

# Cammeraygal High School

## Empowered to Achieve



### 01 PRINCIPAL'S REPORT

### 16 P&C

#### MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

Welcome back to all our students, families and staff to the productively eventful term 4. We have sent our best wishes to Year 12 students who are in the middle of their HSC examination block. By all reports students have been pleased with the exams and are managing the challenge extremely well. We look forward to seeing their results in December and wish them the very best for the remainder of the exams.

#### Years 8-10 examination block

Teachers and students are busy preparing their last assessments for term 4 which will culminate in final examination in some subjects for year 8, 9 and 10. This provides vital practice for our students under exam conditions. These exam blocks will occur over weeks 5, 6 and 7 this term.

#### House Emblems for Cammeraygal Houses

The year 12 gift to the school was wonderful redesign of our house emblems in consultation with the local indigenous community. Please see the following section booklet that was written by our Year 12 students that outlines the process and the changes made to the emblems for the Goodes, Hughes, Stosur and Freeman Houses. These emblems will be displayed on both campuses in the public foyer and will form part of the school's branding in events that involve the four houses. They look fantastic and we thank Year 12 for such

a great gift and Mr Ed Wenyon, Ms Rebecca Wong and Ms Parris Dewhurst for their assistance in helping our students coordinate the project. We also thank Ms Susan Moylan Coombs President Gaimaragal Group, Aunty Caroline Glass-Pattison, The Gaimaragal group who worked with students on the project.

#### CALENDAR

TERM 4	
<b>WK 3   24– 28 October</b>	
Monday 24 <sup>th</sup> October	Year 7 Vaccinations
Tuesday 25 <sup>th</sup> October	Year 12 2023 Parent Information Night
Monday 24 – 28	HSC Exams
<b>WK 4   31 October – 4 November</b>	
Monday 5 – 9	Year 11 Exam Block (Continued in week 9)
Monday 21 - 4	HSC Exams

**Next P&C Meeting**  
**Tuesday**  
**DECEMBER 6 at**  
**6.45pm**  
**via ZOOM**

## PRINCIPAL'S REPORT CONTINUED

### What do the House Emblems mean?



For the Cammeraygal peoples, the Raven symbolises the ancestral male spirits. The Raven is an extremely sharp-eyed animal which leads it to be a very devoted and protective totem to the local flora, fauna and area. The Sulphur Crested Cockatoo is the spirit of the female ancestors of and is “associated with women’s business and women’s places”. The Gecko is a very brave and courageous totem as the animal believes in itself strongly. The gecko is known as tenacious and clever as whenever it is alarmed or threatened, it raises its tail in the air. This presents a decoy to the attacker and if in danger, the tail is dropped, thus confusing the attacker. If the tail is dropped, a new one grows back thus showing the gecko’s courage against prey. The Wallaby symbolises moving forward and progress in life. The Wallaby is a marsupial, and this is seen as unique through its pouch, which allows for its baby joey to be fostered and grow within the Wallaby but also live outside it when it is old enough.

### Paul Dillon Parent session.

Thank you again to the Cammeraygal High School P&C for their support of our wellbeing programs that we offer throughout the year. Paul Dillon also did an extensive presentation for parents in the Drama theatre on Wednesday evening, which was extremely well received by the parents who attended.

### Dr Krabman 8th November

Cammeraygal parents along with parents from Willoughby Girls High School, Mosman High School, North Sydney Girls high School and North Sydney Boys high School have been invited to participate in an online webinar with Dr Peter Krabman, adolescent Psychiatrist who will present to parents on strategies to manage teenage anxiety. Dr Krabman is a renowned Psychiatrist who has been reported to provide excellent support for parents on these issues in adolescents. Detail and links to the presentation will be sent out over the coming weeks. There will be no cost for attending and the seminar will run from 6.00pm-7.30pm. We hope parents are able to attend.

### Student Achievements

#### Gabby B year 11

Congratulations to Gabby B in Year 11 for her recent achievement of being short-listed (top 10) for the Australian Geographic Junior Photographer of the year 2022. Her work will be exhibited at The South Australian Museum and tour Australia. Gabby studies Visual Arts and Photographic Digital Media at Cammeraygal, and she has been pursuing her own art practice of photographing birds outside of school.

**Australian  
GEOGRAPHIC**



## **PRINCIPAL'S REPORT CONTINUED**

### **Under 15s Knockout Girls Basketball**

Congratulations to our Girls under 15s basketball team who have reached the Quarter finals of the CHS knockout competition for the state. Thanks as well to Ms Meagan Dielman who has coached them to their success. Good luck with the best of rest of the knockout.

### **Updated COVID advice DoE and Department of Health**

Students and staff should continue to stay home when sick.

Students, staff and visitors should only attend school when they are symptom free. We strongly encourage all students, staff and visitors to follow the [guidance issued by NSW Health](#). We will continue to send home students or staff displaying symptoms.

Anyone who believes they have been exposed to COVID-19 is strongly recommended to monitor for symptoms and test if they have any concerns, as well as wear a mask. We will continue to make rapid antigen tests (RATs) available for students and staff who need to test for COVID-19. RAT testing may help identify the infection and is important if you are in contact with people at greater risk of serious illness if exposed to COVID-19.

### **We are continuing our COVID-smart measures**

Our school will continue to operate with our baseline COVID-smart measures in place throughout Term 4 to minimise transmission and stay open while prioritising student and staff wellbeing. This includes a combination of layered safety measures such as maintaining hygiene and cleaning practices, using rapid antigen testing when experiencing symptoms, maximising natural ventilation, strongly encouraging vaccinations and strongly encouraging mask-wearing particularly when indoors and/or physical distancing is not possible.

### **HSC Exams**

As per NESA advice, students who test positive to COVID-19 during their examination period and are experiencing symptoms are to follow NESA's illness and misadventure process, which must include the provision of independent medical evidence from a doctor. Please contact the school to obtain further information if your child or ward falls ill during the exam period.

Please note that all of the department's changes to isolation requirements are based in the recommendations from NSW Health. Anyone who tests positive to COVID-19 or suspects that they have been in contact with a positive case should continue to follow the [latest health advice](#).

### **P&C Hawaiian Evening 2nd November**

The Cammeraygal P&C has organised a parent evening with a Hawaiian theme on Wednesday 2<sup>nd</sup> November on the West Street campus between 6-8pm. The P&C will be sending out details of the event shortly.

We look forward to seeing our teaching staff and parents there on the evening. Year 12 speech

**K Melky**  
**Principal**

# Deputy Principals' Report

## SENIOR CAMPUS

### HSC Exams Commence

Congratulations to our year 12 2022 students and their families on a successful start to the HSC exams! So far, the feedback on the exams from students and their teachers has been very positive, with students reporting feeling calm and well-prepared for what they have faced. The exams will continue until November 4, and we wish all of our students continued good fortune and positive vibes for each one!

## DEPUTY PRINCIPAL'S REPORT CONTINUED

### Year 12 2023

As is the life cycle of schools, Year 12 has started all over again with our class of 2023 launching into their HSC studies with great enthusiasm and commitment. I met with the cohort on the first day of term to take them through some key points that will allow them to be successful over the coming 12 months, and handed out their Assessment Booklet. Some of these critical points included:

#### 1. Attendance and Participation

- In the HSC year, full attendance is critical for students to be able to stay up to date with their learning and to be successful. HSC syllabuses are very crowded and teachers have tightly scheduled programs in order to get through all of the necessary content and skills in time for the final exams – there is no time to waste or idle. Obviously, there will be times when students cannot be at school due to illness or unavoidable life events. In those circumstances, it is the students' responsibility to approach their teacher about catching up on the work missed. Students' whose attendance falls below 85% may be issued with N-warnings and are in danger of jeopardising their HSC.
- Students must also attend every lesson on time and ready to learn, with all of the materials and equipment required. Students must be active learners, taking notes without being prompted and remaining focused on their classwork.

#### 2. Syllabus Focused

- The syllabus documents published by the NSW Education Standards Authority (NESA) are the foundation for all learning in the HSC – if it is not in the syllabus it will not be in the exam! Students should be referring to the syllabus documents on a regular basis and using these to guide their note-taking and study.

#### 3. Homework and Study

- Different subjects will take different approaches to homework. Some will issue homework after every lesson, particularly maths where daily practise is key, and others will only issue homework on occasion, with the assumption that students will be using their time to study. All teachers will expect that homework will be completed when it is issued – whether it is checked or not. Not all homework will be 'marked' every time – this doesn't mean it is any less important. In many subjects, the homework that is set will provide the foundation for study notes that can then be used for the Trial and HSC exams. Students who complete their homework to the best of their ability every time are setting themselves up for success.
- Producing study notes, organised according to the syllabus, is critical to commence NOW. Study notes should be a regular feature of the way students manage their time, as if this is left until later in the year or next year, there will simply be too much to do. The Trials and the HSC exams can examine all HSC content, including everything done this term – regular practise is the only way to embed the knowledge and skills required over such an extended period of time.

## DEPUTY PRINCIPAL'S REPORT CONTINUED

### 4. Handwriting

- Understandably, it is increasingly the case that students will do most of their schoolwork and produce their study notes on a computer – most of us can type faster than we write these days. However, it is advisable for students to focus as much of their study as possible on writing by hand, not only because the HSC exams must be written by hand but also because of the cognitive processes used in handwriting that mean students are more likely to recall information and understand the complexities of it.

### 5. Go Broader than class

- Our students are very well-prepared by their teachers, however students who are aiming for very high results in the HSC will need to ensure that they broaden their field of knowledge and understanding to allow themselves to stand out in the exams. This would include reading the newspaper for subjects like Legal Studies and Economics, accessing the State Library or University Libraries for the histories, or reading scientific journals. I do not recommend buying study notes from past students – while these can be interesting to look at how others have approached the subject, study notes must be developed and refined individually.

### 6. Ask for help

- Both in terms of academic content and also wellbeing, it is important for students to seek help if they are worried that they aren't understanding something, or beginning to feel overwhelmed. If they fall behind it will be very difficult to catch up. Our teachers are always happy to support year 12 students if they need an additional or different explanation, or if they just need to go through some content again – please encourage your child to reach out if they are feeling a bit confounded.

## Year 12 2023 Parent Information Evening

Next Tuesday, October 25, we will be meeting over zoom to go through the key workings of the HSC and how to support your child over this gruelling 12 months. Mrs Perry will also speak about some Careers and Wellbeing tips, and Ms Richards will explain tips and tricks for the management of major works and projects. The session will commence at 6pm and run until around 7.30. It will be recorded and the link by email to parents around the following day if you are unable to attend. I look forward to seeing as many Year 12 2023 parents there as possible:

Join Zoom Meeting

<https://nsweducation.zoom.us/j/2987780565?pwd=MFVlYVp6VmJFNEdxZ2wwWm9KMmo0dz09>

Meeting ID: 298 778 0565

Passcode: chs2022

**Jodi Arrow**

**Deputy Principal Senior School Campus**

## MIDDLE SCHOOL CAMPUS

### Tell Them from Me – Parent Survey

We are delighted that this term, our school will participate in the Department of Education *Tell Them From Me* survey for **parents/carers**. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.



## DEPUTY PRINCIPAL'S REPORT CONTINUED

To complete the parents/carers Tell Them from Me survey, please go to:

<http://nsw.tellthemfromme.com/cammeraygal>

The survey is a great opportunity for our parents/carers to provide us with valuable feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Capturing the voices of our parent community will help improve how we do things at our school and inform development of the next school strategic plan.

The survey is confidential. It is conducted online and will typically take less than 30 minutes to complete. Participating in the survey is entirely voluntary. Parent/carer surveys will be open until the end of Week 3 (28.10.22).

### Year 8 and 9 Exam Blocks

Year 8 and 9 will be completing exam style assessment for their core subjects in weeks 5 and 6 respectively. This is to assist students developing familiarity and confidence in writing timed responses under examination conditions. Content assessed will relate to recent units of works studied, not the entire years course work. Specific details of topics assessed for each course will be provide in individual assessment notifications over the course of the next two weeks. Students will be provided with a copy of their exam timetable next week and a copy will also be e-mailed to parents at that time. Students will be attending their normal classes outside of the allocated exam times.

Please note that if students are unable to attend one of their examinations due to illness or misadventure, they will need to contact the front office as soon as possible and submit a completed illness or misadventure form with relevant evidence as outlined in the school's assessment policy. The form is available for download on the student and parent portal.

### NAPLAN Check-in Assessment

Years 7-9 will be participating in online check-in assessment in Weeks 5 and 6 this term. These assessments are mapped to the NSW syllabuses and National Literacy and Numeracy Learning Progressions for reading and numeracy.

Each assessment is designed to be quick and easy for students to complete, consisting of between 40 to 50 multiple choice questions. The assessment will be completed on student devices in the Hall.

Students and parents will not receive a report for this assessment, however the data will be used by the school's teams to tailor teaching and learning programs to meet specific student needs.

Participation in these check-in assessments will also support students in becoming more confident and prepared for NAPLAN Online early Term 1, 2023.

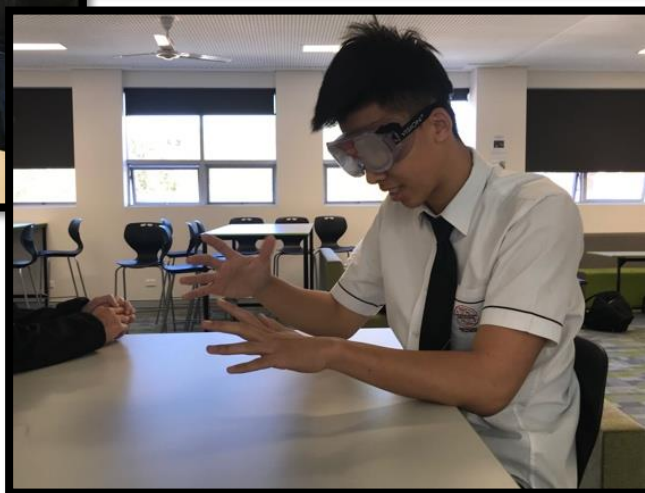
**Peter Barraclough**  
**Deputy Principal Middle School Campus**

### Life Ready Success

Year 11 are to be congratulated on their excellent participation and engagement in the Life Ready program last term. Students participated in hands on activities that addressed safe travel and drug and

alcohol education, as well as in interactive information sessions on mental health, respectful relationships and independence.

The 2-day program was a great success and our external providers praised our student community for their respectful conduct and enthusiasm in the program.



### Primary School Transition

Our Peer Support Team have had a busy start the term with transition visits with our local primary schools. Our wonderful peer leaders have been preparing our prospective year 7's by presenting topics on:

- Tips for starting high school
- Exciting sport and extracurricular activities
- How to be a successful student in high school
- What to expect when moving from Primary to High School



Our Peer Leaders spoke with great confidence and enthusiasm and have been a wonderful representation of the Cammeraygal school community.

**Siobhan King**  
Acting Deputy Principal Middle School Campus

# Faculty News

## MUSIC

### North Sydney Council Citizenship Ceremony

On Saturday 17/9/22, Seb T performed the National Anthem at North Sydney Council's Citizenship Ceremony. It was National Citizenship Day, the event was much bigger than usual and was held at North Sydney Oval.

Congratulations to Seb (our 2022 School Captain) for representing the school so well.

We also had a number of other students assisting on the day through their local community groups.

Please see an excerpt from the Mayor of North Sydney Council, Ms Zoe Baker, below:



Dear Ms Melky,

**Sebastian T – North Sydney Citizenship Ceremony Saturday 17 September**

I am writing to express my appreciation to Sebastian T and Ms Ann Boyle for their assistance at our Australian Citizenship Day special ceremony on Saturday at North Sydney Oval. Over 114 new citizens and guests enjoyed the wonderful performance by Sebastian T, who sang the Australian National Anthem at the conclusion of the ceremony.

It was an absolute delight to have Sebastian perform at the ceremony. Our new citizens were impressed, and enjoyed his beautiful, warm, and clear tone.

I was so pleased that Sebastian could contribute to such a special occasion and play an active part in the North Sydney Community.

The performance could not have happened without the exceptional dedication and professionalism of Ms. Ann Boyle. Please send my thanks again to Sebastian and Ms Boyle.

### Lane Cove Youth Orchestra Performance with Cammeraygal High School String Ensemble

Congratulations to Ms Photo: Rachel C (Yr 10) Qiu and the String Ensemble on their wonderful performance at The Sydney Conservatorium of Music on Sunday 18/9/22. Some beautiful music performed for a very appreciative audience.

A number of CHS students are also members of the Lane Cove Youth Orchestra, some of which assisting in compering the 30<sup>th</sup> Anniversary concert.





## Jazz Band & String Ensemble perform at Year 12 Graduation Assemblies

The end of Term 3 was very busy for many reasons, not least of which was the Year 12 Graduation Ceremony and Assembly.

The CHS Jazz Band performed at both events and the String Ensemble at the Assembly. They all performed beautifully and helped lift very important and memorable events to very special ones. Thank you to all of the students involved. Congratulations to the HSC Music class of 2022. Great hearing you all performing together to celebrate the end of your time at CHS.



## Crows Nest Fest(ival)

Congratulations to the CHS Concert Band and Jazz Band for their incredibly entertaining performances at Crows Nest Fest Sunday October 16. The conductors, Ms Power, Ms Boyle, Ms Hendy and Ms Lang, were so impressed with the standard of music and level of fun! The hundreds of passers-by and sit down audience members had a great time on a sunny day in Crows Nest. Well done everyone.



## Sydney Symphony Orchestra - Young Musicians Workshop

During the September/October holidays two of our talented musicians attended the SSO's Young Musicians Workshop. Jared A (Yr 11) and Ethan D (Yr 8), both violinists, performed as part of an orchestra made up of students from across the state. Students who were selected were of a high level of technical skill and worked closely with members of the SSO on their instrument. Jared was selected to be Concert Master – leader of the orchestra – was responsible for tuning the orchestra and communicating with the conductor and the sections of the ensemble. Congratulations to both students on their achievements.



## Congratulations to our two Year 12 Music Leaders and School Captains, Chloe and Seb.

Both Chloe TL and Seb T received NESA HSC Music nominations for their performance programs. Congratulations to two of Cammeraygal High School's outstanding musicians and leaders of 2023. We're all very proud of you.



**Ann Boyle**

**Music Teacher & Music Ensembles Coordinator**

**Jazz Band & Vocal Ensemble Conductor**



## Winter Academy

Although it seems like a distant dream, only four weeks ago 5 staff members and a group of Cammeraygal students went to Jindabyne for a week of skiing and snowboarding at Blue Cow Perisher. Our students were incredible, managing early mornings, some tough mountain conditions and the physical exertion of working on their winter sports skills for four days. It was a pleasure to see them all improve and demonstrate independence and integrity while looking out for one another.

### Student Report - Barnaby C

Winter academy was a wonderful experience for all who went, it was a great way to learn new things, socialise with our peers and overall have lots of fun! Winter academy was an opportunity for a group of people from years 7-10 to go to Perisher from Sunday to Friday. We stayed in cabins during the night and hit the slopes during the day. Unfortunately, we did have to wake up at 5:30 every morning but it was all worth it when we got up the mountain and saw the freshly laid snow from the night before! We started the day with a two-hour lesson to improve our skills (or in my case, to learn the basics) and then we spent 3 hours in the afternoon skiing and snowboarding with friends. Overall, it was a privilege to be able to have such a unique experience and despite the early mornings it was well worth it to be able to go to the snow for a week with our peers.

## From the Careers Desk

### Cammeraygal Careers Website <https://www.cammeraygalcareers.com/>

Our school website provides up-to-date information on all upcoming events, courses and workshops and all things Careers.

Here's how to sign up:

1. Click the "Login" button on the top right-hand corner of the website.
2. Click on the pink "Register here" button and enter in your details.
3. Click register after you have entered in your details.
4. Follow the prompts to check your email for the verification.
5. Your account is now ready to use!

When you're in the student secure area you will be allowed to create career plans, build resumes, cover letters and e-portfolios, take careers-related quizzes and many more!

Please visit: <https://www.cammeraygalcareers.com/>

**Jenny Perry**  
Careers contact

## Well-being @ CHS

### This month on SchoolTV - Online Gaming

Games are an integral part of human behaviour. It is normal and healthy for young people to engage in play as a part of their daily lives, including playing games online. And like most activities, online gaming can have both positive and negative outcomes. It can be intimidating and confusing for carers trying to understand a young person's online experiences with many considering that staring at a screen is an unhealthy habit.



However, the World Health Organisation does believe that as well as the risks, there are also many positive benefits associated with online gaming and these could be key in nurturing bonds with others.

During the pandemic, there was an explosive growth of gaming as people sought much needed connection during isolation. In the media, gaming often gets bad publicity because most coverage tends to concentrate on the minority of gamers who play to such an extent that it compromises all other areas of their life. However, online gaming can teach young people many skills including teamwork, concentration, communication and problem-solving. It requires a level of interaction and skill from the player; unlike watching television, which is more passive.

Online communities provide opportunities for young people to feel socially connected and have a sense of belonging. At healthy levels, gaming can increase their self-esteem and social acceptance. However, any behaviour, when taken to extreme, can also have a negative impact on a young person's everyday life. Understanding what your young person experiences online and knowing the warning signs if they are at risk, will help nurture a more positive relationship with online gaming and help your family find the right balance.

If you are concerned about your young person's online gaming habits, it's important to consider a number of factors. This edition will provide strategies in how to deal with any issues you may be experiencing. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Click [here](#) for this this month's edition

**Pip Hicks**  
**Head Teacher Wellbeing/Learning and Support**

**Year 11 Life Ready Session**

On the Monday and Tuesday of Term 3 Week 10, students in year 11 took part in the Life Ready Program. The Life Ready program is a mandatory education course that covers GPs in Schools, Let's Talk - Mental Health Support, Independence and Financial aspects, relationships, Drug Education and Road Safety with the Lemon Car.



The Doctors who work for the GP in schools program delivered a 3-hour session to students discussing a range of skills and strategies that the students can use to navigate their health needs. The independent and financial sessions were run by our awesome teachers, Ms Hicks, Ms Jerrems, Mr Slater and Mr Foster. A huge thanks to all those staff for giving up their time to speak to the students.



Mark from the [Lemon Car](#) gave a great demonstration on what to look out for when buying a car and driving a car. Students took part in many other workshops including being given an opportunity to learn more about what Year 12 will look like in different subjects. These subject information sessions were delivered by our wonderful year 12 2022 students on the Monday afternoon. These year 12 students offered very useful tips and tricks on how to approach these subjects and offered advice on how to study and plan for the HSC. The subjects offered were as follows:

- Maths Standard: Bella G. and Jackson T.
- Maths Advanced: Tom D. and Thomas C.
- Maths Extension: Dexter G.
- English Standard: Ruairaidh K. and Zoe S.
- English Advanced: Vetaka V. and Jasmin F.
- English Extension: Susie P.
- Studies of religion: Harrison P. and Gota B.
- Modern History: Sarosh K.
- Ancient History: Lulu S. and Angeline V.
- Visual Arts: Ruby D. and Gota B.
- Biology: Vetaka V. and Amy M.
- Physics: Oscar G.
- Chemistry: Elke G.
- PDHPE: Jackson T. and Jasmin F.
- Software Design: Will S.
- Japanese Beginners/Continuers: Rachel J. Michael J.
- Legal Studies: Lilya S. Oliver R.
- Geography: Jimmy W. and Michael J.
- CAFs: Gota B. and Maddy B.
- Engineering: Jack D. and Ben L.
- Business Studies: Aaron S. and Nina S.
- Music 1: Izzy W.
- Music 2: Tom D.
- Music Extension: Tom D.
- Economics: Chloe C. and Sarosh K.

Thank you to all the students that helped with this session. The final session on the Tuesday was Pizza lunch and Trivia. Ms Papikian delivered all the questions to the group with the first three winning teams receiving chocolate prizes. Everyone had fun in the sun on the Round.

Year 11 really enjoyed their last week before they enter Year 12 next term. Huge thanks go to Ms King and Ms Papikian who organised all the activities for the students.



## Paul Dillon Talks

**Years 10, 11 and 12 attended age appropriate Paul Dillon sessions on Drugs and Alcohol on Tuesday 13th September in the Cammeraygal High School Library.**

### Year 10

Focusing primarily on alcohol, this introductory session attempted to debunk some of the myths in this area, particularly around how to look after friends. Accurate, up-to-date and credible information was provided to assist young people to make healthier choices. The latest prevalence rates of alcohol and other drug use by secondary school students were discussed, with an emphasis on 'positive norms', i.e., how many young people choose not to drink alcohol or use other drugs. Basic life skills were discussed around alcohol-related emergencies, including knowing when to call an ambulance.

### Year 11

This presentation reviewed and built upon the practical strategies around 'looking after your friends' that were introduced in the Year 10 session. Information on cannabis was provided, focusing on 'positive norms' once again, i.e., the majority of young people do not use the drug and use has declined over the years. Potential cannabis-related harms were discussed, with an emphasis on the drug's impact on mental health. Students were provided with some warning signs that could indicate a person may be experiencing problems with their cannabis use. Finally, the impact of alcohol on the adolescent brain was discussed, highlighting the potential risks of drinking during the teen years.

## Year 12

By their final year of school, many students will either be driving or about to get their licence. To ensure these young drivers are as prepared as possible, information about drink driving and the process of random breath testing (RBT), as well as roadside (RDT) or mobile drug testing (MDT) was provided. Some basic facts about ecstasy/MDMA were provided, including the impact that being caught with an illicit substance can have on a young person's life, as well as the importance of seeking help as quickly as possible should something go wrong.



**All sessions were praised by the students immensely and they gave very positive feedback, so we thank the P&C for generously funding this very important information session.**

**Ms J Perry**  
**Head Teacher Wellbeing**

## SPECIAL REPORT: A Guide to Safe Partying

Teenage gatherings provide young people with important opportunities to interact and build on their social skills and experiences. Celebrations, partying and socialising are a fundamental rite of passage and one of the most important aspects of a young person's life. However, it is possible for the best young person to get carried away with their peers and the euphoria of the moment.

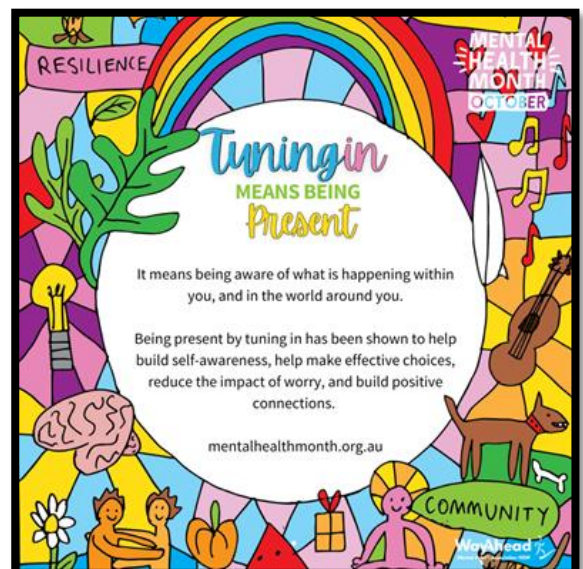
For parents and caregivers, keeping your young person safe can at times feel daunting and is often a compromise and a challenge. Most teenagers try to do the right thing most of the time, but your leadership as a role model is crucial. Your child may appear to be physically large and mature, but this is not necessarily matched by their emotional maturity and responsibility in behaviour.

Every party has the potential to get out-of-hand as sometimes it's hard for young partygoers to make good decisions. Communication and regular discussions are vital, particularly because young people are often faced with peer pressure to do things they prefer not to engage in. Hosting a celebration at home or at a venue can be a fun and memorable event but it is important to agree on the ground rules well before your event is announced to ensure there are no misunderstandings later on.

This Special Report provides caregivers with list of things to consider when planning a celebration and it can be viewed here: [https://cammeraygal-h-schools.nsw.schooltv.me/wellbeing\\_news/special-report-guide-safe-partying](https://cammeraygal-h-schools.nsw.schooltv.me/wellbeing_news/special-report-guide-safe-partying)

## Mental Health Month

October is Mental Health Month and this year's theme is "Tune in". Mental Health Month is a chance to promote activities and ideas that can have a positive impact on our daily lives and the lives of others. To help you tune in click on [Tips to Tune In](#).



## Paul Dillon Teen Vaping Webinar

Teen vaping: An update for parents  
Webinar for Teachers  
**Monday, 14 November 2022**  
**7.00-8.30pm (AEDT)**

Vaping (the use of electronic cigarettes (e-cigarettes or 'vapes') continues to be an issue that attracts a great deal of attention as well as debate across the country. Vaping is a new phenomenon, with the first e-cigarette being invented in 2003. As a result, many parents have little or no experience with the issue as the devices simply weren't around when they were in their teens.

This session will examine what we currently know about the use of e-cigarettes and vaping amongst Australian school-based young people. This is an area that is constantly changing and parents attempting to make sense of the information provided by both the 'pro-vaping' and 'anti-vaping' lobbies may find it extremely difficult to navigate. As we move towards the end of the school year parents are likely to need as much assistance as possible.

**Cost:** \$25 plus GST

This event will be live-streamed but, for those unable to attend live, a recording of the event will also be made available for a period following the event's conclusion.

To register for the event please click [here](#).

**Please note that this webinar is not organised by Booked Out so please use the links above for more information.**

## Free Headspace Webinars

See poster to the right.

Siobhan King, Pip Hicks, Jenny Perry

Wellbeing team

Cammeraygal High School



## upcoming sessions

headspace is offering free mental health education webinars in Term 4 for Parents and Carers in Northern Sydney. Follow the links to register.



### Navigating uncertainty and change

Date: Tuesday, 25 October 2022  
Time: 6:00 - 7:15pm AEDT  
Location: Online webinar  
Registration: <https://bit.ly/3dGjPMP>

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people



### connecting and communicating with my young person

Date: Tuesday, 22 November 2022  
Time: 12:00 - 1:15pm AEDT  
Location: Online webinar  
Registration: <https://bit.ly/3BjMiJE>

This session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking



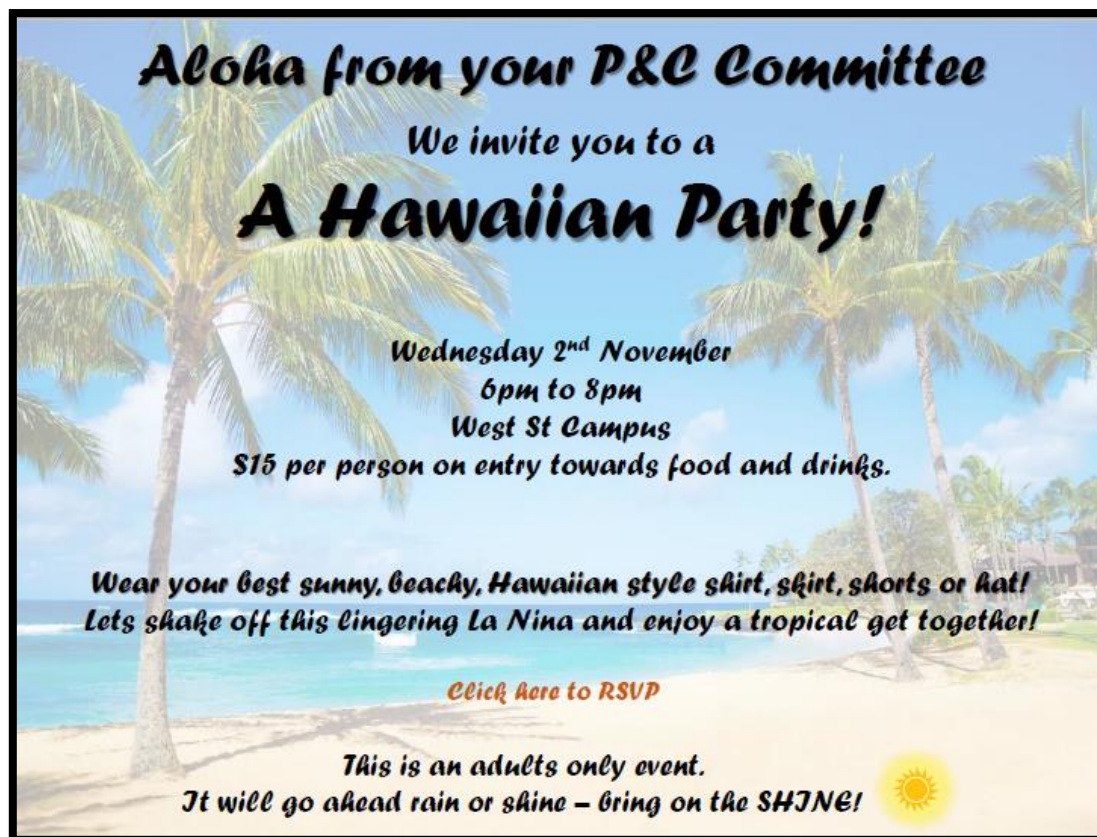
For more information: Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



# | from the CHS P&C Association

## Community and Communications



As our school community grows, it can be overwhelming to keep up with what's happening. We'd like to help make communication easier for you by offering you 4 ways to participate in the P&C community:

### **Parent-Year contact list (note there are no "class parents" in high school)**

Join your year's contact list with other parents and get notified of P&C events

<https://forms.gle/BaPfhgFWExgV6wfr9>

### **P&C Membership (vote on fund spending)**

Become a financial member for a nominal \$1 and vote in P&C meetings

[https://docs.google.com/forms/d/1qMc4P\\_-eHQoOQsyAK37DdtN0T1\\_J6RbatTFxAummcA/viewform](https://docs.google.com/forms/d/1qMc4P_-eHQoOQsyAK37DdtN0T1_J6RbatTFxAummcA/viewform)

### **P&C Executive Committee (be involved in P&C direction)**

We are currently looking for one or two Sport Committee volunteers

<https://docs.google.com/forms/d/e/1FAIpQLSd1aBhTquobynmtEzbnPW5iRKSXI65tU-SU5kvN27pRYmu9WA/viewform>

### **Join our P&C Facebook page**

Ask questions, get key message updates, event notification and more!

Be sure to agree to the rules and answer the membership questions to join

<https://www.facebook.com/groups/cammeraygalpandc>



## SPORT

### NETBALL

The 2022 Winter netball season concluded with a very successful and enjoyable End of Season picnic on Saturday 17<sup>th</sup> of September. Photos of award winners are below.

A highlight of the afternoon was the parent versus players netball matches. Competition was fierce and a great time was had by all. It was very special to honour the Year 12 players who played for CNC in our first year in 2017. We will be sad to see them go but hope many will play as alumni for the club.

A huge thanks to the Netball Committee for organising an amazing event that showed why Cammeraygal Netball Club is so successful as a community club.



	CNC 01 – C2	CNC 02 -C4	CNC 03 - CADETS 1	CNC 04 - CADETS 5	CNC 05- 15E
<b>Award</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>
<b>Players Player</b>	Zoe S	Chloe T	Kaitlyn J	McKenzie H	Eve L
<b>Most Valuable</b>	Imogen A	Krystal C	Sydney A	Kaylin G	Charlotte K
<b>Most improved</b>	Grace M	Lilya S	Alex M	Ashley R	Kiara I
<b>Coaches Award</b>	Sienna P	-	Sachia W	Rose B	Evanya R

<b>Award</b>	<b>Person</b>
<b>Club All Rounder of the Year</b>	Jade S
<b>Club Coach of the Year</b>	Madeline B
<b>Club Umpire of the Year</b>	Venus L

	CNC 06 - 14A	CNC 07 -14G	CNC 08 -14H	CNC 09 – 13C
<b>Award</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>	<b>Person</b>
<b>Players Player</b>	Ruby P	Sarah M	Ruby A	Ev F/ Ava L
<b>Most Valuable</b>	Millie C	Vix J	Tessa L	Eliza D
<b>Most improved</b>	Eilidh S	Jacinda S	Ananya M	Lili S
<b>Coaches Award</b>	Lauren P	Maayan R	Lily J	Amelie S



## BASKETBALL



(Above pictures) After putting a new team together earlier this year the U16 men's Gladiators are performing well and aiming for a spot in the finals. U18 men's Gladiators Team: Charles F, Harrison J, Jude M, Sutter M, Christian D, Will M, Digby S, Daniil V and Temka N.

### Seeking enthusiastic basketball senior coaches!

We are currently looking for Senior Coaches for our Year 10, 11 and 12 teams. If you know of any 18+ coaches who are available to coach basketball, please email [sportsadmin@cammeraygalpandc.org.au](mailto:sportsadmin@cammeraygalpandc.org.au).



## TENNIS

Cammeraygal tennis has started Term 4 with a pre-competition training session on Saturday morning and Sunday boot camp. These training sessions were good occasions to refresh the technique and get ready for the NSTA competition which starts this Saturday, October, 22.

If you are thinking of starting some tennis lessons or joining a friendly game please don't hesitate to let Elena know on email [ejerequi@gmail.com](mailto:ejerequi@gmail.com)

This is the perfect time to connect with the team and to start your tennis adventure.

We urgently need a player (boy or girl) in one of our competition teams - all standards are welcome.



*Sunday tennis bootcamp (left to right):*

*Connor S, Marie P, Peter J, Michael J, Daniel C, Leo B and Guy K.*

## SPEED & AGILITY TRAINING SESSIONS

The Speed & Agility sessions have 21 students so far attending in Term 3, with limited places available. The price is reduced weekly to allow students to join at any stage throughout the term. This training improves acceleration/deceleration, lateral movement, jumping and reaction time, which translates directly to the field or court. Athletes are taught how to warm up properly for any sport, how to improve their run mechanics, and how to move safer in multiple directions. We have seen positive results in various sports from athletes who do this training, come along and try it out as new athletes are all welcome.



***Do you want to learn how to train and move fast like a professional athlete?***

### **Registrations for Term 3 – Limited Places Available!**

#### **Sign up now for Term 3!**

Speed & Agility training will help athletes of any sport and ability improve their fitness, speed and movement with challenging drills each week.

Rich Frost is an accomplished Athletics Coach who has worked with many High School students and some of Australia's fastest athletes.

Week by week the students will learn how to warmup effectively, how to develop efficient run mechanics, change direction quickly and safely, how to become more explosive and sprint correctly. The sessions also include cardio-vascular development to build speed endurance.

### BOOKING DETAILS:

**Session Day: Wednesday afternoons**

**Location:** Junior Campus Hall (3.10pm – 4.10pm). Advised weekly.

Please click [HERE](#) or scan QR code to register.



**Places are limited!**

**Cost:** \$110 for 10 weekly sessions (Term 3)

(The price is reduced weekly to allow students to join at any stage throughout the term)

### Environment

In the last newsletter I highlighted the number of people who came to the ‘tree planting’ event at Cammeray Park in September, to mourn the loss of almost 1000 mature trees in the area from our very precious greenspaces and parks. We estimate more than 300 attended. Since then, you may have noticed more trees have been taken along the corridor of the Warringah Freeway spanning down North Sydney. As I wrote last time this is just the start of the tree loss with 1000’s more scheduled to go if the tunnel project proceeds.

The community is still up in arms that a project with no business case and cost billions and adds 1 million extra kilometres of car travel on the road system each day, is still progressing. It appears as though the next set of trees to go will be where the mega unfiltered exhaust stacks will be placed and that’s basically between Cammeray Park and Anzac Park public school. We are hoping that the state government is listening and will reassess the project before any more trees are lost and Sydney Harbour is dredged and the stacks are built.

You’ll be pleased to know that the Bay Precinct – the local community group linked with North Sydney Council, has been delivering the trees – with messages on them, to our elected representatives. Last week the focus was on Federal members



*Trees and messages sent last week to Federal members, 100’s more yet to be delivered*



*More ‘trees’ popping up across the tunnel route to highlight the loss of greenspace and urban bushland*



and trees were delivered to our Prime Minister's office in Marrickville, the Federal Environment Minister at her Surry Hills office and Kylea Tink our own Federal Member. We are also arranging a visit with Zoe Steggal. The aim is to get the message that the Federal Government should not co-fund a badly designed project that is also damaging to our environment.

This week the rest of the trees will be delivered to our state representatives, including our local members, the state Environment Minister, the Metropolitan Roads Minister, the Heath Minister, the Premier and the Treasurer. The trees and their messages have been written by kids to grandmothers and everyone in between. They really have been upset for the loss of the trees and for the animals that have been displaced. With the rains in the last week there is also great concern about all the soil being washed from Cammeray Park and into Middle Harbour, this soil has a high level of heavy metals.

Thanks once again Cammeraygal High School parents/ friends and students for your concern about our local environment and the bigger picture and the many letters and emails you have sent to our local members, they just might be getting the message.

**Kristina Dodds**

[environment@cammeraygalpandc.org.au](mailto:environment@cammeraygalpandc.org.au)

**Environment and Sustainability**