

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

17 P&C

MESSAGE FROM THE PRINCIPAL

In our final newsletter for 2021 we are all looking forward to the much-needed summer break.

Last week we completed our Presentation Day for 2021 and the week prior saw us celebrate our Year 12 Graduation.

The final week saw us issue reports to Years 7-10 and holding Wellbeing Wednesday to provide our students with some wellbeing strategies for over the summer break.

Presentation Day 2021

Congratulations to all of our prize winners for 2021 who were awarded prizes for excellence, commitment or improvement in all subject areas from Years 7 -11.

We of course continued to acknowledge sports, music, public speaking and debating. Masato M was awarded Junior Sportsperson of the year and Remy L was awarded Senior Sportsperson of the year. The Year Advisor Awards were followed by the Deputy Principal and then Principals Awards for each year group.

The Empowered Learner Middle School was awarded to Sydney A in Year 9 who was also Middle School Captain in 2021. The Year 11 Dux was awarded to Amy M.

It was an outstanding morning that acknowledged all of the achievements of our students despite 10 weeks of Remote Learning in Term 3 2021. Although parents were unable to be onsite for the morning we were able to live Zoom to parents of prize winners. Congratulations to the many prize winners and their families.

CALENDAR

TERM 1 | WK 1 | 28 JANUARY

Friday Staff Development Day

TERM 1 | WK 2 | 31 JAN – 4 FEBRUARY

Monday Staff Development Day

Tuesday Y7 '22 & Y9 Peer Support & Y12 start Term 1 2022

Wednesday All other students return

Thursday Swimming Carnival

Friday Snr Campus Photo Day

TERM 1 | WK 3 | 7 – 11 FEBRUARY

Thursday Jnr Campus Photo Day

Friday Y7 Cyber Safety Presentation

UPCOMING EVENTS:

Y7 Gibberagong Excursion | 14 Feb

Open Day | 22 Feb

Y7 Vaccinations | 24 Feb

P&C Welcome Drinks | 24 Feb

Zone Swimming Carnival | 15 March

Regional Swimming Carnival | 17 March

**Wishing everyone
a safe and
happy holidays!**

PRINCIPAL'S REPORT CONTINUED...



Tyrone V, Dr Christine Evans and Ms Melky at Year 12 Graduation day

Tyrone delivered the powerful Acknowledgment to Country at the Year 12 Graduation ceremony in Week 9.

Student Achievement's NSW All Schools Championships

Oliver W in Year 8 represented Cammeraygal at the 2021 NSW All Schools Championships at Sydney Olympic Park over the weekend and won the Gold Medal in the U14 boys 3000m in a time of 9.03:24! His result automatically qualifies him for Nationals in March / April next year (either Brisbane or Sydney). He also placed 5th in the U14 boys 1500m with his time (4.12:73) also qualifying him for Nationals. Congratulations to Oliver on these amazing achievements in mid distance running. Oliver is definitely an athlete to watch!

Year 11 Life Ready Course

The mandatory Life Ready course was completed by all of Year 11 this week and by all accounts was a huge success. Students were taught valuable skills in a range of areas to assist in their transition into adult responsibilities. Ms Pizzolato and the Wellbeing Team ran the course that spans 25 hours in total with the assistance of the Department of Sport and Recreation trainers.



Year 9 Futures Project

In this program students considered a range of altruistic and sustainable start-ups that address environmental and social concerns. Students analysed and evaluated the impact that these businesses have had on the world around them. As their final project the students were given the opportunity to come up with their own idea for a start-up which they pitched in a Shark Tank style presentation.

Students in Year 9 worked collaboratively on designing a business that would bring about positive changes at either a local or global level. The students actioned plan on gender empowerment and keeping the community active as they leave school and even an app for shopping that scored the product's sustainability. They were great ideas and inspiring to watch.

Cammeraygal Chronicle

Students received a copy of the 7th Cammeraygal Chronicle yesterday and were delighted as they read through the detailed and exciting account of school life during 2021. It is a great publication that documents the many events and areas across the school, showing the vast opportunities for students here at Cammeraygal



Staff leaving Cammeraygal High School

Sadly, we farewell some teaching and administration staff this year. We thank them sincerely for the work and commitment to our school over the years they have been with us. We also wish all of them the very best in the next endeavour.

Mr James Raxworthy - Music Teacher, Year 7 Advisor and Extracurricular Coordinator

Ms Josephine Perry – English Teacher

Ms Amy Buchanan – Year 12 Advisor/Relieving HT PDPHE

Ms Erin Hendry - Temporary Springboard Teacher

Ms Evangelina Woods - Temporary Maths Teacher

Mr Sean Emerson - Temporary TAS Teacher

Ms Lucy Rich - Temporary TAS Teacher

Ms Stephanie Murray - School Administration Officer

Ms Miriam Salmon – Science Laboratory Assistant

Cammeraygal High School in North Shore Times

Cammeraygal High School was again featured in the North Shore Times article that involved our incoming School Captains and Vice Captains, Sebastian T, Chloe TL, Susie P, and Sarosh K. They were asked about the lockdown and how the school supported them during this time. (See below)

Finally, thank you again to all of the Cammeraygal community for your ongoing support of the school in such a tough year. I sincerely hope you all get a great rest and please stay safe. We are sending good thoughts to our Year 12 2021 cohort and wish them the very best for the 20th January when they receive their ATAR scores and 24th January when they receive their HSC results.

Looking forward to a prosperous and safe 2022

K Melky
Principal

Consent to Covid: Why 2021 was a year like no other for our HSC students (extract)

Over in North Sydney, [Camberaygal High School](#) was grappling with the constant changes to the HSC process.

“The biggest challenge was meeting the needs of our year 12 students as it was so uncertain about when they would return to school, their trial HSC exams and whether they’d end up doing the HSC exam, which is the greatest milestone of ending high school,” principal Kathy Melky said.



Cammeraygal High School Principal Kathy Melky with Sarosh Khan, Chloe Tizawa-Lim, Sebastian Tan and Susie Pretty. Picture: John Appleyard

“It was challenging ensuring students had equal access to showing what they knew. That is why we chose to conduct exams for year 11 and 12 online, allowing for students to have a level playing field regarding the exam being open book, time limits and disability provisions.

“Another challenge was to keep students engaged for the entire 10-week term.”

One of the ways the school succeeded was by insisting students wear uniforms and turn cameras on during video calls.

Cammeraygal vice-captain Susie Pretty said the way the school prioritised her wellbeing was a highlight.

“I feel like I was always being checked on. The utilisation of breakout rooms (on Zoom) was also very impactful,” Susie said.

Fellow vice-captain Sarosh Khan said the class of 2021 had certainly conquered its share of challenges.

“Keeping up with the workload in certain subjects such as Maths or Modern History was challenging due to the content-heavy nature of these subjects and assessments were difficult due to the new process of exams,” Sarosh said.

“However, our school and teachers really assisted us and made this process really easy to adjust to and try to perform our best in.

“As our exams were open-book and online, we didn’t feel like we were disadvantaged if other students had access to certain things. Overall, however, it was not that ideal.”



Deputy Principals' Report

We have had a busy but terrific last few weeks of the school year where we have celebrated the Class of 2021 with their long awaited Graduation as well as our Presentation Assembly. Both events showcased the depths of talents of Cammeraygal students across multiple facets of school life. Well done to all students who earned awards on both occasions, but we must acknowledge the hard work and diligence of all students this year. The motivation and compassion shown by our students throughout the year has been inspirational to the whole school community. Congratulations also to parents and carers for so ably supporting our students to achieve their goals throughout this year.

In the past few weeks, students have had the opportunity to engage in a range of opportunities and experiences to strengthen bonds with their cohort and continue to build their resilience and fortitude. All grades have experienced wellbeing activities including our Wellbeing Wednesday this week where Year Advisors coordinated engaging sessions targeting specific needs of their cohort. We rounded out the year with refreshments of Zooper Doopers or sausage sizzles. We commend the resolve and dedication of our students as they engaged with the activities with gusto and focus. Archery Tag held during Life Ready was a big hit!

Additionally, Year 9 students experienced their Transition Day with a visit to the West St Campus and they asked pertinent questions to help make this important milestone as smooth and meaningful to them as possible. Thanks to all the teachers who offered taster lessons. We will miss this grade as the leaders of the Middle School Campus, but know that this cohort will continue to thrive as they make the move to the Senior School. Another big transition day was our Orientation Day for the incoming Year 7 2022 group. They experienced different engaging lessons from a variety of teachers and met their Year Advisor, Ms Cumberland. The students were eager to learn and participate and we know that they will become great members of our school community.

We look forward to the new year and we would like to take this opportunity to again thank all members of our school: parents and carers, and especially the tireless efforts of the P&C to enrich the educational and co-curricular experiences offered to our students, our staff, and, most importantly, our students. Have a safe and restorative break and see you in 2022.

P Barraclough
PH Deputy Principal

K Richards
Relieving WS Deputy Principal

Faculty News

SPORT UPDATE

Throughout the term, students in Years 7-10 have been engaging in the second annual House Cup competition. This involves students competing against their peers for both individual and team points for ultimate glory! Each cohort rotated through a range of different sports throughout the term and every student is to be congratulated on their effort, engagement and flexibility as we navigated the ever-changing COVID regulations. As always, our students proved that they are determined and resilient young people who can overcome any challenge!

Freeman came away victorious with a convincing win over the other houses! Students were also playing for a chance to be crowned their cohort's MVP, each of whom received a trophy at this year's Presentation Day. Nominations towards this award involved points allocated for good sportsmanship, athleticism, kindness and positivity. The MVPs for each cohort included: Barnaby C (Year 7), Hazel M (Year 8), Venus L (Year 9) and Lachlan F (Year 10). A huge congratulations to these students for their continued efforts throughout the term that deservedly earned them this prestigious title!

Age Champions

A huge congratulations to the following students on their achievement of Age Champion:

Swimming:

Age	Girls	Boys
12	Lauren C	Archie S
13	Lirra C Y	Hamish C
14	Amelia A	Masato M
15	Sasha W	Noah R
16	Sasha C Y	Remy L
17+	Ruby D	Yuta M

Athletics:

Age	Girls	Boys
12	Kamilla P	Barnaby C
13	Clara M	Aidan P
14	Erica F	Masato M
15	Sophie R	Ryan P
16	Lilly H	Ethan C
17+	Kaitlyn P	Jackson H

Cross Country:

Age	Girls	Boys
12	Georgiana B	Barnaby C
13	Sandra E	Alex I
14	Eve L	Oliver W
15	Anita Z	Lachlan C
16	Taylah R	Hudson B
17+	Kaitlyn P	Milan M

Special Mentions / Recent Individual Student Achievements:

Lachlan F & Josh H: these super star rowers recently participated in the Rowing NSW Reindeer Regatta. Both Lachlan and Josh raced in the Single Scull and came FIRST in their event. They then backed up to support each other in the Double Scull and continued their winning streak to also place FIRST in this event. Well done !!!!

Oliver W: represented Cammeraygal at the 2021 NSW All Schools Athletics Championships at Sydney Olympic Park this past weekend. He won the Gold Medal in the U14 Boys 3000m in a time of 9.03:24! His result automatically qualifies him for Nationals early next year. He also placed 5th in the U14 Boys 1500m with his time (4.12:73) also qualifying him for Nationals.(photo attached below)

Other students who also participated in All Schools Athletics Championships included **Alex I** who competed in the U13 Boys 400m and placed 8th with a time of 55.85 seconds; and **Xavier F** who competed in the U13 Boys 100m and achieved a new PB with a time of 12.85 seconds.

We are so very proud of all of these students for their dedication and excellent representation of the school!



Oliver W



Chloe H was selected to represent Cammeraygal in the Sydney North Team at the CHS Gymnastics Championships in Division 1.

Unfortunately, the competition was cancelled due to COVID-19 for the second year in a row.

She is hopeful she will get the chance to compete for her school at the State event in 2022!

Sport in 2022

At present, all regular sports (paid and unpaid recreational sports) will resume as 'normal'. This means that all permission notes and payments must be returned prior to the first day of school to ensure your child can participate in sport from the very first week onward. Any additional waivers (required from external providers) must also be completed in full, otherwise the venues will not allow your child to participate in the activity.

Please note that sports will be set for the term and changes will only be made in absolutely necessary cases, which will require your child to complete and return an official 'Change of Sport' form. This communication will need to be given directly to the new Sports Coordinator for 2022, Mr Coles.

We would also like to officially congratulate both the Junior and Senior House Captains for 2022:

Freeman

Junior Captains

Charlie F
Caitlin R
Thomas T

Senior Captains

Ethan C
Noah H M
Estelle W

Goodes

Junior Captains

Lana B
Mia B
Kyle H

Senior Captains

Leah G
Alex H
Zoe S

Hughes

Junior Captains

Kate H
Alex I
Hazel M

Senior Captains

Jackson T
Meg W
Izzy W

Stosur

Junior Captains

Ellie B
Masato M
Oliver W

Senior Captains

Zoe B
Sanam L
Chloe T-L

In summary, we are so very proud of all our student achievements throughout 2021. Despite an extremely challenging year, with many sporting events being cancelled and / or postponed, our students managed to persevere, continue training, and continue succeeding at the highest levels. We are very excited to see where 2022 takes us and what incredible heights we can reach as a sporting community!

All the very best for a safe and relaxing holiday season!

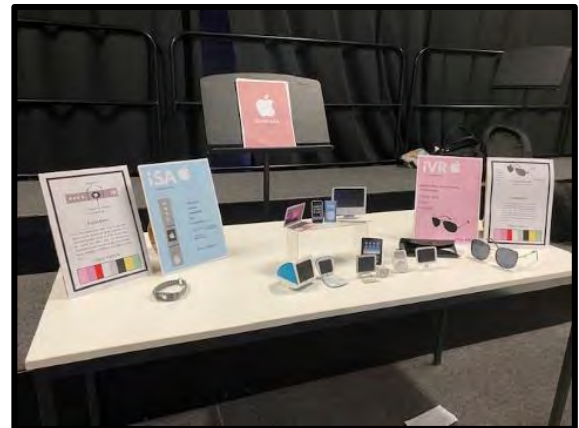
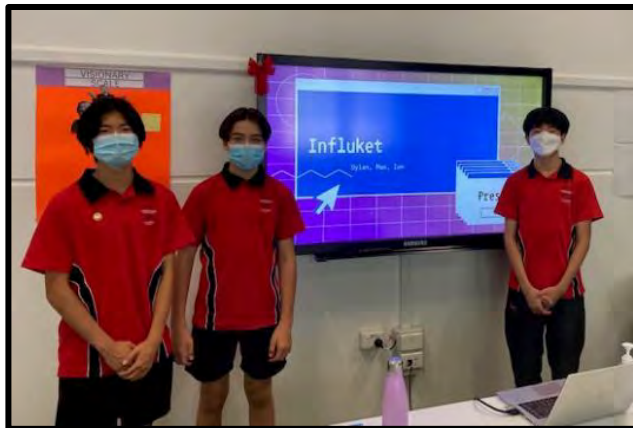
Ms Pizzolato

Sports Coordinator

2021 ENRICHMENT PROJECTS

Over the past term Year 7-9 students have been working diligently on their enrichment projects that have explored topics including, The Future of Education, Visionaries and Sustainable Start-Ups. They have applied their expert knowledge in their chosen field and produced creative exhibits / pitches to enlighten people about their ideas. These were presented at school so that students and staff could explore and engage with them. A huge congratulations to all the students who participated in this event!





Ms Shorter
Gifted and Talented Coordinator

CAPA

Year 8 Visual Arts

Recently, Year 8 has been able to experiment with the art and process of clay making, more specifically, coil. We had the opportunity to put our pottery skills and test different shapes and sizes to make the coil pot we desired. Once we finished with the base design, we used glaze to make the pots shiny and colourful.

Using our learnt knowledge of painting and colour theory, we were able to create a successful coil pot with a variety of unique hues, tints and tones. Going through online learning was not an easy experience for all of us and was overall unpleasant. However, now that we are back at school, we couldn't be more grateful to use our built up artistic energy into practical work & something to show off at home.

By Giovanna Z E (Year 8)



Coil Pots on The Green Photo by Giovanna Z E

FYI

2022 PHOTOS

Senior Campus Photos 2022 | Friday 4 February 2022

Junior Campus Photos 2022 | Thursday 10 February 2022

CANTEEN ORDERING

Flexischools is a well-established organisation allowing you to easily place all your canteen orders online at any time.



Download the Flexischools app from the **App Store** or **Google Play** for details on how to set up your account. Once registered, you can start placing orders immediately. If you have any questions, please visit the **FAQs**. We hope this step forward will support families with a more convenient and efficient process of placing canteen orders.

SCHOOL TRAVEL 2022

2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can **apply** now.

A new application will need to be submitted if you are applying for a school travel pass for the first time, or if you are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).



Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should **renew or update** their details **before the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, they will receive an expiry notification via email. Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply. Students applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to transportnsw.info.

Travel from Term 1 2022

Transport NSW ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child / Youth Opal card from the start of the school year. Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the **Student code of conduct** and **Opal terms of use**.

STUDY SKILLS

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

Username: cammeraygalhs | **Password:** available on the Student Portal

Welbeing @ CHS

LIFE READY

On Tuesday 14th December, all Year 12 students participated in the Life Ready program, which is a mandatory program developed by the Department of Education that aims to prepare students for life beyond school. We originally planned to complete this program on a camp at Narrabeen Sport and Recreation Centre, however COVID had other ideas.

Instead, we had the wonderful people from Narrabeen come to our school to host the program for the first time in their history (we love breaking new ground at Cammeraygal!). The day involved the students splitting up into four groups, and participating in four activities throughout the day.

The activities included:

- a relationships seminar that focused on respectful relationships, facilitating valuable discussion about the establishment and maintenance of relationships in today's society;
- a drugs and alcohol trivia, that examined facts and figures about adolescent drug use and covered important messages about how to seek help when needed; and
- two practical based sessions, including Archery Tag and Team Building Initiatives. Both of these sessions focused on problem solving, teamwork and communication in a fun and memorable setting.

Overall, students were productive, respectful and engaged throughout all of their sessions. As always, they are to be congratulated on their exemplary behaviour and their willingness to put all of their effort into everything they do. Please enjoy some pictures below from the day:





Moving into 2022, the Year 12 course is set to ramp up and students are encouraged to make a conscious effort to balance their holidays with a self-care, socialising and of course – studying. Getting into good habits early can make all the difference! We wish all Year 12 students a safe, happy, relaxing and productive holiday and we cannot wait to see all your refreshed faces in 2022! 😊

Ms Pizzolato
Year 12 Advisor

NSW SCHOOL VACCINATION CLINIC YEAR 7 2021 STUDENTS POSTPONED UNTIL TERM 1 2022



The Year 7 school vaccination clinic for HPV dose 2 has been postponed due to the Covid-19 restrictions and lockdown. This clinic has been rescheduled to run on **Thursday 24th February, 2022**.

There are no concerns with this slight delay to the second dose of HPV for the Year 7 students. The recommendation is for the second dose of HPV to be given 6 to 12 months after the first dose, but there is no concern or need to repeat the first dose if the interval is slightly longer than this. There is no need for students to go to their GP, but parents can choose to access the vaccines at their GP practice if they prefer. Note there is a minimum 6- month dosing interval between HPV dose 1 and 2, and that GP-administered vaccinations may incur a consultation fee.

Please inform Hornsby Public Health Unit (nslhd-phuschoolvaccinationprogram@health.nsw.gov.au or ph 02 9485 6971) if your child receives the HPV dose 2 at the GP, to make sure they are not called to the next school vaccination clinic. This is **only necessary** if the school consent card was completed and given in at school by the parent, but then the student went to the GP instead for the vaccine. Year 7 parents who completed the vaccination consent form in 2021 do not need to do any additional paperwork.

Any Year 10 students who have not received the Meningococcal ACWY vaccine at school are advised get it from their GP to avoid any delay in protection against Meningococcal disease.

Further information about school vaccination is available;
<http://www.health.nsw.gov.au/schoolvaccination>

Extracurricular

CHS MUSIC ENSEMBLE 2022

Thank you for your participation and support in a wonderful and challenging year of 'creative' music making at Cammeraygal High School. We've made it!

Highlights of the year Our moving Anzac Assembly, the wonderful Music Night in Term 2 and the Concert Band's performances at the Northern Beaches Instrumental Festival and the Sydney Eisteddfod.

Students participated in 18 weeks of zoom rehearsals and contributed recordings in a variety of online platforms across the five ensembles.

We have been able to bring together several performances over the last two terms (see link below).

We were unable to present our HSC Music Soiree and Visual Arts Exhibition in Term 3, or our End of Year Performing Arts Evening due to lock down and restrictions, but we are already planning a busy 2022. Stay tuned!

I have attached a letter outlining 2022 CHS Music Ensembles. Please read through the it and enrol in our Music Ensembles for next year by clicking on the Google Doc link in the letter. We will be starting rehearsals back the week starting Monday February 14 and have made some changes in venues. Days and times have stayed the same.

We are sad to say goodbye to Mr James Raxworthy and Ms Elisabeth Vickery from our music family and wish them well in their future musical adventures.

I would like to introduce you to:

Ms Sarah Qiu who will be conducting the String Ensemble, and Ms Alex Lang and Ms Pearl Hendy who will be joining us in the classroom. Ms Lang and Ms Hendy will also be working with many of the ensembles and developing several smaller specialist groups within the bands.

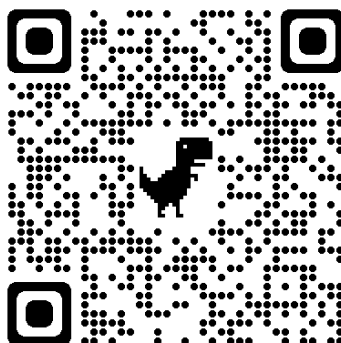
Ms Heather Darvey, Ms Jennifer Power and I will be continuing to work with our musicians in the classroom and the Music Ensembles in 2022. Thank you for your support this year and we hope to continue developing our fabulous musical ensembles in 2022.

Have a great break and see you in 2022.

Ms Boyle | Ensembles Co-ordinator

ENSEMBLES

The Cammeraygal Music Ensembles have been working hard to put together an online concert. Scan the QR code or click the link below to hear performances from: Concert Band | Drum Group | Jazz Band | String Ensemble | Vocal Group



<https://www.youtube.com/playlist?list=PLUAI8xCOLC427CdZrVlrP13Bta4q9O2ix>



Concert Band's End of Term Rehearsal

Music. It's everywhere. We listen to music, we play music and we make music. However, this love of playing music was tested greatly over the lockdown.

It is extremely hard to stay motivated when you can only hear yourself for 5 months. I must say that I was sick of listening to only myself. I really missed the buzz that you get when performing in a group. It just was not the same when you stare at a screen of faces playing instruments with no sound. Or the terror you feel when you're chosen to unmute so everyone can follow your lead.

The conductors and music teachers tried their best to keep us motivated, but you know - teenagers and motivation don't always mix! They tried though, with interesting mouth percussion songs and 'pass the note' and many other activities that had everyone participating. But slowly the novelty wore off as lockdown seemed like it was never going to end.

After 5 very long months, the go ahead for face to face rehearsals came. Finally we were able to practise as a group again. The Concert Band came to school on Friday, 3rd of December and played Christmas carols for the first and second periods. I personally loved playing in a group again, I could tell everyone else did too. Considering we had not played together as a group for over 5 months, I don't think we sounded too bad! I am sure that the classes that heard us were grateful for the performances! It was a truly great way to end the year.

By Amelia A (Year 8)





| from the CHS P&C Association

A WORD FROM THE PRESIDENT

2021 has really tested the resilience and adaptability of every member of the Cammeraygal High School community and the P&C has endeavoured to play its part in supporting the school and our families through yet another year of dealing with the challenges presented by Covid.

We continued to hold regular meetings throughout the year on Zoom which were incredibly well attended by teachers and parents alike. These were valuable opportunities to stay connected and updated. Thanks Mark Ley our P&C Secretary for keeping these meetings well run and recorded.

We continued to support wellbeing activities for students and provide wellbeing resources for parents – Thank you to Karine Marr for her energy and leadership in this area.

We shared information on school activities to help parents and carers keep track of what was going on - and what had stopped going on. Thankyou Susan Enners for updating our P&C website and keeping our Facebook page fresh and relevant.

Kristina Dodds was our tireless environment advocate and represented our concerns about the safety, health and environment of our community which will be impacted by the construction of the beaches tunnel and freeway expansion. Thank you Kristina.

We managed to hold a Welcome Drinks in May in that short window between tight social restrictions lifting and the long winter lockdown starting to connect our parents, teachers and carers IRL (in real life!!!). Thankyou Richard Harb, Heather Clarke and Jane Merrett in particular for pulling this one off!! Jane is leaving the P&C Exec this year after many years of making a huge contribution as Vice President and Social Committee Convenor. Thank you so much Jane - you will be missed!

We coordinated 2 second hand uniform sales to recycle pre-loved items, raise some funds and reduce landfill. Thank you Mary Tazawa-Lim.

And, we coordinated a record number of sports teams so our students could play tennis, basketball, soccer and netball in a school team. Thank you so much to Anna Castle-Burton, Hettie Jamieson and the sports committee coordinators.

A final thanks to Angela Pearson who leaves the P&C after serving 3 years as our Treasurer and keeping our finances in order. We will be welcoming Alison Fox back to the P&C in this role from 2022.

This has been an extraordinary year for learning, where every household became a classroom for an extended period of time and new ways to keep students engaged and motivated to learn had to be found and tested. Our heartfelt thanks go out to the teachers and staff of Cammeraygal for their tireless care and commitment to supporting the learning of our children and to the leadership and professionalism of Kathy Melky and her leadership team. We hope you all enjoy a hard-earned break these holidays to spend time relaxing and recharging your energy and spirits with friends and loved ones.

Thank you to parents and carers for your continued support during this very difficult year. Good luck to Year 12 receiving their HSC results in January - congratulations on graduating with such grit and maturity. None of us will ever be the same again after our experiences during the pandemic this year but stronger, wiser, more capable and hopefully more compassionate - especially after a much needed break!!

Best wishes to all our parents, carers and students for the holiday season. I look forward to seeing you all in 2022, hopefully in person.

Safe holidays everyone.

Megan

UNIFORM COMMITTEE

We had a very successful second hand uniform sale on Sunday 28th November. Many thanks to everyone who donated or purchased the uniforms, we made \$875 for the P&C. We'd like to thank Gina, Debbie and all the office staff who collect, store and sort the donations at the schools.

We had wonderful helpers on the day, Ruth, Diane, Robyn and Tomoko, as well as Zoe, Alex, Sophie and Elise in Y9. Thank you all for the smooth running of the sale.

Next sale will be at end of Term 1 or beginning of Term 2, 2022

Please keep the donations coming to the school offices!



SPORT

JUNIOR & SENIOR P&C SPORTS AWARDS

We would like to congratulate and thank Venus L, Lilya S, Aston T-J, Noah H M, Xavier F, Jack F, Kasra H and Guy K for their outstanding contributions to their sport and teams in 2021.

On Friday 10th they were awarded the sports award shields which are hung throughout the year in the reception area of the Junior and Senior Campus.

Netball Junior Award – Venus L

Venus Lee made an outstanding contribution to Cammeraygal Netball Club this year. She has made incredible progress on the umpiring pathway this season and achieved her Junior Level 1 this season. Venus also enthusiastically co-coached a 10 year old team for North Sydney Junior Netball Club (NSJNC). She was an integral mid-court player in her 15C netball team that were division winners this season. Venus demonstrates outstanding dedication and commitment to all her netball activities and is an excellent role model for younger players. She gives her time willingly to develop young players and umpires.



Netball Senior Award – Lilya S

Lilya Shoostovian has been an active and dedicated member of Cammeraygal Netball Club over the last 5 years and deserves to be recognised for her ongoing commitment and dedication to making the club a success. This year Lilya took on the responsibility of training and game coaching one of our Year 7 netball teams, plus coaching a 1 year old team for North Sydney Junior Netball Club (NSJNC). Lilya continued her umpiring pathway achieving a Senior Level 2 level this season. She umpired many games and was always willing to fill in any umpiring gaps. Lilya was an integral part of her netball team which played in the Senior competition. She always demonstrated enthusiasm and good sportsmanship. Lilya is a wonderful role model for the younger players in the club and the netball community.

Basketball Junior Award - Aston T-J

Aston is always committed to training, and has been for the past 3 years, as well as always being respectful and considering others when partaking in training sessions. His attitude has always been great throughout the year, he is always dedicated, and lends a hand to others to explain things when needed.

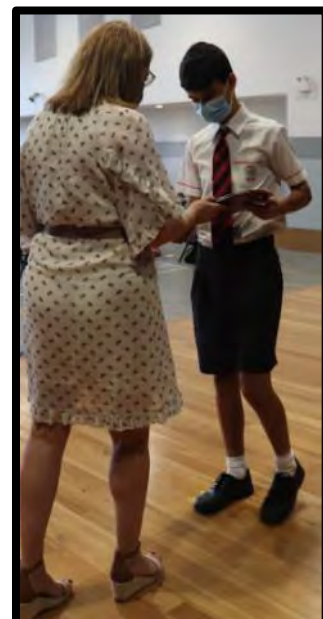


Basketball Senior Award - Noah Hiraishi Mae

Noah Hiraishi Mae helps coach and interacts with the younger kids well, he is a very good player and is always happy to take on any role asked of him. He also puts in a lot of effort on defence which is often an unnoticed job.

Football Junior Award - Xavier F

Xavier leads the team, guides players were to be on the field, has the vision to see where an attack against opponents will work but also has the speed to cover defence, he saved so many attacks on his goalie this year, and his fitness and work rate/effort is always 100%.





Football Senior Award – Jack F

Words from his coach... "Jack always has a good attitude & puts the team before himself".

Tennis Junior Award – Kasra H

Kasra has been a role model for the junior members of the Cammeraygal tennis team. He is always one of the first to sign up to play in competitions and join normal and additional training sessions, and enthusiastically participates in them! He is always willing to demonstrate exercises, Kasra's determination is seen in his tennis skills. He is the most improved player on the school tennis team this year. With his hard work paying off as shown most notably by the improved power of his serve, Kasra is a key member of the school tennis team, and deserves to be nominated.



Tennis Senior Award - Guy K

Guy has been a core member of the Cammeraygal tennis team who has demonstrated excellent sportsmanship and dedication. He is always one of the first to sign up to play in competitions and join normal and additional training sessions, and enthusiastically participates in them! He is a good mentor to others, always supporting and encouraging the rest of the team during practices and games and leads by example by always trying his hardest. Guy played an instrumental role in organising the tennis team get together online Scribble game during the Covid lockdown. It comes as no surprise that he has improved tremendously, even through lockdowns, which has been inspiring to everyone. He is a great asset to the team and deserves the award.



P&C Sports Coaches Uniforms

The P&C Sports Committee, headed up by Anna Castle-Burton, have designed new uniforms for the coaches and umpires for Netball, Basketball, Tennis and Football. This includes a black Coaches T-shirt, white Umpires T-shirt and a long sleeve Training Top for winter sports. We are looking forward to the uniforms being rolled out in early 2022.



Coaches T-shirt – Front & Back



Umpires T-shirt – Front & Back



Training Top – Front & Back

NETBALL



Coaching Convener: Anna Castle-Burton
Umpiring Convener: Vicki van Dijk
Uniform Convener: Mary Tazawa-Lim
Comms: Kathy Savill
Sports Admin: Amanda Petrides & Hettie Jamieson

The 2021 netball season ended of December 1st after our 6 weeks training and games program. Great fun was had by all who attended, and many skills were honed along the way. On the final day, we presented the two teams who won their division in the shortened Winter Competition (see below).



CNC 05 were winners of 15C division: Elyse T-L, Rose B, Sydney A, Venus L, Kaitlyn J and Jade S



CNC 06 were winners of 15G: Emily M, Mackenzie H, Sophie R, Annabelle C, Ashley R and Kaylin G



Netball players attending the training sessions in the: Emily M, Sophie R, Kaylin G, Ashley R, Mackenzie H, Annabelle C, Sophie L, Evie S, Eve L, Zahara C, Eilidh S, Lauren P, Madeleine C, Sarah M, Vix J, Maayan, Kamilia P, Brooke R, Jacinda SR, Ananya M, Grace J, Sarah W, Joanna W, Ruby A, Venus L, Imogen A, Lilya S, Sienna P, Lien D, Jade S, Alex M, Rose B, Kaitlyn J, Elyse T-L, Izzy K, Sydney A

FOOTBALL

Coaches wanted for 2022

Are you an experienced soccer player and looking at earning \$\$\$?

Are you an experienced soccer player, great with High School students and looking to earn extra \$\$\$ next year? CHS Sports will be looking for coaches to help the new Year 7 players improve their skills individually and as a team. This will be a great way to build your leadership skills and stay connected to CHS. The commitment will be one training session on a weekday afternoon/evening and attending the games on a Saturday morning each week during school terms. Training will start in March with the season running through to the end of August. Expressions of interest to sportsadmin@cammeraygalpandc.org.au

TENNIS

Cammeraygal High students participated in our school UTR Verified Christmas tennis tournament which took place between 2nd December and 12th December.

Sixteen players fought for the trophies in the Main Draw and Consolation.

The runner up for the Main Draw was Peter J, while the winner was Connor S.

The match score was 6:3, 6:0.

The Consolation Draw trophies went to the players from outside of our school.



Peter J (left) and Connor S (right)

BASKETBALL

The grading day for incoming 2022 Year 7 players was held on Saturday 4th December at Willoughby Leisure Centre. The grading was run by Tom Giles, Rich Frost, Jack Sullivan and Shaniqua Salis. Tom Giles is an experienced Basketball mentor, strength and conditioning coach, Rich Frost is the manager of the Cammeraygal basketball coaches and Jack and Shaniqua are 2 of our fabulous coaches.

We would also like to thank the hard-working parents and students who assisted on the day. It was a huge success, and we couldn't have done it without them all.

The Year 7 teams will be announced mid to late January 2022.



Vikings, Rockets and Knights Grading Day For 2022 Year 8 Basketball Players Only Monday 31st January at 1.00pm

2022 Year 8 Grading Day - Player grading will be held on **Monday 31st January, 1.00pm – 2.30pm**, at the Indoor Sports Hall, Willoughby Leisure Centre, Small Street, Willoughby. You must attend if you wish to be placed into a basketball team in 2022.

Dress Code – Players to wear sleeveless t-shirt with comfortable clothing and sneakers.

Please note many CHS basketball teams have waiting lists. If you are currently in Year 8 and wish to join a team please contact Hettie at sportsadmin@cammeraygalpandc.org.au to register for the grading day. Registrations Close on Thursday 27th January 2022.

Basketball Coaches wanted for 2022 Are any 2021 school leavers looking for part-time work as Basketball Coaches?

If you are experienced player and keen on coaching Cammeraygal Basketball teams part-time in 2022. Please send an email with your basketball experience to Hettie Jamieson at sportsadmin@cammeraygalpandc.org.au

We look forward to hearing from you!

2022 ORIENTATION DAY SIGNUP LINKS FOR INCOMING YEAR 7'S

Cammeraygal P&C's Sports program – For 2022 Year 7s

The Cammeraygal P&C recognises the importance of participating in sport for young people and offers a wide range of sports in its P&C Sports Program. The focus for each of these sports is on participation, friendships and teamwork. These sports complement the wonderful in-school offering that takes place during school hours. The P&C Sports offered are:

Basketball | Netball | Soccer | Tennis | Sport Fitness & Agility Training (Strength & Conditioning)

VOLUNTEERS WELCOME

The success of the P&C Sports Program is due to the active participation of parents with the organisation and management of each sport being mostly run by parent volunteers. We are always looking for parent volunteers to assist as a committee member, team manager, umpire or coach. If you would like to volunteer, or you would like to champion a new sport not listed, please contact the Sports Committee at sports@cammeraygalpandc.org.au.

P&C SPORTS SIGNUP

To Register for P&C Sports go to <https://www.trybooking.com/BVMNP>
OR scan the QR code to the right.



BASKETBALL	NSBA Competition One – January to June. Entries close 1st December 2021. NSBA Competition Two – July to December. Entries close April 2022.
NETBALL	NSNA Competition – Saturday mornings March to August. Entries close early - February 2022
SOCCER (WINTER)	NSFA Competition – Saturday (Boys / Mixed), Sunday (Girls) Entries close mid-February 2022
TENNIS	All year around
SPORTS FITNESS & AGILITY (Strength & Conditioning)	Runs 1 -2 mornings before school and 1-2 afternoons after school (subject to numbers) during term time beginning Term 1. Registration is for the entire term. Sessions are run by qualified coaches on campus.

Team numbers are limited in all sports so sign up and pay any deposit as soon as possible to avoid disappointment. All teams are usually full by the beginning of January.

SEEKING EXPRESSIONS OF INTEREST FOR P&C SPORTS REPRESENTATIVE

This position remains unfilled for 2022. It is an administrative position now that committees are up and running for all sports offered by P&C. You will be regularly updated by the Sports Administrator.

You will need to do a brief verbal report at monthly P&C meetings and chair a quarterly head of sports meeting. Time investment anticipated to be 1-2 hours a week. Please either email sports@cammeraygalpandc.org.au or contact Anna Castle-Burton on 0419 612 274.

This is a very rewarding position and suited to someone who has an interest in sport and whose child is involved in a sport at CHS.



EMPOWERED
TO ACHIEVE

Dear Parent/Carer,

16/12/21

Cammeraygal High School Music Ensembles give students a wonderful opportunity to become more involved in school life while also continuing to develop their skills with their chosen instruments/voice. The ensembles allow talented musicians to work with other like-minded students and teachers here at school. They rehearse on a weekly basis and perform regularly within school and where other opportunities outside school are available.

The following music ensembles will be running in 2022:

1. **Concert Band** – open to students in Year 7-12 who play any brass, woodwind or percussion instruments. Students should be able to read music in this ensemble.
2. **Jazz Band** – open to students in Year 7-12 who play saxophone, brass and rhythm sections instruments (piano, bass guitar, guitar or drumkit). Students should be able to read music in this ensemble and will focus on improvisation. (saxophone and brass players must also be in the Concert Band).
3. **String Ensemble** - open to students in Year 7-12 who play any orchestral string instruments (i.e. violin, viola, cello, double bass). Students should be able to read music in this ensemble.
4. **Drum Group** - open to students in Year 7-12 who play any percussion instrument. Students should be able to read music in this ensemble but it is not essential.
5. **Vocal Ensemble** – open to students in Year 7-12 who love singing and are happy to sing a variety music styles. Students should be able to read music in this ensemble but it is not essential.

REHEARSALS WILL START IN WEEK 4 – starting Monday February 14, 2022.

Rehearsal times and venues for the ensembles:

NB there may be changes to some of this information at the start of 2022.

1. Concert Band - **Friday** 7:30-8:30am (Pacific Hwy Campus Music Rm A401)
Conductor - Ms Jennifer Power;
Tutors - Ms Heather Darvey, Ms Alex Lang and Ms Pearl Hendy
2. Jazz Band - **Thursday** 7:30-8:30am (West St Campus Music Rm DG56)
Conductor - Ms Ann Boyle; Tutor - Ms Alex Lang
3. String Ensemble - **Monday** 7:30-8:30am (West St Campus Music Rm DG56)
Conductor - Ms Sarah Qiu
4. Drum Group - **Monday** 3:30-4:30pm (Pacific Hwy Campus Music Rm A401)
Conductor - Ms Heather Darvey
5. Vocal Ensemble - **Monday** 3:30-4:30pm (West St Campus Music Rm DG56)
Conductor - Ms Ann Boyle; Tutor - Ms Pearl Hendy

Students may join any number of ensembles on either campus, however they will need to travel to their timetabled campus in time for Period 1 if participating in a morning ensemble or promptly after Period 5 if in an afternoon ensemble. Please note that students will make their own way to and from either campus without teacher supervision.

CAMMERAYGAL HIGH SCHOOL

192 Pacific Highway, Crows Nest NSW 2065 E: cammeraygal-h.school@det.nsw.edu.au T: 9954 7100 F 9954 6277

Extra-curricular Music Ensembles are run on a pay-to-participate basis, and payment of these fees is necessary for a student's participation. The cost of each ensemble covers sheet music purchase and copyright licences as well as access to rehearsal and performance equipment, and other costs associated with the running of an ensemble.

Annual fees for the ensembles:

PLEASE DO NOT PAY FOR THE ENSEMBLES UNTIL YOU ARE INVOICED MID-TERM 1, 2022

We will invoice for ensemble membership after a couple of weeks of rehearsals in 2022 to ensure that all students are happy within their relevant ensemble(s).

1. Concert Band - \$350
2. Jazz Band – \$200
3. String Ensemble - \$350
4. Drum Group - \$150
5. Vocal Ensemble – \$150

Please complete the attached [google doc form](#) to enrol in relevant music ensembles.

<https://forms.gle/xArw4sJz1aBoXN7ZA>

Participation in the Ensembles Program is a wonderful opportunity that will be extremely beneficial for students, not only for their development as musicians, but as leaders and representatives of Cammeraygal High School.

We look forward to working with your children in 2022.

Kate Richards

Head Teacher Teaching and Learning

Ann Boyle

Music Teacher & Ensembles Coordinator