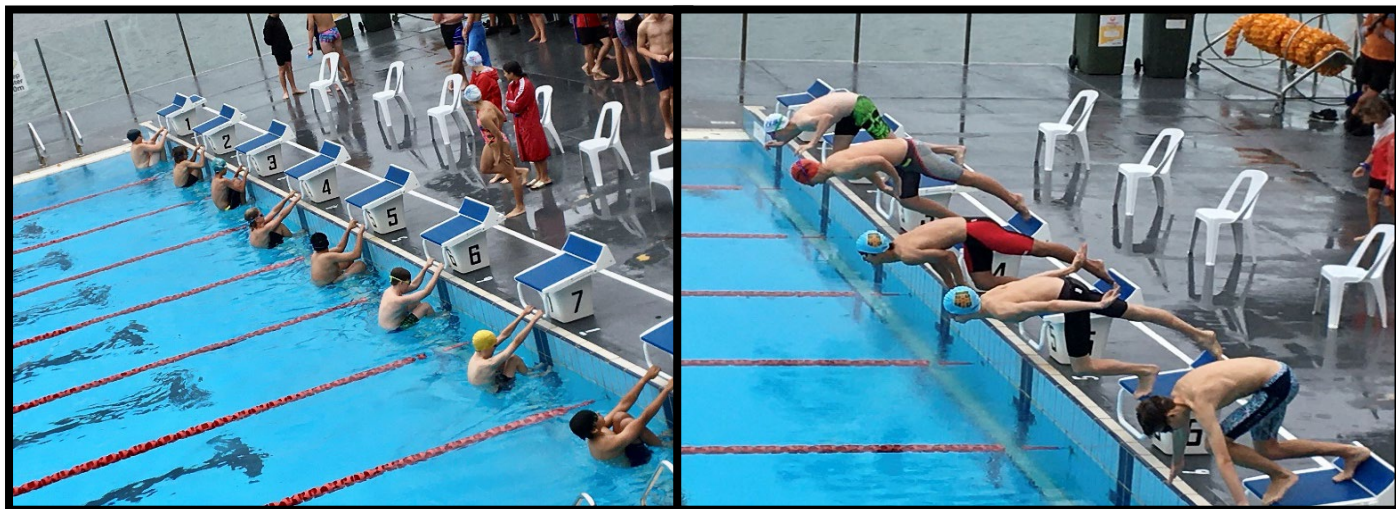
Principal report Continued...

The extracurricular music ensembles that are available this year at CHS

Ensemble	Price	Rehearsal Time	Rehearsal Location
<p>1. Concert Band (7-12) - Open for students who play brass, woodwind and/or percussion instrument. (Starting Week 6). This will be facilitated by Jennifer Power, an accomplished conductor and performer.</p>	\$250	Friday morning 7:30-8:30am	Pacific
<p>2. Percussion Ensemble (7-12) - Open for students who play any percussion instrument, or who are interested in playing. This ensemble will be facilitated by Rob Oetomo, a world renowned percussionist, composer and performer.</p>	\$350	Friday morning 7:30-8:30am	Pacific
<p>3. Junior (7-9) and Senior (10-12) Vocal Ensemble – Students do not need to be able to read music but must love singing and be happy to sing lots of styles of music. These ensembles will be facilitated by our new Music teacher, Ann Boyle.</p>	\$150	Junior - Tuesday afternoon 3:00- 4:00pm Senior - Monday afternoon 3:00- 4:00pm	Pacific West
<p>4. Jazz Band (7-12) – This group will focus on improvisation and small ensemble skills, and will be facilitated by our new Music teacher, James Raxworthy.</p>	\$150	Thursday morning 7:30-8:30am	Pacific
<p>5. Guitar Ensemble (7-12) – This is open to beginning students who are interested in playing guitar as well as more advanced students who are exploring further techniques. This ensemble will be facilitated by Michael Brady.</p>	\$350	Thursday afternoon 3:30-4:30pm	Pacific

Principal report Continued...

Cammeraygal swimmers at Drummoyne pool on Thursday.



March 16th Senior campus Smoking ceremony

The Cammeraygal descendant, Professor Denis Foley will be coming to the school on Monday 16th March to conduct the smoking ceremony that officially opens the site and acknowledges the aboriginal heritage of the land of the school site. This process occurred in 2014 before the opening of the school and it is wonderful to have Professor Foley back to talk with our students about the significance of the angophora (our school logo) and the historical significance of Crows Nest in aboriginal story telling. Please contact the school if you would like to attend the smoking ceremony which will be held between 9 -11am

Photo Day Monday March 9

As parents would know the photo day for the school will take place on Monday March 9 across both campuses. Please ensure your child is wearing full school uniform on the day and that payments are made to ensure photos are available. Mrs James is the teacher organising photos on West Street and Mr Wilcox is the teacher organising on Pacific Highway. Please contact these teachers if you have any questions about the photos next Monday. We will have a whole school photo taken in St Leonards park early next term.

Regards,

Kathy Melky

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

Regards

K Melky

| Deputy Principals' Report

Assessment season is in full swing here on West Street, with the Year 12 cohort completing a raft of assessments in their courses over the coming weeks. Following on from this assessment period year 12 students will receive their half-yearly reports in preparation for Parent-Teacher interviews in week 11. We will also be conducting individual interviews to generate ATAR estimates for all year 12 students who are aspiring to achieve an ATAR, to ensure that they are realistic in their goals and the level of commitment required to achieve them.

Year 11 have settled in well to their stage 6 coursework now, and interim reports will be sent home with students next week. These are not designed to be a full report on academic progress but are to give parents and students feedback about the degree to which they are meeting the expectations of senior students in all of their courses. I will be meeting individually with students whose degree of engagement and application is causing concern, but fortunately this is a very small number – most students in year 11 are staying on top of their workload and are very engaged in their lessons.

Next Wednesday 11 March we will be hosting representatives from the Universities Admissions Centre in the West Street Hall at 6.30pm where they will explain the process of ATAR calculation. This session is open for senior students and their parents and we encourage you to attend. Please note that entrance will be via the Rodborough Avenue gate, NOT via West Street.

J Arrow
Deputy Principal

Year 7 Interim Reports

Year 7 students have now received their Interim Reports. These are designed to provide parents with some basic information about how their children have progressed in each of their subjects at high school. Teachers will already have been in touch if there are any concerns around the transition to high school any support that may be required. A more far more comprehensive report will be published in Term 2 and there will also be the opportunity to meet with teachers at the Parent Teacher Night on June 29.

Photo Day

Photo day is this Monday, 9th March. Please ensure your child is in exemplary uniform (as usual of course) and have their photography envelope ready to go on the morning. This year is a significant milestone in our development as a school as it is the first time we have six year groups. We will be taking our final whole school photo at St Leonards Park on Thursday April 30 to document the final stage of our evolution and establishment.

Wednesday Sport

If your child is unwell on a Wednesday and is unable to participate in Sport, please provide them with a note. Students must then present this to the Sports Organiser before school. They will then either attend non-sport in the Library or attend sport with their supervising teacher, but not participate. Students can only leave school early if they are attending a medical appointment.

Drug and Alcohol Parent Workshop

High school is a time when some students will engage in risk taking behaviour and this may include experimentation with drugs and alcohol. The Sydney Drug Education & Counselling Centre (SDECC) will be delivering a "Parents Prepared", one day drug education workshop for parents of high school-aged children on Saturday 9th May 2020 from 10.00am to 4.00pm.

This workshop will provide parents with information about drugs, their effects and tips for talking to young people about drug use.

Parents can register at <https://www.trybooking.com/BIZFL>

P. Barraclough

Deputy Principal.

I Study Skills

STUDY SKILLS TIP FOR MARCH – TOP TIPS FOR MEMORISING NOTES

Many students find it really difficult to cope with the memorisation that can be needed for tests and exams. Of course you can't just rote learn and regurgitate, you need to be able to apply the skills of what you have learnt. However there is also a certain amount of memorisation of content, formulas and definitions for example that will be necessary. So how can students make this process easier?

1. Make your notes as brain-friendly as possible, point form, tables, diagrams and no big long sentences or paragraphs.
2. Start the memorisation process of your notes early, don't wait until just before the test or examination.
3. Memorisation involves testing yourself over and over and over and over. So read a section, then see what you can say or write down without looking. Then go back and see what you got wrong or didn't know. Put a pencil mark next to these bits.
4. Now focus on the bits you didn't know. Say them out loud, repeat them to yourself, write them down a few times.
5. Then test yourself on those bits again and see if you remembered more this time.
6. Do this over and over and over again. Then do it one more time again.
7. Make flashcards or use a flashcard App on your phone to create flashcards on the parts you find hard to remember. Review these every day before the test.
8. Make a list of the key concepts you find hard to learn and each night read through them just before you go to sleep and first thing when you wake up as these are powerful memory times.
9. Do lots of practise questions without looking at your notes or the answers to see if you can a) remember and b) apply the information. Review the things you did not remember again.
10. Your job is to keep testing yourself in order to find out which bits have not stuck in your memory yet so you can review these until they do.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au.

Learn more at the **Brain and Memory** unit of www.studyskillshandbook.com.au

Username: cammeraygalhs Password: 37achieve

From the Office Window

Statements of accounts have been emailed out this week.

Cammeraygal High School relies on these funds to enhance all programs and opportunities that we create in our school.

We ask for your support in the form of payment of your account so that we can provide even better educational opportunities for your child.

PaperCut Cards are now available at the Senior Campus

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

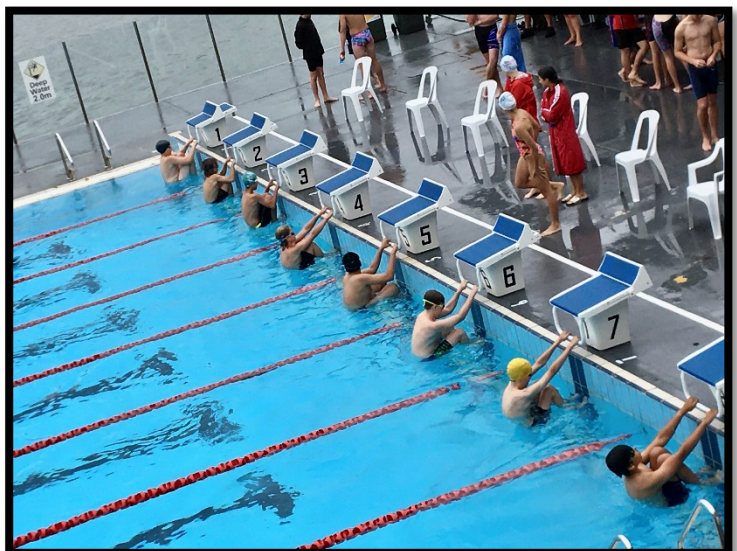
Faculty News

PDHPE

SWIMMING CARNIVAL:

On Thursday 5th March, mother nature wasn't on our side, however our students showed amazing commitment by competing under difficult conditions. A small group of competitive swimmers went down to Drummoyne Swimming Pool in order to battle it out amongst the best of the best, working towards their PBs ahead of the upcoming zone carnival. The students showed great responsibility, maturity and perseverance and were, as always, wonderful representatives of Cammeraygal. The Zone Swimming Carnival will be held on Friday 13th March at Warringah Aquatic Centre. More information will be distributed to affected students shortly, and we wish all competitors the very best of luck at the next level of competition.

Miss Pizzolato
Sports Coordinator





KNOCKOUTS:

Recently, Cammeraygal has been participating in a wide range of knockout games against other students from the local zone. We have been participating with integrity, respect and determination and we are extremely proud of all of the effort and commitment our students have been investing in their sport! Please see below some results from the most recent knockout games:

U15s girls netball

Won round 2 game against Fort Street High School

Lost round 3 game against Mackellar Girls

Opens girls netball

Won round 1 game against Mosman High School

Opens boys basketball

Won round 1 game against North Sydney Boys

Opens girls basketball

Won round 1 game against Mosman High School

Opens boys touch football

Lost round 1 game against Mosman High School

Opens girls touch football

Lost round 1 game against Epping Boys High School

Opens boys volleyball

Won round 1 game against Killarney Heights High School

Opens girls volleyball

Won round 1 game against Mosman High School

Lost round 2 game against Davidson High School

There are so many more games to come - including both girls and boys soccer, and of course all the above mentioned teams who are still in the competition. We wish all our students and coaches the best of luck as they push to do their very best in their respective competitions!

Ms Pizzolato
Sports Coordinator

Cammeraygal Crows Triathlon Team

RACE REPORT: Departed Crows Nest just before 6am with the Cammaraygal Crows (Milan M, Tom S & Yuta M) and headed out to the Sydney Regatta Centre at Penrith for registration between 7-8am. On arrival the boys collected their race pack containing race numbers and various other bits and pieces. Our cyclist (Tom S) racked his bike in the transition area and familairised the rest of the team on its location.

After that the team had a good look around and watched the other races with interest to see how the day would unfold. Getting the transitions sorted was going to be an important race skill.

1130am and the boys started their race with Yuta M exiting the water in a top 20 position. Handing over to Tom S for the cycle leg had the team in 16th position overall on the road. Then to our runner, Milan M, who started in about 16th overall.

The Team finished 19th overall in a combined time of 43m:13s out of 96 (Government & Private schools) senior boys teams and was 6th overall out of all the Government schools.

Individual times were: Yuta M - Swim 400m: 5:22, Tom S - Bike 15km: 26:25, Milan M - Run 3km: 11:25 [43:13].

The winning team on the day clocked 36m:53s [s4:40/b22:36/r9:36], so we weren't that far behind. It was worth noting from people we knew in the crowd that some of the competitors here currently compete at state and national level.

The boys competed with distinction and proudly for Cammeraygal High School and had a great time.

I can highly recommend this event for future participation by the school. A well organised and run event by the NSW All Schools Triathlon Association.

Another Cammeraygal Champion !
Not sure if you know yet - Lachlan Fraser came FIRST (by 9sec) in the CHS u/15's single Scull . Wahoo !



| Wellbeing @ CHS

Cammeraygal High School continues to be committed to providing a positive, supportive and inclusive learning environment for all our students. Please see below for some news and updates.

2020 Wellbeing and LaST Team

Year 7 Year Adviser: Ms S Sharpe

Year 8 Year Adviser: Mr J Davies

Year 9 Year Adviser: Ms J Parish

Year 10 Year Adviser: Ms Pizzolato

Year 11 Year Adviser: Ms Turner

Year 12 Year Adviser: Ms Perry

School Counsellors: Ms Hitman and Ms Wassink

Learning and Support Teacher: Mr Burton

Relieving HT Wellbeing: Ms Hakimi

Wellbeing initiatives and programs for 2020 have commenced with Year 8 attending the Smashed Theatre Workshop last month. The feedback was very positive and students enjoyed the interactive and engaging performances.

Our new and excited Year 7 cohort have settled in well and are enjoying the challenges and opportunities of High School life. Ms Sharpe and Mr Burton have done a wonderful job with supporting them during this transition.

Year 7 will participate in anti-bullying workshops later this term to promote the importance of fostering positive connections and friendships.

Year 8 and 9 also have stage-based wellbeing programs organised that address issues such as:

Connectedness and community

Resilience and self-awareness

Conflict resolution

Goal Setting and Study Skills

Risk taking including drugs and alcohol

YEAR 11 LIFE READY UPDATE

This year, we were hoping to organise a Year 11 camp to fulfil some of the Life Ready mandatory hours. Unfortunately, as explained by Ms Melky, this was cancelled as the accommodation and sleeping arrangements did not meet our safety and risk assessments.

The Wellbeing Team are excited to be organising a tailored Life Ready program that will be catered for our students needs and school context. Life Ready seminars will be organised towards the end of Term 3, 2020. This will occur after the Year 11 Exams to minimise any disruptions to learning.

The Life Ready course covers the following areas:

Mental health and wellbeing

Independence

Safe travel

Sexual health

Drugs and alcohol

Respectful relationships

Parents of Year 11 students will be notified with further details closer to the date.

UPCOMING WHOLE SCHOOL EVENTS

International Women's Day was held today Friday 6th March (There will be an update on this event in the next newsletter)

A Harmony Day event led by our SRC is scheduled for Thursday 26th of March.

CHS Wellbeing Team

| from the CHS P&C Association

A word from the president

CAMMERAYGAL



The next P&C meeting is on Tuesday April 7th at the junior campus on Pacific Highway in the staff common room.

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

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

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

Welcome Drinks

Our 2020 Welcome Drinks were held last Thursday on the West Street Campus to kick start the new year and the P&C's social calendar. The drinks were well attended by our new Year 7 parents as well as parents from across the year groups with so many teachers, both new and old, in attendance. Tours of the Sr Campus were once again popular and it was wonderful to see the enthusiasm from our teachers as they praised both the facility and the students. We were all left feeling very proud and fortunate that we were part of the Cammeraygal community. Big thanks goes out to Belinda Kent and Karine Marr for organising a seamless and enjoyable event. And special recognition to the founding Welcome Drinks organisers, who 6 years in are still integral to the running of this event. Belinda Kent, Deb Lee and Priscilla Feehelly – thank you! And thank you to all the other volunteers who made this event possible; the bakers, the decorators, the cleaners, the bartenders and thanks to the teachers and staff who hosted us.

P&C SPORTS

Netball

Cammeraygal netball club completed their team formation day and now have 9 great teams ready for the season.

We wait with bated breath to see how the teams are graded which is decided by the North Sydney Netball Association.

A skills training day for all teams will be held this Sunday (weather permitting) and training will commence week beginning 9th March.

Should we be rained off this weekend, an alternate date and time will be advised as soon as possible.

Don't forget to follow us on [Facebook](#) for the latest updates and photos.

A huge thank you to all the volunteers for their help so far - from Managers to coaches to umpires to uniforms and on it goes. It takes a lot of people to get 9 teams on the courts!

CNC Committee

Squash

There's an opportunity for students to try out squash with some North Sydney boys. Please see information below from the sports rep at NSBH:

Falcon Squash currently runs on Friday afternoons at Willoughby Squash Club from 4-5pm. The NSBH students travel there on the 644 school bus and they get off at the stop across the road from the courts. The trip is less than 15min.

The cost we charge is \$165 per student per term, and there are roughly 10 weeks per term.

The cost includes coaching, use of rackets and eyewear, court hire and balls. We try to have about ratio of 1 coach for every 6/7 players.

All levels are catered for, but we generally have beginners and intermediate at the moment.

There is a google form with information and opportunity to register, you can take a look to get more information about the program.

The link is <https://forms.gle/EgdEjvSRREuTGDK66>

Cammeraygal could join in with NSBH students for the session that we want to start Tuesday and/or Wednesday 4-5pm. If you have any students that only have Fridays free, please let me know and I would be happy to try to squeeze them in.

If your child is interested then please contact sportsadmin@cammeraygalpandc.org.au

UNIFORM

The new smaller school bag and also a new sports bag are now in stock at Noone.

See images and prices below:



Unpack Back-Pack \$ 55.95



Olympic Sports Bag \$ 45.00

Please be advised that the Olympic Sports Bag is not to be used as the everyday school bag. These items will also be available to purchase on the Cammeraygal web store in the near future.

Junior School Girls Crossover ties

NOONE is currently out of stock of the junior girls crossover ties. As the fabric is manufactured in China, deliveries are being affected by the Coronavirus and they are unable to get any firm delivery dates from their factories. NOONE has advised that as soon as the product is restocked they will let the school know.

Second-hand uniform

The Uniform Committee is planning to run a second-hand uniform sale on the second Friday of term 2. Location and time to be confirmed. We are therefore seeking your kind donations of good quality (and washed) second hand uniform items that your son/daughter has outgrown. Any uniform items can either be placed in the donation box outside the school office on the junior campus or handed into the school office at the senior campus. Many thanks in advance.

Kind regards

Srima McQuillan

President, Cammeraygal P&C