

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

15 P&C

MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

Welcome back to students and their families for another productive year at Cammeraygal High School in 2023. We have seen all our students come back to school prepared for their learning and focussed on positive experiences at school for the 2023 school year. The school population now sits at 881 with a teaching staff, administration, and support staff of 95. As we enter our 9th year of operation we continue to grow and develop as a school with high expectations for our students so that they can achieve their best at school.

HSC Success in 2022

As you would be aware the school celebrated outstanding HSC success in 2022 with overall performance seeing the school's ranking amongst coeducational comprehensives being 3rd in NSW. Our ranking showed the potential of our school to sit amongst the school top comprehensive public or private schools.

As mentioned last year, some of the many highlights were that the Dux of the school, Elke G scored an ATAR of 99.85 and Alexia R, achieved a first in NSW for her accelerated Aboriginal Studies HSC result.

*Alexia R- First in course
Aboriginal Studies*



Sarosh K also achieved a legal Studies result in the top 20 of NSW.

Parents/caregivers are invited to hear Ms Jodi Arrow's analysis of the 2022 HSC results as part of the next P&C meeting on March 7th at 7pm.

CALENDAR

TERM 1

WK 3 | 13-17 February

Friday 17 February	West St Campus School Photos
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UPCOMING EVENTS

Monday 20 – Wednesday 22 February	Year 7 Camp
Wednesday 15 - Monday 27 March	Year 7 and 9 NAPLAN
Tuesday 28 February	Year 11 Parent Information Zoom
Monday 6 March	Swimming Carnival
Tuesday 14 March	P&C Welcome Drinks

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

PRINCIPAL'S REPORT CONTINUED

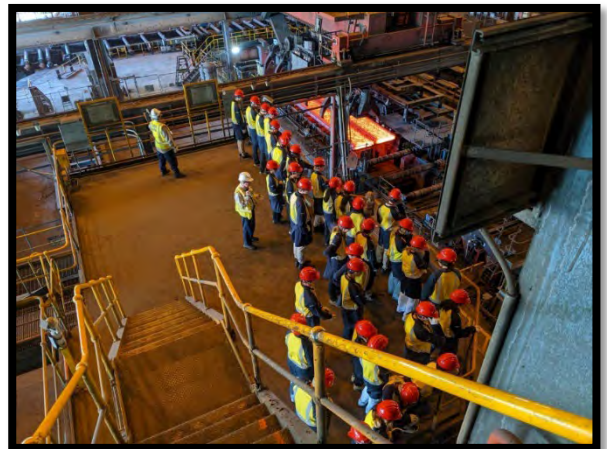
Sustainable Schools grant -Bush Tukka Garden

Congratulations to Taylor R, year 12 Social Justice prefect who has been successful in gaining the \$10,000 Sustainable Schools Grant for the Bush Tukka proposal for the West Street campus! Josh H, Henry S and Steven N environment committee assisted in the application process. Well done to all involved. Your school is one step away from receiving its Sustainable Schools Grants (SSG) funding. T

Engineering Summer School- Layla I

Please see report below from Layla I, Vice-Captain on her recent Engineering Summer School involving experience involving 4 students in Year 12. This was another great opportunity for our students to experience real world challenges in the field of study they are interested in pursuing after their HSC

From the 4–9 of December of 2022, myself and 3 other students (Imogen A, Charlie W, Henry S) participated in engineering summer school run by 'Engineers Australia'. During this 5-night camp, 70 students from around NSW and the ACT stayed at Sancta Sophia College connected to University of Sydney. During the days we were enriched by a range of different activities giving us insight on what it means to be an engineer and the numerous opportunities available. Activities included visiting ANSTO, Australia's only Nuclear facility, where we learnt about the positive impacts of nuclear research such as nuclear medicine. We also visited the Royal Australian Air force in Richmond and HMS WaterHen in Waverton learning about the different opportunities for engineers with the military. On day two we explored 'BlueScope Steel' and got to observe the process of making steel as pictured below. During this camp we explored five different universities and learnt about all the different opportunities available (UoW (Wollongong), UNSW, UTS, USYD, Maquire). Overall Engineering Summer School was an immersive experience that allowed me to gain better insight into the world of engineering and gave me clarity on the career path I want to take in the future. I would recommend this program to future students interested in engineering.



National Mathematics Summer School- Josh H

Our School Captain Josh H was selected to be one of 75 students nationally to attend the National Mathematical summer school during the summer break in January. This is an outstanding achievement that involved being nominated then selected to participate in the 2-week workshop. The workshops focused on Mathematics fields from a research perspective and targeted the most talented student Mathematicians in the country. Please see Josh's fascinating article on his recent experience at the camp below.

PRINCIPAL'S REPORT CONTINUED

Voluntary School Contributions

Thank you to parents and caregivers that have made their voluntary contributions for 2023

As you would appreciate the school does rely on these contributions to provide enhanced learning opportunities for your child. These funds have contributed to items like the brand-new lockers on the Pacific Highway campus that are part of improving the quality of the learning environment for all students. We ask that if parents can make these voluntary contributions, please do as they do improve our overall school environment. P&C voluntary contributions also make a huge difference to the school as they fund projects such as wellbeing speakers and the library refurbishment on Pacific highway and equipment for the hall on West Street

Having students prepared for the school year

We thank parents and caregivers for sending students back to school looking fully prepared. We always appreciate parent/caregiver support with ensuring our students are in full school uniform, including their black leather shoes, school ties and the correct white ankle socks. We know this is in indication that your child is focussed on their success and focus on school. I also remind parents/caregivers that mobile phones should not be taken out during school hours and will be confiscated by teachers for the day. Our policy on mobile phones has always kept our students focussed on their learning and their socialisation and keeps them safe at school. The many issues we hear about in other schools are mostly avoidable due to our 'no phones out policy'. We ask that parents/caregivers reinforce this with your child. Of course, if a child needs to be contacted, students know they can go to the front office to make that contact. We also remind parents/caregivers that class changes cannot be made on request. Our wellbeing and learning teams do give a lot of consideration to the construction of the class lists to best meet student needs.

Please see below contacts that you may need to contact throughout the school year with concerns relating to learning, wellbeing or administration.

Deputy Principals

Ms Jodi Arrow- Years 10-12 (West Street)

Mr Peter Barraclough- Years 8-9
(Pacific Highway)

Ms Siobhan King -Year 7 (Pacific Highway)

Head Teachers

Mr Mark Nowicki- HT English

Dr Lloyd Mirto- HT Science

Mr Robert Yang- HT Maths

Ms Sadaf Hakimi- HT History

Mr Chris Wu- HT- Social Science

Ms Jenny Perry- HT Wellbeing (West)

Ms Pip Hicks- HT Wellbeing, PDHPE (relieving)

Ms Kate Richards- HT CAPA, T&L

Mr Owen Telfer- HT Secondary Studies

Mr Louis McIntyre- HT Strategic Initiatives (acting)

Mr Damian Reid HT administration, LOTE

PRINCIPAL'S REPORT CONTINUED

School Councillors:

Daisy Collins, Elizabeth Hitman,
Geoff Glassborough

School Administration Manager:

Ms Deborah Locke

Year advisors, Assistant Year Advisors and Grade Head Teachers below for 2023

If your child is experiencing difficulties, they are finding challenging at school please contact the Year advisor who will assist and direct the concerns to the appropriate contacts in the school if need be.

Year	Year Advisor	Assist. Year Advisor	Grade Head Teacher
7	Mr Trinh	Ms Lang	Mr Reid
8	Ms Cumberland	Ms Saunders	Mr Wu
9	Mr Occelli	Ms Shorter	Mr Yang
10	Ms Oakley	Mr Nguyen	Mr Nowicki
11	Ms Hillman	Mr Everett	Dr Mirto
12	Ms Papikian	Ms Koporan	Ms Hakimi

We also welcome new teaching staff to the school this year.

Mr Sam Butler – Social Science

Mr Stephen Hall – TAS

Ms Mallory Capelin – History

Ms Laura Marshal – PDHPE

Ms Chanel Sohier – VA

Mr Brian Page – History/SS

Mr Hugh Deasey – Science

Ms Hanah Park – Maths

Mr Arthur Dungate – Social Science

Mr Owen Telfer – head teacher Secondary
Studies

Ms Emma Chapman – History/English

Ms Van Woods- Science

Mr Sean Gray – English

P&C 2023

We welcome Ms Heather Clarke to the role of P&C president this year and very much look forward to continuing our positive relationship with the P&C who always work collaboratively with the school. I also thank outgoing P&C President Ms Meagan Salmon for her outstanding contributions to the school during her term as president.

Swimming Carnival date change

As parents would be aware the new date for the whole school swimming carnival is now Monday March 6th at Lane Cove Pool

Wishing our community, a happy, safe and productive year ahead. We look forward to welcoming many parents to P&C drinks on West Street on March 14.

Kathy Melky

Principal

PRINCIPAL'S REPORT CONTINUED

My experience from attending the National Mathematics Summer School - Josh H

Whilst the prospect of spending two weeks studying maths during the holidays may not initially sound like a delight for many, it was a dream for me, and one which I got to live. I was lucky enough to have the opportunity to attend the National Mathematics Summer School during the holidays at the Australian National University in Canberra. Each year the school selects 75 students from across Australia who have completed their preliminary studies to attend and explore mathematical fields from a research framework. This means no solutions, no googling and no spoilers. All the maths which was completed was purely completed by you, a pen, and lots of paper.



During the camp we explored three fields of interest, 'Number Theory' which underpinned the entirety of the school, and then two shorter courses of 'Algorithms' and 'Projective Geometry'. Within these courses we attended incredible daily lectures by mathematicians from across Australia, and attempted hundreds of problems, all of which was guided by the motto which has been the backbone of the camp since its inception 55 years ago.

"To think deeply about simple things"

This experience was initially a shock, going from the familiar environment of school maths where every question has a mark and a neat solution, to playing around with problems that you weren't even sure had an answer. But this approach was something that I came to love. It wasn't so much the final solution that mattered anymore, but the experience of creating a process and finding patterns or clues within the problems that gave me the most insight into mathematics. We were guided through this exploration with sparing hints by our tutors who were past students of the school, associate-professors or lecturers at various universities, and maths researchers.



PRINCIPAL'S REPORT CONTINUED

The sheer variety of careers undertaken after completing maths degrees by the staff at the summer school was astonishing. Many ended up as academics at universities, others in finance doing trading and options valuations, and another as an optimisation consultant for system efficiency. To me however there was one person who stood out, Dr Justin Koonin (in the photo to the left), who has a day job as an investment analyst but also co-chairs the UN Universal Health Care Committee, is President of the AIDS Council of NSW and is involved in a multitude of other global health and policy initiatives.

Whilst this may sound like a world away from what we all generally consider maths, there is incredible overlap between the fields of health, politics, and governance with maths. The breadth of mathematics and fields that it can be applied to is astonishing, reinforcing the importance of, and need for, mathematical reasoning and understanding across the globe. It's people like Dr Koonin whose passion for applying maths into other areas and "seeing how they all fit together" that inspire me to continue exploring mathematics and the potential of it.

The two weeks I spent at ANU were an invaluable experience to me not only as part of my mathematical development, but also gave me the opportunity to form lasting friendships with others who share the same passion. The excitement and curiosity that I have gained for maths is something that will never leave me. I hope that everyone, at least once in their lifetime, can put aside their ingrained perceptions of maths and experience the creativity of it that I am lucky enough to. If only people were less fearful of maths, maybe they too could see the beauty of it as well.

| Deputy Principals' Report

SENIOR CAMPUS

A warm welcome to all of our senior students, and in particular to our year 10 students who have joined us on West Street this year. We have had a very positive start to the year, with a record number of students - for the first time, West Street is the base campus for a higher number of students than Pacific, so we are all getting used to a very busy building!

Year 10 and 11 Subject Changes

A number of year 10 students have chosen to make changes to one of their elective courses at the start of the year. Where possible we do try to accommodate these changes to ensure that students are engaged in their learning throughout the rest of the year, although there are situations where we are unable to make these changes, particularly if classes are full. If year 10 students do change an elective in 2023, they will have the new course as well as the year 9 course both listed on their ROSA as 100 hours courses, rather than one 200 hour course. The only situation where this may impact their choices for years 11 and 12 is if they drop a language course, as this would preclude them from studying a Continuers language course.

DEPUTY PRINCIPAL'S REPORT CONTINUED

Year 11 students have spent weeks 1 and 2 settling into their subjects, but I do encourage them to take advantage of the opportunity to make changes where needed in week 3. I did have concerns that a number of students may have selected courses at the end of year 10 that may not have been the most aligned with their readiness and interests, particularly with levels of maths and very challenging science courses.

It is critical that, having had a short period of exposure to the rigour and workload of these courses, students who are finding that certain subjects may not be the best fit for them make those changes while they can. Further changes will very rarely be approved beyond week 4 as there will be an overwhelming amount of work to catch up on. Naturally, changes will be limited by class sizes and if classes are full students may not be able to pick up those courses.

The Subject Change form will be available from me on Monday 13 February and can be returned to make changes from Tuesday 14 February. Changes will be made on a first-come, first-served basis.

AI and Assessment

Like all education systems internationally, we are in the process of evaluating and responding to the impact of artificial intelligence tools such as ChatGPT. ChatGPT, which I have encouraged our senior students to play around with at home as it certainly has the potential to be an enormously useful tool for study, has exploded in popularity and impact over the past couple of months. Currently banned for students within Department of Education schools, these tools can be transformative for classrooms, but time will be needed to determine how to best harness their power for educational good. The immediate concern for all schools at this point, particularly for Stage 6, is the impact that AI can have on the validity of assessment. ChatGPT allows students to type in an assessment question and it will instantly produce a convincing, supported and unique response which could conceivably be then submitted by a student for a take-home assessment task. I was awestruck but also slightly terrified when I typed in a number of HSC questions for English, PDHPE, Chemistry and Modern History and was given essay-length responses that would have been awarded a solid C to B with an HSC marking criteria - and asking ChatGPT to produce a response to the same question multiple times produced quite different, but still sound, responses. A very conscientious student who understands the importance of learning the content and skills, not just producing assessment responses, will not utilise a tool like this for nefarious purposes.

However, knowing the importance of assessment ranks in year 12 and the pressure that students place on themselves to maximise their ranks, we cannot be confident that some students won't attempt to use ChatGPT, particularly if their own confidence is lacking. At this stage there are not reliable ways to detect text which has been produced by AI tools, however I believe that there will be rapid development in this space as a response. In the meantime, it has been necessary for us to ask faculties to adjust upcoming assessments to minimise the opportunity for students to use ChatGPT to produce assessment responses. We are closely monitoring developments in this area and will continue to respond appropriately.

DEPUTY PRINCIPAL'S REPORT CONTINUED

Year 11 Parent Information Evening

I would like to invite all year 11 parents and carers along to an information session on February 28 from 6.00pm over zoom. During this evening, which will take approximately 1 hour, I will break down the key features of years 11 and 12 and how the HSC is calculated.

Date: February 28, 2023

Time: 6.00pm

Zoom details: Join Zoom Meeting

<https://nsweducation.zoom.us/j/2987780565?pwd=VU1ubkxTa01HcWtwSmZEMlk3S2ZSdz09>

Meeting ID: 298 778 0565

Passcode: chs2023

Jodi Arrow

Deputy Principal Senior School Campus

MIDDLE SCHOOL CAMPUS

ASCIA and Healthcare Plans

Thank you to all parents and carers who have worked with the office over the past week to ensure that student ASCIA and Healthcare Plans, and medications have been updated for the new year. It is essential that families communicate with the school if there are any changes or updates to these plans throughout the year.

Assessment Booklets

All middle school students will be receiving a hard copy of their 2023 Assessment Booklets in the coming week. Please take the time to read through this booklet with your child to reiterate their understanding of our assessment policies and to note the nature and timing of tasks across all key learning areas. It may also be a good opportunity to start entering some dates into their calendars.

Parent Portal

Parents are encouraged to engage with the Parent Portal throughout the year. Through the portal you will be able to access the school calendar, daily notices, teacher messages, student timetable, attendance records and much more! In addition to the Assessment Booklet, please note that all formal assessment task notifications will be placed on the portal under 'homework' a minimum of two weeks prior to the due date. This is a great way to help your child stay on top of their workload during busy periods of assessment.

Stage 5 (Year 9) Electives

Please note that there will be no further changes to elective choices commencing Week 3.

DEPUTY PRINCIPAL'S REPORT CONTINUED

Prohibited Items

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

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

School Bags

The Cammeraygal branded school bag is part of the school uniform, however it can be difficult to identify individual bags when placed together in large groups. I would recommend students place a unique form of identification somewhere near the handle to make their bags easily identifiable. A small piece of coloured material or tag should suffice.

NAPLAN 2023

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills. Each year students in Years 3, 5, 7 and 9 participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

From 2023, NAPLAN is moving to Term 1 and will take place from Wednesday 15 March to Monday 27 March. The reason for this change is so that results can be returned to schools earlier in the year which will support teachers to understand the learning needs of their students and plan accordingly.

NAPLAN tests are just one part of our school learning assessment program and questions are primarily based on knowledge, understanding and skills gained from the prior year of schooling.

In preparation for NAPLAN 2023, our school will undertake activities to help students to become familiar with the format and functionality of the online tests. These activities are not an assessment of student ability and will not be marked.

Students and parents can access the public demonstration site (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with NAPLAN and the types of questions and tools available. Excessive preparation for NAPLAN is not required nor recommended.

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

Peter Barraclough
Deputy Principal Middle School Campus

DEPUTY PRINCIPAL'S REPORT CONTINUED

Year 7 2023

Welcome to all the new families who have joined us in 2023. I would like to extend a very special welcome to our Year 7 students who have made the exciting transition from primary school. For the past 2 weeks, students in Year 7 have been participating in various activities to help prepare them for their high school journey and are learning quickly how to navigate their way around the school. As part of the transition program, students in Year 7 have been participating in Peer Support and will continue to have weekly Peer Support sessions with their Year 9 Leaders. Peer Support is part of our wellbeing framework at CHS and aims to increase connectedness, belonging and resilience in our students. It provides our Year 9 students with leadership opportunities while also providing a platform for Year 7 students to build positive relationships.

Year 7 Interim reports

As part of Year 7's transition to high school, class teachers will be completing interim reports over the next few weeks. These reports provide an indication of how students are engaging in the learning experiences and opportunities since starting high school. These will be distributed for students to take home halfway through this term.

Year 7 Camp Reminder

We are excited for the upcoming Year 7 Camp in week 4, **Monday 20th February – Wednesday 22nd February**. Information packs have been sent via email this week with details on departure and arrival times and packing lists. **Outstanding permission slips need to be returned ASAP.** Students have also joined the Year 7 google classroom which will provide regular updates and important messages from Mr Trinh. Students have been advised to use the link provided on the google classroom to assist with cabin arrangements.

Student Diaries

At the end of last year, we surveyed the student and parent community on the use of student diaries. The data showed the majority of stakeholders (over 85%) have not used a student diary in the past and indicated they did not wish to use a hard copy diary this year. Google Calendar is accessible to all Department of Education students and teachers and looks to be an excellent option for students to track homework, assessment tasks and plan/manage their time.

Google calendar is linked to student Google Classrooms and all assessments, assignments and homework due dates are automatically added to Google Calendar with a link directly to the task on the Google Classroom. We will be supporting students to use this application at a whole school level to assist students with organisation and time management.

Siobhan King
Deputy Principal Middle School Campus

Faculty News

Visual Arts

Congratulations to year 12 Visual Arts student Emilia L whose artwork 'Live, Laugh, Late' has been selected for the 2023 ARTEXPRESS. ARTEXPRESS is a showcase of Higher School Certificate Bodies of Work representing best practice in visual arts education. The annual exhibition features a selection of outstanding student artworks developed for the artmaking component of the HSC examination in visual arts in NSW. It includes a broad range of approaches and expressive forms. Emilia's work is currently on exhibition at the Art Gallery of NSW.

Parris Dewhurst
Visual Arts Teacher



MUSIC NEWS

Cammeraygal Music Ensembles have started back for 2023. And don't they sound great!

String Orchestra - Monday 7:30am
conducted by Ms Sarah Qiu

This group had a very successful 2022 with performances with Lane Cove Youth Orchestra at Sydney Conservatorium of Music, North Sydney Council Citizenship Ceremony at The Coal Loader and Royal North Shore Hospital Christmas Festival as three highlights.

Vocal Ensemble - Monday 3:30pm
conducted by Ms Ann Boyle



A very busy end to 2022, with the singers performing at two North Sydney Council Citizenship Ceremonies, RNS Hospital Festival and our end of year school events as well. The Vocal Ensemble will be participating in The Arts Unit 'In Concert' Choral Festival at Sydney Town Hall featuring Kate Miller-Heidke in Term 2.

Stage Band - Wednesday 7:30am
conducted by Ms Ann Boyle & Ms Alex Lang

The Stage Band had some very enjoyable performances last year with highlights including Crows Nest Fest and our Yr 12 Graduation dinner. The ensemble showcased the talents of many of our individual performers in improvised and vocal performances. 2023 has started with an invitation to perform with Northside Big Band at Forestville RSL.

Concert Band - Friday 7:30am
conducted by Ms Jennifer Power & Ms Alex Lang

The Concert is our largest ensemble which had 47 members at our first rehearsal last week. We expect this ensemble to continue to grow with more seniors this year than ever and a large influx of our new Year 7 students.



The band has been invited to perform with the Northern Beaches Symphonic Wind Youth Band near the end of the term. We are also looking forward to returning to Crows Nest Fest and the Sydney Eisteddfod in 2023.

All of our ensembles are rehearsing on the West St campus this year and new members are always welcome. Please email Ms Ann Boyle or have your child speak with Ms Boyle or Ms Lang in class or break time.

We are looking forward to having many more performances for our own school at assemblies and matinee concerts as well as our local primary schools – North Sydney, Cammeray, Anzac Park and Northbridge.

CONGRATULATIONS

The following CHS musicians have been successful in auditioning for The Arts Unit State Representative Music Ensembles for 2023.



State Wind Orchestra: Eoin K (9) and Eli B (8)

State Symphonic Orchestra: Marie P (10), Zac O (9) and Ethan D (9)

These ensembles in Lewisham each week after school. Our students have joined other similarly talented students from across Greater Sydney for their weekly rehearsals. They will perform each term at the Sydney Conservatorium of Music, Sydney Town Hall and the Concert Hall of the Sydney Opera House.

From the Careers Desk

Cammeraygal Careers Website

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

UPCOMING EVENTS FOR PARENTS

Sydney Drug Education & Counselling Centre (SDECC)| Parents Prepared Online

**23rd of March, 4:30pm to 6:00pm
Online**

This workshop will provide parents with information about drugs, their effects and tips for talking to young people about drug use.

This webinar will cover:

- Why young people use substances
- Information about substances young people use
- How to start conversations about substance use
- Support for parents and young people

Parents can register at <https://www.trybooking.com/CFRUV>

If you have any questions about the workshop, please do not hesitate to contact us.

Jenny Perry
Head Teacher Wellbeing
Learning & Support Years 10-12

| from the CHS P&C Association

A Word from the President

Welcome to 2023!

This marks my first and only year in the big chair as Cammeraygal P&C President. Whilst my toes are not yet filling the boots that I am wearing, I hope to maintain a steady course throughout the year and continue the positive work and culture our fellow members have achieved.

I would like to thank the outgoing members of the P&C for their awesome efforts:

- Megan Salmon – President
- Mark Lay – Secretary
- Mary Tazawa Lim - Uniform
- Susan Enners - Communication
- Kristina Dodds – Environment & Community

I'd like to welcome our new recruits in particular Shae Sunder who is taking the secretarial reins from Mark.

We are still looking for some volunteers to join the team to help with the following subcommittees:

- Uniform
- Arts & Culture
- Communications
- Environment & Community
- And an assistant to the Treasurer

Please consider joining our happy team!

Finally, I'd like to congratulate the school for such a great achievement in improving their ranking in 2022! You have an amazing team supporting our fantastic students – we are very proud of you and all the hard work.

I'm hoping that 2023 will be steady, positive, and rewarding for all of us and that we can have a little fun along the way!

Best wishes

Heather

Cammeraygal P&C President 2023

WELLBEING

The main role of the P&C Wellbeing Committee is to provide CHS with support and funds to ensure the wellbeing of our wonderful CHS community (Students, teachers, and parents) with the aim of helping to raise healthy, resilient and responsible teenagers. If you have any questions or suggestions, please do not hesitate to get in touch wellbeing@cammeraygalpandc.org.au or via DM (Karine Marr)

Below is an overview of how we're planning on delivering against those goals:

Students

Each year, CHS Wellbeing team creates and implements a Wellbeing Program, in line with the NSW curriculum, to best offer appropriate tools for our teenagers to deal with the incredible challenge that is high school and growing up.

Each stage focuses around a main theme:

- Personal and collective identity; respectful relationship and resilience
- Self-awareness, risk taking, conflict resolution, goal setting and assertive behaviour
- Decision making, problem solving; critical thinking skills; coping, transition and self-management

Here are some examples of the recurring activities. They include (but are not limited to):

- Cyber safety
- Alcohol and peer pressure
- Positive body image, self-esteem and eating disorders
- Tomorrow Man/Tomorrow Woman
- Alcohol and Drugs with Paul Dillon
- Elevate program etc....

Teachers

In the past, the P&C Wellbeing committee initiated some gestures (eg. "Thank you" lunch, gift voucher during COVID lockdown, Uber Eat voucher, Morning tea etc..) to support CHS teachers and staff and show our gratitude for having such a strong impact on our children on a daily basis.

To celebrate the amazing work done by all teachers and staff in 2022, the P&C treated them with a delicious lunch catered by "Cupcakes & Canapes" and displayed an "appreciation board" with more than 200 beautiful messages from parents and carers, including a few from students organised by the Wellbeing Prefects.



Parents

"It takes a village to raise a child" and to support parents and carers, the Wellbeing committee is going to focus on 3 main areas this year:

1. Seminars/Workshop for Parents & Carers:

This year, we are planning a "Cybersafety" seminar presented by Susan MacLean, end of July 2023.

Next year, we will organise the Paul Dillon and Tomorrow Man/Tomorrow Woman parent's nights which are always very successful and well received by parents & carers.

2. Social Support group via Facebook :

- Wellbeing activities reminder and updates
- Weekly topics/Articles for information and discussion

3. Round Table Discussions

And last but not least, we are looking into introducing a "Round Table" for parents to discuss some wellbeing matters and share "wisdom & tips" around a drink/coffee with each other to help us with some of the challenges met by our teenagers and by us as parents/carers of teenagers.

On the topic, if you are interested, there is an online seminar on Feb 15th (7pm-9.30pm) about **"Parenting teens. The WTF stuff nobody talks about."** (One of the panel members is Paul Dillon who talks to our Y10, Y11 and Y12 each year) For more information and to purchase tickets click [here](#).

SOCIAL

Welcome Drinks - Save The Date!

Shout out to all parents and carers to join us for Welcome Drinks. Welcome the newcomers and catch up with some old timers too.

When: Tuesday 14th March 6pm – 8pm

Where: West St Campus.

More details to follow.

If you have an RSA licence and can help out at any of our P&C events, please contact social@cammeraygalpandc.org.au

UNIFORM COMMITTEE

We are seeking a new vibrant uniform convenor! If you'd like to contribute and help out in your own time, within the capacity that you're comfortable with, please consider this role. Please contact us and we'd love to have a chat (uniform@cammeraygalpandc.com.au).

Q: "What can I do with the school uniforms no longer needed?"

A: Sell your uniforms directly to the buyer and you keep the money, you set your own prices. P&C is not involved in the transaction. It's free to register and search all the ads. No fee for the buyer, fee for the seller (\$1.50 per item or annual subscription \$21.95) to the [website](#).

We are trying to build up stock to make this a lively, useful marketplace so please take the time to do this if you have good quality items. We need everyone to participate to make this work!

Q: “Where can I buy secondhand uniforms?”

A: Go to Sustainable School Shop. It's free to register, and you can see all the uniforms available. You contact the seller directly.

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

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
Girls Blazer Collarless - Black with Logo	1	100
Blouse Short Sleeve - White with Logo	6	2, 12
Blouse Long Sleeve - White - with logo	0	
Shirt Short Sleeve - White with logo	0	
Girls Senior Shirt Short Sleeve - White with logo	2	12
Pleated Skirt	8	6, 10, 12, 16
Girls Tailored Shorts - Charcoal	0	
Ladies Slacks - Black	0	
Girls Flat Front Slacks - Charcoal	0	
Ladies Soft Shell Jacket - Charcoal with Logo	2	18, MEDIUM
Girls Crossover Bow	0	
Ladies Ensemble Shirt - Black with logo	1	10
Boys		
Boys Blazer - Black with Logo	0	
Boys Shirt Short Sleeve - White with logo	16	12, 14, 20, 22
Boys Shirt Long Sleeve - White with logo	3	10, 14
Boys Senior Shirt Short Sleeve - White with logo	6	18, 22, 26
Boys Shorts - Charcoal	14	12, 14, 16, 67, 87CM, 97, 107
Trousers - Charcoal	5	67, 77, 92
Mens Soft Shell Jacket - Charcoal with Logo	1	L
College Tie	3	127CM
Mens Ensemble Shirt - Black with logo	0	
Unisex		
College Jumper - Black with Logo	2	10, 16
Senior College Jumper - Red with Logo	5	90, 100, 10/80CM, 22/110CM
Senior College Tie	4	127CM, 137CM
School Cap	1	ONE SIZE FITS ALL
Backpack with Logo	0	
School Backpack - Red	0	
School Scarf - Red	1	ONE SIZE
Sports		
Sports Polo Red with Logo	8	2, 10, 12, S, 2XL
Sports Shorts - Black	7	10, 12, 14, 16, L, XL
Track Pants - Black	3	14, M
Track Jacket - Black	3	14

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Miscellaneous Uniform Items		
Gender: Any Season: Any	Quantity	Sizes Available
Soft shell jacket - unisex	1	10
Gender: Girls Season: Winter		
Cammeraygal netball club jersey	1	MEDIUM

SPORT

NETBALL

Are you or your daughter interested in playing netball for Cammeraygal Netball Club (CNC) this season?

We are holding a *Grading and Meet and Greet Day* this **Sunday 12 February at West St Sports Hall** at the Senior Campus, (entrance via Rodborough Ave pedestrian gate) the following times:

Year 7: 8.30-9.45am

Year 8 and 9: 9:45-11:00am

Year 10 -12, Ladies: 11.15 -12.30pm

Teams play in the Northern Suburbs Netball Association (NSNA) competition on a Saturday from April to September at Willoughby Leisure Centre outdoor courts. Training for Years 7-9 is Wednesday morning at North's indoor basketball courts in Crows Nest. Seniors (Yr 10 and above) train Monday night at Willoughby courts.

Registration and uniforms can be paid on the day.

New players in any year and from any school and Mums are welcome to come along.

If you have any questions, please get in touch at sportsadmin@cammeraygalpandc.org.au.

We hope to see you there.

BASKETBALL

Comp 1 for 2023 has begun and we are looking forward to the season ahead. It's fabulous to see the number of Cammeraygal basketball teams growing with 4 new Year 7 teams and a total of 23 playing in the Junior and Senior NSBA comps this year.

Wishing all the teams a successful season!

Basketball Players for U14s Women's basketball teams for 2023

It is not too late to join. We are looking for additional players in the U14 women's Ravens team. If you know anyone keen to join, please contact Hettie at sportsadmin@cammeraygalpandc.org.au.

They do not need to be Cammeraygal students, they can be friends from another school.

Courage & resilience was the theme for the U14 Ravens first game. The girls, 3 of whom have never played before, or together as a team, pushed on regardless of an intimidating score board. The opposing team had the advantage of experience, and the Ravens were exhausted as they had no subs but were strong in spirit which bodes well for the next game!



*U14 Women Raven Team
From Left-Right (Back) Zara N, Ameilia C,
Annie R, Alisha O, (Front) Aitana G.*

The new U14 men Eagles Team had a great first game against the other Cammeraygal Year 7 team, the Falcons, who also played well.

Eagles Team Back: Silas C, Mitchell B, coach Charles, coach Jeremy. Front: Lachlan P, Harry S, Ciaran D, Jak Y, Ashton P, Oliver W, Matthew W



The U16 men Taipans team are excited for this season and have been working hard in training, perfecting their skills developing their teamwork. When asked what they like about basketball, a team member said "I like basketball because it's a unique sport and can be challenging. But it's fun because I get to play with my friends."

Taipans: Matthew S, Matthew W, Sinclair F, Max S, Luke M. Absent: Alexander B, Eamon P, Kaelan J, Santiago L, Ben B, Rory T



The Panthers team are back on the court and have moved up to U18 men Division 2!

From left to right - Back: Dylan T, Jeremy H, Dylan C, Aiden C, Hunter S, Dylan TL, Aston TJ. Front : Ben B



The U18 men Pumas team continue to play well together for the start of their second comp as a team. They won 52:27 against Hot Shots. Well done, Pumas!

Back row: Hendo C, Phillip N, Ryan P, Isaac S, Max N. Front row: Lucas O, Oscar F. Absent: Arvind S





Crystals From left to right: Grace M, Zara H, Sienna P,
Mischa S, Lien D, Layla I

The Senior Women Crystals team had a great game on Sunday against an older team. It was very close and they gave it 110% right up to the final buzzer.

FOOTBALL (Soccer)



In year 7, 8 or 9 and interested in playing soccer this winter?

How about joining a Cammeraygal soccer team?

All levels of experience welcome!

Cammeraygal soccer teams play for the North Sydney United football club in the NSFA social competition across the North Shore from April until August on Saturdays (mixed) and Sundays (girls).

Teams are currently being formed so if you are interested, please complete the following google form [HERE](#) before Monday 13 February 2023.

If you have any questions, please email: sportsadmin@cammeraygalpandc.org.au

PILATES



Pilates for Teenagers – Term 1 2023 – It's not too late to register!

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

Are you interested in increasing your flexibility, strength, focus and decreasing stress with Pilates @ Cammeraygal?

Location: Dance Studio, West Street Campus

When: Tuesday afternoons, 3.30pm-4.30pm

Commencement Date: Tuesday 31st January

Cost: \$150 for 10 weekly sessions (Term 1)



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

To Register: Please click on attached link [HERE](#) or use the QR code below

Requirements: Students to wear comfortable clothing. Mats and other equipment will be supplied by the P&C and instructor.

If you have any questions, please contact sportsadmin@cammeraygalpandc.org.au.