

# Cammeraygal High School

## Empowered to Achieve



### 01 PRINCIPAL'S REPORT

### 18 P&C

#### MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

We have come to the end of another busy term which has been productive and full of an array of activities. All students in years 7-12 have completed their term 1 learning programs and assessments. Year 12 will be the first group to receive their reports early next term. This final newsletter for term 1 will highlight some of events of the past 3 weeks including some outstanding student achievements both individually and in a range of teams.

#### Mock trial – Cammeraygal HS Versus Riverside Girls HS

Cammeraygal High school entered the Mock trial competition for the first time this year. It is a rigorous competition that emulates a real-life courtroom trial where students take on the relevant roles in an authentic fictitious scenario. congratulations to our Mock Trial team of Amy B, Ofelia C, Kate H, Leo G, Caitlyn R and Amelie W who won their very first Mock Trial against Riverside Girls HS. An amazing achievement under the guidance of Ms Gale. Congratulations to the team.

#### Sophie R- Constitutional convention

Year 12 student, Sophie R, attended the Constitutional Convention in Canberra. Please see the summary of this wonderful opportunity for Sophie as outlined by Ms Gale.

This Constitution brings together a select group of top Legal Studies students from around Australia to debate a proposed constitutional reform. Sophie was peer selected from the NSW Constitutional Convention as one of 30 NSW delegates to attend.

The conference began in the Museum of Australian Democracy where students were welcomed to the conference by The Hon Jason Clare MP.

#### CALENDAR

<b>TERM 1</b>	
<b>WK 1   30 April – 3 May</b>	
Tuesday 30 April	First Day Back
Thursday 2 May	Cross Country
<b>UPCOMING EVENTS</b>	
Wednesday 8 May	Athletics Carnival
Friday 10 May	9E, 9K, 9U Geography Excursion
Friday 10 May	Year 7 HPGE Excursion

**NEXT P&C MEETING**

**TUESDAY 7 MAY**

**6PM**

**VIA ZOOM**

## PRINCIPAL'S REPORT CONTINUED

The conference began in the Museum of Australian Democracy where students were welcomed to the conference by The Hon Jason Clare MP. Students were then split into working groups with delegates from other states and territories where they debated a proposed reform to section 96 of the Constitution - the funding power of the Commonwealth to the States. Over the course of two days, students were addresses by leading political, academic and policy experts, including Professor Anne Twomey (University of Sydney), Dr Andrew Banfield (Parliamentary Library, Canberra) and Professor Alan, (Curtin (University). Students debated the reform, made individual and public submissions to the group and ultimately participated in a real-life referendum on the reform. A communique of the student's recommendation and reflections was then presented to Senator Andrew Lachlan, Deputy President of the Senate.



Following the convention, students were invited to drinks at the Governor-General's house where they met His Excellency General the Hon. David Hurley AC and Mrs Hurley. Students were allowed to tour the Governor General's home and were treated to a sing-along of "You are my sunshine" with Mrs Hurley.

Students then attended a dinner at the National Press Club, where they were addressed by the ACT Young Australian of the Year, Caitlin Figueiredo. On the final day students toured the National Museum of Australia and then attended Parliament House where Sophie met her local representative, Kylea Tink. Students then attended Question Time where they were enthralled, entertained (and shocked!) by the debates in the House of Representatives. It was an amazing opportunity for Sophie to attend and hopefully an experience many other Cammeraygal Legal Studies' students will experience in years to come. Congratulations to Sophie and a huge thank you to Ms Gale who attended and organised the event.



## Year 8 Enrichment project - the Down Under Discovery Exhibition

Year 8 students travelled to the Australian History Museum to explore the 200 Treasures Exhibit and learn about the stories of the 100 people who have shaped Australia's history.

From this visit the students were asked to choose 1 individual who inspired them and to research their story. They were challenged to construct an interactive museum exhibit to educate and enthuse other young people about their chosen figure. On the day, the Year 4 students were eager to engage with all the projects, discovering information about inspirational Australians. Thank you to Ms Simone Shorter who organised the enrichment excursion for our students.

## PRINCIPAL'S REPORT CONTINUED

### Cultural Safety Workshops

Ms Hakimi (Head Teacher History & ARCO) and Ms Papikian (History Teacher) delivered an inclusivity workshop to Year 10 students. This workshop is a pro-active wellbeing initiative which seeks to provide students with an understanding of covert and overt forms of discrimination and how this may manifest in the world around them. Students are taught specific strategies that assist them when dealing with bigotry, in a safe and effective manner, and the importance of being an anti-racist citizen is discussed. This workshop is a whole school initiative and has been presented to the Year 12, 11 and 7 cohort. Next term, Year 8 and 9 will be engaging in this valuable learning experience to develop their social and cultural skills. I thank Ms Hakimi and Ms Papikian for this excellent presentation that is vital to the wellbeing of our students.

### Year 8 Mathematics Riff

This term the Year 8 Mathematics classes have been learning about Pythagoras' Theorem and right-angled triangles. Throughout the topic, some of the classes have been consolidating the theory by learning a parody to Billy Joel's "The Longest Time" called "c's the Longest Side". The students enjoyed the sporadic rehearsals during class, and it as built up to the inaugural CHS Pythagoras sing-off. 8MATE and 8MATY passionately performed an epic rendition of the song to Ms Melky, Mr Barraclough and Mr Trinh, and the students definitely won't forget that c is the longest side! Thank you to Ms Coveney and Mr Zirinsky who organised this fun event.

### Year 7 Geography excursion to Long Reef

On Thursday 9 April, 7E, 7R and 7U did a fieldwork excursion to Long Reef to investigate coastal geographic processes. Students utilised secondary sources such as a topographic map and aerial photographs at different historical periods to examine the changing nature of the coastline. They also conducted primary research by investigating the role of the wind, waves, geology and dune vegetation in weathering and erosion of the coastal landscape. We were exceptionally lucky with the weather - while it was very windy, the rain held off until we were on the buses going back to school.



Thank you to Mr Butler, Mr Fortunato, Mr Wilcox and SLSO Seb for attending this excursion. Our next fieldwork excursion is for year 9 Geography students in week 2 term 2.

## **PRINCIPAL'S REPORT CONTINUED**

### **Cammeraygal High School Anzac Day Assembly and representation at the North Sydney War Memorial - Anzac Day Dawn Service.**

Cammeraygal High School will be holding our Anzac Day whole school assembly on Friday 12<sup>th</sup> April. All students will attend this assembly at the West Street Hall during periods 1 and 2.

Our School Captains, Sydney A, Jeremy H, Dylan TL and Elise TL will also be attending the Anzac Day Dawn service representing the school with the laying of a wreath to commemorate the service given by the fallen.

### **Publication of the Annual School report on our website**

Every NSW public school will be completing their Annual School report for the 2023 school year. This extensive document details student results, outcomes, expenditures and other events and achievements for Cammeraygal High School in the 2023 school year. I invite all parents and caregivers to access the documents on our school website when it is published early next term. Please be reminded that all students return to school on **Tuesday 30<sup>th</sup> April**.

I would like to wish all our community a restful, safe and restorative Autumn break.

**Regards,  
Kathy Melky  
Principal**

# **| Deputy Principals' Report**

## **SENIOR CAMPUS**

### **Year 11 and 12 Assessments**

We wanted to commend Year 11 and 12 students for their diligent and focused approach towards completing their assessment tasks this term. These students consolidated their skills, writing under timed conditions which will assist their preparation for future examinations. When students receive feedback from their assessment tasks, it is important that they take time to reflect on the strengths of their responses and apply markers' recommendations to address areas for growth. Additionally, Year 11 and 12 reports will be distributed early in Term 2 which will provide valuable information about students' progress in each course.

### **Illness and Misadventure Application Forms**

Please familiarise yourself with the procedures for Illness and Misadventure applications as explained in the Assessment Schedule booklets for Year 10, 11 and 12. These application forms need to be completed and communicated to the school if students have been impacted by illness and/or misadventure for assessment tasks. Please refer to the assessment booklet of your child's grade for further information about the Illness and Misadventure process and for a copy of the forms.

## DEPUTY PRINCIPAL'S REPORT CONTINUED

### Parent Teacher Interviews

In Term 2, Year 11 and 12 parents have the opportunity to speak with teachers at our Parent Teacher Interview events, and Year 10 parents can meet to discuss student progress and Stage 6 subject information in the first week of Term 3. Included below are the calendar dates for all our parent teacher interview events. More information about these will be communicated in Term 2.

### Calendar Dates

Year 12 – Tuesday 21<sup>st</sup> May 2024 (Term 2 Week 4)

Year 11 – Tuesday 4<sup>th</sup> June 2024 (Term 2 Week 6)

Year 10 – Thursday 25<sup>th</sup> July 2024 (Term 3 Week 1)

Year 9 – Thursday 25<sup>th</sup> July 2024 (Term 3 Week 1)

Year 8 – Monday 1<sup>st</sup> July 2024 (Term 2 Week 10)

Year 7 – Tuesday 25<sup>th</sup> June 2024 (Term 2 Week 9)

### Opal Cards

An important reminder to all students and parents that the light blue school Opal cards are not allowed to be used for non-school travel.

This includes weekends, school holidays, and extra-curricular activities outside of school hours (P&C sport, Saturday school etc).

Students **under the age of 16** must use their **green children's** Opal card.

**Senior students (age 16+)** need to apply for a **silver concession** Opal card.

Any student caught using their school Opal card for non-school travel risk receiving a fine from Transport NSW.

Thank you for understanding.



### Incursions and Excursions

On Thursday 11<sup>th</sup> April, the Year 10 PASS class and 12 SLR class attended an engaging and informative sports management excursion at the sporting precinct in Moore Park. Thank you to the teachers facilitating this opportunity: Mr Coles, Mr Mark and Ms Shrubsall.

Year 10 also participated in an important inclusivity presentation delivered by one of our Anti Racism Contact Officers at school on cultural safety and our anti-slur policy. This session has been delivered to Year 11 and 12 in 2023 and it will be delivered to the junior school later in 2024. Thank you to Ms Hakimi and Ms Papikian for delivering these significant messages to our students to foster the inclusive nature of our school.

## DEPUTY PRINCIPAL'S REPORT CONTINUED

We have seen a variety of knockout competitions this term where our students have represented the school proudly, reflecting the values of Cammeraygal, win, lose or draw. We have also seen our students participate in music performances including the In Concert vocal event as well as other opportunities. Thank you to all parents for supporting these rich and diverse extracurricular activities.

### Year 12 Graduation

Please save the date for the late afternoon and evening of **Tuesday 24<sup>th</sup> September 2024** (Term 3 Week 10) for the Year 12 Graduation Event.

Finally, we want to thank you our students and parents for a wonderful Term 1 at Cammeraygal for 2024. We wish you a happy and safe break and see you all back on the first day for students in Term 2: Tuesday 30<sup>th</sup> April.

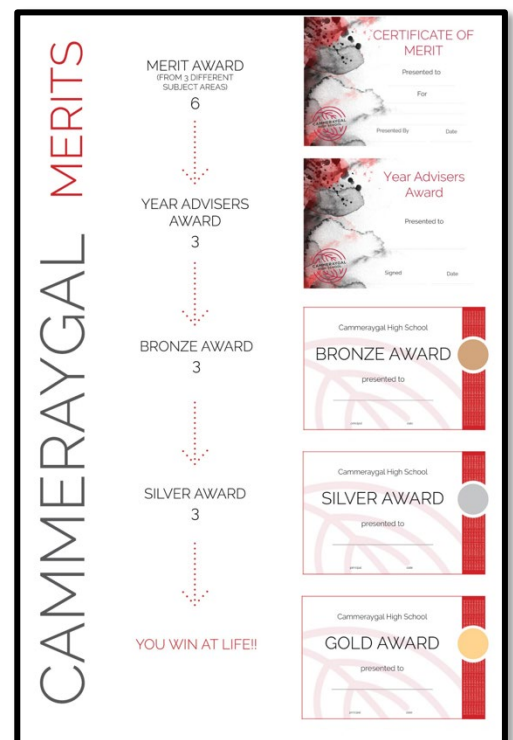
**Sadaf Hakimi and Kate Richards**  
**Relieving Deputy Principals**

## MIDDLE SCHOOL

### Cammeraygal Merit Award System

The philosophy behind our merit system is the strong belief that positive behaviour reinforcement is a very powerful tool to reinforce or modify human behaviour. In addition to recognising and reinforcing positive behaviour, we aim to build students' self-esteem through recognising their achievements in a tangible way. The merit system encourages students to work towards achieving personal and academic goals through accumulating different certificates corresponding to the consistency and nature of their efforts.

Student achievement, effort, behaviour that reflects the core values of the school will be recognised through the use of Merit Awards which will be issued using the online database. These awards will be issued by classroom teachers and also by teachers who are responsible for the organization of extra-curricular activities, sport and community service.



## DEPUTY PRINCIPAL'S REPORT CONTINUED

Some examples of the type of achievements which might lead to a student being given a Merit Award include:

Being a responsible and considerate person; honesty; trustworthiness; achievement to the best of your ability; consistently improved attitude to classwork or homework; care of your environment; sporting endeavours; scholastic excellence; school service; community service; fairness in sport; organisation of school events; politeness to others; helping beyond what is normally asked; respecting the rights of others in a very responsible way; giving extra assistance at sporting events; actively caring to make our school a good place to be; helping others in need; being polite and helpful to visitors and in the community; assisting others to achieve their personal best.

### Air Conditioning Project – Pacific Campus

The final phase of air conditioning installation on the Pacific Campus is due to be completed these holidays. This will see the Visual Arts rooms, Science Lab and a number of other learning spaces equipped with air conditioning to assist with heating and cooling throughout the year which will ensure students and staff have comfortable learning environments at all times.

**Peter Barraclough**  
Deputy Principal – Middle school

### Year 7 Term Review

Year 7 have had a wonderful first term of High School. They have adjusted exceptionally well to this new environment and managed the challenges of the transition with enthusiasm. I have been impressed with students' efforts to succeed and their willingness to seek help and advice from supports here at school. Thank you to all the Year 7 parents and carers who have supported students to have such a wonderful start at Cammeraygal. Well done to Mr Butler, the Year 7 Year Adviser for providing such a high level of assistance to students. I feel very privileged to be supporting Year 7 again next term in the role of Relieving Deputy Principal Year 7.

### School Holidays

School holidays are a wonderful opportunity to spend time with family, go on adventures and of course relax and rest after a busy term. The change in routine can be a welcome reprieve for some but it can also be a challenge to adjust and certainly to return to school routine once the holidays are over. Below are some general strategies to support young people in enjoying their holidays and maintaining positive habits throughout the two-week break and hopefully assist you in avoiding the dreaded "I'm bored" chorus.

- **At the start of the holidays make a list of activities to look forward to.** This can include low key activities like gardening, shopping, listening to music and more structured/planned activities like an outing with friends or going on a holiday.
- **Pre-Purchase some healthy and fun snacks that your child can prepare themselves,** making them less dependent on you. This helps avoid the constant requests for food and involves your child in making healthy choices for themselves.
- **Encourage your child to choose a new skill to learn during the holidays,** whether it be touch-typing, coding, knitting, learning a language, or even playing a musical instrument.

## DEPUTY PRINCIPAL'S REPORT CONTINUED

- **Encourage your child to make a positive impact by supporting someone else during the holidays.** This could involve writing a letter to a grandparent, mowing the neighbour's lawn, or preparing a family dinner.
- **Maintain a healthy sleep routine as much as possible.** Of course, it is likely that bedtime and wake up times will become later in the holidays, however, encourage a consistent sleep and wake time to make coming back to school easier after the break.
- **Maintain screen time boundaries and set limits on screen-based activities.** Of course, screen time and gaming time will likely increase in the school holidays, however, always encourage your child to tether themselves to real life and plan face to face or outdoor activities as well.

### Mental Health First Aid Course

2024 Blended Youth MHFA - April 18th (5 hrs of e-learning + 1 Day workshop). The Youth Mental Health First Aid course teaches participants how to provide initial support to a young person (aged 12–18) who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves, using a practical, evidence-based Action Plan. Designed for adults working, living with, or caring for young people ranging in age from 12 to 24. Thursday 18th April 8.30am-5.30pm, Magpies Club Waitara. Free.

[Register or find out more](#)

### Vaping conversation guide

The Behaviour Change Collaborative & VicHealth. This guide is for parents and carers and can help facilitate meaningful important conversation with your teen about vaping.

[View the guide](#)

### Amazing Skills for Kids & Teens- Term 2 PEERS Social Skills Program (Ages 13-17)

NDIS-friendly and Evidence-based. Social skills and friendship skills. Highly recommended by OTs, Psychologists and Speech Therapists.

[Find out more about the PEERS workshop](#)

**Pip Hicks**

**Relieving Year 7 Deputy Principal**



# Faculty News

## Legal Studies

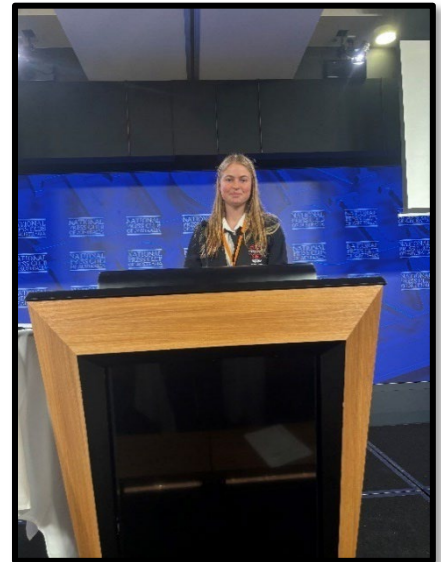
### Constitutional Convention

A couple of weeks ago, one of our Year 12 prefects, Sophie R, attended the Constitutional Convention in Canberra. This Constitution brings together a select group of top Legal Studies students from around Australia to debate a proposed constitutional reform. Sophie was peer selected from the NSW Constitutional Convention as one of 30 NSW delegates to attend.

The conference began in the Museum of Australian Democracy where students were welcomed to the conference by The Hon Jason Clare MP. Students were then split into working groups with delegates from other states and territories where they debated a proposed reform to section 96 of the Constitution - the funding power of the Commonwealth to the States. Over the course of two days, students were addresses by leading political, academic and policy experts, including Professor Anne Twomey (University of Sydney), Dr Andrew Banfield (Parliamentary Library, Canberra) and Professor Alan Fenna, (Curtin University). Students debated the proposed reform, made individual and public submissions to the group and ultimately participated in a real-life referendum on the reform. A communique of the student's recommendation and reflections was then presented to Senator Andrew Lachlan, Deputy President of the Senate.

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### Ms Adrienne Gale

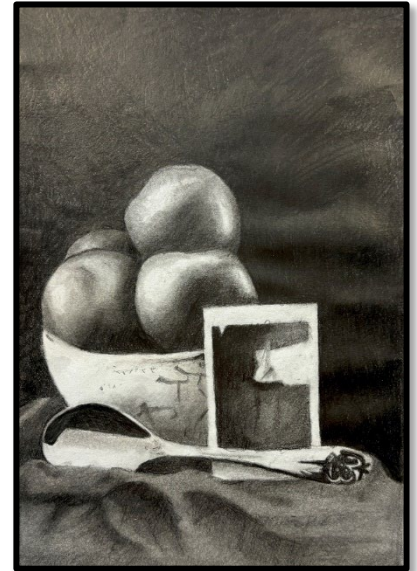
**HSIE Teacher, Supervisor of Girls (West St) and ARCO (West St)**

## Visual Arts

Year 7 have been drawing still life studies this term with a focus on tonal modelling. There have been a range of successful pieces that display a highly developed understanding of tone and form. This graphite drawing is one of the first completed and it shows a beautiful depth of tone and a quiet and contemplative mood. Well done Year 7!

**Ms Chanel Sohier**

**Visual Arts, Visual Design, Photography and Digital Media Teacher**



*Artwork by Skye K in Year 7*

## Music

### 'In Concert' Choral Festival

Year 10 Elective Music and the Vocal Ensemble will be performing in the Sydney Town Hall on the evening of Tuesday May 28 as part of the NSW State Choral Festival.

They will be performing with The Arts Unit Orchestra and Stage Band along with special guest artist Darren Percival (from The Voice) in a choir of 800 voices.

TICKETS (Tuesday performance) CAN BE PURCHASED THROUGH THIS LINK:

<https://cityrecital.ink/InCon24>

Students will perform:

- Matilda Medley – songs from the musical Matilda
- John Rutter's 'Gloria' Mvt 1& 3
- Jazz arrangement of 'Waltzing Matilda '
- John Farnham's 'Age of Reason'
- Sophie Raymond's 'For all mankind' - song for UN Climate Summit
- James Henry's 'Murr gumurr gu' - song about the Ibis in Narran Lakes



### Concert Band performance at Pittwater Festival

Congratulations to the Concert Band students, as well as Ms Power and Ms Lang, on their recent performance at the Pittwater Festival. The students performed a contrasting program of three works for the very appreciative audience on Sunday evening 7/4/24 at Pittwater HS.

## Recent performances by CHS students in The Arts Unit State Ensembles

Congratulations to the students who were selected to represent the school in the NSW Arts Unit Music Ensemble program throughout 2024.

They were part of a wonderful concert last weekend at the Conservatorium of Music.

Orchestra: Marie P (Yr 11), Ethan D and Zac O (Yr 10)

State Wind Ensemble: Rory K and Eoin K (Yr 10)

State Wind Orchestra: Nathanael H (Yr 10) and Eli B (Yr 9)



Students in SWO also represented the school last week at the **NSW official Anzac Ceremony at Hyde Park**. This was attended by many dignitaries including the Governor General, the Premier of NSW and Murat Dizdar, Secretary of NSW Dep of education.

Congratulations Nathanael and Eli.



## Cammeraygal High School Music Ensembles

Rehearsals will take place on both campuses

West Street Campus - Room DG56

Pacific Campus – Room A401



Monday	West DG56	7:30-8:30am	String Orchestra	Ms Sarah Qiu
Tuesday	Pacific A401	3:30-4:30pm	Guitar Ensemble	Mr Nick Kalaf
Wednesday	West DG56	7:30-8:30am	Stage Band	Ms Ann Boyle Ms Alex Lang
Thursday	Pacific A401	7:30-8:30am	Percussion Ensemble	Mr Brendan Paul
Thursday	West DG56	3:30-4:30pm	Vocal Ensemble	Ms Ann Boyle Ms Alex Lang
Friday	Pacific A401	7:30-8:30am	Wind Band	Ms Alex Lang
Friday	West DG56	7:30-8:30am	Concert Band	Ms Jennifer Power

## Geography

### Year 7 Excursion to Long Reef

On Thursday 9 April, 7E, 7R and 7U did a fieldwork excursion to Long Reef to investigate coastal geographic processes. Students utilised secondary sources such as a topographic map and aerial photographs at different historical periods to examine the changing nature of the coastline. They also conducted primary research by investigating the role of the wind, waves, geology and dune vegetation in weathering and erosion of the coastal landscape. We were exceptionally lucky with the weather - while it was very windy, the rain held off until we were on the buses going back to school.

Thank you to Mr Butler, Mr Fortunato, Mr Wilcox and SLSO Seb for attending this excursion. Our next fieldwork excursion is for year 9 Geography students in week 2 term 2.

**Caroline Jerrems**  
Head Teacher Social Science



## UN Youth Conference

Five Cammeraygal students - Kiara P, Noah K, Ofelia C, Reni O, and Aidan P - attended the NSW state UN Youth conference of 2024. Over the weekend-long-camp, these delegates had the chance to connect with a variety of students from across the state. The students participated in a variety of insightful workshops, where they learnt about and discussed different aspects of democracy with their peers. Additionally, they were privileged to listen to distinguished speakers, Professor Philippa Collin, Principal Research Fellow at Western Sydney University's Institute for Culture and Society, and Lauren Perry, the Responsible Technology Policy Specialist at the Human Technology Institute at UTS - educating our students on vital subjects such as technology and its implications on democracy.



The final day brought many hands-on learning opportunities such as mock UN conferences. Each student was assigned a country to represent at both the General Assembly and multiple Committee debates. In the conference, Cammeraygal students and students from all corners of NSW debated issues of democracy on an international level, and proposed resolutions on various issues. Overall, the conference provided a platform for them to broaden their understanding and provides an incredible opportunity for any students interested in foreign policy, democracy as a whole or even exchanging ideas with a diverse set of students.

### Adrienne Gale

HSIE teacher, Supervisor of Girls (West St) & ARCO (West St)

## Da Vinci Decathlon

On April 3rd, eight students from Year 9 attended the Da Vinci Decathlon Sydney Regionals, held at Knox Grammar School. It was a super early start to the day, with registration at 7:30am, so we were all awake at the crack of dawn and ready to roll.

Every year, the Da Vinci Decathlon is hosted by Knox and is a competition consisting of ten subjects, designed to determine which schools will proceed to compete at the state, national and international levels. Each decathlon hosted aligns with a theme for that year; our theme this time around was *Technology and Innovation*.

The day was split into two sessions: in the first, we were given tasks associated with English, Code Breaking, Ideation, and Science. Included in all four subject areas was a combination of many short answer questions, analysis of literature, the pitch of a new creation, interpretation of difficult codes, and three extended responses. The goal was to ultimately finish all questions to the best quality possible, within an 85-minute period, and to get the answers correct.

During this time, groups were called upon to work on their Creative Producer piece, a drama performance that depicted what life would be like without the role of technology in theatre. We were given 8 minutes to prepare a short, minute-long skit, and presented it to the judges who then marked our performance.

The first section was followed by a quick round of trivia, after which we proceeded to the second session. This was made up of Art & Poetry, Engineering, Cartography, and Mathematics. Unlike the first session, however, the time frame for each activity differed: Art & Poetry was due after 50 minutes, Engineering after 60 minutes, and Cartography and Mathematics after 90 minutes. At first, we prioritised the tasks that were due to be submitted first, then when it seemed that this was not efficient enough, we decided to *divide and conquer*.



Overall, the day was a memorable experience that allowed us to nurture many skills that we hadn't tapped into much prior to the decathlon, and although we were unfortunately unable to snag a medal or trophy, it was definitely an event worth experiencing.

Special thanks to Mr Deasey, who organised and registered our team for the decathlon, and Mrs Thompson, who accompanied us to Knox and dealt with our antics for the day.

**By Jennie B (Year 9)**

## **Year 8 Enrichment Excursion**

Some Year 8 students travelled to the Australian Museum to explore the 200 Treasures Exhibit and learn about the stories of 100 people who have shaped Australia's history. Some of the individuals that caught their interest included, David Unaipon, David Fleay, Edith Cowan and many more. The students also explored other areas of the museum for inspiration to help them create their own interactive exhibit. They will now choose an individual who they believe has had a positive influence on Australia and create a museum experience for local primary students to enjoy. This will be presented in our library in Term 3. We look forward to seeing their innovative exhibits.



**Simone Shorter**  
**HPGE Coordinator, History Teacher**

## NSW Law Society Mock Trial Competition

On Thursday, 4 April, Cammeraygal HS competed in the NSW Law Society Mock Trial Competition for the first time. The Mock Trial Competition is open to schools across NSW for students in years 10 and 11. The program aims to introduce students to the NSW judicial system by providing practical experience into the running of a court case in a true-to-life adversarial setting. Students learn advocacy, debating and problem-solving skills.

The Cammeraygal team consisted of Amy B, Ofelia C, Kate H, Leo G, Caitlyn R, Eric C and Amelie W. The students represented the Plaintiff in a negligence claim for a horse-riding accident. Students took on a range of roles - barristers, solicitors, witnesses, and a magistrate's clerk. The mock trial pitted our students against students from Riverside Girls with the matter being adjudicated by a real-life magistrate! The students performed very impressively to secure a win against Riverside Girls - an amazing accomplishment for their first ever mock trial! Round two will be held next term.



**Ms Mallory Capelin and Ms Adrienne Gale**  
**Mock trial Co-ordinators**

## NSW State Parliament

On the fourth of April, my fellow Captains and I were invited to join the Member for Willoughby, Tim James, and other local school leaders at NSW State Parliament. It was here that we had the pleasure of engaging in meaningful discussion towards the importance of young voices being represented in the future of Australian politics and social change. It was, however, the tour of the Green Room and learning the ins and outs of our Legislative Assembly that was the biggest highlight of the visit. To conclude the day, we had the honour of receiving a certificate of leadership for 2024, presented by Mr. James. It was definitely an experience that shone a light on the value of representation not only here at Cammeraygal, but from all aspects of youth leadership.

**Sydney A**  
**Captain 2024**

# 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/>


### Their Next Move

Careers Through Skills:  
A Parents Showcase

## Live Show- Sydney



"Their Next Move- Careers through Skills: The Parent Showcase" is a FREE informative, engaging and creative showcase, designed to dispel the myths surrounding vocational education and training (VET), showcase the many various career pathways in VET and highlight the success stories of individuals who have chosen and excelled in VET courses and through apprenticeships and traineeships.  
in partnerships with NSW Department of Education



#### DETAILS

**WHAT:**  
A 80 minute presentation showcase of careers, pathways and opportunities through VET for parents. Guests speakers and advisers available to answer questions.

**WHEN:**  
Tuesday 21 May @The Independent Theatre, North Sydney, 6pm. Bookings required.  
Contact Anne Cazar 0438 808848 for more information.

**Bookings essential**  
**To reserve your seats:**  
<https://events.humanitix.com/their-next-move-parent-showcase>

#### ABOUT

Utilising animation, film, speakers and live music- including George Ellis and his pocket orchestra - we will bring creativity, entertainment and excitement to showcase careers information in a unique way.

We explore emerging industries, new jobs, school based and post school apprenticeships and traineeship and look at main industry sectors and skills needs

- Inspiring Narratives: Engaging interviews with successful VET Alumni, parents and industry sharing their career stories and lessons.
- Educational Content: Expert insights and guidance on industry trends, emerging careers and skills, jobs of the future, and career pathways.
- Industry Insights: Gain valuable insights from industry experts through the individual story telling, panels and links to critical skills web sites.
- Career Guidance: Practical tips and resources- links, information and contacts to help parents assist their children's decision for their future

This presentation is most beneficial for parents of students in years 7-11.

- Apprenticeships / Traineeships
- TAFE / Private Training Providers
- Free free courses
- Useful resources and services

#### TOPICS COVERED

- Industry trends/ jobs of the future
- Vocational Education and Training (VET)  
Options: School -delivered VET, SBATs and EVET
- skills training and micro credentials

**skillsONE** **To reserve your seats:** <https://events.humanitix.com/their-next-move-parent-showcase>

Supported by **NSW GOVERNMENT**

Ms Jennifer Perry  
Careers contact



# From the Library

## CAMMERAYGAL HIGH SCHOOL - EXTRA CURRICULAR TIMETABLE 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b>	String Orchestra 7:30-8:30 DG56 Ms Qiu GC: yndujyd	Volleyball - West St Hall 7:30-8:30 - Mr Whittred Seniors only  Drama Club 8:00-8:40 D.G.70 Mr Walker GC:w6emng	Duke of Ed (drop in session) 8:30 Pac Library Ms Cumberland GC: dx6qchj  Stage Band 7:30-8:30DG56 Ms Boyle & Ms Lang GC: d2nmb4  Junior Debating 8:00 - 8:55 B.3.29 Mr Nowicki	Duke of Ed (drop in session) 8:30 Pac Library Ms Cumberland GC: dx6qchj  Volleyball - Pacific Hall 7:30-8:30 - Mr Whittred  Percussion Ensemble 7:30-8:30am A401 Mr Paul & Ms Lang GC: rxvofy	Concert band 7:30-8:30 DG56 Ms Power GC: bybneh5  Wind Band 7:30-8:30 A401 Ms Lang GC: hjvege
<b>Recess</b>				Senior Campus Art Club Art Room Mr Ocelli	Eco Club B.3.32 Ms Zrinsky GC: kqtz36
<b>Lunch</b>	Friendship Bracelet Workshop Pacific Library Emma O'Toole	STEM Extension C.2.10 Mr Deasey GC: kdzwida		Junior Campus Art Club B.4.08 Mr Gray	STEM Extension C.2.10 Mr Deasey GC: kdzwida
<b>After School</b>		Basketball Mr Mark GC: r4pcz37  Senior Maths H/W Club 3-4 West St Library Ms Yun  Guitar Ensemble 3:30-4:30 A401 Mr Kalaf & Ms Lang GC: wglpoo  Mathematics Enrichment Pacific Library 3-4 Mr Winstone GC: 5h3gwww	Knitting Club Pacific Library 3:15-4:15 GC: fa7fjuj  Pacific Poetry club Start Date TBC Mr Soliva	Y7 Mathematics Enrichment Pacific Library 3-4 Mr Zrinsky GC: 2wofnl  Basketball Mr Mark GC: r4pcz37  Vocal Ensemble 3:30-4:30 DG56 Ms Lang & Ms Boyle GC: fuzmzj  Mock Trials 3pm DG:35 Ms Gale	Robotics 3-5 West St Level 2 GC: 6mxczcs Dr Mirto  Senior Debating 3:15 - 4:15 D.1.16 Mr Nowicki

More activities to come! Keep an eye on Sentral. Speak to the teacher mentioned with the activity and join the Google Classroom to sign up.



Artwork by Sami Bayly

NSW Department of Education

### 2024 NSW Premier's Reading Challenge

Start reading now!

[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)

#### Key dates for students in K-10:

Challenge opens  
Monday 26 February  
Challenge closes for student entries  
Friday 23 August



# | from the CHS P&C Association

## P&C Federation



**Full  
Funding  
Matters**

**WE SUPPORT 100% FUNDING FOR 100% OF SCHOOLS**

The P&C Federation is championing **Full Funding** for our public schools and you can help! P&Cs across NSW are passing a resolution in support of Full Funding.

Increasing funding to public schools is one of our top advocacy priorities for 2024. We are strongly committed to championing a commitment from NSW and Federal governments to meet the full **School Resourcing Standard (SRS)** for our public schools.

Following the **Gonski Report** over ten years ago the School Resourcing Standard was established to benchmark the funding level required for 80% of students to achieve minimum reading and arithmetic standards. **Currently 98% of public schools do not receive their full funding entitlement under this standard.** This impacts thousands of students every year and cannot be allowed to continue.

Full funding means:

- New and upgraded facilities and technology
- More teachers and smaller class sizes
- Intensive support and assistance for children with additional needs
- Programs for students falling behind to help them to succeed
- Improved student wellbeing with more resources
- One on one support for students

### You can help!

We have launched a quick petition on our website. Your voice will be a great help as we work to advocate for public schools in NSW. Sign the petition here for proper funding to NSW public schools:

<https://www.pandc.org.au/full-funding-for-public-schools-in-nsw-petition/>



The Department of Education is keen to hear from Parents/Carers, so the P&C Federation has a new **Parent Voice community** undertaking important parent consultations via surveys, workshops, focus groups and interviews with the NSW Department of Education and other decision makers. We are advocating on many issues, including vaping, early childhood and curriculum. We need a diverse representation of voices from across NSW.

Add your voice and create change by giving feedback and sharing your experiences on the issues that matter to you the most! Sign up to join our Parent Voice and make a difference here:  
[https://pandc.imiscloud.com/PCE-Portal/Parent-Voice/PCE\\_Sign\\_up.aspx](https://pandc.imiscloud.com/PCE-Portal/Parent-Voice/PCE_Sign_up.aspx)

Please contact [parentvoice@pandc.org.au](mailto:parentvoice@pandc.org.au) for more information.

## Sport

### Basketball

We are halfway through Comp 1 and all 24 teams have settled into their games and training.

The 22 junior teams will have a break over the school holidays with this Friday being the last for any games until they resume again on 1st May. Enjoy the break!

The games for the 2 senior teams will continue throughout the school holidays.

There is no training during the holidays. They will resume again the week beginning 29th April.

**A very happy Cobras team after their 22:24 win last Saturday afternoon! They are still defending their number 1 spot in their division. Well done Cobras!**



*From Left to Right: Jack B, Chikara S, Jarryd T, James W, Aidan V, coach Jeremy, Jensen C and Ben T*

### Men's Senior Competition - Tuesdays Division D

The new Year 12 team 'Cammeraygal Tigers' have started well and are sitting 3rd on the ladder at the halfway point of Comp 1. Go Tigers!



L to R: Front: Alec H, Jakkarin C. Rear: Ben T, James M, Sam B-S, Ben B, Henry R, Jeremy H, Aston T-J, Coach Hamish.

### Newly formed Year 7 women's team, The Cammeraygal Dolphins U14G Div 1.



From Left to Right: Ellie TD, Sophie M, Elsie S, Mia P, Jade S (Coach)  
At Front from Left to Right: #20 Emma H, #1 Ava M, #12 Bea W, #7 Tilly B, #26 Yurina M

## The Year 7 Men's team, The Stingrays, are going from strength to strength



*From left to right: Coach Dylan, Players: Takumi N, Lachlan B, David G, Leo C, Dylan E, Ivan T, Nikhil R, Jeremy W*

## Netball

The Netball Winter Competition has started. Training started a couple of weeks ago with a great turn out. All Players were eager to start competing!



**Round 1 was last Saturday 6th April.**

**Round 2 is on Saturday 13th April, first Saturday in the school holidays.**

**Round 3 is on Saturday 4th May, end of Week 1 Term 2.**

There are no games on the 20th and 27th April.

CNC01 looking very happy after their first win of the season last Saturday.



From left to right: Front Row: Sienna P, Sydney A, Kaitlyn P, Kaitlyn J  
Back Row: Chloe TL, Jade S, Leah P, Coaches Vicki and Anna, Lien D, Jaimee O

If you are looking for something to do in the holidays. CNC is partnering with The Netball Crew again for **School Holiday Camps**.

We have two camps on offer on **Wednesday 24 April**. The first camp is for 5–12-year-old players wanting to build their netball skills, with CNC coaches assisting in the 5–12-year-old program. The second camp is for players 11 years and older who want to achieve peak performance. The performance session is appropriate for all our club members and we encourage everyone to attend, so that team performance can be a focus.

All members of Cammeraygal Netball Club can use code **CNC2024** for a discount on fees.

**The Netball Crew**  
**Cammeraygal Netball**

**Footwork, Ballwork, Skills & Drills For All Players 5-12yrs**

**Wednesday 24 April**  
**9am-3pm**  
**Northern Suburbs Netball Association**  
**Willoughby**  
*1/2 Day option for 5-8yrs available*

**\$95**

  
**BOOK NOW**

**Willoughby**  
*11yrs+ Performance + Specialist Session*

**WEDNESDAY 24 APRIL**  
**11.00AM - 3.00PM**  
**\$75**

**SHOOTING with Kelly Singleton**  
**DEFENCE with Charli Fidler**  
**MIDCOURT with Amy Sligar**

  
**BOOK NOW**



**Calling all sponsors:** CNC needs new netballs and breathable uniforms for our umpires. If you or your company are willing to support us and buy this equipment with a small sponsorship of \$1000 for new netballs or \$1000 for new breathable umpiring uniforms please email us at [cammeraygal.netball@gmail.com](mailto:cammeraygal.netball@gmail.com) for more information.



CNC wishes to thank **Ben Burton, Exercise Physiologist at ExCo** for his leadership, expertise and dedication for a successful Pre-Season Fitness and Agility Session.

**Thank you Ben for your invaluable support!**



A big thank you to ExCo for the collaboration with CNC in delivering the program.



[www.theexco.com.au](http://www.theexco.com.au)

@the\_exercise\_collaborative

Exercise Collaborative

02 9923 1217

**SERVICES OFFERED:**

- Exercise Physiology
- Injury Rehab
- Performance & Lifestyle Training
- Strength & Conditioning
- Osteoporosis Program
- Cancer Recovery Programs

**BOOK NOW!**

## Tennis

Throughout Term 1, students from Cammeraygal High School enthusiastically participated in the NSTA Interschool Saturday Morning Competition, showcasing their skills and dedication on the tennis court. With determination and passion, each player gave their best effort, contributing to the team's success. As the season progressed, the students honed their techniques and strategies, demonstrating remarkable improvement with each match.

Their hard work and perseverance paid off as the term drew to a close. Notably, several students from Cammeraygal High School distinguished themselves by achieving victory in their respective divisions. Their triumphs not only brought pride to themselves, but also reflected the school's commitment to excellence in sports.



*Winners and runners-ups:  
Left to right: Beb H, Joshua W., Lucian D.,  
Lewis C.*



*Left to right: Benicio B,  
Denis I.*



*Left to right: Jak S.,  
Edmond P.*



*Left to right: James O.,  
Ethan T.*



*Left to right: Django C.,  
Aidan M.*

We will continue our school tennis training throughout Term 2 and 3, to get prepared for the next NSTA Interschool Saturday Morning Competition which will take place in Term 4.

We provide tennis lessons from beginner to advanced levels. If you would like to join the tennis team, please contact Elena Jeregui on 0412 444 598 or [ejeequi@gmail.com](mailto:ejeequi@gmail.com)



## Speed & Agility

### “Speed & Agility for all Sports”

Cammeraygal Speed & Agility is into its 4th year, training on Wednesday afternoons 3pm at Junior School. We have had a great turnout of junior and senior school athletes wanting to improve their performance either on the courts or field sports. Students were given a structured development cycle of baseline testing, run mechanics and drills, plyometrics, agility movements to safely move in multiple directions, acceleration testing and bodyweight strength work to help minimise injury in sport. The program runs year-round and is taught by Rich Frost, President and Senior Athletics Coach of Mosman Little Athletics and an accomplished Head of Athletics in several private schools, and Jasmin Frost, Senior Athletics Coach for Mosman Little Athletics and private schools. If you would like your child to improve how they move in sport, please contact [sportsadmin@cammeraygalpandc.com.au](mailto:sportsadmin@cammeraygalpandc.com.au) as places are limited.

Cost is \$120 per term.



## Balmoral Burn

### Will Humpty Dumpty Foundation see Cammeraygal High at the 2024 Balmoral Burn?

As you may have seen or heard, the **Balmoral Burn 2024 is back**, and registrations are officially open for schools and the local community!

**We are thrilled to invite Cammeraygal High** to participate in this exhilarating **annual event that brings together schools from across Sydney for a day of fun, fitness, and fundraising**. The Balmoral Burn isn't just about the race; it's about rallying together as a community to support a great cause while having an absolute blast!

Here's why you and your students won't want to miss out:

**Healthy Competition:** Challenge rival schools and showcase your students' athleticism and team spirit as they conquer the iconic Balmoral Hill.

**Community Bonding:** Strengthen the bonds within your school community by participating in a memorable event that promotes teamwork, camaraderie, and school pride.

**Making a Difference:** By participating in the Balmoral Burn, you're not only promoting physical activity but also contributing to vital medical equipment through your fundraising efforts. Together, we can make a meaningful impact.

To assist you with the registration process and to get your students on board, you can review the [School Guide](#) with helpful tips. It contains step-by-step instructions to make registration a breeze and provides ideas for engaging your students in this exciting initiative. **Additionally, we have provided assets to help promote the Balmoral Burn within your school community, whether through the school's newsletters or social media platforms.** Let's spread the word and ignite enthusiasm together!

**Registrations are now open**, and we encourage you to secure your school's spot early to avoid missing out. Simply visit [Balmoral Burn Schools Registration Page](#) to sign up and join us on **Sunday 26 May**, for an unforgettable day of excitement and achievement.

If you have any questions or need further information, please don't hesitate to reach out to me at 1300 486 789. **Let's make Balmoral Burn 2024 the best one yet!**



# | Community

## Ryde Youth Week 2024

Mark your calendars because Ryde Youth Week 2024 is almost here, and we've got some incredible events lined up for you! Here are the top three highlights:

### Skate Jam

**Date:** Saturday 13<sup>th</sup> April

**Time:** 2pm – 5pm

**Location:** Meadowbank Skatepark

The annual Skate Jam is back and better than ever, returning this year for an inclusive event that welcomes boys and girls of all skill levels. Whether you're a seasoned pro or just starting out, grab your board and get ready to compete!

### Battle of the Bands

**Date:** Wednesday 17<sup>th</sup> April

**Time:** 5.30pm – 9.30pm

**Location:** Lachlan's Line Auditorium

Get ready for the return of the annual Battle of the Bands competition! Come along to support your favourite band and watch the finalists battle it out for the winning spot.

### All Abilities Karaoke

**Date:** Saturday 20<sup>th</sup> April

**Time:** 6.30pm – 9pm

**Location:** Lachlan's Line Auditorium

Music knows no bounds, and neither do we! Join us for an inclusive and empowering night of Karaoke, where everyone is a star!

Plus, there are plenty of other events and activities throughout the week. Check out the full schedule and register now at [Youth Week | City of Ryde \(nsw.gov.au\)](https://www.cityofryde.nsw.gov.au/youth-week).

Don't miss your chance to be part of the action!



**Express**



**Empower**



**Get loud!**

## Youth Week 11-21 April 2024

[nsw.gov.au/youthweek](http://nsw.gov.au/youthweek)



### Skate + Arts Workshops

**When:** Saturday 13 April  
**Learn to skate workshops:**  
**Session one:** 11.00am – 12.00pm  
**Session two:** 12.00 – 1.00pm  
**Griptape art workshop:**  
**Session one:** 11.00am – 12.00pm  
**Session two:** 12.00 – 1.00pm  
**Where:** Meadowbank Skate Park, Constitution Road, Meadowbank

### Skate Jams with Prizes + Demos

**When:** Saturday 13 April  
**Under 16's Skate Jam:** 2.00pm  
**Open's Skate Jam:** 3.30pm  
**Where:** Meadowbank Skate Park, Constitution Road, Meadowbank

### Youth Week Quidditch Youth Team Challenge

**When:** Monday 15 April  
**Time:** 2.00 – 3.00pm  
**Age Group:** 12-18 years  
**Where:** ELS Hall Park, 109A Kent Road, Marsfield

### Active Youth: Neon Art

**When:** Wednesday 17 April  
**Time:** 10.00 – 11.00pm  
**Where:** North Ryde School of Arts Main Hall, 201 Coxs Road, North Ryde

### Battle of the Bands 2024

**When:** Wednesday, 17 April  
**Time:** 5.30 - 9.30pm  
**Where:** Lachlan's Line Auditorium, Jarvis Cct, North Ryde

### Archery Tag Youth Team Challenge

**When:** Thursday 18 April  
**Time:** 2.00 – 3.00pm  
**Age Group:** 13+ years  
**Where:** Lachlan's Line Park, Jarvis Court, Macquarie Park

### Colour Flix

**When:** Friday 19 April  
**Time:** 12.00 - 5.00pm  
**Where:** St Leonards Park, Miller Street and Falcon Street, North Sydney

### NSW Wheelchair Sports Roadshow

**When:** Friday 19 April  
**Time:** 4.00 - 5.00pm  
**Age Group:** 10-18 years  
**Where:** The Stadium at Ryde Aquatic Leisure Centre, 504 Victoria Road, Ryde

### All Abilities Karaoke Jam

**When:** Saturday 20 April  
**Time:** 6.30 - 9.00pm  
**Age Group:** under 18's  
**Where:** Lachlan's Line Auditorium, Jarvis Circuit, North Ryde



For more information and to book scan the QR code or visit [www.ryde.nsw.gov.au/youthweek](http://www.ryde.nsw.gov.au/youthweek)



## Holiday Programs

### Mosman April 2024 WEEK ONE (Youth Week)



#### Mon 15 April - Amplify: Youth Voice & Life Skills Workshop

**Drop In 11am - 5pm | Workshop 3pm - 4.30pm @ Mosman Youth Centre. Free to join.**

Join Jahin Tanvir, TEDx Speaker and UNICEF Young Ambassador, from the Australian School of Entrepreneurship for an interactive workshop focused on amplifying your voice and building life skills. Learn from an expert in youth leadership and make a meaningful impact in our community by giving your feedback to our Youth Consultation project "MYvoice"! Pizza included. This program is supported by the NSW Government as part of Youth Week 2024.

#### Tue 16 April - Design Our Sign: Art Workshop

**Drop In 11am - 5pm | Workshop 1-4pm @ Mosman Youth Centre. Free to join.**

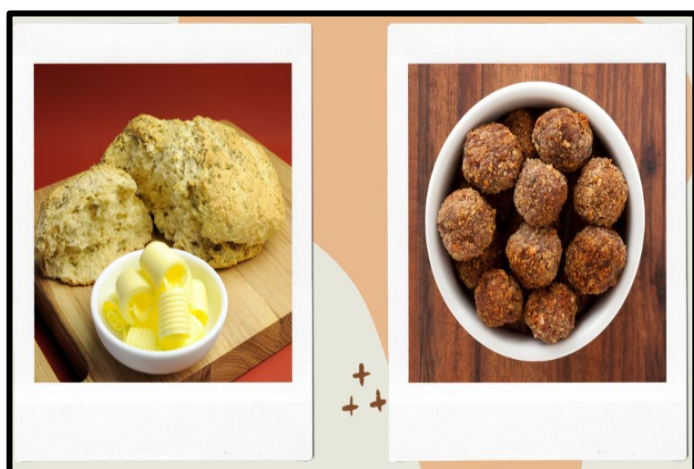
Join us for a special collage & mixed media art workshop with artist Karla Hayes, where we'll learn about the design process, and you'll get to create your own concept artwork! Your designs will be digitised and used on a brand-new Youth Centre entry sign which will be installed later in the year. Let your imagination soar as we create something truly meaningful together. Lunch included. This program is supported by the NSW Government as part of Youth Week 2024.



#### Wed 17 April - Bushfood Cooking Day

**Drop In 11am - 5pm | Workshop 12pm - 2pm @ Mosman Youth Centre. Free to join.**

Indulge in the taste of Australia's native bush foods at our Bushfood Cooking Workshop with Koori Kinnections! Join us from 12 - 2pm for this hands-on culinary experience. Roll up your sleeves, connect with indigenous traditions, and savour the delicious results of your efforts. Lunch will be provided & Registration is a must! Don't miss out on this cultural and flavourful adventure. This program is supported by the NSW Government as part of Youth Week 2024.



## Thu 18 April - Introductory Barista Course

**Drop In 11am - 5pm | Workshop 11.30am - 2pm @ Mosman Youth Centre. Free to join**  
Unlock the secrets to the perfect brew with our Barista Training Course facilitated by the Darcy Street Project! Whether you're an aspiring coffee connoisseur or looking to enhance your skills, our hands-on course is a good introduction to the world of coffee making. Join us and get stuck into some café creations! Lunch will be provided. There are limited spots so register now and let's brew up some excellence together. This program is supported by the NSW Government as part of Youth Week 2024.



## Fri 19 April - ColourFlix (Excursion - No Drop In)

**Meet 11am, return 5:30pm @ Mosman Youth Centre. Free to join. Permission form required.**

Come along for a Colour Run, live band performances & DJs as well as an outdoor movie! Meet at the Youth Centre at 11am before we head off on public transport to St Leonards Park to get involved in the Youth Week festivities. **Important note for participants:** Please wears clothing that you're happy to be covered in all sorts of amazing colours and bring along a spare top and bottoms to change into post-run (you should also be ok with these getting colourful!). This free event will also feature a sausage sizzle, ice-cream & drinks, however we require all attendees to **bring their own OPAL CARD or EFTPOS TAP CARD** to travel on the bus together. We will return to the centre by 5:30pm. This program is supported by the NSW Government as part of Youth Week 2024.

## Mosman April 2024 WEEK TWO (Youth Week)

### Mon 22 April - Multisport Day

**Drop In 11am - 5pm | Multisport 12 - 2pm @ Allan Border Oval. Free to join.**

Get ready for an action-packed day at MultiSports Day! Led by expert coaches, this program promises a day filled with teamwork, skill-building, and loads of fun. Remember to bring a hat and water bottle – sunscreen will be provided. We'll be meeting at the Youth Centre and then heading over the Allan Border Oval. Don't miss out!





### Tuesday 23 April - Console Comp

**Drop In 11am - 5pm | Comp 12-3pm @ Mosman Youth Centre. Free to join.**

Gear up for a gaming showdown at Mosman Youth Centre! Brace yourself for the Console Clash competition, where gaming prowess takes centre stage. Console champions, this event is your chance to conquer digital realms and claim victory. Grab your controllers, dive into the pixelated adventures, and let the gaming frenzy begin! Lunch will be provided.

### Wednesday 24 April - Baking Day

**Drop In 11am - 5pm | Baking 12pm - 2pm @ Mosman Youth Centre. Free to join.**

Today we'll be making our own dough from scratch making some fresh bread and tasty delights. From 12pm we'll be learning some basic cooking skills and you'll get to enjoy the fruits of your labour. Lunch included. Please register so that we have enough ingredients to go around.



### Thursday 25 April - CENTRE CLOSED - PUBLIC HOLIDAY



### Friday 26 April - Pizza & Movie Afternoon

**Drop In 11am - 5pm | Pizza from 1pm, Movies from 1:30pm @ Mosman Youth Centre. Free to join.**

Enjoy a pizza lunch from 1pm before we get stuck into a double feature (voted on by attendees) + popcorn in the hub space. Get cosy, pull up a beanbag & relax with a chill afternoon of movies on our big ProWise Screen! Popcorn & pizza will be provided, free of charge. Please register so we can take note of your pizza preference and cater accordingly.



#RunForFun



# MINI-MOS SUNDAY 16 JUNE 2024 2K, 5K, 10K RACES PLUS THE BEST BBQ, FAIR AND BAKE SALE

SIGN UP AT [WWW.MINI-MOS.COM](http://WWW.MINI-MOS.COM) OR SCAN QR CODE →





# Well-being @ CHS



## Engaging Adolescents™

RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS

ADOLESCENT DEVELOPMENT PROGRAM VIA ZOOM  
FOR PARENTS/CARERS OF TEENAGERS,  
delivered by The Northern Centre

Over 3 sessions, parents/carers will be provided with practical tips to prepare for tough conversations with young people. It teaches strategies to maintain open communication, build a relationship with your teenager and foster safe independence. Parents/carers will learn to better understand adolescents and appreciate what are reasonable expectations to hold. The program works towards giving parents/ carers a renewed sense of confidence about the role they can play in their teenagers' lives, without conversations morphing into arguments.

**WHEN:** 21, 28 May & 4 June 2024, 7.00pm – 9.00pm

**WHERE:** Online

**FACILITATOR:** Katherine

**BOOKINGS:** Open March 28th via link <https://thenortherncentre.org.au/parenting-programs/>





2024 : term 2

## parenting programs & playgroups timetable

### Circle of Security Parenting Program

Via Zoom

8 May to 26 June  
Wednesdays: 6:45pm to 8:45pm

Register:

<https://thenortherncentre.org.au/parenting-programs/>

### Engaging Adolescents Parenting Program

Via Zoom

21, 28 May and 4 June  
Tuesdays: 7:00pm to 9:00pm

Register:

<https://thenortherncentre.org.au/parenting-programs/>

### Tuning in to Kids Parenting Program

Korean

23 May to 27 June  
Thursdays: 10:00am to 12:00pm  
*Limited childcare available*

Register:

<https://thenortherncentre.org.au/parenting-programs/>

### Mini Maxi Wednesday Playgroup

1 May to 3 July  
Wednesdays: 10:00am to 12:00pm

Register:

<https://bit.ly/2Z1o5jV>

### Mini Maxi Friday Playgroup

3 May to 5 July  
Fridays: 10:00am to 12:00pm

Register:

<https://bit.ly/2Z1o5jV>



the northern centre  
care. connect. grow. our community

Bookings open  
28 March 2024

<https://thenortherncentre.org.au/parenting-programs/>

View further program  
details over page.

## parenting program & playgroup overview

### Circle of Security - Online

8 week program for parent/carers of 0 to 5 year olds

Circle of Security is a highly successful 8 week evidenced based program that focusses on how you can strengthen your relationship with your children through understanding and responding to your children's needs and behaviours. For further information, see [www.circleofsecurity.net](http://www.circleofsecurity.net).

### Tuning in to Kids - Korean

6 week program for parents/carers of 4 to 10 year olds

Focuses on the emotional connection between parents and children. Aims to teach parents emotion coaching skills, to help their child understand and manage their emotions, as well as improving communication and parent-child relationship. Help develop your child's social skills and manage frustrations and conflict, thus increasing positive behaviours.

자세한 내용은 웹사이트를 참조해주세요

### Engaging Adolescents

3 week program for parents/carers of teenagers

Provides parents/carers with practical tips to prepare for tough conversations with young people. It teaches strategies to maintain open communication, build a relationship with your teenager and foster safe independence. Parents/carers will learn to better understand adolescents and appreciate what are reasonable expectations to hold. The program works towards giving parents/ carers a renewed sense of confidence about the role they can play in their teenagers' lives, without conversations morphing into arguments.

### Mini Maxi Supported Playgroup – Wednesdays

10 week program for parents/carers of children under 5 years old

Mini Maxi Supported Playgroup aims to reduce social isolation and connect families to the community they live in. Mini Maxi also supports parents with information and guidance about issues they may be experiencing with parenting.

### Mini Maxi Supported Playgroup – Fridays

10 week program for parents/carers of children under 5 years old

Mini Maxi Supported Playgroup aims to reduce social isolation and connect families to the community they live in. Mini Maxi also supports parents with information and guidance about issues they may be experiencing with parenting.

For further details contact us on 9334 0111 or [connect@tncinc.org.au](mailto:connect@tncinc.org.au)

# RELATIONSHIP PROGRAMS AND COURSES

**Grow your skills. Improve your life.**

Our group workshops, delivered both in-person or online, can help you build your relationship skills in a safe, supportive, and collaborative environment.

## **These workshops include:**

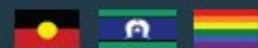
- Tuning in to Teens
- Tuning in to Kids
- Circle of Security
- Bringing Up Great Kids
- Parenting After Separation
- Managing Anger
- Managing Stress
- Managing Strong Emotions
- Self Esteem and Communication for Women
- Building Better Relationships
- Men and Relationships
- Women and Relationships
- Proud Relationships
- Kids in Care

If you're not sure which program is right for you, simply make an appointment for a chat and we can help you out.

**For more information or to register, please visit our website or contact us today.**

**P:** 1300 364 277      **E:** [groups@ransw.org.au](mailto:groups@ransw.org.au)

**W:** [relationshipsnsw.org.au/relationship-education-programs](http://relationshipsnsw.org.au/relationship-education-programs)





## Hornsby Waitara Community Hub

### Term 2, 2024

The Community Hub offers a range of free, flexible and innovative programs for families of young children aged 0-5. The Community Hub aims to build programs that support families, parents and foster cooperation and positive relationships with local services and organisations.

<b>Chinese Supported Playgroup</b> 小星星游戏组	Kate's place Waitara 7 <sup>th</sup> May -25 <sup>th</sup> June 2024	Every Tuesday: 10am – 12pm Address: 23 Yardley Ave, Waitara NSW (Entry from ramp via church car park)
<b>Parents and Bubs Supported playgroup</b>	Kate's place Waitara 1 <sup>st</sup> May - 26 <sup>th</sup> June 2024	Every Wednesday: 10am – 11:30am Address: 23 Yardley Ave, Waitara NSW (Entry from ramp via church car park)
<b>Kids on the Block Multicultural Supported Playgroup</b>	Kate's place Waitara 3 <sup>rd</sup> May -28 <sup>th</sup> June 2024	Every Friday: 10am – 12pm Address: 23 Yardley Ave, Waitara NSW (Entry from ramp via church car park)
<b>Circle of Security® parenting program – In Mandarin</b> 普通话	9 <sup>th</sup> May– 20 <sup>th</sup> June 2024 Registration essential, limited places!	Thursdays: 10am – 12:30pm Address: Level 1, 1 Coronation St, Hornsby Register here: <a href="mailto:northernsydneyservices@missionaustralia.com.au">northernsydneyservices@missionaustralia.com.au</a>
<b>Tuning in to kids® parenting program – In English</b>	7 <sup>th</sup> May – 11 <sup>th</sup> June 2024 Registration essential, limited places!	Tuesdays: 10am – 12pm Address: Level 1, 1 Coronation St, Hornsby Register here: <a href="mailto:northernsydneyservices@missionaustralia.com.au">northernsydneyservices@missionaustralia.com.au</a>

For more Info or to register contact us!

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## Supported Playgroups & Parenting Programs Overview

### **Chinese Supported Playgroup -Facilitated by Early Childhood trained staff**

For parents/carers and their children under 5 years old: Our Chinese Supported Playgroup is designed for Chinese families that are new to the area looking to build new social and community connections while also supporting parents to set their kids up with a great start by supporting parents with information and guidance about any challenges they may be experiencing as a parent.

### **Parents and Bubs Supported Playgroup -Facilitated by Early Childhood trained staff**

For new parents/carers and their children from 0 to 18 months: Parents and Bubs Supported Playgroup is designed to connect new parents to their local communities and reduce social isolation. Bubs can play and learn along each other in a relaxed environment. Parents can meet other parents and share experiences, have fun and develop new skills together.

### **Kids on the Block Multicultural Supported Playgroup -Facilitated by Early Childhood trained staff**

For parents/carers and their children under 5 years old: Kids on the Block is designed for families who speak English as a second language and/or are new to the area and aims to support them to build new social and community connections while assisting them to set their children up with a great start by supporting parents with information and guidance about any challenges they may be experiencing as a parent.

### **Circle of Security parenting program - in Mandarin 安全圈®家长课程**

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

### **Tuning into Kids® parenting program - in English**

Tuning in to Kids® will provide you with skills in emotion coaching, which will help you to recognise, understand and manage both you and your children's emotions. When children develop these emotional skills, they are better able to negotiate the ups and downs of life.

### Circle of Security Parenting (abbreviated)

**1st May to 29th May 2024** **Online via Zoom**  
**Wednesdays 6:30pm – 8:30pm**

**4th May to 3rd June 2024** **Online via Zoom**  
**Monday 10:30am – 12:30pm**

**21st May to 18th June 2024** **Online via Zoom**  
**Tuesdays 10:30am – 12:30pm**

You may often wonder "What does my child want from me?" In this 5-week course you will learn about the Circle of Security parenting program. It explains how children look to their parents or caregivers for support as they move from their need for safety and security to their needs for exploration. Hear about ways to identify your children's needs and step by step approaches for promoting secure attachment in children. Suitable for parents of children of all ages but particularly focuses on infants and young children.

**Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

### Bringing up Great Kids

**6th May to 3rd June 2024** **Online via Zoom**  
**Monday 10:30am – 12:30pm**

This 5-week course provides parents with an opportunity to reflect on the influences on their own parenting style and ways of enhancing communication and respectful interactions with their children.

#### Topics covered include:

- messages from our past
- brain development in children
- understanding the messages behind children's behaviour
- developing helpful and effective ways of responding to children's needs, including the use of emotion coaching.

**Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

### My Kids & Me

**27th May to 18th June 2024** **Online via Zoom**  
**Tuesdays 10:30am – 1:00pm**

My Kids and Me is a 7-week course specifically designed for parents whose children are in Out of Home Care or kinship care. The course covers to place such as loss and grief, what's it like for you, what's it like for your kids, talking and listening and understanding the legal system.

**Prior book logs are essential for this course.**

**No charge for the course but \$10 for course Workbook.**

### Tuning into Kids

**8th May to 12th June 2024** **Online via Zoom**  
**Wednesdays 10:30am – 12:30pm**

In this 6-week child development course, parents of pre-school and primary aged children will learn about emotionally intelligent parenting.

#### This course will teach parents how to help their children:

- identify and understand their emotions
- successfully use emotions during interactions
- use emotional awareness to guide them when solving problems
- deal with frustrations.

**Cost of course is \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

### Tuning into Teens

**14th May to 18th June 2024** **Online via Zoom**  
**Tuesdays 6:30pm – 8:30pm**

This 6-week course will help parents of tweens and teens learn skills to talk to & understand their teenagers, help them to manage their emotions, prevent behaviour problems & teach them to deal with conflict.

#### Learn how to:

- be better at talking with your teen
- be better at understanding your teen
- help your teen learn to manage their emotions
- help prevent behaviour problems in your teen
- teach your teen to deal with conflict.

**Cost of course is \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

### 123 Magic & Emotion Coaching

**20th May to 3rd June 2024** **Online via Zoom**  
**Monday 10:30am – 12:30pm**

**19th June to 3rd July 2024** **Online via Zoom**  
**Wednesdays 6:30pm – 8:30pm**

In this 3-week course parents of pre-school and primary aged children will not only gain an understanding of why difficult behaviour occurs, but also learn the necessary skills to manage it.

#### Learn how to:

- engage your children's cooperation by positively noticing and encouraging them
- set clear expectations and help them develop frustration tolerance
- help children's brains develop filters for behaving well
- resolve family conflict quietly
- some simple strategies to practice being a calm parent.

**Cost of course is \$60 + \$10 for Course Workbook.**

**Free for concession card holders but \$10 for Course Workbook.**

### Anxiety Coach

**20th May to 3rd June 2024** **Online via Zoom**  
**Monday 10:30am – 12:30pm**

Anxiety in children is becoming the leading concern for parents and teachers alike and the rates of childhood anxiety are growing. The Anxiety Coach is a 3-week course from the developers of 1-2-3 Magic & Emotion Coaching and Engaging Adolescents and is designed to help parents understand how anxiety develops and how they can counter its progress; how parents can take a preventative role in the development of anxiety problems and how parents can help their children can build resilience.

**Cost of course is \$60 + \$10 for Course Workbook. Free for concession card holders but \$10 for Course Workbook.**

### Keeping Kids In Mind

**22nd May to 19th June 2024** **Online via Zoom**  
**Wednesdays 10:30am – 1:00pm**

**5th June to 3rd July 2024** **Online via Zoom**  
**Wednesdays 6:30pm – 9:00pm**

Keeping Kids In Mind is a dynamic 5-week course aimed at assisting separated/divorced parents support their children through the changes. It examines issues such as loss and grief, attachment, resilience, and conflict resolution.

If you would like more information about Keeping Kids in Mind, please visit [keepkidsinmind.org](http://keepkidsinmind.org).

**Cost of course is \$150 including Course Workbook. Free for concession card holders but \$50 for Course Workbook.**

### Emotion Coaching

**17th June to 1st July 2024** **Online via Zoom**  
**Monday 10:30am – 12:30pm**

This 3-week course focuses in depth on John Gottman's Emotion Coaching. Parents will gain an understanding of their parenting style, some of the traps they may fall into in their parenting and build their confidence and knowledge as parents. Parents who have attended 123 Magic & Emotion Coaching or have had an introduction to Emotion Coaching in other parenting courses will find this course particularly helpful as they gain new insights and new ideas and build on existing skills.

**Cost of course is \$60 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

**Bookings are essential.** Course fees for all courses, except Keeping Kids in Mind and My Kids & Me, are \$20 per session and time for concession card holders.

Course material is an additional charge depending on the course and all participants need to purchase a booklet.

# CatholicCare

## Diocese of Broken Bay



### CIRCLE OF SECURITY

**Date:** Wed 8 May – 12 June 2024  
**Time:** 10.00am – 12.00pm  
**Location:** 116/20 Dale Street  
Brookvale  
**Fee:** Free

A 6 week program for parents of children 0 – 12 years of age. Circle of Security is an evidence based attachment and relationship based early intervention parenting program designed to enhance attachment security between parents and their children.

This course is for parents residing in Hornsby, Ku-ring-gai, Willoughby, Lane Cove, Mosman, North Sydney and Northern Beaches suburbs.

[MORE INFO & REGISTRATIONS](#)



### TUNING INTO TEENS

**Date:** Fri 10 May – 7 June 2024  
**Time:** 10.00am – 12.00pm  
**Location:** Suite 404 Level 4  
44 Hampden Road Artarmon  
**Fee:** Free

This program will provide you with skills in emotion coaching and help you recognise, understand and regulate, to work through your young person's emotions. It focuses on the development needs of teenagers and how to respond to their needs when being rejected or pushed away.

This course is for parents residing in Hornsby, Ku-ring-gai, Willoughby, Lane Cove, Mosman, North Sydney and Northern Beaches suburbs.

[MORE INFO & REGISTRATIONS](#)



### TUNING INTO KIDS

**Date:** Tues 14 May – 11 June 2024  
**Time:** 7.30pm – 9.00pm  
**Location:** Online  
**Fee:** Free

A 5 week course for parents of primary school aged children. Learn skills to assist your child in understanding and managing their emotions. Explore how to deal with frustrations and conflict and how to develop good social skills and positive behaviours.

This course is for parents residing in Hornsby, Ku-ring-gai, Willoughby, Lane Cove, Mosman, North Sydney and Northern Beaches suburbs.

[MORE INFO & REGISTRATIONS](#)



### 1-2-3 MAGIC

**Date:** Fri 24 May – 7 June 2024  
**Time:** 12.00pm – 1.30pm  
**Location:** Online  
**Fee:** Free

A 3 week course for parents of 2 – 12 year olds. Learn how to manage behaviour without arguing or shouting and discover methods to stop unwanted behaviours, increase co-operation and enhance your relationship with your children.

This course is for parents residing in Hornsby, Ku-ring-gai, Willoughby, Lane Cove, Mosman, North Sydney and Northern Beaches suburbs.

[MORE INFO & REGISTRATIONS](#)



### KEEPING KIDS IN MIND

**Date:** Thurs 20 June – 18 July 2024  
**Time:** 12.00pm – 2.30pm  
**Location:** Online  
**Fee:** \$15

A 5 week online course for parents experiencing conflict after separation. This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.

Participants must register, participate in a pre-group interview and pay prior to joining the course.

[MORE INFO & REGISTRATIONS](#)

For more information:

P: [1800 324 924](tel:1800324924)

E: [info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)

W: <https://catholiccaredbb.org.au/family-youth-children/parenting-programs/>