

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

19 P&C

MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

What an exciting few weeks it has been at Cammeraygal High School, as my edition of the newsletter continues to showcase the wonderful activities and achievements of our students! We have had the most exhilarating student led performances and exhibitions that show the outstanding student talents and advocacy across the school. It makes me so proud to be their Principal!

Welcome Drinks

Many of parents enjoyed a wonderful evening socialising together with our teachers in the annual P&C welcome drinks. We thank the entire P&C social committee and their helpers for continuing this wonderful get together for our parents. It was great to have our parents back on site on the Pacific Highway campus. I particularly enjoyed meeting so many Year 7 parents who had not been on school grounds before the evening due to COVID restrictions. It was our 8th Welcome drinks event since we opened the school in 2015, and it keeps getting bigger and better each year!

Athletics carnival

Unfortunately, wet weather has seen our second attempt at holding a whole school athletics carnival having to be cancelled again. The sports on how on how students can apply to be a part of the Cammeraygal team. Students also met to discuss organisers will be taking a team of competitors only to the Zone carnival on Thursday 2nd June. Emails were sent home to parents to inform them

this process in a whole school assembly.

Let's hope that we all get back to Homebush for next year's carnival.

CALENDAR

TERM 2	
WK 6 30 May – 3 June	
Tuesday 31	Year 11 Parent Teacher Night
WK 7 6 – 10 June	
Mon, Tues, Wed	Year 7 Camp
UPCOMING EVENTS	
June 20	Music Night

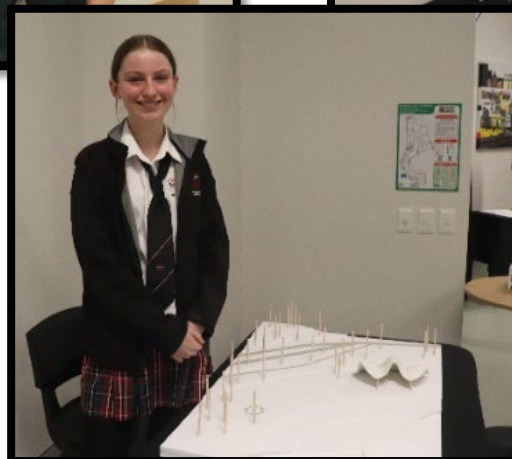
Next P&C Meeting
Tuesday
June 7 at 6.45pm in
the Pacific Hwy Library

PRINCIPAL'S REPORT CONTINUED

Aboriginal Studies Project Exhibition

The Year 11 accelerated Aboriginal Studies class (completing their HSC this year) exhibited their HSC major projects to special guests including, the 2022 Archibald winner Blak Douglas, Uncle Dennis Foley, descendant of the Cammeraygal clan, Ms Cathy Brennan Executive Director, parents, staff and students on the West Street campus. It was a truly memorable evening as we heard our students discuss their incredible projects that were all created in consultation with members of the indigenous community. The projects varied from Aboriginal architecture to an analysis of bush tucker and the Australian curriculum for History in relation to issues around Aboriginal culture and tradition.

The project highlighted some high-level analysis of contemporary issues facing the indigenous communities in Australian society, more importantly it builds a deeper connection to these issues by our students. A huge congratulations to Ms Jessie Coulson and her Year 11 students on what was a very special and memorable night on the West Street campus. Thank you to Ms Jessie Coulson for guiding them so well in this critically important part of their learning and their HSC.



PRINCIPAL'S REPORT CONTINUED

Student achievements at Cammeraygal HS

Lucy S Acrobatic Gymnastics

Congratulations to Lucy S in Year 8 who has been successful in gaining the following accolades at the 2022 Australian National Gymnastics Championships for Acrobatic Gymnastics at the Gold Coast May 11 – 15. Please see her outstanding results that were sent to me recently by her Gymnastics club who are as proud of her results as we are.

Level 7 (2 compulsory routines)

1st Balance Routine

2nd Dynamic Routine

OVERALL FIRST (Gold Medal): AUSTRALIAN NATIONAL CHAMPION - well done Lucy



Lachlan F- selection NSW Rowing

Lachlan F in year 11 was selected in the NSW Boys U19 8+ crew to participate at the 2022 Interstate Schools Pathway 8+ Regatta in Canberra (1-2 May).

Congratulations to Lachlan for his ongoing success at rowing. He proudly told me that he trains and rows 5-6 days a week starting at 5.15am each morning. He also told me how much he truly enjoys the sport.

Well done Lachlan, great to see you doing so well at a sport you love.



Jack S- underwater Hockey

Jack S in Year 8 has represented Sydney at the Australian Underwater Hockey Club Championships on the Gold Coast, and performed outstandingly in his team. Jack's team won silver in the C grade division at the competition. What an interesting and amazing achievement for one of our Cammeraygal students in underwater hockey. I will need to invite Jack up to my office to teach me a little more about underwater hockey! It does sound challenging. **Well done Jack!**



Premiers Debating Challenge

Congratulations again to our outstanding debating team in year 11 who recently competed in the Premiers Debating challenge. They have had another convincing victory in the challenge, and they are heading towards a huge result as the competition heats up. They are already the Interzone Champions and are still progressing through the competition and had a convincing victory over Carlingford High School. The team consists of, Josh H, Noah R, Alexia R and Maddy B. Well done to this fantastic team of debaters and we can't wait to see what comes next with your success.

PRINCIPAL'S REPORT CONTINUED

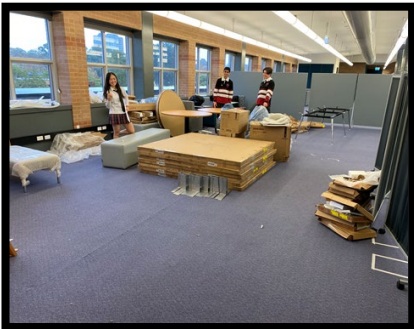
Hot Potato Band working with Cammeraygal Music students

All our music ensembles including, Concert, Jazz, Vocal and Drum performed for our Year 8 students with a totally invigorating performance at the Pacific Highway Hall, as part of a Year 8 music incursion. It was a great way to showcase our talented musicians who definitely stepped up to the challenge of performing with professional musicians in a workshop, followed by the performance for year 8. A great occasion for our students organised by Ms Boyle and the music staff.



Year 12 Common room

This week we unveiled the new Year 12 common room which is a space for Year 12 students to relax and study when they are not in classes. It is a project initiative by our Year 12 Prefects and Chloe T-L our School Captain. Chloe has project managed the design and coordination of the project and has done a wonderful job securing the funds by presenting a great proposal to the P&C. Congratulations to our student leadership team on this important space to support all students as they move into Year 12 to claim their Year 12 space!



Thank you to all parents who have responded to our surveys on parent teacher interviews. We will continue to survey parents/caregivers for the upcoming interviews for years 7-10.

K Melky
Principal

| Deputy Principals' Report

SENIOR CAMPUS

HSC Analysis 2021

I had the pleasure of presenting an analysis of our HSC results from 2021 to the P&C in May at the first face-to-face meeting we have had in a very long time. We are so proud of the cohort of 2021 – an entire term of lockdown learning, modified 'online' Trial exams, and then the uncertainty of not knowing whether the HSC exams would even go ahead, and when, meant that this cohort of students faced even greater challenges than those in 2020, the first year affected by the pandemic. They showed such incredible resilience and empathy for one another, and this sense of cohesion definitely bolstered their success. Another complicating factor was the fact that approximately half of the cohort had received early entry offers to university, and in many cases these were unconditional offers that did not require them to obtain a nominated ATAR score. While this was wonderful at relieving the pressure on them, the offers, combined with the uncertainty around the HSC exams, definitely impacted motivation for a large number of students.

I noted at the P&C meeting that the interpretation of HSC results is fraught and multi-faceted. Media reports often focus primarily on the 'Leagues Table' of schools, where schools are ranked based on the proportion of Band 6/E4 (the highest achievement level in a subject) out of all exams sat. It is important to note that this metric does favour selective schools and other schools that are able to control their intake and are less likely to cater for a diverse cohort, as we do in comprehensive public schools. It also encourages schools to encourage students to do 'easier' courses where they may be more likely to achieve a top band result. The Leagues Tables do not reward schools that value and promote holistic achievement (which is not to say, of course, that the schools that achieve highly on the Leagues Table do not value holistic achievement), and do not reveal the extent to which a school is able to support all students to achieve their personal best. It is also important to note that a school's position on the Leagues Table has no bearing on an individual students' HSC result or ATAR.

The key indicator of success for us as educators is the extent to which we have been able to add value to a student's performance throughout high school – for us to know that students have achieved better in the HSC as their NAPLAN performance would have indicated that they should. On this scale, I am pleased to report that our 2021 cohort exceeded our expectations and demonstrated excellent value-added growth.

We also had some outstanding individual results. Zack, our 2021 School Captain, achieved an exceptional ATAR of 99.8. He was an All Rounder, achieving top band results in 11 units, and a Top Achiever, coming 8th in the state in Economics. Zack was also awarded a Co-Op Scholarship for UNSW in Accounting and Business Management. Hannah also achieved an ATAR of 98.15 and has commenced a Bachelor of Politics, Philosophy and Economics at ANU, and our other school captain, Kelsey, achieved an ATAR of 97.7 and was also awarded a Co-Op Scholarship for Medical Engineering at UNSW. Our talented artist Phil J was featured in the Art Gallery of NSW as part of ArtExpress, and Will, one of our accelerated Society and Culture students, achieved a mark that placed him in the top 200 students of the candidature.

We saw some outstanding subject results in the HSC as well, including in Society & Culture where the cohort exam mean was 8.75 marks above the state mean. Excellent results were also evident in subjects as diverse as Software Design & Development, Legal Studies, PDHPE and Modern History. All of our faculties are currently undertaking a detailed analysis of the HSC results for their subjects and amending their planning and programming as a result. NESA provides extremely rich

information to schools after the HSC, including a breakdown of cohort performance in each exam, question by question. All of our Stage 6 teachers have spent time deeply engaging with this data in order to build teaching and learning experiences for the 2022 cohort that will ensure even greater success.

Communicating with Students While at School

At Cammeraygal we pride ourselves on our adherence to a strict 'no mobile phones' policy for all students from years 7 to 12. This includes not using Apple Pay at the canteen and not using phones in the classroom. Unfortunately, we have recently seen an increase in the number of students who are communicating with their parents via their mobile phones throughout the school day. This is often when students are not feeling well, and they contact their parents (either surreptitiously in class or by doing so in the bathrooms) to ask them to come and collect them. Parents are then emailing the school or arriving to collect these students without the prior knowledge of the office staff.

Our procedure for when a student is unwell is that they ask their teacher to go to sick bay (a request which is always granted) and they are accompanied by another student down to the front office. The office staff ask the student whether they will feel better after a short rest, or whether they would like for us to contact their parent or carer to either collect the student or seek permission for them to be able to leave school on their own, if they are well enough. Our office staff are all wonderfully kind caring, and will ensure the student is comfortable and warm while they wait. They prioritise contacting parents immediately in this situation – this is why it is always important to answer calls from unknown numbers while your children are at school, as it may be the school. We would appreciate your support with this.

If your child contacts you while they are at school, please discourage them from doing so and reinforce that they should go to sick bay. Our 'no phones' policy is the envy of many other schools and allows our students to be free from pervasive social media pressures while in class, and the distractions to all that come with unfettered phone use. This can only be successful with the support of all members of our community, and we do rely on you as parents to assist us in this.

Uniform

As is often the case when the weather gets cooler, we have seen some problematic uniform behaviours creeping in to the senior years. In particular, a number of students have been wearing their Cammeraygal Sports P&C hoodie to school, in spite of signing an agreement upon purchasing that this is not to be worn at school. Students who wear these or any other non-school hoodies and jumpers at school will have them confiscated until the end of the day.

Student Passengers

Under no circumstances should any senior student be riding as a passenger in a vehicle driven by another student during the school day, including during study periods or while offsite for recess or lunch breaks. Students who may be driving to and from school should not be using their cars during the school day without express permission from a parent in the form of a letter or email to the school, which needs to be signed by the Deputy at the beginning of the day.

Jodi Arrow

Deputy Principal Senior School Campus

DEPUTY PRINCIPAL'S REPORT CONTINUED

MIDDLE SCHOOL CAMPUS

Addressing distress caused by social media

eSafety's new video [Digital technologies and mental health](#), helps parents and carers support young people to look after themselves on apps and social media.

The four-minute video provides tips on encouraging positive behaviours and what to do if your child experiences something distressing online.

Use eSafety's videos to learn about key issues and keep the conversation going with your kids about what they experience online.

[Watch the video](#) or [listen to the audio file](#). [Watch video](#)

App safety

Parents can find themselves put on the spot when their child demands to download an app.

In these situations, it's best to do some quick research. Use eSafety's [app checklist](#) to help you assess whether an app is suitable for your child.

Would you like to know more? eSafety's [Information sheets](#) for parents and carers cover a range of online safety topics in easy-to-read format. Share them with your friends and school community.

[Download app checklist](#)

Free safer online gaming webinar

Playing games online can be great for socialising and an outlet for a child's imagination. There can also be some downsides.

Help your child enjoy the fun of gaming safely. Book in for our [Safer online gaming](#) webinar to learn about popular games and pick up strategies for managing the risks.

Register now and share the link with other parents you know.

Peter Barraclough

Deputy Principal Middle School Campus

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) was successfully completed over the last two weeks for students in years 7 and 9. Students are to be congratulated on their excellent efforts and the outstanding responsibility shown towards navigating the new online platform. NAPLAN can support school improvement by enabling teachers to monitor their students' progress over time and provides an indication to parents / carers and students on how they are progressing against national standards in literacy and numeracy.

UNIFORM

As the weather gets cooler, it is a timely reminder for students to ensure they are wearing the correct school uniform. **Non-school uniform jumpers / hoodies are not permitted at school** and will be kept in student reception where they can be collected at 3pm.

A number of students are wearing the grey P&C sport hoodies to school. Please be advised these are to only be worn to P&C sport and are not part of the Cammeraygal High School uniform.

Please ensure all students wear the correct school jumpers and soft shell jackets as shown.



Year 7 CAMP

We are very excited for year 7 camp which is coming up in week 7. Students will be attending Point Wolstoncroft Sport and Recreation from the 6th – 8th of June and will be accompanied by their peer support leaders. A reminder that it is an early start and students are required to be at school on Monday the **6th June by 7.15am, ready for 7.30am departure**. All students have been provided with an equipment list to ensure they are prepared for their three fun filled days. We look forward to reporting back in the next newsletter with plenty of photos of their adventures.

Siobhan King

Acting Deputy Principal Middle School Campus

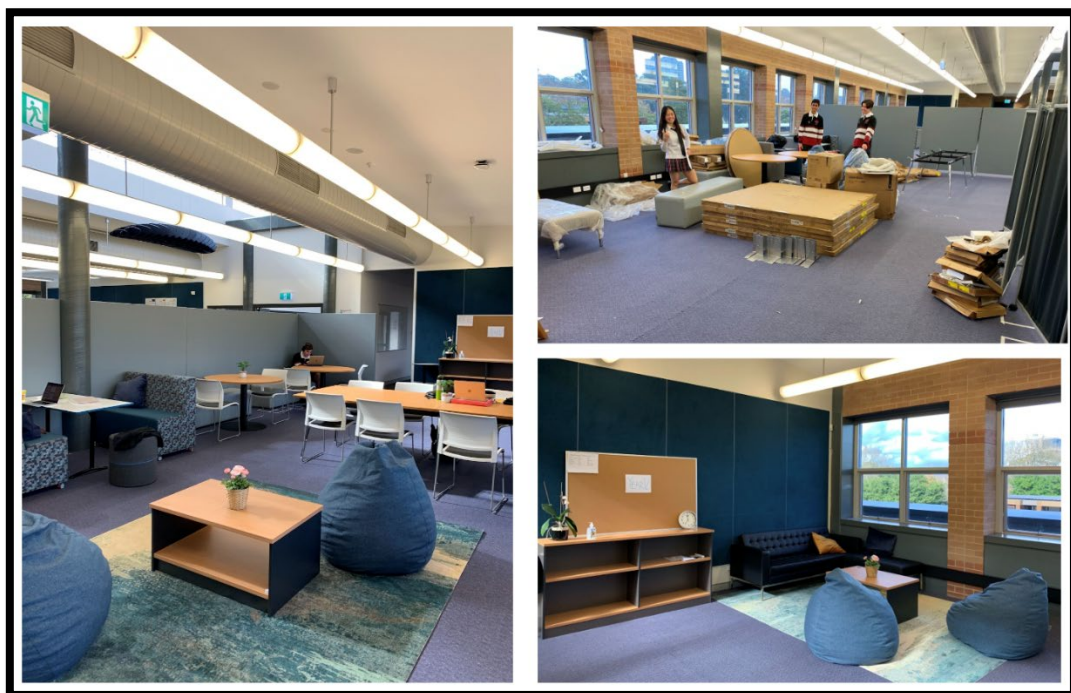
MESSAGE FROM THE SCHOOL CAPTAINS

Hey everyone, we're back!

It has been a good first half of Term 2 and the Prefect body has kept quiet but we have been very busy over the past couple of weeks!

Firstly, we have a new Year 12 Common Room! We would like to say a massive thank you to the P&C for paying for this to happen to Tom and the GA team for assembling all the parts together, and for all the support from the, Ms Melky, Ms Arrow, Ms Locke and Ms Oakley.

Over the past term and a bit, our prefect body worked to put a proposal together for a common room in the open space on level 2. We requested funding from the P&C, which they generously agreed to, and then we chose the furniture and designed the layout of the room. It has been a great process and journey and the room looks amazing! We are so grateful to have had this opportunity to have carried out this project.



As well as this, we held a Prefect Afternoon Tea on the 11th of May. We had about 15 schools and around 50 people. The event consisted of an ultimate trivia in which every group became extremely competitive for first place! The food and conversation were both great and everyone had a great time! Overall, such a success!



The rest of this week and early next week is dedicated to Reconciliation Week. On Thursday, the whole school engaged in a presentation by Harrison P, our Social Justice Prefect, who shared his progress with the Reconciliation Action Plan. During assembly, we also watched an episode of 'You Can't Ask That', about Indigenous people and culture. It was exceptionally insightful and we all learned a lot.

To conclude, we are organising a Talent Quest that will happen in early Term 3. If any students are interested there is more information on sentral! We can't wait to see what talent Cammeraygal has to offer!

Thank you,
Chloe, Seb, Susie & Sarosh

Faculty News

ART

CONGRATULATION to Lori A, our year 11 Visual Arts student, who has been selected as a finalist for the Mosman Youth Art Prize. The exhibition features the diverse talents of the country's young, aspiring, and emerging artists and offers them the opportunity to exhibit their work in a public art gallery. The exhibition will be open till Sunday 12th June at Mosman Art Gallery.



MUSIC



Cammeraygal High School

MUSIC NIGHT

Monday June 20

West St Hall 7-9pm

Featuring our wonderful music ensembles –

String Ensemble Vocal Ensemble

Jazz Band

Drum Group

Concert Band



Northern Sydney Symphonic Wind Ensemble - Junior Wind Ensemble performance

Felix F (Yr 8) and Eli B (Yr 7) performed recently in the NSSWE Autumn Concert Series held at The Forest High School. The band, which is made up of students from across Northern Sydney schools in Years 6-8, performed two pieces - The Mandalorian and Rhythm of the Winds. Congratulation's boys.



Jazz Band performance at Open Day

The CHS Jazz Band recently performed for the school Open Day. They presented a 20-minute program of music and also rehearsed/workshopped a number of new pieces. The band is made up of students from Year 7-11 and features many soloists and singers.

Well done to all the students involved.



Concert Band performance for Year 7 & 8

The Concert Band and their conductor Ms Power presented a diverse program of music that culminated in an exciting rendition of 'Thriller'. A wonderful performance and a great opportunity for the band to show Stage 4 students what they have been working on.



Year 7 and Elective Year 10 Music are off to the Symphony!

Thursday June 23

All of Year 7 will be joining Year 10 Music students enjoying a matinee concert performance at Sydney Recital Hall, Angel Place.

Permission notes and payment requests were sent out in the last week of Term 1.

The concert will feature a variety of wonderful orchestral works to enhance the student's study of the orchestra and music analysis. It will be a wonderful experience for all of the students and staff.

The program includes:

GRIEG Peer Gynt: Morning Mood

TCHAIKOVSKY Fantasy Overture from Romeo and Juliet

HAYDYN Symphony No.94 "Surprise"

DELIUS On Hearing The First Cuckoo In Spring

ELGAR Nimrod

MOZART Don Giovanni: Act 1 (Sinfonia)



Ann Boyle

Music Teacher & Music Ensembles Coordinator

MATHEMATICS

Maths Olympics

In lieu of the Athletics Carnival, Year 12 Standard students were excited to participate in the 'Maths Olympics'. This involved a series of ten stations where students competed to be the first team to complete the course. The events included paper plane discus, cotton swab javelin, marshmallow shotput and even equestrian! At the successful conclusion of each activity, students were challenged to complete a trigonometry problem to review their skills. It was a great time overall with students building confidence in Maths while also creating wonderful memories.





LIBRARY

Big news this week, the Pacific library has just unboxed hundreds of new books available for students to borrow and read that were kindly donated by the P and C. Students have been loving the new titles and the books have been flying off the shelves to be borrowed. This is perfect timing to complete the Premiers Reading Challenge, just ask Miss Cumberland in the library how you can get involved. We have also started a range of lunchtime activities for students to participate in, from Knitting Club to colouring in. All students are welcome.

Well-being @ CHS

BEYOND NOW APP: SUICIDE SAFETY PLANNING Safety planning helps people reduce their immediate risk of suicidal behaviour. It involves the person – ideally with support from a health professional – identifying coping and help-seeking strategies that are tailored for their needs, situation and personal relationships. Beyond Blue developed the Beyond Now app to help individuals make their own safety plan to support them through times of sadness or grief. They can make it on their phone and carry it with them to access anywhere and anytime. Beyond Now is free to download from the Apple Store or Google Play and can also be access through a web version here.

<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>



epic.


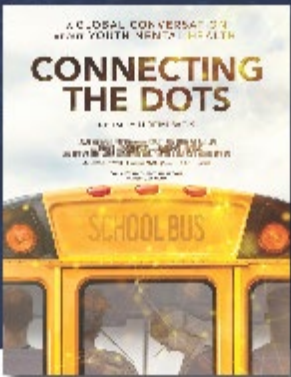
Empowering Parents in Crisis




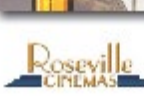

EPIC and Turrumurra and Lindfield Community Bank
Presents a Community Film Screening
Shining the light on
Youth Mental Health







Join us for the Connecting The Dots feature documentary and panel discussion with North Shore youth support organisations

Wednesday 22 June 2022
Time: 6.30pm - 9pm
Roseville Cinema
All tickets \$15

Book Now:

Find us at: www.empoweringparentsincrisis.com

Here is the link to this month's edition

<https://cammeraygal-h-schools.nsw.schooltv.me/newsletter/managing-screen-time>

Siobhan King
Pip Hicks
Jenny Perry
Wellbeing

| FYI

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.

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

[Study Skills Handbook by ELES](#)

Welcome to the study skills specialists! ELES helps secondary students develop effective study skills through our online study skills handbook, study skills worksheet sets, study skills resources, study skills courses and study skills seminars. ELES helps students learn how to study and develop effective organisational and time management skills. We find ways to help teachers help students cope better with the academic demands of school and achieve their personal best.

www.studyskillshandbook.com.au

Our school's access details are:

Username: cammeraygalhs | **Password:** pacificwest

From the Careers Desk

Information sessions and open days:

University	Date, Time and Location	Links
University of Sydney - Your future in business webinar. University of Newcastle - Mid-year information session.	1st of June 4:00pm Online	https://uni-sydney.zoom.us/webinar/register/WN_GSeh1ERJQZWFGfHDVTsE6g?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_18&utm_term=2022-05-09
	1st of June 5:00pm to 6:00pm Online	https://www.newcastle.edu.au/events/future-students/mid-year-info-session4?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_17&utm_term=2022-05-09
University of Wollongong	2nd of June 5:30pm - 6:30pm Online	https://studentservice.uow.edu.au/Portal/Events/EventDetails?eventId=14fcff76-c0a0-ec11-8198-000d3ad2bf21&utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_21&utm_term=2022-05-26
University of South Australia - Career information session	3rd of June 9:00 am– 3:00 pm Online	https://www.unisa.edu.au/cais
University of Sydney - Careers in architecture.	8th of June 4:00pm Online	https://uni-sydney.zoom.us/webinar/register/WN_N_DO0IZIThyPp1RNvX_7-Q?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_18&utm_term=2022-05-09
UAC - Mental health and the HSC	8th of June 6:00pm Online	https://click.mlsend.com/link/c/YT0xOTQwOTM1NzlwOTU2ODYxMjMzM9eTFxNCZIPTAmYj05NjM4NTU0MjcmZD1xNG8zbzNr.arE5WmB_Ed_18hc5dK6BW_SQKtoHvue1kpxUa4E9JjQ
University of Sydney - A day in the life of a law student.	15th of June 4:00pm Online	https://uni-sydney.zoom.us/webinar/register/WN_0LQNFvKY_SnmAJq-ro2hS2Q?utm_source=newsletter&utm_medium=

		email&utm_campaign=your weekly careers newsletter 19&utm_term=2022-05-09
UAC Digital - SRS Early Offers	15th of June 6:00pm onwards Online	https://uacdigital.easywebinar.live/registration-lets-chat-srs-early-offers?utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 21&utm_term=2022-05-26
University of Notre Dame 'Young Achievers Early Offer' information session	21st of June 6:00pm - 8:00pm On campus	https://events.nd.edu.au/earlyoffersyd2022
Camp America		Camp America (Australia) Applications for 2023 are open! Start your adventure to work in the USA next year by applying now. Get a placement with a Summer Camp before the end of the year. Spend 9-12 weeks working at a summer camp and rest easy knowing you're going with the experts that provide medical coverage and 24/7 support whilst in the USA. You'll thank yourself for the bonus summer later!
TAFE brochures		TAFE NSW Pathway Brochures Developed in consultation with industry partners, your students can explore their pathways with the TAFE NSW pathway brochures. They identify future key market trends, annual growth, a range of courses to suit and more. https://www.tafensw.edu.au/schools/pathway-brochures .

Parents and Students are reminded to keep an eye on the **Cammeraygal Careers website** which can be found through the school website or directly at www.cammeraygalcareers.com

The school subscribes to this website as it has a wealth of information for students, parents and teachers. It has an up-to-date list of coming events and Open Days as well as information relevant to the HSC, entry to university and TAFE, apprenticeships, job vacancies and more.

If you haven't visited the site, I suggest you spend a little time just to see what it has to offer and how helpful the information is.

HSC and Careers Expo

The HSC and Careers Expo will be running over the weekend of the 4th and 5th June. 9-3pm at the Hordern Pavilion.

Admission cost \$12, book online only.

Jenny Perry
Careers contact

| from the CHS P&C Association

A MESSAGE FROM THE PRESIDENT

P&C Welcome Drinks - 12th May 2022



The P&C was delighted to finally host a Welcome Drinks evening recently, despite the inclement weather.

This was the first event that we have had together in many months to relax and enjoy some food and drink and to meet other parents.

We were delighted to see faces that we hadn't seen for so long and to meet parents from Years 7 and 8 that we hadn't yet had the opportunity to meet.

We were also lucky enough to be able to get some new recruits to join our lovely P&C team! As members, we know that it's a great chance to get involved in our children's education by giving our time to support the school however way we can.

Members of the P&C give a few hours each month and commit to whatever they can; whether its selling second-hand uniform, helping with events, organising wellness activities or just being a part of the machine that makes up our wonderful school community.

We know that Kathy and the teaching team appreciate our support just as much as we value the amazing work they do with our kids.

Thanks to all who made it possible; Richard & Trinity Harb, Karl Riseborough, Mary Tazawa-Lim, Karine Marr and of course Peter Barraclough and Principal Kathy Melky.

We hope you enjoyed the Welcome drinks as much as we did and we hope to run a similar event in Term 3.

See you then!

Heather

PS: We would love to hear from you if you would like to be involved in the P&C in whatever capacity and if you've lost some nice blue plates, we're keeping them safe for you! 😊

Reinvigorating your P&C - better together



Following on from our Welcome drinks we were surprised but very honoured to be invited to join a panel hosted by the P&C Federation of NSW.

The P&C Federation is the governing body of all NSW schools committees. They issue guidelines and support for Parents and Citizens committees in both primary and secondary schools.

The webinar they ran was aimed at helping schools charge some energy back into P&C Committees which have struggled in some cases through these Covid years.

The panel was facilitated by Tim Spencer, a seasoned member of the Federation who clearly knew a lot about the challenges faced by committees.

I represented Cammeraygal High School and there was a representative from Cherrybrook Technical High School – a large school with over 2000 students - and there was a president from a country primary school who had to build her committee from the ground up in challenging circumstances.

We were all able to make useful suggestions and ideas based on our insights and experiences. Feedback from the audience was very positive and it was great to be able to represent our school.

We hope that with the help of parents, now and in coming years, we can continue to maintain the amazing energy and effectiveness of our Cammeraygal P&C. We are so lucky in our community to have people who want to get involved.

So thank you – now and in advance!

Heather Clarke
Vice President – Cammeraygal High School P&C

We'd like to help make communication easier for you by offering you 4 ways to participate in the P&C community:

1. 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/BaPfhgFWExqV6wfR9>
2. 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)
3. 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/1FAIpQLSd1aBhTquobyntEzbmPW5iRKSXI65tU-SU5kvN27pRYmu9WA/viewform>
4. 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>

Uniform Committee

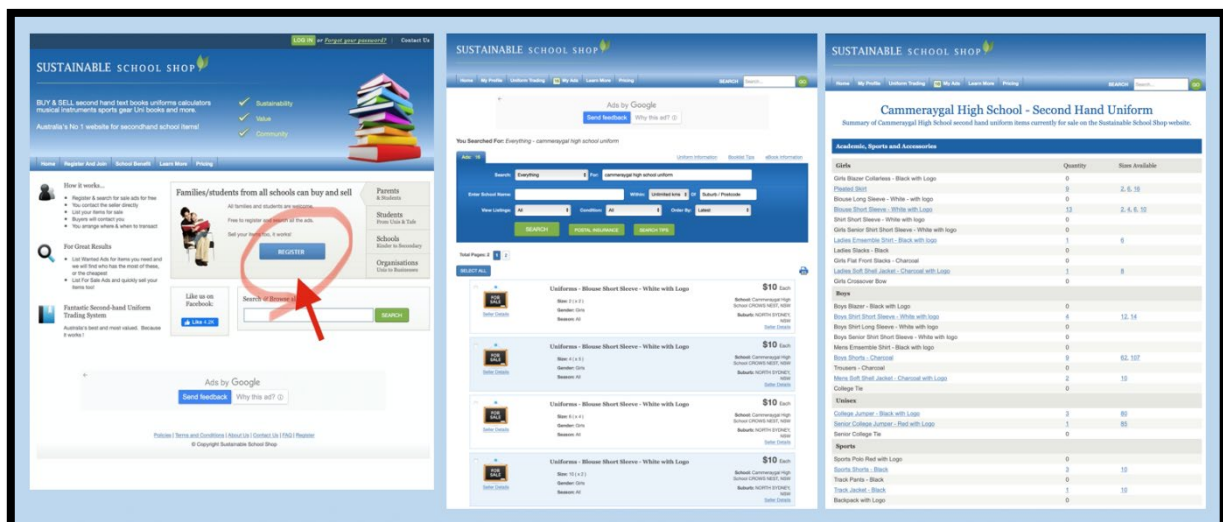
Second-hand uniforms are now available through the Sustainable School Shop website.

<https://www.sustainableschoolshop.com.au>

- Families will now be able to buy items when it's needed.
- It's free to register and search all the ads.
- You sell your uniforms directly to the buyer and you keep the money.
- No fee for the buyer, small fee (\$1.50 per item or annual subscription \$21.95) to the website for the seller.
- P&C is not involved in the transaction.

The success of this online uniform shop will depend on YOUR CONTRIBUTION. Together we can build a shop that can meet the needs of our community, but it will take all of us to list items and purchase items for this system to function. It may take some time so please be patient, but we have to start somewhere, and NOW is the best time.

Let's work together to keep wearable uniforms out of landfill.



SPORT

CAMMERAYGAL P&C FIRST AID TRAINING FOR FIRST RESPONDERS

Places still available for Sunday 5th June

Register now

Places are limited!

The school and the P&C have been working closely together to offer first aid training and host defibrillators on school grounds with a focus on support for first responders. The units purchased provide instructions with voice and visual prompts and CPR support.

The P&C are kindly funding first aid training for up to 75 first responders such as parents, senior students, coaches, umpires and managers who would benefit from the formal training to attend the 1-day course. The training will be run by the Michael Hughes Foundation on Sunday 5th June. The code for the certificate you will receive is HLTAID011.

Venue: Cammeraygal Senior Campus Hall, 149 West Street, Crows Nest

Date: Sunday 5th June 2022

Time: 9.00am – 4.30pm

Requirements: All participants will be required to supply their full name, DOB, Email, Mobile and USI* at registration.

Please bring any snacks, lunch and drinks with you on the day as these will not be supplied.

If you would like to attend the first aid training, please register your preferred date by clicking on the link attached [HERE](#) . Places are limited.

*Each participant will be required to supply their USI (Unique Student Identifier). If you do not have one, it can be set up by clicking on the attached link <https://www.usi.gov.au/>. It is a very simple and quick process!

If you have any questions regarding the above information, please contact sportsadmin@cammeraygalpandc.org.au.

NETBALL

Sadly, the rain continues with most games called off last weekend although we did manage two sunny Saturdays in previous weeks.

The sun shone for the PINK round to raise funds for Breast Cancer Research which was a great success.

Hoping for a break in the rain this weekend and a full round of netball!

Hoping for a break in the rain this weekend and a full round of netball!



*CNC 07 player Sarah McL
in her pink socks for the
Pink Round*



CNC 07 players Maddy C, Jacinda SR, Maayan R, Kamilla P

BASKETBALL

On the 20th May the U18 Storm played a very tough game against the undefeated Lane Cove Hotshots. It was a very close game right up until the last few mins when Storm edged ahead and won the game convincingly with a score of 37:34.



(L-R front row) Anya S, Nina H (L-R back row) Coco G, Louis B (Coach), Mattie B, Daisy W, Sumi I, Lilly H

The U14 Cobras also had a well-deserved win that night against the Boomers.



The U14 Men's Cobras celebrating their win!

(Left to Right) Harry S., Quinn D., Leo B., Jack B., Caleb R., Aidan V., Alex W.

Cammeraygal Hawks (under 18's) have also played impressively since moving up to Division 1 this year. Currently 3rd on the ladder they are looking good to make the semi-finals at the end of this term.



victorious from L to R are: Hamish (Coach), Harry C, Jordan P, (Harry's shoe), Henry S, Liam W, Kai B, James T, Aiden M, Marley K-E, Sascha S.

Well done to all our teams!

Come and watch NBL1 teams play this Saturday! 50% discount off the normal ticket price for Cammeraygal families!

We are excited to invite our Cammeraygal Basketball families to watch the NBL1 Womens and Mens games on this Saturday evening at the Bear Cave (North Sydney Basketball court 1). Kick-off is 5pm for the Women's and 7pm for the Men's.

Norths are giving a **50% discount for our families only!**

Why should you come? Because our basketball children will get to watch basketball played by some of the best women's and men's players in Australia up close and personal! It's an excellent chance for our children to learn how the professionals play and pick up some tips from them! It's also a chance to support our local teams and meet some of the players.

Tickets can be purchased via the following link: <https://form.jotform.com/220880408793866>

Please use discount code: Cammeraygal

NOTE: This discount and link will be only available until 12noon Saturday 28th May, and will not be available at the door.

FOOTBALL (Soccer)

Cammeraygal football is doing well after a few washouts lately which has forced NSFA to either cancel or find alternative grounds to play on. Our U14 boys Division 2 team is doing well, ranking 2nd on the ladder at present and playing some tough teams!



Cammeraygal U14s boys Div 2 team

Kieran L, Max W, Xavier F, Finn P, Rory M,
Shiv G, Tom B, Felix L, Barney C, Loic D, Ashton F

The U13's boys match last weekend was a particularly muddy affair, with an incredible amount of slipping and sliding and enormous goal puddles adding an extra challenge! The team played with a great attitude in trying conditions with no subs - hard work when they're still getting used to a full pitch! Whilst the match didn't go their way, the team showed great determination, perseverance, and commitment right up until the final whistle. As a team they are really starting to come together now as their soccer skills continue to improve and they become more familiar with each other's strengths and abilities!



Cammeraygal U13 boys team

Fence: Edmond P, Sinclair F, Lindsay G
Standing: Athan P, Oliver H, Max S, Lachlan P
Kneeling: Ben P, Jarryd T, Camiel B, Jacob H, Will J
Sitting: Jude G, Daniel B, Luis C M, Lucas W

The girls' U14 football team (North Sydney United) has been a pleasure to watch this year. With no formal team training due to the weather and meeting as a group for the first time at the first game of the season, the girls from Y7 & Yr 8 have played above and beyond expectations losing only one of their 7 games so far this season and scoring 31 goals combined!

The litmus test is coming up with a couple of games against two Northbridge sides, but our girls are very capable of beating both those teams if we play as well as we have been. We beat the pre-season favourites (v Northern Galaxy 2-1) in the 5th round and have the skill and drive to win the competition outright if we can keep our heads cool, passes accurate and shots on goal clean.

Good luck for the next few weeks girls - no all-night Saturday sleepovers until mid-June please!!



*Top row - Sia M, Elida G, Milly G, Pip B
Middle row - Violet B, Natalia B, Phoebe C, Sammi W, Maddie C
Bottom row - Ella P, Sophia P, Georgie B
Missing injured - Amira C*

Would you like you to join the girls U14 team?

If your child wants to participate in a game that builds their self-confidence and teaches the importance of teamwork whilst building and maintaining friendships with other Cammeraygal High School students, **Please contact the Sports Administrator at sportsadmin@cammeraygalbandc.org.au as soon as possible.**

We look forward to hearing from you!

TENNIS

In tennis this term the Cammeraygal High School team has joined the Tennis Northern Beaches (TNB) Junior Competitions on Saturday mornings. This was a completely new experience for our team in regard to length, intensity and travel distance. For some matches our players needed to be at Careel Bay for the 7:30 AM start. In the first match our youngest team had to play from 7:30 am till noon which is 4.5 hours. This was quite a change compared to our usual 2-hour games at the Northern Suburbs Tennis Association in Term 1. It was definitely the time when our tennis bootcamps and fitness sessions paid off. We had two division victories and one tie on matches, but we lost the tied round on game points.

Last weekend was very wet for tennis, but the TNB matches pressed on. All the TNB teams have shown great skill and determination under adverse conditions. This is something we need to work on as a team. This weekend looks like it will be wet again, so it seems that we will have an opportunity to work on the mental toughness and tactics of how to use the weather conditions to our advantage.

SPEED & AGILITY TRAINING SESSIONS

**Do you want to learn how to train and move fast like a professional athlete?
Only a few places remaining for Term 2!**



Speed & Agility training is in full swing with the squad working with coach Rich Frost to move faster and safer on court and the football field. S&A will help athletes of any sport and ability improve their fitness, speed and movement with challenging drills each week.

Sign up now for Term 2! There are only a couple of places available!

Rich 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: \$70 for 6 weekly sessions (end of Term 2)

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



ENVIRONMENT AND SUSTAINABILITY

Air Quality Monitoring Project Warringah Freeway Upgrade/ Western Harbour Tunnel - Environment Protection Authority (EPA)

It was great to meet with the NSW EPA (Environmental Protection Association) and the DPE (Department of Planning and environment) last week to talk air quality monitoring in the North Sydney area.

Why is air quality being monitored?

Because of years of community advocacy (including from Cammeraygal High School) in relation to the Warringah Freeway Upgrade build, and the building of the Western Harbour Tunnel. The years that it will take to construct these toll roads and build the unfiltered twin exhaust stacks (approx. 600m from Cammeraygal HS Senior Campus) that will directly impact the quality of the air in the densest school zone in Australia.

Already works have commenced on upgrading the Warringah Freeway. Contracts have yet to be awarded for the Western Harbour Tunnel. For the health of children in the area it is hoped that the Warringah Freeway Upgrade can remain a stand alone project. You may consider writing to your local member if you feel this should be the case.

The good news is that the EPA and DPE are partnering to monitor air quality around the Warringah Freeway Upgrade/Western Harbour Tunnel which is the first of its kind in terms of construction stage monitoring.

What is involved?

You may have seen the central monitoring station go in at Cammeray Park, it is pictured below. This is connected to a network (10 in total) of particle sensors from Wollstonecraft to Middle Harbour that are called **KOALAs - Knowing Our Ambient Local Air-Quality**

The smaller KOALA units that are linked to the Cammeray Park monitoring station are located at Anzac Park Public School, Beauty Point PS, **Cammeraygal High School – West Street**, Community Garden, DPI Fisheries, Greenwich PS, Middle Harbour PS, Northern Nursery School and North Sydney Girls High. To see the 10 locations and live pollution readings that are updated every hour visit <http://warringah.sensors.net.au>.

We certainly look forward to some rigorous assessment and action on air quality on the Lower North Shore.

The Willoughby Environmental Protection Association (WEPA), which is a community-based group lobbying and educating locally to protect the environment, has asked that a further 2 KOALAs be erected at **Cammeray Public School and Neutral Bay Public School**, as we suspect these schools will also be impacted by the scale of the works already underway.

I will certainly be keeping a close eye on the results and how they are interpreted along with fantastic groups such as WEPA, our local school communities and local precinct/progress associations. There is a lot at stake – most importantly the quality of the air we breathe and the health of our children. If anyone is interested in checking the website regularly and reporting back to the P&C please let me know by emailing environment@cammeraygalpandc.org.au.



Main Air Quality Monitoring Station (AQMS) at Cammeray Park

The websites with more information on the project can be found here

<https://www.epa.nsw.gov.au/working-together/community-engagement/community-news/warringah-freeway-air-monitoring>

and

<https://www.dpie.nsw.gov.au/air-quality/live-air-quality-data-special-projects-monitoring>

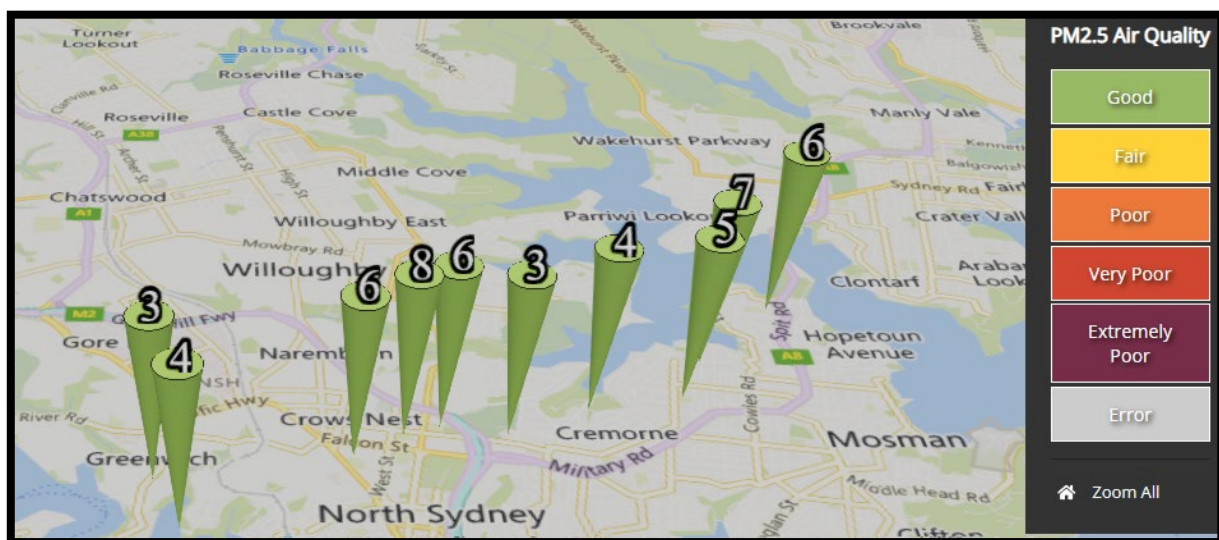
To see the live pollution readings at our school that are updated every hour and is publicly available 24/7 visit <http://warringah.sensors.net.au>



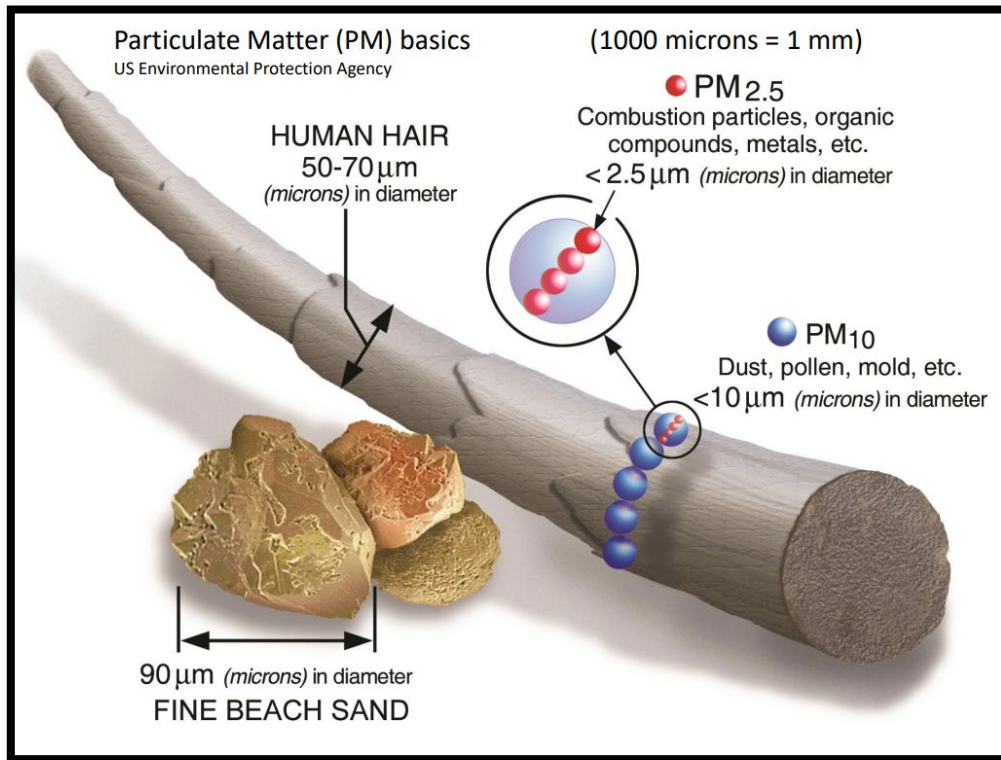
inside the AQMS



A KOALA unit measuring air quality, one is installed at Cammeraygal HS Senior Campus. There are 10 in total.



A snapshot of the KOALA locations and readings - <http://warringah.sensors.net.au>



-the KOALAs are measuring Particulate Matter (PM) PM_{2.5} and PM₁₀, such as dust and pollution

Kristina Dodds
Environment and Sustainability Committee
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