

# Cammeraygal High School

## Empowered to Achieve



### 01 PRINCIPAL'S REPORT

### 29 P&C

#### MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

I hope term 3 has started well and that the dreaded COVID and Flu has not impacted too much on you and your family this winter. We continue to ask parents to keep your child at home to protect our students and staff from these illnesses. Please inform the school if your child tests positive to COVID and inform NSW Health. We appreciate the support of our families in trying to minimise the impact of these illnesses as the term progresses.

Term 3 is traditionally one of the busiest terms of the school year with events such as the Trial HSC exams, Year 10 and Year 8 subject selections, Winter Academy and of course the farewelling our Year 12 students at the end of the term. We will all work together to support our students and staff during this busy term.

#### Year 12 Trial HSC exams

These will commence in week 4 and we wish all of our year 12 students the best of luck in their exams. It is an extremely stressful time for students, we know parents/caregivers and siblings will be their biggest support group during their preparations for the exams.

#### Year 10 Subject selections and learning coach interviews

In week 4, myself and a group of staff will be interviewing year 10 students to support them

in making their subject selections for entry into year 11 in 2023. This is a major milestone for year 10 as we discuss their subject choices, educational pathways and potential career choices during these interviews. This has become an important process in helping them decide a suite of subjects that is most appropriate for this pathway.

#### CALENDAR

<b>TERM 3</b>	
<b>WK 4   8 – 12 August</b>	
Monday 8 - 12	Year 12 Trial Assessments
<b>WK 5   15 – 19 August</b>	
Monday 15 – 19	Year 12 Trial Assessments continued
Sunday 14 - 19	Winter Academy
<b>Upcoming in September</b>	
Thursday 22	Year 12 Graduation Starting 5pm

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

# PRINCIPAL'S REPORT CONTINUED

## Year 8 Subject Choices for year 9 2023

Year 8 will then be making their elective choices for year 9 2023 where again we will advise students to choose subjects that spark their interests and creativity. Mr Barraclough will be issuing these booklets in coming days and explaining the processes to year 8 students.

## Winter Academy

The Winter Academy ski camp will be going ahead with 50 students going to the snow in week 5. Parents/caregivers of students attending would have received an email explaining that students do need to do a RAT test that is negative the day before the camp in order to ensure we do manage any potential COVID outbreaks. I am sure it will be a great camp for students and teachers, it always is a highlight for students who attend.

## Executive Director's Recognition award to MS Jessy Coulson

As mentioned last term, Ms Jessy Coulson has received an award of recognition for her outstanding work in teaching the Stage 6 Aboriginal Studies class as an accelerated course. Jessy was acknowledged for the connections she created between her students and the local Aboriginal communities that worked closely with our students on their major projects. Her work was commented on vary favourably by the DoE Executive Director for Northern Region, Ms Cathy Brennan. **Well done to Ms Coulson**



## Student Achievements

Alexia R in Year 11 has been selected as part of the NSW Combined High School debating squad. This is an extremely wonderful achievement that reflects her being chosen as one of 12 students across NSW schools. **Congratulations to Alexia.**

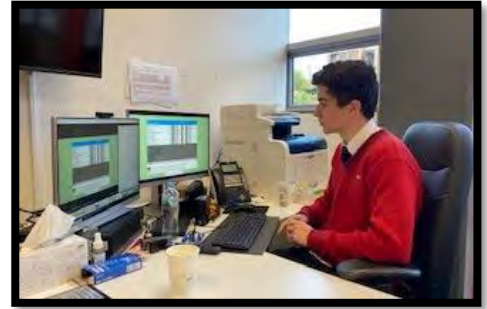
Congratulations to Erica F in year 10 who has been achieving extraordinary things in representative basketball. Please see an outline and photos below of Erica s' achievements. She should be extremely proud, and we congratulate her on her achievements. Looking forward to hearing about many more. **Well done Erica!**

Erica and her NSW Metro team took gold at the U16 National Basketball championships in Perth over the holidays. They were the National champions! The team was undefeated at the tournament and Erica played incredibly well, making key defensive plays and 3 pointers which took the NSW Metro team to victory over South Australia Metro in the final, 89-61. The selection process for the team was super rigorous, the team practiced together for 10 weeks and then travelled to Perth to win with the NSW coaches. We were able to watch all of the games live on Kayo TV which was really great- **super exciting!**



## PRINCIPAL'S REPORT CONTINUED

**Charlie W** in year 11 has been invited to a second DoE Curriculum Reform meeting with senior personnel from the DoE. He has been invited to consult on his suggested changes to the inclusion of Aboriginal History directions in the History syllabus for Years 7-10. He has done the school very proud! **Well done, Charlie!**



### Library upgrade on Pacific Highway Campus

The school would like to extend our warm thanks to the Cammeraygal P&C for funding the renovation of the Pacific Highway Library. The space now looks refreshed and modernised with new furniture and carpet making it more inviting for students to attend the library space for research, completing group projects or to attend an extracurricular club. Thank you to Ms Mary Cumberland, our Teacher Librarian who has worked so hard to make the Library a vibrant, inviting student centred space that all students on Pacific can enjoy.



We look forward to an eventful and productive term 3.

Regards,

**K Melky**  
Principal

# Deputy Principals' Report

## SENIOR CAMPUS

### HSC Trial Exams

Year 12 have been busily preparing themselves for their Trial HSC exams, which commence on Monday of Week 4 and run for two weeks. During this time year 12 students are only expected to attend school to sit these exams, although fortunately this year, with looser Covid restrictions, they are welcome to come in to school to access the Library and their teachers at any time. These are the first summative, full-length exams that students will have sat in a formal way, and understandably there is always considerably anxiety around them. They are a huge challenge, particularly as they are compressed into the two week timeframe, unlike the HSC exams which run across 4 weeks. However, they are an excellent opportunity for students to refine their exam technique and gain valuable feedback on their strengths and areas for development as they hit the home stretch towards the final exams. The final Trial timetable, Exam Procedures and Illness/Misadventure Information package have been emailed out to parents this week.

Year 12 students are also extremely busy finalising their major works which are due to NESA over the coming weeks – and congratulations to our Society and Culture students who submitted their Personal Interest Projects this Monday! These are the firm deadlines set by NESA – our teachers will often set earlier deadlines for school submission, but the dates below are fixed externally, and late submission could lead to a zero mark in that portion of the HSC.

### Major Works due dates (NESA)

- Industrial Technology Timber – August 11
- Textiles and Design – 15 August
- Extension 2 English – 19 August
- Drama – 22 August
- Design & Technology – 25 August
- Visual Arts – 29 August
- Science Extension – 2 September
- Music – 5 September

**Jodi Arrow**

**Deputy Principal Senior School Campus**

## DEPUTY PRINCIPAL'S REPORT CONTINUED

### MIDDLE SCHOOL CAMPUS

#### ONLINE SAFETY

As parents, you must play a key role in ensuring the children in your care are engaging in online activities in a safe and healthy way. The eSafety Commissioner provides a wealth of resources to support parents and young people in doing just that. I strongly encourage all parents to access the website: <https://www.esafety.gov.au/parents>

You can also register for free webinars for parents and carers that explore the latest research. Topics remaining to be covered this year include:

- Popular apps
- Online sexual harassment and image-based abuse
- Digital technologies and mental health
- Guide to the holidays

Register through the following link: <https://register.gotowebinar.com/rt/5639946412689525773>

#### 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 **are not** 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
- Toy weapons
- Knives or blades of any type

#### Interschools Snowsports Competition

Thanks must go to Ms S Jamieson who kindly volunteered to be the P&C Snow Sport Coordinator this year. We hope that we can build on this year's success and increase our participants in 2023.

Here is her report:

After a couple of years of cancelled events, the Sydney Interschools Snowsports Competition was finally held 11 – 15 July at Perisher, with six Cammeraygal students participating in the competition. Held during school holidays, it was pretty busy on and off the slopes, but with perfect weather – great snow, sunny days with little to no wind – everyone had an awesome time skiing and snowboarding with friends and family. With many schools across Sydney having teams of students representing their school, there was a definite competitive spirit amongst the schools and racers, as well as a few nerves!



*Fin. W in Orange Helmet on the Alpine course*

## DEPUTY PRINCIPAL'S REPORT CONTINUED

Cammeraygal students participated in a few different snow sport disciplines – Alpine, Ski Cross, and Snowboard GS. Whilst no one finished within the top 3 of their races, all the Cammeraygal racers did the school proud. The Interschools organisers were pleased to welcome the Cammeraygal students, as being a relatively new school in the competition, they were keen to encourage more students to join next year. If interested in joining the Interschools Snow Sports Competition next year, please keep an eye out for the notification from the school in Term 1 2023 when seeking students who are interested in participating.



*Kyle H lining up to race*



*Chloe C  
on the Alpine course*



*Rory M at the start position*

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

### Cammeraygal Community of Schools

Cammeraygal High School is proud to have strong community connections with our local primary schools. As part of the Cammeraygal Community of Schools partnership, students from CHS have been assisting with running sports carnivals with the local primary schools.

Last week and over the coming few weeks, our Junior Sports Captains and representatives from the year 9 Physical Activity and Sports Studies class, will be helping to coordinate and officiate the local primary school athletics carnivals, providing excellent leadership opportunities for our students.

This partnership has been complimented by our GIRLS in STEM program which has been running this term. Students from the CHS junior robotics team have been mentoring students from North Sydney Demonstration School on a weekly basis to enrich their learning in coding and provide the opportunity test prototype robots. These partnerships are an important part of maintaining our strong connections with our local primary schools whilst also providing excellent opportunities for CHS students to extend their skills, apply their knowledge and challenge their leadership qualities.

Thank you to Dr Mirto and the PDHPE faculty for their tireless efforts in organising these wonderful experiences for our students.

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

# Faculty News

## SOCIAL SCIENCES

### Year 11 Business Studies Excursion to Luna Park and Woolworths Metro North Sydney

On a drizzly Friday at the very end of term 2, Year 11 Business Studies students got out of the classroom and went for an excursion to Luna Park Sydney and Woolworths Metro North Sydney. Students learned about the legal structure of Luna Park, as well as the key marketing and operations strategies that they implement to achieve commercial viability. After an hour-long presentation, students went on lots of rides to check out the Operations processes used at the park. In the afternoon, the cohort visited Woolworths Metro at North Sydney where they had a presentation from the store manager. Some interesting facts that we covered included:

- Bananas are the most popular product at the store and need to be carefully stored to ripen them correctly. They also sell a lot of ready-made meals for their target market demographic of office workers and North Sydney locals.
- They cater for people visiting 1 – 3 times a day at the store rather than weekly shop-ups at more suburban stores
- Sushi is sold on consignment – the sushi is not owned by Woolworths, but they get paid a percentage of turnover.

It was great to get out on excursion after two years of reduced opportunities due to COVID.

No one got hypothermia from the constant drizzle.

Students learned about two great business case studies, and everyone had lots of fun on the rides.



**Caroline Jerrems**  
Business Studies teacher

## CAPA

### SYMPHONY EXCURSION

Congratulations to all of Yr 7 and the elective Yr 10 music students who attended the Sydney Symphony Orchestra excursion at the City Recital Hall at the end of June.



It was a good day out and a wonderful concert. Well done to all of you for representing the school so well. There was really nice feedback from the staff at The Recital Hall in regard to your behaviour and engagement with the concert. It was obvious that you all enjoyed the program.





## NEW INSTRUMENTS

Thank you to the P&C for their support of the school through the purchase of our two **wonderful timpani and marimba!**

*We loved hearing them at Music Night last term!*

Tom D (Yr 12) will be performing the marimba in his HSC program. The two new timpani (as demonstrated by Dylan Yr 10 below) have now found their home in the Pacific music room and have completed our set of four.



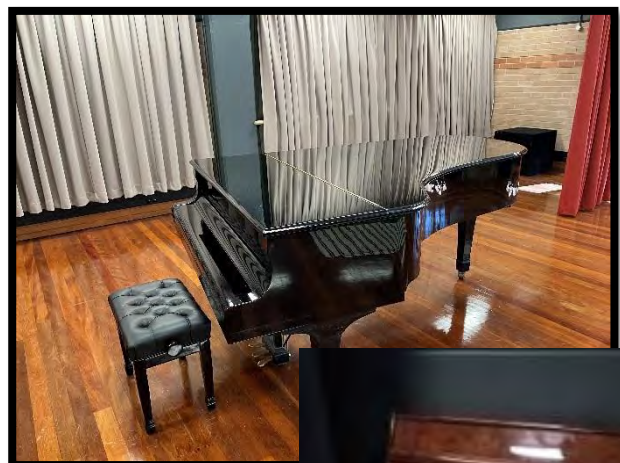
## Piano donations

We have also been very lucky to have received two beautiful pianos from members of the school community.

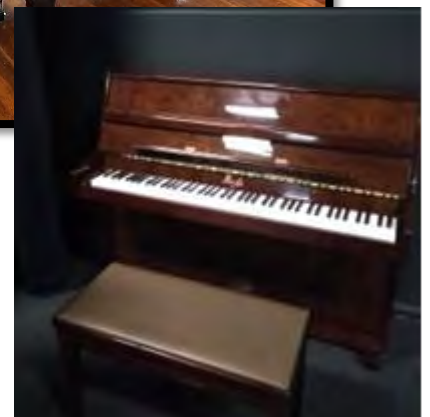
The pianos are in wonderful condition and are now available for music students from Yr 7-12 to use.

***Thank you to the Atherton and Tazawa-Lim families on their kind donations.***

*They are already being used by many enthusiastic and talented pianists.*



West St Grande Piano



Pacific Hwy Campus upright piano

## NORTHERN BEACHES INSTRUMENTAL FESTIVAL continued ...

Last newsletter we reported on the Concert Band's participation in the NBIF. In the final two weeks of Term 2 we had two more of the music ensembles perform as part of the festival.

The String Ensemble performed beautifully at Pittwater HS. One of the pieces featured a solo by Jared A in Yr 11.



Congratulations to all of the students Yr 8-11, as well as their talented conductor Ms Sarah Qiu.

Next was the Jazz Band ...



A rainy Sunday at Harbord PS, but the music was swinging! Congratulations to the students from Yr 7-11 for a very entertaining bracket of pieces. The music staff, Ms Ann Boyle and Ms Alex Lang, were really impressed with the energy and expression that was evident.

Some great solos from James E and Kai B in Yr 11, and Eli B in Yr 7.

Let's not forget the fabulous singing of Arvind S in Yr 10 ... ***it would make anyone 'Feel good'!***

### State Music Camps

#### Senior Camp

Yr 10 Rachel, Yuta, Elise, Dylan

Yr 8 Ethan

#### Junior Camp

Yr 7 - Eli, Olivia

Yr 8 - Juliet, Sandra, Amelia,  
Eoin, Shanelle, Eva, Zac



In the last week of Term 2, five Cammeraygal students spent a week of intense music making with 200 Yr 8-12 students from across NSW.

Term 3 Week 1, and nine Cammeraygal students joined the Junior Camp, made up of 200 Yr 5-8 students from across NSW.

For both camps, students rehearsed and performed in a Symphony Orchestra, one of two Concert Bands, a Jazz Band or a Vocal Ensemble every day, and then selected a second ensemble to participate in. These ranged from a Percussion Ensemble to a Brass Group, to an Improvisation Group ... ten choices in all!



30 music staff from schools across NSW worked with the students for the whole week. The camps are organised by The Arts Unit and students were able to access expert tutoring and conductors. Cammeraygal staff, Ms Jennifer Power (Concert Band) and Ms Sarah Qiu (String Ensemble) were selected to tutor and conduct at the BOTH camps!

All of the students came together for a third activity – Camp Item.

200 students came together in a Symphony Orchestra or the Massed choir and together, presented an exciting program of music fit for the SOH Concert Hall.

Senior Camp performed excerpts from Beethoven's Symphony No 9.

Junior Camp performed Non Nobis Domine from Henry V, as well as a wonderful original work by their conductor Mr Ian Jefferson.



The students spent every night making new friendships while enjoying various concerts and social activities. They even had time for a couple of sport afternoons during the six days.

Both camps culminated in a two hour concert on the final night for family and friends.

***Congratulations to all staff and students who were selected to attend.***

## MID YEAR MUSIC MATINEE & EVENING CONCERT

Congratulations to all of the musicians who performed at school on Monday June 20 at our mid year concerts. The two matinee performances held for Yr 7-10 were really enjoyable and it was great to perform for the school.

The matinees were followed by an exceptional night of music making for family and friends and was supported beautifully by fabulous artworks from our Visual Arts students.



### ***Congratulations to everyone involved:***

Concert Band

Jazz Band

Drum Group

Vocal Ensemble

String Ensemble

Yr 10 & 12 elective music students



**Thank you to the school Office staff and the GAs for all their assistance in the preparation for the concert.**

Ms Ann Boyle

Ms Jennifer Power

Ms Sarah Qiu

Ms Heather Darvey

Ms Alex Lang

Ms Pearl Hendy

Ms Kate Richards

Ms Parris Dewhurst - VA

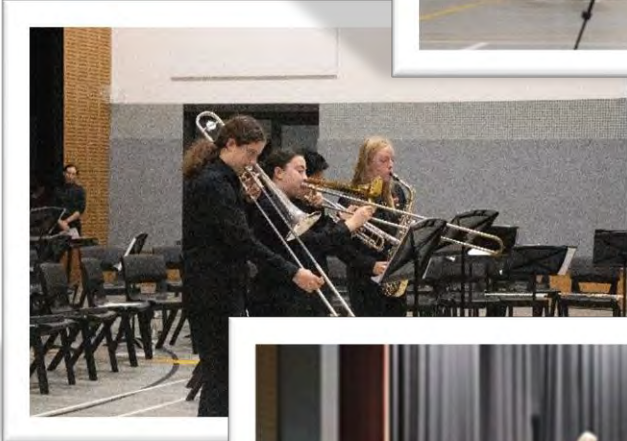
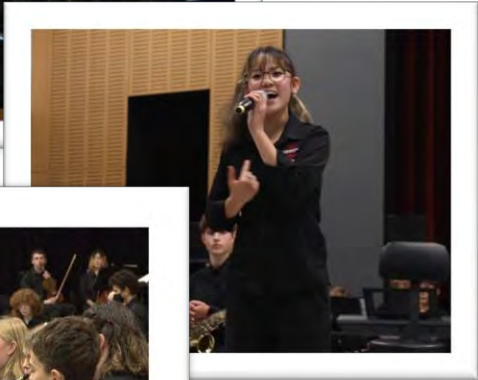
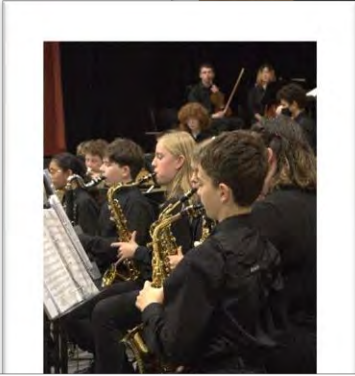
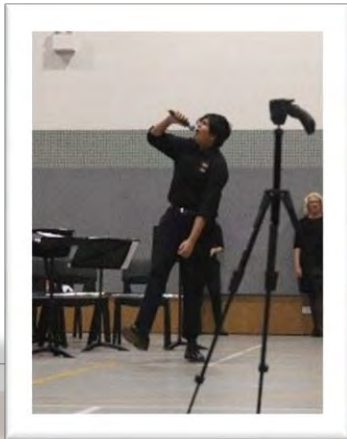
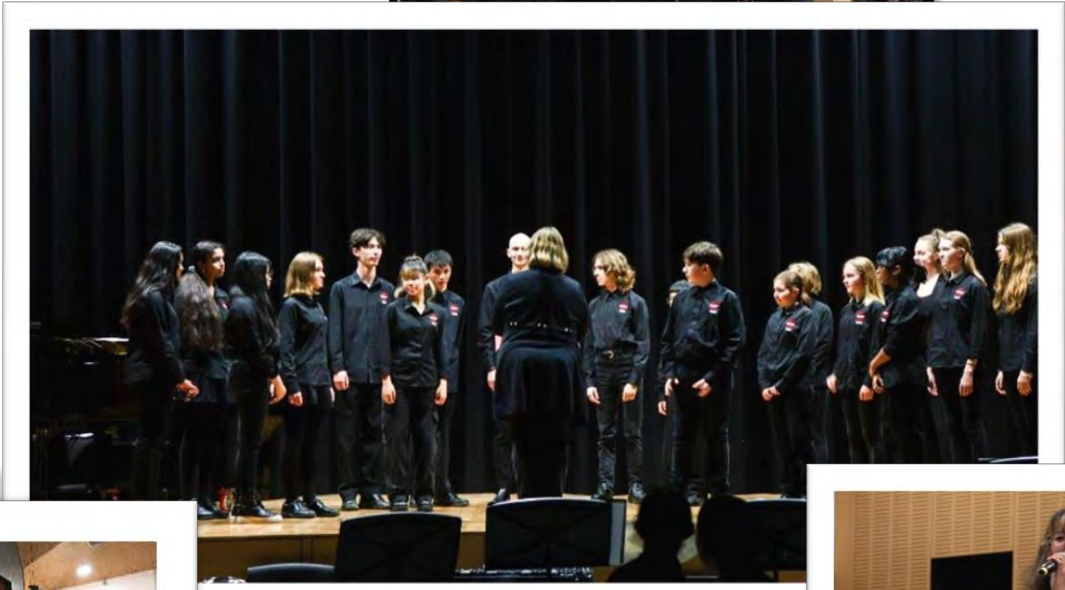
Mr Joel Occelli - VA



**SOME SNAP SHOTS FOR MID  
MATINEE & EVENING CONCERT**



**YEAR MUSIC**



## LOTE

### Year 10 Japanese

#### ZOOM ZOOM ZOOM!

Year 10 Japanese had the pleasure of doing a live ZOOMing with their Penpal buddies from Japan (Hirata Seifu JS)! There were two different sessions, both of which were very *たのしい* (fun) and *おもしろい* (interesting). Shiritori was the favourite game of the day. Students wracked their brains for words that started with the same Hiragana that had ended the previous word.

We showed off our drawing skills on Gimkit but they amazed us more with their attention to detail. They wrote about us in their blog too! You can see it here <https://hirata-jupialish.blogspot.com/2022/07/summer-english-international-exchange.html?m=1&fbclid=IwAR3RHDGuidLtRB1PToUHYtpcPR5bAYYVgKsuwUP9Ohyj122EreQHFALdPlg>

Very much looking forward to our next online meeting!



**Michelle Zhou**  
Japanese Teacher

# LIBRARY

## Homework Club

Homework Club starts on the Pacific Highway Library in Term 3. Students have a quiet space to work on school projects, assessment tasks and homework. Homework Club will be every Wednesday afternoon at the Pacific Library from 3:15pm- 4:15pm. Senior student mentors will be in the library each week to help students with their planned work. We look forward to seeing you there!

## Pacific Library Update

This July have been learning about NAIDOC week in the library. There has been displays, books and NAIDOC activities throughout the month. In August we will be celebrating Book Week, the library will also be hosting a variety of activities and competitions to celebrate the event.

The Premiers Reading Challenge has less than a month left. Students still have time to join in and complete the challenge.

A quick reminder to check your bookshelves for overdue library books. We love it when books are borrowed and read but please remember to return them to the library when you are finished reading them.

**Mary Cumberland**  
Librarian

## LaST



Dear parents, guardians and carers

**Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)**

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.education.gov.au/privacy-policy\)](https://www.education.gov.au/privacy-policy).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact the school.

Kind regards

Kathy Melky

Principal

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## FACT SHEET FOR PARENTS, GUARDIANS AND CARERS

### WHAT IS THE NCCD?

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) takes place every year.

The NCCD is a collection that counts:

- the number of school students receiving an adjustment or 'help' due to disability
- the level of adjustment they are receiving to access education on the same basis as other students.

Students are counted in the NCCD if they receive ongoing adjustments at school due to disability. This 'help' allows them to access education on the same basis as a child without disability. The NCCD uses the definition of disability in the [Disability Discrimination Act 1992](#).

Schools provide this information to education authorities.

Go to [What is a reasonable adjustment?](#) below to learn about adjustments.

### WHY IS THIS DATA BEING COLLECTED?

All schools in Australia must collect information about students with disability.

The NCCD:

- ensures that the information collected is transparent, consistent and reliable
- provides better information that improves understanding of students with disability.
- allows parents, guardians, carers, teachers, principals, education authorities and government to better support students with disability.

### Student with disability loading

Funding from the Australian Government for students with disability is based on the NCCD through the student with disability loading.

Students with disability who are counted in the top three levels of the NCCD (extensive, substantial and supplementary) attract the loading. Funding is based on a per-student amount at each of the three levels of additional support. The amount of the loading reflects the level of support students with disability need to participate fully in school, with higher funding for those who need higher levels of support.

Australian Government recurrent school funding is provided as a lump sum to school authorities including state and territory governments, which can then distribute the funding to their member schools according to their own needs-based arrangements.

The Government expects schools and school systems to consider their funding from all sources (ie Australian Government, state and territory and private) and prioritise their spending to meet the educational needs of all of their students, including students with disability.

### WHAT ARE THE BENEFITS OF THE NCCD FOR STUDENTS?

The information collected by the NCCD helps teachers, principals, education authorities and governments to better support students with disability at school.

The NCCD encourages schools to review their learning and support systems and processes. This helps schools to continually improve education outcomes for all students.



## WHAT MUST SCHOOLS DO FOR STUDENTS WITH DISABILITY?

All students have the right to a quality learning experience at school.

Students with disability must be able to take part in education without discrimination and on the same basis as other students. To ensure this, schools must make reasonable adjustments if needed for students with disability. Educators, students, parents, guardians, carers and others (eg health professionals) must work together to ensure that students with disability can take part in education.

The *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005* describe schools' responsibilities.

## WHAT IS A REASONABLE ADJUSTMENT?

An adjustment is an action to help a student with disability take part in education on the same basis as other students.

Adjustments can be made across the whole school (eg ramps into school buildings). They can be in the classroom (eg adapting teaching methods). They can also be for individual student need (eg providing personal care support).

The school assesses the needs of each student with disability. The school provides adjustments in consultation with the student and/or their parents, guardians and carers.

Schools must make reasonable adjustments if needed. The Disability Standards for Education 2005 define 'reasonable adjustment' as an adjustment that balances the interests of all parties affected.

## WHO IS INCLUDED IN THE NCCD?

The definition of disability for the NCCD is based on the broad definition under the *Disability Discrimination Act 1992*.

The following students are examples of those who may be included in the NCCD if they need monitoring and adjustments:

- students with learning difficulties (such as dyslexia)
- students with chronic health conditions (such as epilepsy or diabetes).

## WHO COLLECTS INFORMATION FOR THE NCCD?

Schools identify which students will be counted in the NCCD. They base their decisions on the following:

- adjustments provided for the student (after consultation with the student and/or their parents, guardians and carers)
- the school team's observations and professional judgements
- any medical or other professional diagnoses
- other relevant information.

School principals must ensure that information for the NCCD is accurate.

## WHAT INFORMATION IS COLLECTED?

A student is counted in the NCCD if they receive reasonable adjustments at school due to disability.

Each year, schools collect the following information about the student, including:

- their year of schooling
- the level of adjustment received
- the broad type of disability.

For students who have more than one disability, the school uses professional judgement to choose one category of disability. They choose the category that most affects the student's access to education and for which adjustments are being provided.

A high level summary of the NCCD data is available to all Australian state and territory governments to improve policies and programs for students with disability.

## HOW IS THIS DATA USED?

The NCCD data informs funding and work by schools and sectors. It ensures that support for students with disability becomes routine in the day-to-day practice of schools. The NCCD also supports students in the following ways.

- The NCCD helps schools better understand their legislative obligations and the Disability Standards for Education 2005.
- Schools focus on the individual adjustments that support students with disability. This encourages them to reflect on students' needs and to better support students.
- The NCCD facilitates a collaborative and coordinated approach to supporting students with disability. It also encourages improvements in school documentation.
- The NCCD improves communication about students' needs between schools, parents, guardians, carers and the community.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) annually publishes high-level, non-identifying NCCD data.

## WHEN DOES THE NCCD TAKE PLACE?

The NCCD takes place in August each year.

## IS THE NCCD COMPULSORY?

Yes. All schools must collect and submit information each year for the NCCD. This is detailed in the *Australian Education Regulation 2013*. For more information, ask your school principal or the relevant education authority.

## HOW IS STUDENTS' PRIVACY PROTECTED?

Protecting the privacy and confidentiality of all students is an essential part of the NCCD.

Data is collected within each school. Personal details, such as student names or student identifiers, are not provided to federal education authorities. Learn more about privacy in the [Public information notice](#).

## FURTHER INFORMATION

Contact your school if you have questions about the NCCD. You can also visit the [NCCD Portal](#).

There is also a free [e-learning resource](#) about the *Disability Discrimination Act 1992* and *Disability Standards for Education 2005*.

This document must be attributed as *Fact sheet for parents, guardians and carers*.

# From the Careers Desk

## YEAR 10 Careers and Subject Selection Information

An Email has been sent out to all Year 11 parents that summarises the TVET talk from the Subject Selection evening in Week 1.

There are also links to TVET course lists and course information are available in the attached document.

Work Studies is a Non Atar course that may be offered to students in Year 11 2023 at Cammeraygal if there is demand for the course. The information for this course is also attached to this email.

## 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

## Elevate Education

### Year 11 study skills programs

On Tuesday, 26th July, Year 11 took part in the Elevate Education Program.

Elevate has been transforming the way study skills programs are run across Australia. It incorporates high impact seminars & workshops to help students improve their study techniques, increase motivation, build confidence, and lift exam performance.

Elevate's study skills seminars are designed to achieve behavioural change amongst students. Our students are taught to apply the skills they learnt from this program to further their ability to study. 96% of our students would recommend the seminar to their peers and considered the seminar time well spent.

Some comments made by our Year 11 cohort:

"I learnt a lot from the program as it explored areas I have struggled with in the past. It was especially helpful because of the upcoming Preliminary Exams."

"I found the program highly informative. The advice and study tips provided today will be extremely helpful for my future exam and study experience."

"I have learnt how to give myself more time to prepare for exams, such as starting 3 weeks beforehand."

### Year 10 Study Sensei Elevate Program

On Monday 1st August, Year 10 students took part in the Study Sensei Elevate Program.

Our students were taught

- how to use the subject syllabus to help format their study
- how to structure and review organised notes  
the importance of deep understanding of concepts
- how to use practice exam papers.

98% of our students would recommend this session to others and 97% considered the time well spent!

Comments received included:

- relatable and informative presenters, young not middle aged!!
- great tips and trigger words
- really insightful
- helped me to understand the importance of good study habits.

## Webinar for parents of teenagers

Parentshop has an upcoming interactive **webinar for parents of teenagers**, [Resilience in Our Teens](#)™ – This webinar helps parents to identify, manage and reduce anxious habits in teenagers. Recent research has revealed that cognitive behavioural based, parent-led interventions can be as effective as seeing a psychologist for the early intervention in mild anxiety. Our parent course is delivered over three evening sessions with **psychologist**, Ruby Otero. The next course is commencing on the 1<sup>st</sup> September over 3 consecutive weeks, 6.30pm – 8.45pm. Parents that enrol will receive a free copy of my book, [Engaging Adolescents](#).

If this is something you think **would benefit your parent community** please see attached flier for **distribution among your parents**. I have attached this as a jpeg if you would like to include it in your newsletter or social media platforms. If you would like paper fliers posted to your school, contact Katie at [orders@parentshop.com.au](mailto:orders@parentshop.com.au).

For more information on the Resilience In Our Teens™ for Parents program visit: <https://www.parentshop.com.au/parents/resilience-in-our-teens-parents>



# BODY CONFIDENT CHILDREN & TEENS WEBINAR

SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE IN YOUNG PEOPLE

MON, 12 SEPT 2022

7PM – 8.15PM

VIA ZOOM

Live – No Recording Available

-  **AUDIENCE**  
Parents & Community
-  **SESSION LENGTH**  
1hr 15mins
-  **COST**  
FREE

**BOOK NOW**



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention
- What to do if you are concerned about a child.

### TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA

#### Contact:

E: [education@butterfly.org.au](mailto:education@butterfly.org.au)

T: 02 8456 3908

[www.butterfly.org.au](http://www.butterfly.org.au)





# Tuning in to Teens

emotionally.intelligent.parenting

**TERM 3: 2022**

## **ONLINE PARENTING PROGRAM**

### **Would you like to learn how to:**

- Talk more effectively with your teen?
- Prevent behaviour problems in your teen?
- Be better at understanding your teen?
- Help your teen manage their emotions

### **Teens with higher emotional intelligence:**

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success making friends and managing conflict with peers
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships as adults
- Have greater career success

**WHEN:** 26 July – 30 August  
**Tuesdays: 10:00am to 12:00pm**

**WHERE:** Online via Zoom (link will be provided upon confirmation)

**BOOKINGS:** <https://bit.ly/3ai0dZh>



The logo for Empowering Parents in Crisis (epic) features the word "epic" in a white, lowercase, serif font on a dark blue background. A small green dot is positioned to the right of the letter "i".

## Empowering Parents in Crisis

For Parents and Carers of Teens in Crisis

### **Overwhelmed? Anxious? Isolated**

Are your teen's risky behaviours or challenging mental health experiences difficult to navigate?

**YOU ARE NOT ALONE!!**

Empowering Parents in Crisis is a community building peer support platform for parents and carers of teens in crisis, created by parents of teens in crisis.

- Join our supportive, non-judgmental community
- Check out our website
- Join our monthly walk/talk/coffee get togethers
- Join our members only Facebook community

**Find us at:** [www.empoweringparentsincrisis.com](http://www.empoweringparentsincrisis.com)

The logo for Empowering Parents in Crisis (epi) features the letters "epi" in a dark blue, lowercase, serif font. A small blue dot is positioned above the letter "i".

## 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](http://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](http://www.studyskillshandbook.com.au)

Our school's access details are:

**Username:** cammeraygalhs | **Password:** pacificwest

[studyskillshandbook.com.au](http://studyskillshandbook.com.au)

#### MANAGING EXPECTATIONS



**Enhanced Learning  
Educational Services**

*"the study skills specialist"*

#### Top 10 Tips for parents to manage and communicate expectations about schoolwork and results

*If parental expectations are too low, students may not strive to achieve their personal best. If parental expectations are too high, this can contribute to high levels of student stress. So how can parents find the right balance? Some areas to consider are:*

- 1. Understand your own motivations:** Why do you want your child to achieve particular marks in their studies? Is it because you have pressure from family/friends/society about what your child will achieve? Do you want them to follow in your career footsteps? Do you want them to have opportunities you never had as a child or young person? Understanding your own motivations will help you find balance in your expectations of your children.
- 2. Help your children to set realistic goals:** Keep talking to your children about what they want to achieve, in individual subjects, at school overall and in other aspects of their life. Their career goals may mean they want to focus intensively on something like art or music, rather than maths or science. Helping them to identify their goals will enable them to determine what subjects they need to focus on and what marks they are likely to need, which means that effort can be concentrated on the areas which will help them to achieve their goals.
- 3. Be involved in your children's learning:** Throughout the term talk to your children about what they are studying. Ask them to show you their bookwork and homework. The more you understand about what they are doing and how they are going along the way, the better you will be able to set and manage your expectations.
- 4. Make sure you really communicate what you expect:** Many students feel like they are not meeting their parents' expectations. Often this is a result of poor communication about expectations by both parties. Reflect on your motivations (see 1 above) and think about how you communicate your expectations to your children. Remember to praise them for the effort they make rather than the results they achieve, this way they are motivated to keep on trying, even when learning is difficult.
- 5. Develop an understanding of the school's assessment and reporting structures:** Assessment and reporting systems change over time and are different in different schools, states and countries. Making sure you really understand what your children's reports mean may help you to understand what they are actually achieving. Sometimes students are excelling in certain skills or areas, but reporting structures may not highlight these.

- 6. Remember nobody is perfect:** Even the brightest, most highly motivated child will struggle at times. They may struggle to understand a particular topic or concept, or they may struggle with motivation, particularly for a subject they don't particularly enjoy. Problems with teachers or peers can also contribute. It is unrealistic that anyone can work with 100% effort all the time.
- 7. Provide practical homework and exam support:** Provide practical help to your children with things like proofreading and reviewing drafts, checking work and listening to speeches. Remember though, it is not your work, so don't make changes, rather make suggestions and provide guidance.
- 8. Spend time together doing something fun:** Make sure your relationship with your child is about more than homework and study. Allocate some time to do fun things together. This is the time in which your child is most likely to open up to you about the things that they are struggling with and you can work out how best to help them. Ideas include going for a walk or run together, having a dinner date (even to Maccas) or having them show you the latest funny videos they like.
- 9. Support your child to do their best:** You can do this by providing healthy, nutrient rich food; opportunities for exercise, rest and relaxation and an environment which is supportive of and conducive to study.
- 10. Keep alert for the physical and mental signs of stress:** Familiarise yourself with how your child responds to stress. Do they withdraw? Act out? Work harder or stop working? When you notice that your child is stressed provide them opportunities to discuss what is worrying them and work with them to identify how you can help them. You may wish to involve the school counsellor, a teacher or tutor at this point.

Our school's subscription details to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) are –

Username:

Password:



# FYI ....

*CatholicCare*  
Diocese of Broken Bay

## PARENTING PROGRAMS

Please note you do not need to be Catholic to access our programs.  
CatholicCare welcomes staff and clients from all different backgrounds and beliefs.



### CIRCLE OF SECURITY

A 6 week program aimed at helping caregivers of children aged 0-5 years read and respond to the needs of their child and promote secure attachment.



**Via Zoom**  
**Wednesdays**  
3 August – 7 September 2022  
10.00am – 11.30am

**\$20.00**

Register here:  
<https://form.jotform.com/221660852499869>

### TUNING INTO TEENS

A 5 week course for caregivers of children aged 12+ years on parenting with emotional intelligence. Learn how to communicate more effectively with your teenager, understand them better and how to help them manage their emotions.

**Brookvale Family Centre**  
116/20 Dale Street

**Wednesdays**  
3 August – 31 August 2022  
10.00am – 12.00pm

**\$20.00**

Register here:  
<https://form.jotform.com/221660141100839>

## CONTACT US:

P: 1800 324 924  
E: [intakefs@catholiccaredbb.org.au](mailto:intakefs@catholiccaredbb.org.au)  
W: [www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)

# E-cigarette **fact sheet** for **parents** and **teachers**



## **E-cigarettes pose serious health risks to teens.**

In 2019, 18.6% of Australian teens and young adults aged 15-24, who are current tobacco smokers, used e-cigarettes, **an increase from 6.6% in 2016**. A Royal Children's Hospital 'Child Health Poll' found 57% of parents have never discussed e-cigarettes with their teen. Social media is being used extensively by tobacco and e-cigarette companies to **market e-cigarettes to teens and young adults**.

### **About e-cigarettes**

E-cigarettes, also known as '**vapes**', are **battery operated devices** that work by heating a liquid (or 'juice') until it becomes an aerosol that users inhale.

Some people mistakenly believe the '**cloud**' from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**. Using an e-cigarette is commonly called '**vaping**'.



# Fast facts

## 1 | Legality of e-cigarettes

- Buying and selling an e-cigarette device or any liquid that contains nicotine without a doctor's prescription is **illegal** in Australia
- In Victoria, it is illegal to sell an e-cigarette device or a liquid intended to be used in an e-cigarette device (even if it does not contain nicotine) to a **person under 18 years**

## 2 | Safety

- Most e-cigarettes and e-liquids that are labelled nicotine-free and available for sale in Australia **do, in fact, contain nicotine**
- There are **no quality or safety standards** for e-cigarette devices nor nicotine-free liquids, meaning their manufacture, contents and labelling are unregulated
- E-cigarette devices can **explode** or catch fire



## 3 | Detecting e-cigarette use

- E-cigarettes come in all shapes and sizes, and can look like a **pen, highlighter or USB**. Some can be **disposable** and some are small enough to fit into a pocket or a pencil case. An e-cigarette device can be identified by taking the 'cap' off a suspected item to see if it has a mouthpiece
- Not all e-cigarettes emit visible aerosol. The easiest way to detect e-cigarette use is if there is an **unexplained scent in the air** from e-cigarette flavouring. Teens tend to use fruit or confectionery flavours, so this scent is usually quite sweet



## 4 | Harms of e-cigarettes

- Nicotine **harms adolescent brain development**, impacting memory and concentration
- Teens are particularly susceptible to **nicotine addiction**, and those who use e-cigarettes are more likely to take up smoking cigarettes
- The short-term side effects of e-cigarette use can include vomiting and nausea
- The long term effects are not yet known, but it is clear that the inhalation of chemicals **damage the lung and heart**
- Even e-cigarettes without nicotine cause harm



For more information visit [quit.org.au/teenvaping](http://quit.org.au/teenvaping)



## 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.



# | from the CHS P&C Association

## A word from the President

Welcome back to what is sure to be a busy time for us all in Term 3. I hope the school holidays provided an opportunity to rest and recharge!

The P&C met this week using our familiar Zoom format. We had an important conversation with our Principal Kathy Melky and Deputy Siobhan King which helped us better understand the challenges being experienced in relation to teacher shortages and the significant pressures on our current teachers being stretched so thin to deliver so much. We highly value our wonderful teachers at Cammeraygal High School and the P&C Exec will be meeting prior to September to identify ways that we might be able to provide support to help address the wellbeing of our teachers.

The meeting also elected Jenny Riseborough to fill the casual vacancy of Treasurer due to the resignation of Allison Fox. We are delighted to welcome back Jenny to the P&C exec team and thank Ally for her enormous contribution over a significant period of time.

Some additional funding for wellbeing activities was also approved at the meeting which will result in parents/carers having the opportunity to attend an information session with drug and alcohol educator Paul Dillon later this year. Look forward to seeing more of you at our September meeting. And good luck to our Year 12s sitting their trial HSC exams very soon!!

**Megan**  
**P&C President**

## Uniform

Just a reminder that second-hand uniforms are now available through the Sustainable School Shop website.

Whether you need something now or not, please register. You will then receive emails with the stocktake report. <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.

Here are some items currently available on the site:

# Cammeraygal High School - Second Hand Uniform

Summary of Cammeraygal High School second hand uniform items currently for sale on the Sustainable School Shop website.

## Academic, Sports and Accessories

Girls	Quantity	Sizes Available
<a href="#">Girls Blazer Collarless - Black with Logo</a>	1	100
<a href="#">Pleated Skirt</a>	12	2, 10, 16
Blouse Long Sleeve - White - with logo	0	
Blouse Short Sleeve - White with Logo	0	
Shirt Short Sleeve - White with logo	0	
Girls Senior Shirt Short Sleeve - White with logo	0	
<a href="#">Ladies Emsemble Shirt - Black with logo</a>	1	6
Ladies Slacks - Black	0	
<a href="#">Girls Flat Front Slacks - Charcoal</a>	1	8
<a href="#">Ladies Soft Shell Jacket - Charcoal with Logo</a>	4	10, 18
Girls Crossover Bow	0	
<b>Boys</b>		
Boys Blazer - Black with Logo	0	
<a href="#">Boys Shirt Short Sleeve - White with logo</a>	3	14
Boys Shirt Long Sleeve - White with logo	0	
Boys Senior Shirt Short Sleeve - White with logo	0	
Mens Emsemble Shirt - Black with logo	0	
<a href="#">Boys Shorts - Charcoal</a>	14	62, 67, 72, 107
Trousers - Charcoal	0	
<a href="#">Mens Soft Shell Jacket - Charcoal with Logo</a>	4	10, 12, 10-12K, 12-14K
College Tie	0	
<b>Unisex</b>		
<a href="#">College Jumper - Black with Logo</a>	5	10/80CM, 12/85CM
<a href="#">Senior College Jumper - Red with Logo</a>	1	12/85CM
Senior College Tie	0	
<b>Sports</b>		
Sports Polo Red with Logo	0	
Sports Shorts - Black	0	
<a href="#">Track Pants - Black</a>	1	14
<a href="#">Track Jacket - Black</a>	3	8, 10, 14
Backpack with Logo	0	

## Environment

### Our meeting at the Coal Loader and an update on Cammeray Park

Thanks to the parents and CHS students who attended a very windy and cold day at the Coal Loader in Waverton at the end of June. Almost 100 community members attended to show their concern about the environmental impacts on Sydney Harbour if the Western Harbour Tunnel (which makes landfall at the Coal Loader on the North Shore) goes ahead. See the last newsletter for more information on the impacts to marine life.



*At the Coal Loader*

Despite community efforts \$4.1 billion was allocated for the WHT in the State budget just passed. The Beaches Link is yet to be approved, but it has received funding in the budget and even though it is a relatively small amount, it is now a line item that can be added to. The funding and building of these road toll tunnels flies in the face of what we know about climate change, emission reduction targets, preserving our tree canopy .... But It's never too late for the government to reconsider and make fiscally and environmentally responsible decisions.

Also of great concern to the students of our school is the loss of a further 655 trees at Cammeray Park. This is on top of the 400 mature trees already removed. This once beautiful park and golf course, and major feeding ground for native birds, and public walkway for our students, has been decimated. There is so little greenspace in North Sydney, it is difficult to understand why this precious parkland is being taken for the widening of the Warringah Freeway and to house tunnel infrastructure for both the Western Harbour Tunnel and Beaches Link. Some of this land is Crown Land that is supposed to remain as public land in perpetuity. It is anticipated that these toll roads will be sold to a private operator. View this short video from Mayor Zoe Baker for some insight on Cammeray Park's

deforestation: <https://fb.watch/dWMYvXAyeP/>



*The tree removal and deforestation at Cammeray Park/golf course to make way permanent sheds*

## **What can we do?**

I think the voice of the future – our students is a very powerful voice. The legacy of these toll ways, the pollution and their cost is what our children will be left with.

I encourage all students to write to their local member about the impacts they will face and what they might be concerned about if these road tollway projects – the Western Harbour Tunnel and Beaches Link goes ahead. What is needed is sustainable transport. The good news is that the Metro from the city to North Sydney and Chatswood will be open in 2024. What is interesting is that the Metro tunnel, already well underway, is only metres away from the proposed Western Harbour Tunnel, so this is double up infrastructure.

Below are the email addresses for students and parents to write to their local elected representatives. It is also worth noting that more trees will be cleared to make way for the twin 30m high unfiltered exhaust stack that is next to Cammeray Park, in a patch of green in the middle of the freeway less than 600m from Cammeraygal Senior campus.

**Tim James** [willoughby@parliament.nsw.gov.au](mailto:willoughby@parliament.nsw.gov.au)

**Felicity Wilson** [northshore@parliament.nsw.gov.au](mailto:northshore@parliament.nsw.gov.au)

NSW Premier **Dominic Perrottet** [epping@parliament.nsw.gov.au](mailto:epping@parliament.nsw.gov.au),

Federal representative **Kylea Tink** [kylea.tink.mp@aph.gov.au](mailto:kylea.tink.mp@aph.gov.au)

Mayor **Zoe Baker** [mayor@northsydney.nsw.gov.au](mailto:mayor@northsydney.nsw.gov.au) or Mayor **Tanya Taylor** [Tanya.Taylor@Willoughby.nsw.gov.au](mailto:Tanya.Taylor@Willoughby.nsw.gov.au)

If your child is doing senior geography, I would be very happy to talk to them if they choose the tunnel projects as a unit of study. I have also done this for Willoughby Girls High geography students. Until the next update

**Kristina Dodds**

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

Environment and Sustainability



## SPORT

The Basketball and Netball Coach Training Day took place on 17<sup>th</sup> July in West Street Hall. A big thanks to the school for allowing us access to the Senior Campus Hall and to the P&C for organising and funding this course. The hall is a world class facility, and it was great to see the coaches building their skills and working together to create a strong culture of coaching excellence. We had over 28 coaches attend the day and they are all looking forward to leading their teams.

### **A big thanks to Anna Castle-Burton**

It's also timely to thank Anna Castle-Burton for her enormous contribution to extra-curricular sport at Cammeraygal since 2017. Anna began by establishing the inaugural Cammeraygal Netball Club in 2017 and now presides over an impressive 9 team club. From 2019 - 2022 Anna represented all Cammeraygal sports on the P&C Committee working tirelessly to grow the Cammeraygal sports culture, as well as developing policies & procedures to ensure sports at Cammeraygal flourish.

Anna has handed over responsibilities to Bryony Feltham who is really excited to continue this work. As we head into Term 3 we're keen to explore any new ideas for sports at Cammeraygal that we could include in 2023. If you're interested in establishing a sports team or code please get in touch with Bryony at [sports@cammeraygalpandc.org.au](mailto:sports@cammeraygalpandc.org.au).

## NETBALL

The rain continues to interrupt Saturday netball games. We are at Round 12 and 5 of our teams are in three spots on the ladder as the results below show;

**CNC01: 1st**

**CNC02: 4th**

**CNC03: 2nd**

**CNC04: 3rd**

**CNC05: 5th**

**CNC06: 7th**

**CNC07: 2nd**

**CNC08: 3rd**

**CNC09: 7th**

There are only 3 more rounds to go until the semi-finals, finals and grand finals, so hoping many of our teams will be in contention.

Our coaches were recently evaluated on court by our Coach Mentor, Sarah A, and the feedback provided at our recent Coach Training session held on Sunday 17<sup>th</sup> July in West St Hall. The 2 ½ hour session was run by Sarah A and very valuable to our coaches.



Coach Lilya S, warming up her team CNC08 Ananya M, Grace J, Joanna W and Sophia C



(Above) Coach Sienna P with her team CNC07 –  
Mayaan R, Eva M, Brooke S, Vix J, Jamilla S, Maddie C



(Above)  
CNC04 all smiles after winning two game - Ashley S, Kaylin G,  
Annabelle C, Mackenzie H, Ana W, Holly H, Sahara R



Coaches, players, umpires and Managers enjoying the sunshine –  
Jade S, Vicki v D, Aida J, Vix J, Lilya S, Eliza D , Kaitlyn J

## BASKETBALL

The Basketball Coaches Training session held on the 17<sup>th</sup> July was run by Rich Frost and Tom Giles who helped the coaches build a strong foundation for ensuring high quality, consistent training. 15 coaches attended the day and are all looking forward to leading their teams in Comp 2 which began last week.





Above pictures: Basketball coaches engaged in the Coach Training Day run by Rich Frost and Tom Giles.

The U18 Women's Storm team was off to a slow start in the semi-finals in Comp 1, falling 6 points behind in the first 5 minutes of the game, they fought hard to hold it steady for the next 6 mins and struggled their way through to halftime to be only 5 points behind the favourites, Hot Shots. The Hot Shots increased their lead by 13 points in the second half and were dominating the game. Storm dug deep and showed their true grit and determination catching up to narrow the score to only 6 points with 3 minutes to go. The girls then made multiple intercepts to change the momentum of the game, and with less than a minute to go the Storm showed their true character and pulled victory from defeat with 2 baskets scored in the last 30 seconds, the last basket going in with 8 seconds to go in the game, to the delight of Storm and their supporters bringing the score to 44-43. The team played against the NSGH Flash team in the finals but unfortunately Flash were too strong. Storm were very happy being awarded Runners Up in their first year playing U18's in Division 2. **Well done, Storm!**



(Above Left ) **U18 Storm after their semi-final win!**

Back row: Lilly H, Mia B, Louis B (coach), Sumire I, Anya S. Front row: Coco G, Nina H, Madeleine B, Daisy W

(Above Right) **U18 Storm team with their Coach Louis B and their Runners Up trophies.**

The U18 Mens Hawks have had a great season in Comp 1. Having been moved up from Div 2 to Div 1 early on, they have come a long way, bonding as a team and improving their skills under the excellent coaching of Hamish, to make it through to the semi-finals in June. It was a tough, physical and very passionate game against the Hitmen (who have barely lost a game the entire season) and despite giving their all, the Hawks just got pipped at the end. They're looking forward to their final season of playing U18's in Comp 2. Go Hawks!

Update: Hawks got their own back and beat the Hitmen in last week's game! Onwards and upwards!



(Above picture) U18 Mens Hawks from L-R Front: Kai B, Marley K-E, Sacha S. Back: Hamish (coach), Henry S, Harry C, Liam W, James T, Aidan M, Jordan P.

The U14 men's Cobras made it into the top 4 teams for Comp 1 in their division and played in the semi-finals against the Aqua Falcons. The Cobras fought hard, but unfortunately lost to the other team. It was a great effort especially considering it is a new team this comp. Well done to all players and their fantastic coach, Jeremy!



The U14 Cobras and their coach Jeremy H at their semi-final game.  
Alex W, Aiden V, Jack B, Jeremy H (coach), Caleb R, Karl H, Quinn D, Harry S



(Above pictures) Year 9 grading session with Tom and Mike

We had a larger than expected turnout to our Year 9 Basketball grading sessions last term, with 28 players wanting to play in the NSBA Junior Spring Competition starting this term! We were lucky to have NBL1 players from Norths Basketball, Mike Golding and Tom Giles, run an intensive session to test our athletes in all areas of the game. Thanks to Tom and Mike and all the boys for putting in 100% effort! Due to the high demand and the number players that attended the sessions we now have 3 Year 9 teams in Comp 2; the Gladiators, Spartans and Raiders. We wish them well for Comp 2!

## 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](mailto:sportsadmin@cammeraygalpandc.org.au) ASAP as the comp started last week!

U18s womens – 4 places available

U16s womens – 2 places available

U14s womens – 1 place available

### 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).

## FOOTBALL (Soccer)

As the soccer season draws to a close, we've seen incredible development in the U13 boys soccer team! Not only are they more at ease playing on a full-size pitch they have been working hard on their own soccer skills and teamwork. The team has enjoyed both a win and a nil all draw in their last two matches and we look forward to cheering them on for the final rounds of the season.



Above Picture: The girls U14 football team playing Northbridge.

Since our last newsletter update the girls U14 football side have played five more games, winning two and losing three. It's that time of year where holidays and sickness generally mean low numbers for some sides, but particularly for this North Sydney team who only have 13 registered players. With that in mind (and other teams having much greater depth of numbers to draw on) the girls have all played well and can be proud of themselves, playing against sides with three substitutes, while we only had 9 players on the field for the entire game. Sitting fourth on the table now, it's very likely that will be where we remain until the end of the season and finals time. We have beaten one of the top three sides and are fully capable of beating the other two sides on any given morning. If we keep our positive play and don't let a few losses demoralise us, we could upset the competition at the very last. Good luck girls, your parents and team management are very proud of the way you've played so far. Win or lose you are a credit to yourselves and deserve the best of luck!

## TENNIS

Cammeraygal tennis has started Term 3 training with regular fitness sessions, Saturday squads and private lessons at Roseville Park and Monday squad at LCTC. We also continue our Thursday fitness at Brennan Park after school and Sunday morning tennis bootcamp at Green Park. All our players are demonstrating dedication and commitment, and this is paying off with real gains in ability, skill and positivity. While the first day of competition was rained out, all of our players are looking forward to hitting the courts when the weather improves.

## 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)



# BOOKMARK DESIGN COMPETITION

3 - 18 years

*Showcase your artistic flair and creative skill!*

Winning designs will be made into bookmarks  
and distributed at Stanton Library!

Grab your design template in-person at Stanton Library  
or download it from the library website:



*Terms and conditions apply.*

Winners will be announced  
during Children's Book Week!



Kindly sponsored by  
Walker Books Australia

# BOOKMARK DESIGN COMPETITION TEMPLATE

3 - 18 years

Showcase your artistic  
flair and creative skill!

Winning designs will be made into bookmarks  
and distributed at Stanton Library!

Name and Age:

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Parent or guardian name:

---

Contact number:

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Email address:

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The signature of a parent or guardian is required as agree-  
ment to the terms and conditions (listed on reverse side).

Parent or guardian signature here

Winners will be announced during  
Children's Book Week!



WALKER  
BOOKS

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sponsored by  
Walker Books  
Australia

Draw your bookmark design in above box.

# Stanton Library Bookmark Design Competition

## Terms and conditions

- Entrants must be aged between 3 – 18 years (inclusive) as of 21 August 2022.
- Each entry must be an original work and completed on the competition template. It must include a completed entry form alongside the signature of the entrant's parent or guardian, in consenting the entrant to participate.
- Stanton Library is authorised to display and publish all entries. Entries cannot be returned once submitted.
- Stanton Library must receive each entry no later than 11.59pm on Sunday 21st August 2022.

Winning entries will be announced during Children's Book Week, from 20 – 26 August 2022. The judges' decision is final and no correspondence will be entered into regarding the decision.

Winning designs will be made into bookmarks that will be distributed through Stanton Library Service. Each winner will receive twenty (20) copies of their winning design bookmark and a book pack donated by Walker Books Australia.

## How to submit your entry

### *In person entries*

Submit your design and completed entry form in-person at Stanton Library during opening hours. Please do not put submissions through the after-hour chutes.

### *Email entries*

Attach your design as a high-resolution scan and all entry form answers in an email to:

**[kidzone@northsydney.nsw.gov.au](mailto:kidzone@northsydney.nsw.gov.au)**

### *Online entries*

Submit your design as a high-resolution scan online through the Stanton Library website:

**[www.northsydney.nsw.gov.au/cbw](http://www.northsydney.nsw.gov.au/cbw)**



*Kindly sponsored by Walker Books Australia*

## School Community Announcement



Gibberagong Environmental Centre (EEC) is a Department of Education school that provides learning experiences for school students in Muogamarra Nature Reserve and other local bushland areas. To celebrate our 50<sup>th</sup> Birthday, we have established a community Facebook

Page "*Memories of Gibberagong EEC from 1971-2022*"

<https://www.facebook.com/groups/3068558703356134> .

If you have fond memories of attending either Muogamarra any other excursion sites as a student or teacher with Gibberagong EEC we would love to hear about your experience. Alternatively, you can email us on [gibberagon-e.school@det.nsw.edu](mailto:gibberagon-e.school@det.nsw.edu) . We look forward to hearing from our local community.

