

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

12 P&C

MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

Week 8 continues to see the school buzzing with activities on both the West and Pacific Highway campuses. The weather has definitely been kinder to us, allowing for carnivals and sport on Wednesday to be back on track. Staffing shortages are impacting on our day-to-day teaching, as they are in all schools due to COVID and a lack of casual teachers across NSW. Please know that we always endeavour to cover our classes mindful of the impact on student learning. All teaching staff have been teaching additional periods to cover our casual teacher shortage and we thank them for their extraordinary efforts this term. As mentioned, these shortages are reflective of all schools, and we endeavour to minimise the disruption to our student's learning.

Workshop with Aboriginal leaders on designing our House Emblems

Chloe T-L and Seb T our senior school captains continue to initiate significant projects across to school that have shown incredible leadership for the entire school. They have organised a 4-week workshop that has a range of students who will work with representatives from the indigenous community on culturally appropriate designs and symbols for our House emblems for Stosur, Freeman, Goodes and Hughes. We look forward to showcasing the new House emblems at the completion of their workshop, continuing to develop our student's awareness of the of indigenous land and culture.

Jessy Coulson Executive Director Recognition Program

Ms Jessy Coulson, teacher of Aboriginal Studies and Society and Culture on West Street has been acknowledged by our Executive Director, Ms Cathy Brennan who attended the Aboriginal Major work exhibition in week 6.

CALENDAR

TERM 2	
WK 9 20– 24 June	
Monday 20	Year 7-9 Music Showcase (West St)
Thursday 23	Year 7 Parent-Teacher Night
Friday 24	Year 10 Vaccinations
WK 10 27 Jun – 1 July	
Monday 27	Year 8 Parent-Teacher Night
TERM 3	
Monday 18 July	Staff development Day
Tuesday 19 July	All students return to school Year 9 Parent-Teacher Night
Thursday 21 July	Year 10 Parent-Teacher Night
Friday 22 July	Cross Country

Next P&C Meeting
Tuesday
AUGUST 7 at 6.45pm
via ZOOM

PRINCIPAL'S REPORT CONTINUED

Ms Brennan has given the recognition prize to Ms Coulson after observing the outstanding advocacy and connections she has established between her students and the local indigenous community. Ms Brennan commented on how powerful Jessy was able to facilitate 'authentic and meaningful student voice' in her teaching of the Aboriginal Studies course. Congratulations Jess.

Charlie W invited to sit on the Curriculum Reform Board

Charlie W in year 11 has also been asked to sit on the Curriculum Reform Board for the DoE as a result of the outstanding quality of his Aboriginal Studies project titled, *Analyses of the Aboriginal Histories and Culture in Curricula*. Ms Brennan has invited Charlie to consult from a student perspective on reform that is needed in these aspects of the curriculum. She commented in the following statement on Charlie's work: *I was, as you know, particularly astounded by the work that Charlie has undertaken for his Analysis of Aboriginal Histories and Culture in Curricula. DoE would like to invite Charlie to join the Curriculum Reform Governance Board, to share his findings.* Congratulations Charlie, we look forward to hearing and eventually teaching some of the ideas that will result from your input in the history curriculum.

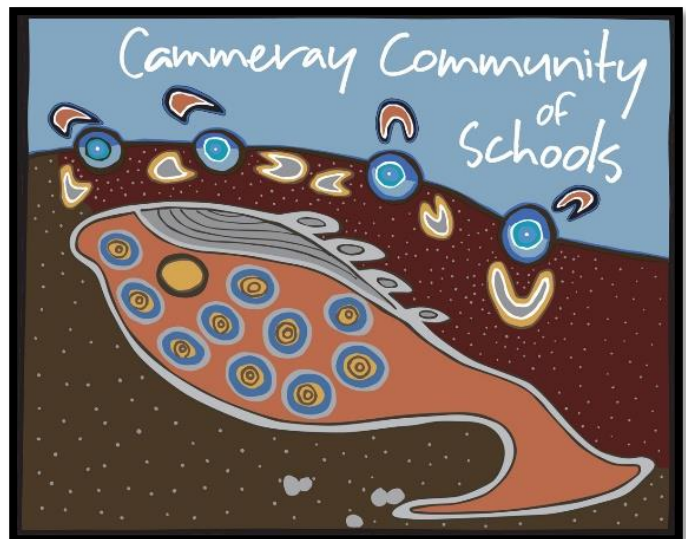
CHS Music Night

We look forward to welcoming parents and students from our school and our local primary schools to see the wonderful music performances by our students on Monday evening at 6pm in the West Street Hall. An invitation with details was sent out to all parents.

Cammeraygal Community of Schools

In other exciting news for our school community, I have recently initiated a local community of schools with our local feeder primary schools, Cammeray Public, North Sydney Public, Anzac Park Public and Northbridge Public schools. We look forward to working with our local schools on leadership programs between our students and their year Stage 3 cohorts. We also hope to establish opportunities for students to participate in our Girls in Stem Program, Robotics, Debating and to work with our SRC groups across the schools. It gives us a great opportunity to work with our community of schools as the high school that hopefully most students will attend from Years 7-12 in this catchment. Please see our draft logo below.

Finally, sending all of our families the very best for the coming weeks and into the winter holiday period in July.



K Melky
Principal

| Deputy Principals' Report

SENIOR CAMPUS

Year 11 2023 Subject Selection Process

Our curriculum pattern and timetable at CHS are always driven by student choice, allowing us to cater to the needs and interests of our diverse population of students. The first step in the generation of the 2021 timetable always takes place early in term 3, and this is the process of subject selection for year 10, moving into year 11. Once these choices have been made and the curriculum pattern for year 11 is determined, we then seek subject selection from the younger years and proceed with timetable construction. In week 10 of Term 2, year 10 students will receive their Stage 6 Subject Information booklet and hear advice about how to choose their subjects. They will also, in Week 1 of Term 3, be able to participate in a 'Subject Fair' where they can speak with teachers from each of the faculties about the various subjects on offer. Hopefully, this will give them a good foundation to think about their future pathways. Then, immediately following the Parent Teacher night on July 21, at 7pm, our Zoom Subject Information evening will take place for parents and students. Ms Melky and I will outline the importance of making appropriate choices for subjects and explain the process of subject selection and the structure of the HSC, and then there will be optional sessions to attend covering all of the faculty areas, with various zoom codes provided closer to the time. I strongly encourage all year 10 students and parents/guardians to participate in these sessions. Year 10 students will then attend Learning Coach interviews early in Term 3 where they will discuss their plans and choices and those choices will be entered into the system. These decisions will be guided by recommendations for levels of English and Maths which are being formulated by the English and Maths faculties. Students who wish to study a level other than that which has been recommended for them will need to engage in a rigorous application process to ensure that they are prepared for the level of challenge provided in each course in years 11 and 12.

Year 10 Parent Teacher Night

Parent Teacher interviews for year 10 will take place on Thursday July 21, on Week 1 of Term 3. Year 10 Semester 1 reports will be given to students in week 9 of this term with bookings for Parent Teacher interviews taking place during week 10. Further information about how to book for and attend the interviews will be sent out closer to the time.

Year 12

Year 12 Trial HSC exams are looming ever closer! These exams are designed to, as much as possible, mimic the HSC exams and cover all course content from year 12. As the Trials take place over 2 weeks (Weeks 4 & 5 of Term 3), rather than the 3 and a half weeks of the HSC exams, they are quite close together, with many students having 2 exams in one day on more than one occasion. It is critical that students prepare themselves for this gruelling experience, and that they have steeled themselves for a 'holiday' of intensive preparation and practise. I will be handing out the Trial timetable during Week 9 so they will have plenty of time to organise themselves ahead of this critical period.

Jodi Arrow

Deputy Principal Senior School Campus

DEPUTY PRINCIPAL'S REPORT CONTINUED

MIDDLE SCHOOL CAMPUS

Parent Teacher Interviews and Reports

Year 8 and 9 parent teacher interviews will take place in Week 10 this term (Year 8, June 27 and Year 9, June 30). Bookings will be made online, and instructions will be e-mailed out ahead of the interviews. Please ensure that you have familiarised yourself with the instructions for using Zoom prior to your interviews commencing. Unfortunately, parent teacher interviews do fill up fast and it may not be possible to meet with all of your child's teachers on the assigned evening. If required, a follow up phone call can be requested via e-mail for any appointments you were unable to secure on the night. Students will have received their Semester 1 reports prior to the interviews and should assist you with discussion around your child's learning during the interviews.

Prohibited Items

Students are regularly reminded at assemblies and year meetings of items that are not to be brought to school. Parent support in ensuring that the following, items aren't brought to school would be appreciated:

- Pressure pack spray cans, including aerosol deodorants
- Chewing gum
- Felt tipped pens or markers (other than extra fine point)
- Liquid paper or other correction fluid (correction tape is acceptable)
- Laser pointers
- Knives of any type
- Toy weapons

Peter Barraclough
Deputy Principal Middle School Campus

Year 7 Parent Teacher Interviews

Year 7 parent teacher interviews will be conducted via zoom on **Thursday 23rd June between 4pm – 7pm**. Instructions on how to access zoom and teacher's meeting room links will be sent ahead of the Parent Teacher Night.

Parent teacher interviews are an important opportunity for you to touch base with your child's teachers and discuss ways that you can further support them on their educational journey at this crucial stage of their schooling. If you were unable to secure a booking with a class teacher, please contact the school and arrangements can be made to receive feedback from your child's teachers via phone, during week 10.

As the Parent Teacher Nights will be held via Zoom we would like to remind parents and carers of the opportunity to come onto the school grounds and see the physical spaces, as well as the teaching and learning in action. If you would like to participate in a tour on the 23rd of June from 9:30 - 10:30, please register your interest below and we will be in touch to confirm your appointment.

<https://forms.gle/E72UqvBcJZZ5jVbJ7>

DEPUTY PRINCIPAL'S REPORT CONTINUED

Year 7 Camp

Year 7 attended a three-day camp at Point Wolstoncroft Sport and Recreation Centre in week 7. Students participated in a range of team building activities and challenging physical pursuits. Students are now experts in making damper and pushed themselves to the limit with mountain bike riding and getting back to nature with serene bush walks in the very brisk air. Year 7 were accompanied by their peer support leaders who played a large role in building connections and encouraging year 7 to tackle new obstacles and take on challenges. All students are to be commended on their outstanding participation and conduct throughout the three days.



DEPUTY PRINCIPAL'S REPORT CONTINUED

Young Writers Awards

2022 marks 33 years of Stanton Library and North Sydney Council celebrating the writing talent of young people in our community with an annual Young Writer's Award

The Nan Manefield Young Writers Award is for young people 11 to 18 years and is judged in five age categories. Congratulations to the following students!!!

12 Years Merit	Rosie B
13-14 Years Merit	Caitlin D
13-14 Years Merit	Joanna W

Siobhan King
Acting Deputy Principal Middle School Campus

Faculty News

SOCIAL SCIENCES

ASX Competition for Semester 1 2022

Noah R of year 11 achieved 11th place in NSW for the Australian Securities Exchange competition for Semester 1 2022. He made a profit of \$5,520 on his \$50,000 hypothetical investment in only two months! Well done, Noah! Barnaby C of year 8 achieved the second highest profit for Cammeraygal High School and the syndicate of Dylan C, Aston H and Evan J of year 9 came third. 52 students from Cammeraygal High School actively participated in the competition by completing at least one trade, and these students' participation in the competition was recognised in their reports.

Noah regularly traded throughout the competition, investing in a diversified portfolio including:

- Woodside Energy (which explores for and produces petroleum)
- Fortescue Metal (which extracts iron ore)
- ANZ Bank
- Goodman Group (a commercial and industrial property company)
- Ishares Europe (an exchange traded fund which provides exposure to European companies)
- BHP Group (a mining company)
- Bank of Queensland
- BetaShares Crude Oil Index (an exchange traded fund which provides exposure to oil prices)
- Yancoal (a coal mining company)
- Beach Energy (an oil and gas production company)

All Cammeraygal High School students from year 7 to 12 are welcome to participate in the Semester 2 competition next term. Details will be available on Sentral and on the ASX Competition Google Classroom.

Caroline Jerrems
Social Science faculty

The Importance of Young Women Studying Economics

Economics is one of the most interesting and useful subjects in the Year 11 and 12 curricula, as it teaches analysis and problem-solving, and provides us with the tools to critically examine government policies and news coverage.

But unfortunately, girls across Australia are increasingly turning away from this discipline. Only 35% of students studying economics at Year 12 level are female, significantly impacting the capacity of women to cast informed votes, meaningfully engage with news coverage of domestic and foreign affairs and find jobs in a corporate world that greatly values economic literacy.

Economics is not about making money, but rather about examining the choices that individuals, businesses and governments make, and analysing how those decisions affect the world around us. While conventional economics does revolve around financial markets, macroeconomic policy and exchange rates, many economists study fields as diverse as

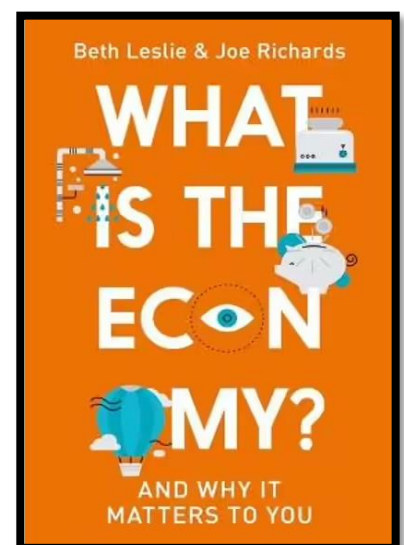
- corruption;
- power;
- love;
- education;
- social influence;
- lab experiments;
- time use;
- crowd psychology;
- female breadwinning;
- animal behaviour;
- probability;
- gambling;
- house prices;
- human wellbeing;
- COVID-19 policy;
- happiness and
- discrimination.

Economics simplifies these divergent fields of study through theory and diagrams and gives us the tools to productively think about and discuss these complex issues.

Economics is always evolving, ever-changing and constantly being updated as economists develop new insights into the functioning of the world. Economics is not an absolute set of facts, but rather a *process*, in that it provides us with a framework to interpret the world around us and the meta-language with which to communicate our findings.

Gigi Foster, a Professor of Economics at UNSW, has even created a model that measures love! Foster has studied how love impacts resource allocation and material consumption and has used elements of economic theory to form the basis of her analysis. Anyone who is interested in social issues and learning about how we can help every member of our society can greatly benefit from studying economics.

The Year 11 Economics course revolves around consumers and businesses, financial and labour markets and government intervention in the economy and provides a perfect introduction to the subject of economics. In Year 12, students explore government policy and currency and exchange rates in greater depth, which provides ideal preparation for university-level commerce, business, and economics courses.



A great book about the importance of economics for women.

Year 12 Economics student Elke G has noted that

“It’s a real-world subject and can be applied to anything. It gives you a broader view of the world, and I can connect the news and current events to a lot of the things I have learned.”

Speaking specifically to girls, Elke says that

“Economics is quite a rewarding subject. It’s a social science, so it’s very logical and involves lots of problem-solving. It’s not all about Maths (despite what many people think) and caters to everyone.”



Year 12 Economics
Student Elke G

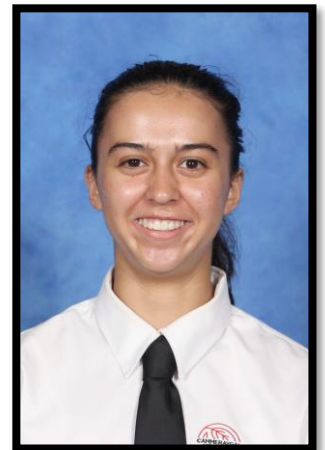
Her advice for students thinking of choosing economics is to

“read widely and learn about contemporary events, as they really help you to understand the theory behind economics.”

The school libraries have the magazines *The Economist* and *The Monthly* available, and all students are provided free access to the online newspapers *The Sydney Morning Herald*, *The Age* and *The Australian Financial Review*, which are all perfect for building general knowledge and learning more about the economy.

There are so many different ways to be an economist, and I strongly encourage every girl in Year 10 to consider selecting Economics as a Year 11 subject.

If you are interested in learning more about economics, please find Mr Foster, Mr Slater, Mr Wu or Ms Jerrems, and feel free to contact Alexia R on the senior campus if you are interested in learning more about women in economics.



Year 11 Economics
Student Alexia R

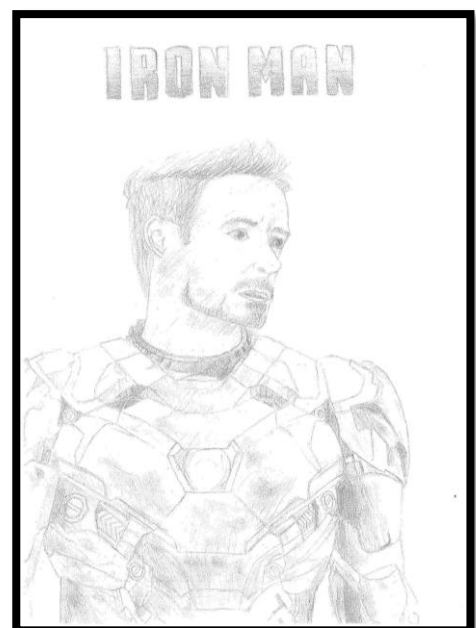
Jessy Coulson
Social Science faculty

CAPA

Featured Artwork

This artwork was created by Ayza O in year 7!

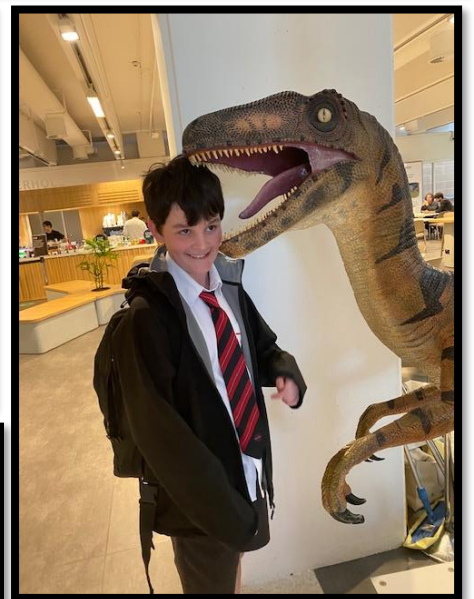
Heather Darvey
Music and Visual Arts Teacher



ENCRICHMENT

Year 8 Enrichment Excursion

On Monday 6th June a group of Year 8 students travelled to the Australian History Museum to explore the 200 Treasures Exhibit and learn about the stories of the 100 people who have shaped Australia's history. Some of the individuals that caught their interest included, Victor Chang, David Unaipon, Edith Cowan and many more. From this excursion, the students will be selecting 1 individual who they found the most inspiring to create an exhibit of their own. This will be presented in our library in Term 3 for the school community to enjoy. We look forward to seeing their innovative exhibits.



Simone Shorter
Gifted and Talented Coordinator

LIBRARY

A gentle reminder to return any overdue textbooks or library books. These are resources for the whole school community to enjoy.

Thank you!

More new books have been added to our library collection on our Pacific Highway Campus, courtesy of the P&C. Please do come and have a browse!

Well-being @ CHS


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


Important Information: Sentral for Parents App



From **Thursday 23rd June 2022**, versions 3 and 4 of the Sentral for Parents App will no longer be supported. If you are on one of these versions, you need to update your app to continue accessing information and receiving notifications.

How do I check what version I am?

From your app, go into Settings cog in the top left corner of the dashboard screen, then into App Version. (See image below.)




I am on Version 3 or 4


You will need to update your app. Go to your device's app store and search for Sentral for Parents and then select Update (see image below). Or you can access the app store using the QR codes below. After the update, when you go back into the app, you will be required to re-enter your login credentials.

I am on Version 5


You do not need to do anything at this time.



App Store




Google Play



How to get Help

If you require assistance you can email parentapp@sentral.com.au for support.



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 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.

Jenny Perry
Careers contact

| from the CHS P&C Association

Uniform Committee

P&C Uniform will be hosting a much-needed jackets and jumpers ONLY stall this coming Monday night 20 June 2022, just before the Music Night 🎵.

All items \$10 each (card or cash), and it will be held strictly between 5:10-5:45pm at Senior School, West St Hall, enter via Rodborough Ave.

And please stay for the Music Night starting at 6pm, it's going to be fantastic.

(Also, we are giving away red sports tops for free! Come and grab a spare top.)



mini Winter sale

Jackets and Jumpers Only

Strictly 5:10-5:45pm

Just before the
Cammeraygal Music Night

Outside the Hall



CAMMERAYGAL HIGH SCHOOL PRESENTS-

CAMMERAYGAL MUSIC NIGHT

FREE ENTRY (Raffle and supper on sale)

MONDAY JUNE 20
WEST ST HALL 6-8 PM

Entry from 5:40-pm via Rodborough Avenue gate
(Parking in surrounding streets)

Featuring artworks and different media from various Year 7-11 classes

SHOWCASING OUR BRILLIANT MUSIC ENSEMBLES:

- String Ensemble
- Vocal Ensemble
- Jazz Band
- Drum Group
- Concert Band

Various small ensembles and soloists from elective music
Yr 10-12

SPORT

Cammeraygal P&C First Aid Training for First Responders

On behalf of the Cammeraygal P&C and all the attendees of the first aid course we would like to sincerely thank the school for allowing us to use the West St Hall for such a valuable and potentially life-saving event. The Senior Campus Hall was the perfect venue for the course which was incredibly successful.

The training was run by Mark Huxley of Michael Hughes Foundation on Saturday 28th May and Sunday 5th June which the P&C kindly funded first aid training for over 50 attendees. Due to Covid we had to postpone the sessions several times and it ended up being more than a year from our first phone call to the actual events, However, it was well worth the wait! The students, coaches, managers, and parents that attended were so engaged and impressed with course content. We are hoping to make this an annual event to refresh knowledge of life saving techniques amongst those in the school that are responsible for groups of students.





Netball

The netball season continues with mixed results on the court, and we are looking forward to some sunshine this weekend.

We have had some excellent results in recent umpiring grading with Chloe T-L achieving her National C Grade Umpiring Badge and Grace M achieving her Senior Level 2. Congratulations to both!

Fingers crossed for a great fun round this Saturday.



Chloe T-L umpiring

Basketball

We are nearing the end of 2022 Comp 1 for both the Junior and Senior Competitions. Congratulations to the women's U14 Vipers and U18 Storm, the men's U14 Cobras and U18 Hawkes teams for making it through to the playoffs which are being held on 23rd and 24th June!

A special mention for our U16 men Spartans team who are currently 4th on the ladder in their division and had a great season, however due to moving divisions late in the comp are unfortunately not eligible to compete in the playoffs.

The U14 girls Vipers have had a great second half and are really starting to work well together as a team. A big shout out to their coach Ruby B who they are so grateful to for all her support. With only one more game to go the Vipers are currently 3rd on the ladder and will be playing in the playoffs. Go Vipers!



U14 girls Vipers from Left to Right (back row) Alice B, Serena AC, Stella W, Sofia P, Coach Ruby B (front row) Kierra D, Lara O (absent) Chloe S

Basketball Comp 2 – AVAILABLE PLACES ON SELECT TEAMS!!!

We have an exciting opportunity in some of our Basketball teams!

There are limited places available to join in Cammeraygal Basketball for Comp 2 2022. If you are interested in playing basketball and joining some great teams, please contact sportsadmin@cammeraygalpandc.org.au ASAP!

Senior 18 + men's – 2 places available

Senior 18 + women's – 3 places available

U18s women's – 4 places available

U16s women's – 3 places available

U14s women's – 2 places available

Seeking enthusiastic basketball assistant coaches & senior coaches!

We would love to have a few more assistant coaches in our basketball program. If your daughter or son loves playing basketball (from years 10 -12) and can help to coach a younger team and available before school and Saturday evenings for games, please get in touch with Hettie Jamieson at sportsadmin@cammeraygalpandc.org.au.

We would also love some older coaches to become one of our main coaches. If you know of any 18+ coaches who are available to coach basketball, please email sportsadmin@cammeraygalpandc.org.au.

Come and watch NBL1 Men's team play on Saturday 25th June!

50% discount off the normal ticket price for Cammeraygal families!

We are excited to invite our Cammeraygal Basketball families to watch the NBL1 Men's game at 7.00pm on Saturday 25th June at North Sydney Indoor Sports Centre, Hume Street, Crows Nest.

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 25th June, and will not be available at the door.

Football (Soccer)

Since the last newsletter U14 girls' competition has been re-graded, with the Lane Cove team being dropped down a division and a second Northbridge team promoted into our division. In the process our girls were moved from 1st on the ladder, to 3rd place. We spoke to the team and told them they simply had to continue playing the way they have been, and the results will take care of themselves. Winning two more games after regrading and very narrowly losing the last three (against the top two teams) our girls have been a credit to themselves, playing hard but fairly. At no time were they outplayed, nor did they give up or become demoralised when goals were scored against them which is a greater skill than most U14 teams in any sport have.

We would like to thank the on-going support of the girls' parents; the long weekend saw us scheduled to play at Berowra on Sunday at 10am! Mid-season injuries and flu cases looked like us having to forfeit this game until one dedicated Dad volunteered to drive two fit and healthy players up from a camp near Wollongong in time for the game. On a stunning morning we produced one of our better performances, but sadly suffered a 2-4 loss. Thank you to all the parents who got the girls and themselves up there for the game. We were rewarded by watching a really spirited performance by our team.

So, one more game before the break and then the back half of the season will be upon us! cannot wait to see how our girls fare in finals football down the track. Win or lose its just fantastic to see them all playing well and all enjoying themselves so much!



The U14 girls football team with the team manager Steve. Sia M, Elida G, Milly G, Pip B, Violet B, Natalia B, Phoebe C, Sammi W, Maddie C, Ella P, Sophia P, Georgie B, Amira C

Tennis

Tennis continues training and competitions into winter months. The tennis team participate in Tennis Northern Beaches Comp on Saturday mornings. We run two tennis fitness sessions on Thursdays and Sundays. We have two tennis squads - one at Lane Cove Tennis Club and one at Roseville Park tennis courts.

It's true pleasure to see how much everyone improves with their tennis skills as we progress through the school year.



If you are keen to join the team, please contact sportsadmin@cammeraygalpandc.org.au

Speed & Agility Training Sessions

Do you want to learn how to train and move fast like a professional athlete?
Registration for Term 3 are NOW OPEN!

Sign up now for Term 3! There are a limited number of places available!



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 AND SUSTAINABILITY

Sydney harbour and its marine life is at risk

Sydney harbour and its marine life is at risk from the dredging that is set to go ahead with the construction of the Western Harbour Tunnel (WHT) - which has already started in Cammeray.

This might be our last chance to ask the government to stop and reconsider the Western Harbour and Beaches Link tunnels before the NSW Budget comes out next Tuesday night.

We are meeting at the Coal Loader to take a photo at the location that the tunnels are planned to hit landfall on the North Shore. Whether you are concerned about toxins spreading through our Harbour due to dredging, impacts on local baths, Waverton's heritage, Cammeray Park, Flat Rock, pollution stacks, trees, traffic, Middle Harbour, or the impact on the Northern Beaches ... come along to the Coal Loader this Saturday. We will show you the crossing point and together take a photo to send to Parliament.

Saturday 18th June
12pm
Coal Loader Platform

This is a family friendly, community get together and photo opportunity similar to the Flat Rock tours done previously. Why not bring a picnic and enjoy the beauty and serenity of Balls Head while we still can. There are drop off points nearby for those who might like to carpool or otherwise please catch a train and walk/cycle down from Waverton Station. We need numbers to demonstrate the communities concern- come along and do your bit to change the conversation around the toll road tunnel project before contracts to dredge our precious Harbour are locked in. This might be our last chance to really make a difference. Bring your neighbours, friends, kids, and dogs!

I have included a photo renowned marine scientist Prof Maria Byrne who spoke at the Parliamentary inquiry last September into the impacts on Sydney Harbour with the dredging for the Western Harbour Tunnel.

Here is a quote from Prof Byrne –

“The harbour is now one of the most diverse in the world in terms of number of species, many of which live in the sediments. In many areas seagrass and kelp have returned, including in the area of the tunnel construction. This renewed diversity has absolutely thrived because contaminants originating from the industrial history of Sydney Harbour are sequestered in the sediments, and this is where they should remain. The tunnel project risks the reversal of all these positive gains we have had for our very, very iconic Sydney Harbour. It is well known that the harbour sediments have high levels of contaminants. These are



The Coal Loader at Waverton



Marine Scientist Professor Maria Byrne, giving evidence at the Parliamentary Inquiry about the catastrophic impact that the dredging of Sydney harbour will have on marine life

persistent; they will be with us for hundreds of years, and we cannot do anything about that. This includes sediments in the corridor of the tunnel in the construction support sites, and this was shown in the contaminants report—the Golder-Douglas report of 2017. This report was kept confidential during the EIS stage. This demonstrates lack of transparency.

The mixture of contaminants in the sediments includes banned and poisonous chemicals that are carcinogenic to humans - dioxins and biocides such as copper and tributyltin [TBT], which are highly damaging and, in fact, cause instant death to many marine animals. The sediments at both ends of the tunnel corridor where the dams will be made are highly contaminated. The sediments at the Berrys Bay support site contain amongst the highest levels of tributyltin, dioxins, mercury and many more known for marine sediments and are well above the national quality guideline levels. This is because this area was a shipbuilding yard for years where the boats were cleaned, releasing the anti-foul paint with the tributyltin into the harbour. Tributyltin is a biocide; it kills marine embryos and interferes with skeleton formation and reproduction in molluscs”.

I'll be there and hope you and your family can make it too. It won't take long but wear your woollies!

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