

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

10 P&C

MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

Week 10 is the final week of the term and see the school farewelling the class of 2023! There have been celebrations and events all week to celebrate the graduation of this exceptional year 12 cohort. Week 10 also saw the launch of Cammeraygal Code. Please read on for further details of these and other events in the school this week.

Year 12 whole school Gradation assembly and P&C supper



The whole school assembly to farewell year 12 was a huge success this Wednesday. Students from years 7-12 took to the stage to farewell the students from year 12. There was music and lots of emotion as we bid them farewell. The evening then saw over 500 students, their families and staff attend the Year 12 graduation assembly and P&C supper on level 2 on West Street. The event was a huge success as we celebrated our year 12 cohort's triumphs and stories over their years at Cammeraygal. A huge thank you to Greta Oakley, Deb Cavric, Sarah Johnstone, Gina Kassab and

Deb Locke who put so much care and commitment into the organisation of this grand event. Congratulations to the Class of 2023!



CALENDAR

TERM 4

WK 1 | 9 – 13 October

Monday 9 October	Students return to school
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UPCOMING EVENTS

Tuesday 17 October	Year 12 2024 Parent Information Evening
Monday 23 – 3 Oct	Year 10 Exam Block

Next P&C Meeting
Tuesday 7th November
at 6pm
via ZOOM

PRINCIPAL'S REPORT CONTINUED



Alexia R's Graduation Day Speech

Congratulations everyone, we have done it! After 6 years and countless hours of notetaking, sleep-deprived days and arguing over the answers to maths questions, we have graduated. We've had a great time and have made lifelong friendships and memories at Cammeraygal. When I was asked to write a speech for this night, I had to think back to all of my memories from the last six years of my time here. There are so many good things that I have done and learned, that I couldn't fit them all into this speech. But the things that stick out to me the most are the opportunities that we were all afforded here and the relationships I have built with friends, peers and teachers. A precept is a general rule to live by something to guide your actions and behaviour. I would like to share five precepts I think we all have adopted over our time here that have greatly influenced the decisions we have made and the way we have carried ourselves at school. I sincerely hope all of you, regardless of your age, will take something from them.

PRINCIPAL'S REPORT CONTINUED

Precept Number 1: *"Beware; for I am fearless, and therefore powerful"* - Mary Shelley

Confidence is a key ingredient to life, and to school. Having the capacity to speak in front of people, to talk to anyone new or to stand up for yourself or others is one of the most important skills to develop. Throughout high school, we have all learned that if you are going to do something, do it with conviction. If you are going to present a speech to the class or sit a maths test in two weeks, practice as much as you can, and study as hard as possible. The HSC has taught us that to succeed, you have to give it everything you've got, we have to give ourselves the best chance to succeed. The best thing about high school has been that it has given us all time to develop a strong sense of self and given us insight into what we're passionate about and want to pursue in the future so we can now attack the next phase of our lives with gusto.

Precept Number 2: *"If you don't like something, change it. If you can't change it, change your attitude"* - Maya Angelou

In the middle of high school, we were struck down by our first pandemic in 100 years. Although I'm sure no one needs any reminding, society was locked down for an extended period during Years 9 and 10, and we were forced to learn completely online using Zoom, a program that had only just been developed and that no one had ever used before.

We embraced this challenge and took it in our stride, and it has only made us closer as a cohort and deepened the bonds within our friendship groups and classes. We suffered through the awkwardness of breakout rooms, science YouTube videos and online PE classes, which I thought were a bit strange, but we emerged from the situation more resilient, better able to cope with new challenges, and with better technology skills. All of us struggled through that period in some way, but we approached it with positivity and did marvellously to wrestle with an unfamiliar situation and manage it as best we could.

Precept Number 3: *"No man is an island entire of itself"* - John Donne

Teamwork is one of the most important skills one can develop. It teaches communication, it teaches empathy, it teaches effective decision-making, it teaches creativity, it teaches critical and lateral thinking, it helps you to build relationships, become more adaptable, and almost forces you to innovate, try new things, and push yourself out of your comfort zone. Most importantly, it teaches us that no one person has all the answers. Every successful person has a strong team around them, filled with people from different backgrounds, with different interests, and with different skill sets. To really drive change, you must be willing to accept feedback, and be humble enough to acknowledge when your idea isn't quite right, and that someone else's plan should be implemented instead. Over high school, we have learned how critical it is to work productively together, especially in those group projects in Geography that no one did until the last day, and how rewarding it is to accomplish something with your friends.

Precept Number 4, the most important one: *"It is nice to be important, but it is more important to be nice."* - John Templeton

If high school has taught us one thing, it is that nothing is more important than investing your best efforts into being a good person. Make an effort to be a valuable friend, classmate and colleague. Find good friends and keep them. Make friends all the time. Find people who are better than you, smarter than you, more athletic than you, and talk to them. Learn from them. Some of the most important things we have learned have been through conversations with others, and not necessarily just with friends. Our teachers, along with our future bosses and colleagues, want to see us succeed.

Always say good morning and good afternoon, always wish people a good weekend and always say please and thank you. Say bless you when people sneeze, remember people's names and birthdays and

PRINCIPAL'S REPORT CONTINUED

open the door for them. Because it is the little things that distinguish us from others and that everyone will remember long after high school, even if you don't.

To conclude, I want to say thank you to all of our teachers who have consistently helped us as much as they can over the years, and who have supported us pastorally as well as academically. Thank you so much to everyone for a great high school experience and I hope you all have immense success in anything you want to achieve in the future - I look forward to hearing about everyone's accomplishments at our reunions!

Launch of Cammeraygal Code- Pacific Highway Campus

Cammeraygal High School will be launching the Cammeraygal Code on the last day of term for the middle school campus. The code will be launched on West Street early next term. Please see the rationale and principles of the Cammeraygal Code that will be taught to our students and utilised to enhance positive behaviours across the school.

Cammeraygal High School strives to promote a culture of excellence by empowering students through effective initiatives and programs, lifting student achievement of learning and wellbeing outcomes. The school is valued by our community as one of high expectations encouraging all students to lift their achievement, and for the diversity of its extra-curricular activities so students can strive for success across a variety of domains. While fostering and caring for all students, the school encourages students to become motivated learners who show respect for themselves and others, take responsibility for their actions and behaviour, and act with integrity. The school is committed to empowering students to succeed in an inclusive, safe and supportive environment. In understanding what the expectations for student actions are, how they apply to all areas of the school, and the clear consequences for not adhering to these expected behaviours, students are empowered to regulate their choices in order to develop their autonomy and agency.

At Cammeraygal High School, we:

Show Respect	Take Responsibility	Act with Integrity
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By showing respect, taking responsibility and acting with integrity, students of Cammeraygal High School demonstrate the qualities and attributes of successful students who are empowered to achieve. We showcase these values in all aspects of our school life: within ourselves, and with our peers and staff members, and in the learning spaces of the school and community. The school community has developed the Cammeraygal Code in consultation with students, staff, and our community to codify the expected actions and behaviours of successful Cammeraygal High School students. These actions and behaviours align with our school values which have been defined by our students, empowering them to progress their learning and achievement.

The term has drawn to a close and we wish all our students, families, and staff a safe and relaxing holiday. School will resume on Monday 9th October for all students. Please note that I will be on leave for weeks 1 and 2 and Mr Peter Barraclough will be the relieving Principal at this time.

Kathy Melky
Principal

Deputy Principals' Report

SENIOR CAMPUS

New Mobile Phone Policy Term 4

Cammeraygal High School will be implementing the NSW Department of Education's new mobile phone ban from the beginning of Term 4. We will be extending our existing 'Off and Away' policy with more stringent consequences for non-compliance. I would urge you all to please read the Mobile Phone Policy which has been emailed out to all parents today. It will be reinforced with all students in Week 1 of Term 4.

Jodi Arrow

Deputy Principal Senior School Campus

MIDDLE SCHOOL CAMPUS

We have come to the end of Term 3 and we are so immensely proud of all of the efforts and achievements of students on the Middle School.

Incursions and Excursions

In Week 8, Year 8 experienced a fantastic incursion where they learnt all about the Medieval era in Europe. This supported their studies in History, including expanding their knowledge of battles with enactments as well as engaging with an interactive jester's show. Thank you to Ms Hakimi, Ms Shorter and Ms Cumberland for organising the great event.

In Week 9, some Year 9 students were fortunate enough to hear Nova Peris OAM and historians speak in order to develop their critical thinking skills. The students reported back to Ms Shorter how valuable the experience had been. Thank you to Ms Shorter for facilitating this opportunity for our students.

Also in Week 9, students in 7-9 participated in a workshop about cyber security, delivered by 'Digital Thumbprint'. Students strengthened their understanding of safety online and how to be aware digital citizens, engaging appropriately with online platforms. We acknowledge the efforts of Ms Hicks, Mr Trinh, Ms Cumberland and Mr Occelli in coordinating this incursion for our students.

In Week 10, Year 9 Marine and Aquaculture Technology students attended an engaging and informative excursion to the Sydney Aquarium. Dr Mirto and Mr Trinh have expressed how well behaved and courteous these students were in our community. Well done to this class and their teachers.

Student Voice and Leadership

Last week, the Girls Committee, after their success with the Girls Bathrooms revitalisation, organised another fantastic opportunity for the school. With Ms Tuskan and McIntyre, the committee and the SRC organised a Boutique Op Shop on the Green where students pre-paid for clothing items. Guessing competitions and games of sporting skill were also on offer for our students. \$1500 was donated to the charity shelter, 'Women and Children First' supporting vulnerable families in our community. A drive for non-perishable food and sanitary items has also been organised and these will be donated to Crows Nest Vinnies, as well as any donated clothes that did not sell. The Thank you to all the students and families who donated items as well as those who purchased from the Op Shop. A wonderful achievement all involved.

DEPUTY PRINCIPAL'S REPORT CONTINUED

The SRC also marked R U OK day last week by discussing the importance of this day, and every day, to check in on our mates. Stickers and strategies were shared with students and teachers alike to ensure that we continue to ask our families and friends if they are okay.

Performance Poetry

In Week 9, a group of Years 7 and 8 students participated in a wonderful opportunity to share their voice with others by participating in the first performance poetry event on the Middle School. Students delivered impassioned poems and built their confidence by stepping into the limelight in the Performance Studio. The audience was extremely impressed to see the talents of our students on display, and we hope this experience ignited the poetry and/or dramatic fire for these students. Thank you Ms Ball for organising this superb occasion.

On the last day of school, we celebrated the launch of our Cammeraygal Code which shows how a successful student behaves and engages in all the learning environments of the school.

A talented group of Year 9 students made highly effective and relevant videos, showcasing the attributes and characteristics of a successful Cammeraygal student – one who shows respects, takes responsibility, and acts with integrity in all areas of their education. Following the Cammeraygal Code will help students to be empowered to achieve.

We wish everyone a safe and relaxing holiday break. We will see you all back at school on Monday 9th October 2023.

Peter Barraclough
Deputy Principal Middle School Campus

and

Kate Richards
Relieving Deputy Principal Middle School Campus

Faculty News

Year 12 Graduation Week

Year 12 has celebrated graduation with a number of fun activities! The festivities started in Week 9, on Thursday evening, where we had a pizza and movie night. The students had a great evening, eating lots of pizza and snacks, playing party games and watching "She's the Man". On Monday of Week 10, students played a teacher vs student netball game, in which the teachers emerged victorious! On Tuesday we had a fun, and very competitive, games day, where students played a variety of games and ended the day with a surprise visit from an ice cream van - which was very much needed during the heat wave. The highlight of Grad Week was the wonderful graduation and supper, in which all the incredible student achievements over the years were acknowledged. Finally, we wrapped up the week with a wonderful Year Advisor's morning tea and trivia game, enjoying our last few moments together.



The Grad Week celebrations have been absolutely joyful and it has been such a special time to celebrate the incredible students of Year 12. Best of luck in the future Year 12 - we will miss you!



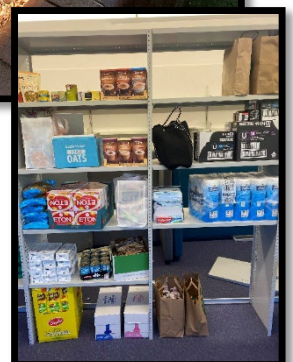
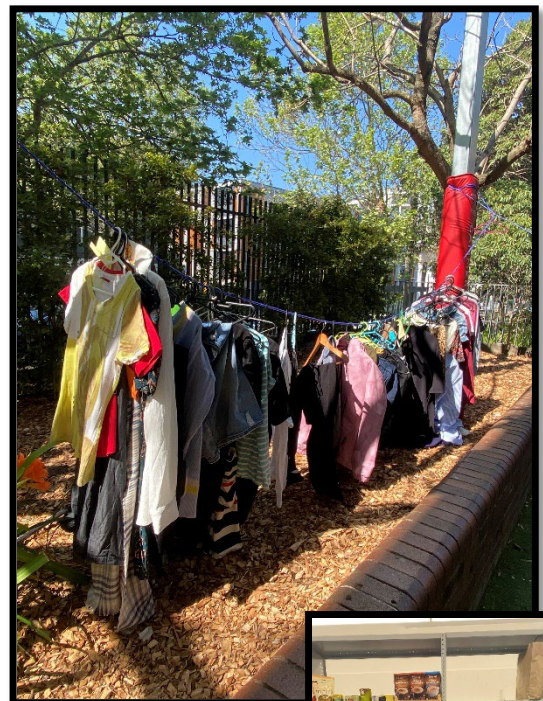


Middle School Girls Committee/SRC

Clothing Op Shop and Food Drive

For several weeks this term, The Middle School Girls Committee in conjunction with the SRC has gone through numerous planning sessions in order to support the organisations of “Women and Children First” as well as, Crows Nest Vinnies through an established clothing Op Shop, alongside a food and sanitary item drive. This Op Shop funded over \$1200 through this event and received countless contributions of food and toiletries to support these foundations. Cammeraygal students in years 7-9 bought several items, supporting the event and ensuring it was a massive success. For the food drive, students across all grades donated food and sanitary items to assist those in the local community that are going through financial trouble. Year 9 in particular need to be commended for a fantastic collective effort. We hope that your donations will greatly aid those in need and that our hard work and dedication will benefit many mothers and children who are in need. Thank you to everyone who contributed to or participated in this event.

By Abigail W





Music

Congratulations to the Music Class of 2023.

Year 12 recently presented their HSC music programs to external examiners. We are so proud of their efforts and know that they were all prepared for the big moment.

Year 9-11 accompanists were a huge help. Thank you!

The class also recently performed for their Graduation assembly and parent evening assembly. Fabulous!!

Congratulations to our first place recipients – Jared and James.

We were delighted to award our first CHS Music Medals at the Year 12 Graduation.



The **Gold Music Award** went to students who were committed members of school ensembles for six year – Jared, George, Aidan, Kai and James. The **Platinum Music Award** went to students who were committed members of two or more music ensembles for six years. Congratulations to Jared and James.

Congratulations to Year 7-9 musicians

Jack, Eli and Eoin all performed this week at the Sydney Opera House as part of Arts Unit Ensembles. They performed to a packed Concert Hall and were challenged with some difficult repertoire. Well done.

Music dates for the diary:

Year 7 and elective Year 9 music excursion to see the Sydney Symphony Orchestra

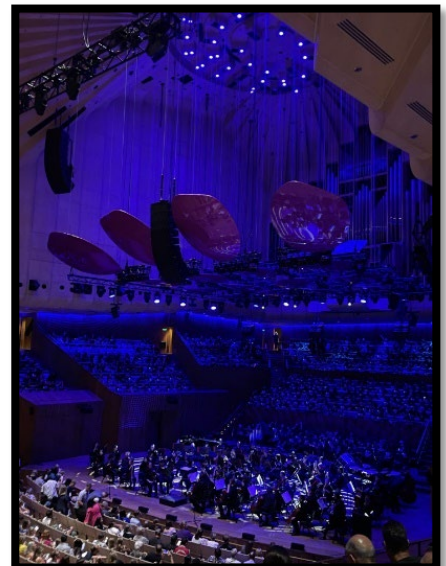
Sydney Recital Hall, Angel Place – Thursday October 19 (10am – 1:30pm)

Summer Soiree

West St hall – all ensembles - Thursday December 14 (6-8pm)

Music Ensembles

New members are always welcome to join our ensembles. Please contact us through the school email or have your child speak with the music staff – Ms Alex Lang or Ms Ann Boyle.



Cammeraygal High School Music Ensembles 2023

All rehearsals take place in West St Music Room DG56


Monday 7:30-8:30am STRING ORCHESTRA
Ms Sarah Qiu

Monday 3:30-4:30pm VOCAL ENSEMBLE
Ms Ann Boyle

Wednesday 7:30-8:30am STAGE BAND
Ms Ann Boyle & Ms Alex Lang

Thursday 7:30-8:30am PERCUSSION ENSEMBLE
Ms Freya Steele

Friday 7:30-8:30am CONCERT BAND
Ms Jennifer Power & Ms Alex Lang



Wellbeing

NSLHD Vaping Information Hub webpage

The Vaping Information Hub webpage provides a central location for useful resources and tools designed to assist young people, parents and carers, and teachers and educators. It includes specific information for key groups (young people, parents and carers, and teachers and educators) as well as broader information about the relevant legislation and where to go to for support.

Access here: <https://nshp.com.au/TheVapingInformationHub>

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 Advisor

from the CHS P&C Association



Presidents update September 2023

We need you!

We understand that convincing parents to volunteer for the Parents & Carers Committee can be a challenging task. We all lead busy lives and are cautious about taking on more commitments.

Nevertheless, we would like to outline a few good reasons why joining the P&C is a positive thing and something we would urge you to consider:

- **Influence on Voluntary Fees:** As P&C members, we have a say in how voluntary fees are spent.
- **Direct Access to School Leadership:** Being part of the P&C provides direct communication channels with the principal and senior staff.
- **Firsthand Knowledge:** We get to understand firsthand about what's going on at the school and in the school community,
- **Understanding School Culture:** The P&C involvement offers a unique perspective on our school's culture, enabling us to contribute positively to its development.
- **Organising Initiatives:** We organise impactful initiatives for students, teachers, and families, ranging from wellbeing programs to sports, environmental projects, and social events.
- **Shared Responsibilities:** The more individuals involved, the lighter the workload.
- **Limited & Concise Meetings:** We hold a maximum of 10 P&C meetings each year, focusing on making them brief and purposeful, respecting everyone's valuable time.
- **Active Parenting:** By taking part in the P&C, you actively engage in your child's school life, serving the school community and leaving a lasting legacy.
- **Make New Connections:** Cammeraygal High School P&C is made up of a lovely group of people, so you'll probably make some new friends and maybe even have a little fun along the way!

In our efforts to support our school, we need individuals with diverse skills, including secretarial, accountancy, organisational abilities, and those willing to lend a helping hand in any way they can.

It's been said before that time at school goes ridiculously fast, so the commitment is only for a few years. You can feel proud that you played a part!

Please write to president@cammeraygalpandc.org.au with your expressions of interest and where your strengths lie.

Thanks in advance!

Heather

P&C President 2023

REUSE REDUCE RECYCLE

Are you doing some spring cleaning at home this coming holiday? Do you have any boxes with or without lids to spare? The storage box that the P & C Sport committee currently owns is fast falling apart so we need your help! We are looking for some large storage boxes to store our coach and umpire uniforms and other items that belong to the P & C Sports Committee. Please see the examples below. They can be bigger or smaller.

If you have any please reach out to us via:
sportsadmin@cammeraygalpandc.org.au

We can help organise pick up etc.

Sistema Storage Tub 27L - Clear

★★★★★ 4.0 (1) Write a review



SPORT

Netball

Grand Final Results: We were extremely proud to have 2 of our teams go through to the Grand Finals and both teams won their games, which we are so thrilled about.

CNC 11 - 13C had an extremely thrilling game, with the score level with 60 seconds remaining, however some incredible play by the team saw them prevail and win 25 to 23 versus Monte.

CNC 05 - D3 ladies played strongly and competitively for the entire game and wrestled the lead back many times and ultimately won by 4.

Overall, it was a fantastic season for the Club, with more of our teams making it through to the final rounds than any other year.



NC Presentation Day - We held our End of Season Presentation Day on Saturday 16 at Willoughby Courts. Despite the searing heat, we had a great turn out to celebrate the end of a fabulous season and celebrate all the trophy and award winners that are listed and photographed below. The player vs parent games were once again a highlight of the afternoon.



	CNC 01	CNC 02	CNC 03	CNC 06	CNC 07
Award	Person	Person	Person	Person	Person
Players Player	-	Sydney A	Maya T	Hannah D	Mackenzie H
Most Valuable Player	Isabella B	Leah P-K	Krystal C	Rachelle W	Sophie R
Most improved	Sienna P	Sachia W	Isabel W	Teigan N	Sara S
	CNC 08	CNC 09	CNC10	CNC 11	CNC 12
Award	Person	Person	Person	Person	Person
Players Player	Lauren P	Vix J	Eva M	April T	Rachel M
Most Valuable	Ava L	Chloe C	Brooke R	Ruby A	Olivia G
Most improved	Harper J	Madeleine C	Sophia C	Eloise H	Masha Z



MAIN AWARDS	
Award	Person
Club All Rounder of the Year	Jade S
Club Coach of the Year	Sydney A
Most Improved Coach (Snr and Jnr)	Evanya R
Club Umpire of the Year	Kaitlyn J
Most Improved Umpire	Maayan R
Outstanding Contribution from Yr 12 student	Lien D
Outstanding Contribution from Alumni	Lilya M

YEAR 12 MEDALS	Grace M Sienna P Maya T Lien D
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Club Photographs: This year for the first time, we took team photos and photos of the players who participated in coaching and umpiring for CNC.

We are very proud of the hard work, dedication, and time these players commit to their development as Coaches and Umpires.



Above: Parents vs Players games

SPEED & AGILITY TRAINING SESSIONS

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

Speed & Agility Registrations for Term 4 2023 – Places Available!

Speed & Agility training will help athletes of any sport and ability improve their fitness, speed and movement with challenging drills each week.

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

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

Commencement Date: Wednesday 11th October 2023

Location: Junior Campus Hall (3.10pm – 4.10pm). Advised weekly.

Please click [HERE](#) or scan QR code to register. Places are limited!



Cost: \$120 for 10 weekly sessions (Term 2)

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

Please wear suitable fitness clothing, runners and bring a bottle of water.