

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

11 P&C

MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

Welcome back to term 2 to all of our students, staff and families. We have had an extremely calm and productive start to the term so far. We have already held our Open Day event, The Cross-country carnival and hosted our first live P&C meeting onsite in over a year.

COVID is impacting less on our school as the close contact rules have changed and we are seeing less students reporting positive RAT results to the school. We will be maintaining our COVID safe practices this term and will continue to grant illnesses misadventure to students that are absent for 7 days due to be COVID positive. Please continue to inform NSW health if your child does record a positive RAT result and of course the school as soon as possible.

Open Day Tuesday 3rd May

This week saw us hold our first Open Day without COVID restrictions for our local feeder schools. It was wonderful to see our extended community of schools on site again after a long period of disruption. Our visitors were so impressed by our students who were in their normal classes whilst groups of parents were taken on tours around the Pacific Highway site and West Street. Our student leaders were outstanding ambassadors for the school and the day was a huge success with over 300 prospective students and their families visiting Cammeraygal!



CALENDAR

TERM 2	
WK 3 & 4 9– 20 MAY	
Thursday 12	P&C Welcome Drinks
Tuesday 17	Year 12 Parent Teacher Night
10 – 20 May	Naplan Test window 7 & 9
WK 5 23 – 27 MAY	
Tuesday 24	Athletics Carnival
UPCOMING EVENTS	
June 20	Music Night

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

PRINCIPAL'S REPORT CONTINUED



Athletics Carnival Tuesday 24th May

The revised date for our whole school athletics carnival delayed because of rain in term 1 is Tuesday 24th May and it will be at the Chatswood Rotary war Memorial Athletics Field. We will be returning to the Sydney Olympic Park Athletics centre in 2023, but the alternative venue will be a great option to allow us to run the carnival for the whole school. More details to follow.

Year 12 Parent Teacher night

Our first parent teacher night for 2022 will be held in week 4 this term. Year 12 parents and careers will meet with their teachers via zoom as the majority of parents preferred this option. The zoom meetings do 'streamline' the meeting process and allows for more parents to meet with teachers. Year 12 students will be receiving their first semester reports in week 3.

PRINCIPAL'S REPORT CONTINUED

Pacific campus Library refurbishment

Thank you to the P&C for their generous support of our middle school library refurbishment on the Pacific highway campus. The library is now 8 years old and has needed a revitalisation in furniture, resources and design. The P&C has agreed to fund this project with over \$22,000 being given towards the project. We are currently meeting with Library consultants to finalise our plans after surveying our students on their ideas as well. Mary Cumberland is the newly appointed Teacher librarian on the Pacific Highway campus and has many plans to re-establish the library space as a hub of student-centred learning and extra curricula activities.

NAPLAN online assessments years 7&9

As you would be aware, years 7 &9 will be sitting their NAPLAN assessments over the coming weeks for reading, writing and numeracy. All NSW schools will sit NAPLAN online in 2022 commencing on 10/5 in week 3.

Wishing our community, a productive and safe term ahead

K Melky
Principal

| Deputy Principals' Report

SENIOR CAMPUS

Term 2 Assessment

Last term saw enormous disruption to assessment due to Covid positive and close contact isolation. As a result, as I discussed in the last newsletter of last term, we will not be placing year 12 cumulative ranks on semester 1 reports as there are so many Illness/Misadventure applications to process. We had considered transitioning a number of planned assessment tasks for this term away from in-class tasks to become hand-in submissions, to reduce the number of students who may not be able to participate. However, with the changing of the Covid close contact isolation rules we are hoping that there will be few disruptions this term. In recognition of this, and of the need for exam and test practice particularly for this cohort, we will, in many cases, be returning to our original assessment schedule which would include quite a few in-class tasks. This should allow for more test-type practice and also ease the anxiety burden for students who are complete major works. Feedback I received from a number of teachers last term indicated that our year 12 students are working very well, however many are being somewhat myopic in their approach to assessment preparation, focusing all of their energies on the next task that is ahead without being strategic and planning for what is beyond. I encourage all students to ensure that they have an active study planner and commence work on each task as soon as they receive their notification, not once the previous task has been completed! I will be having these conversations with students as well in our ATAR interviews which will commence in week 4.

Year 12 Parent Teacher Night

Throughout 2020 and 2021 we have been running our parent teacher interview sessions over Zoom due to the pandemic. A number of parents subsequently commented that they found these sessions more accessible and convenient than face-to-face interview evenings, and that zoom allowed them to access more teachers than they might otherwise have been able to see. To ensure that we are meeting the needs of the majority of our community, a survey of year 12 parents was conducted this week to determine how our Year 12 Parent Teacher Interviews would be held this term, and the preference was definitely for a continuation of the use of Zoom. We will continue to survey each parent cohort as parent teacher interviews approach to determine the most popular model for each session.

DEPUTY PRINCIPAL'S REPORT CONTINUED

Bookings for the zoom interviews (which will be held on Tuesday 17 May from 4pm to 7pm) will open on Tuesday 10 May at 7pm, and a guide to this system will be emailed to year 12 parents ahead of time. Interviews will take place between 4pm and 7pm, and each interview will run for 5 minutes. We do ask that parents only book one interview per student per subject to ensure that our teachers are able to meet with the parents and caregivers of all of their students.

HSC 2021 Analysis

I recently presented a brief analysis of the HSC results from 2021 to our P&C. I will be re-presenting this session to any interested parents at 3.30pm on Tuesday 17 May, before the commencement of the Parent Teacher interviews. We were very pleased with the achievements of our 2021 Year 12 students and I look forward to showcasing their achievements. To attend this session please use the following Zoom details:

Meeting date and time: 17 May 2022 at 3.30pm

Meeting Room ID: 298 778 0565

Passcode: chs2022

Canteen Access

It has been a great relief to have full access to a canteen back on West Street this year. However, I would like to remind all students that Apple Pay is NOT to be used at the canteen, and students do need to ensure that they have a debit card with them if they wish to use EFTPOS payments. This is in line with our phone policy across the school. Students who use their phones to pay at the canteen run the risk of having them confiscated for the rest of the day.

Jodi Arrow

Deputy Principal Senior School Campus

DEPUTY PRINCIPAL'S REPORT CONTINUED

MIDDLE SCHOOL CAMPUS

NAPLAN ONLINE (Years 7 and 9)

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 7 and 9 participate in the annual NAPLAN tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. All NSW schools will sit NAPLAN online in 2022.

Our school will be participating in NAPLAN between 10 and 20 May 2022. A hard copy of your student's individual timetable was provided to your child this week. Please ensure that your child comes to school each day with a set of headphones that can be plugged into a school computer (3.5mm jack), see image. Students will not be using BYOD for NAPLAN.

Excessive preparation for NAPLAN is not recommended. Students do not need to be able to touch type to complete NAPLAN as the tests are not about keyboard skills (just as the paper test is not about handwriting skills). Students can use the public demonstration site (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with the types of questions and tools available in NAPLAN.

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

Peter Barraclough

Deputy Principal Middle School Campus

Wellbeing & Health In -Reach Nurse Coordinator Program

The NSW Government is funding a partnership program between NSW Health and the Department of Education for the placement of wellbeing nurses in schools. The aim of this partnership is to further increase the capacity to help support the health and wellbeing of students and their families. Cammeraygal High School will be receiving placement of a wellbeing nurse in week 4 of this term. The wellbeing nurse will be placed over the two sites and will be accessible to all students. Our collaborative approach to wellbeing will be further enhanced by our wellbeing nurse working closely with our Learning and Support Team, as well as being a valuable member of our Wellbeing Team to utilise their direct links to local health and community services. Examples of how the wellbeing nurse can support our students and families include:

- Access to early intervention, assessment and support to services and programs external to school
- Assist to improve health literacy of students and families
- Build and maintain relationships with service providers
- Provide individual support and education to students
- Assist families to navigate the health system

We are looking forward to welcoming our wellbeing nurse into the Cammeraygal team, as we continue to support and lead positive wellbeing outcomes for our students and families.

Siobhan King

Acting Deputy Principal Middle School Campus

Faculty News

MUSIC



Cammeraygal High School

MUSIC NIGHT

Monday June 20

West St Hall 7-9pm



Featuring our wonderful music ensembles –

String Ensemble Vocal Ensemble

Jazz Band

Drum Group

Concert Band

Rock Band performance at Parkes Elvis Festival

Britney W (Year 11) recently performed with Big Music at the Parkes Elvis Festival. Her band, The Bandits, performed *Blue Moon of Kentucky* by Elvis Presley and *Summertime Blues* by Eddie Cochran. Her group is one of the bands formed by the local music shop. They performed on a big stage three times over the four day tour.



Hot Potato Band to perform for all of Year 8 and the CHS Concert, Jazz and Drum Bands.

No, it's not The Wiggles!

Friday May 27

The Hot Potato Band are a talented group of jazz/funk musicians who incorporate improvisation into live school performances. The band will be running a workshop with our school Concert Band, Drum Group and Jazz Band musicians before presenting an interactive and entertaining concert for all of Year 8.

Permission notes and payment requests were sent out in the last week of Term 1. This live music experience will be a great opportunity for the students to enjoy and participate in live music making with these professional musicians.



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

Thursday June 23

All of Year 7 will be joining Year 10 Music students enjoying a matinee concert performance at Sydney Recital Hall, Angel Place. **Permission notes and payment requests were sent out in the last week of Term 1.** The concert will feature a variety of wonderful orchestral works to enhance the student's study of the orchestra and music analysis. It will be a wonderful experience for all of the students and staff.



Music Ensembles Rehearsal Schedule 2022

Monday 7:30-8:30am	String Ensemble	Ms Sarah Qiu	West St Campus DG56
Monday 3:15-4:15pm	Drum Group	Ms Heather Darvey	Pacific Campus A401
Monday 3:30-4:30pm	Vocal Ensemble	Ms Ann Boyle	West St Campus DG56
Wednesday 7:30-8:30am	Jazz Band	Ms Ann Boyle	West St Campus DG56
Friday 7:30-8:30am	Concert Band	Ms Jennifer Power	Pacific Campus A401

New members are always welcome.

Please talk with your music teacher or email the school and we will be in touch.

Ann Boyle
Music Teacher & Music Ensembles Coordinator

ENGLISH

Drama Club

Drama Club is a wonderful initiative that Mr Walker will be running on our Middle School Campus every Monday from 3:15pm – 4:15pm and it is open to all students from Year 7 to Year 10. Students will have the opportunity to develop and devise performances, build their confidence express their creativity. Anyone that is interested in participating is encouraged to speak with Mr Walker in the English Staffroom on the Middle School or West Street Campuses.

Debating and Public Speaking

Alexia R. (Year 11) has recently represented the school in the NSW Youth Parliament, where she met with young people from all over the state to discuss and debate a range of issues. Additionally, she has represented the school in the Regional Finals of the NSW Plain English Speaking Competition, narrowly missing out on making it through to the State Finals. Her speech on 'A Woman's Place' was thought-provoking and articulately delivered. We wish her well in future competitions and want to strongly encourage all students to participate in competitions when they become available.

Our Year 11 Debating team has continued its winning ways with a convincing victory over Carlingford High School in the NSW Premier's Debating Challenge. We will be coming up against St George Girls High School in the next round of the competition. Our Year 9 and 10 debaters will be commencing their competition in the coming week, with our teams being pitted against one another in the opening round. We look forward to giving updates on the outcome of these debates in the very near future.

If you are interested in participating in debating and public speaking, you are most welcome to join. Our Junior Debaters 7 – 9 meet every Thursday from 8:00am in B.3.11. Our Senior Debaters 10 – 12 meet every Friday from 3:15 – 4:15 in D.1.14. Please speak to Ms Turner (Middle School) or Mr Nowicki (Senior Campus) if you would like to come along.

Writing Competitions

Please stay on the lookout for announcements regarding writing competitions for students to participate in. We will regularly promote them via Sentral. A massive congratulations to all of our students who have participated in the 2022 Nan Manefield Young Writers' Award competition. Write a Book in a Day is another initiative that we will be undertaking for budding writers in our Year 7 cohort. Again, please keep an eye on Sentral for updates and information regarding this competition.

| Well-being @ CHS

This month on SchoolTV - Screen Time

As a result of the global pandemic, there has been a noticeable shift in the amount of time people spend on screen-based devices. Families are transitioning back to pre-COVID routines but many are still struggling to re-establish the boundaries and rules around screen use. Some continue to deal with digital conflict and tech-tantrums on a daily basis. The latest research found that 77% of teenagers spend more than five hours on screens per day, but it is important to note that not all screen time is considered equal.

Parents play a crucial role in modelling a positive and healthy approach to using screens and assisting children to navigate the content they watch. It is better to model and mentor screen use, rather than monitor it. Children tend to do more of what they see us do, and less of what we tell them to do. However, it is still important to outline the risks and highlight the benefits of screen use to ensure you keep a balanced attitude. Encourage discussions around the issues that people experience in monitoring their screen time and be honest about your own difficulties.

Parents need to remain firm in their approach to managing screen time. Excessive screen time can be detrimental to a child's overall wellbeing. Ensuring the correct privacy settings are in place is vital to prevent children from being inadvertently exposed to inappropriate content or online predators. Parents need to also be mindful of the potential impact screen time can have on a child's social, emotional, educational, behavioural, and even physical domains.

In this edition of SchoolTV, care-givers will be provided with a range of guidelines and strategies to help manage screen time at home. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

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

Here is the link to this month's edition

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

Siobhan King
Pip Hicks
Jenny Perry
Wellbeing

| FYI

CANTEEN ORDERING

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



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

STUDY SKILLS

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

[Study Skills Handbook by ELES](#)

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

www.studyskillshandbook.com.au

Our school's access details are:

Username: cammeraygalhs | **Password:** pacificwest

From the Careers Desk

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

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

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

HSC and Careers Expo

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

Admission cost \$12, book online only.

Jenny Perry
Careers contact

| from the CHS P&C Association

A MESSAGE FROM THE PRESIDENT

Year 12 Parents/Caregivers Get Together

The inaugural Year 12 Parents/Caregivers Get Together was held on the evening of 28th April. This was organised by Kristina and Mary, mums of the school captains, Seb and Chloe. It was an enjoyable, relaxed evening of catch-ups and new meetings for almost 40 people. It was truly wonderful to be able to connect, sharing our experiences of having our children in Year 12! Many thanks to Kristina and Victor for graciously hosting the evening at their lovely home. We hope we have started a new tradition at CHS!



SPORT

NETBALL

Rain has continued to wreak havoc with netball games for Round 2 and 3 disrupted. We are all hoping that sunshine will stick around for this weekend.



CNC 09 Coaches - Jade S and Venus L watching the game in the rain.

During the break, two of our umpires officiated at the Ryde Eastwood Carnival – well done to Jade S & Chloe T-L.





This weekend is the **PINK** round to raise funds for Breast Cancer Research. Could all players and spectators please wear something **PINK** (ribbons, socks, scrunchies etc) and bring a gold coin to donate. There will also be raffle tickets on sale to win a Mother's Day hamper.

BASKETBALL

The U14 mens Blazers had a brilliant game last Saturday. They didn't win but given that just over a year ago, only one player had played basketball it was a fantastic effort. Almost all the team were on the scoreboard including 3 x 3-point shots. The team displayed great defence, intercepts and passing throughout the game. They should be so proud of their teamwork and although they lost again to the NS Things 9 the margin was a lot smaller.



(Left to Right): U14 Mambas team - Julian H, Eric G, Jenson C, Chikara S, Jarryd T, Kabir S, Athan P, Lewis F, Ramon A

U14 Mambas in their new uniforms for first time! All of them new to basketball this season, the boys are really starting to play well as a team, their skills are improving with every game and most importantly they're having a great time!



Above: U14 Vipers all smiles in their new uniforms! (L to R): Lara O, Chloe S, Sofia P, Kiera D, Stella W

FOOTBALL (Soccer)

After a few false starts and very few training sessions due to the seemingly never-ending rain, our U13 Boys team played their second game on Saturday. It was a hard-fought match in the pouring rain. The boys worked hard until the final whistle showing great determination, persistence and teamwork. The match didn't go their way this time but it was great to be able to get out and play a match. The team is looking forward to a fun, hopefully less soggy, season ahead as they build up their soccer skills and grow together as a team.

Would you like you to join the girls U14 team?

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

We look forward to hearing from you!

SPEED & AGILITY TRAINING SESSIONS

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

Only a few places remaining!



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

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

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

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

BOOKING DETAILS:

Session Day: Wednesday afternoons

Location: St Leonards Park (3.30pm – 4.30pm) or Junior Campus Hall (3.10pm – 4.10pm).
Advised weekly.



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

Places are limited!

Cost: \$100 for 9 weekly sessions

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

CAMMERAYGAL P&C SPORT HOODIES



We are currently taking orders for the Cammeraygal P&C Sport Hoodie!

Don't miss out!

Only offered once a year!

To order please click [HERE](#)

Orders Close: Closing date has been extended to Wednesday 18th May 2022

(Delivery: approx. 4-5 weeks from closing date)

**WELCOME DRINKS
2022**

**Now that we can finally gather,
the Cammeraygal High School P&C would like to invite you to
drinks and food at the Pacific Highway campus**

Thursday 12th May 6pm to 8pm
Click on the Try booking link or use the QR code to register
<https://www.trybooking.com/events/landing?methodid=667220>

Please use the Try booking link to accept and also if you can bring a plate of food to share and/or help out on the evening that would be greatly appreciated.

**This is an adults only event
Capacity 250**