



Canterbury Tales

Canterbury Boys High School

Truth, Honour, Respect – the cornerstone of Quality Education

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TERM 2 2016

PAGE 1

From the Principal



It is with great pleasure and great excitement that I have moved from Acting Principal to Principal after I was substantially appointed to CBHS from the start of this term. It was great to meet so many families across the two highly successful Parent-Teacher Nights this term.

I am beginning to understand the absolute wealth of opportunities that are available to our boys. This term our boys have engaged in:

- University partnership programs with Sydney University and UNSW and an academic research project with UNE;
- Business mentoring programs including Lawyers in Schools, Youth Frontiers Raise Mentoring program and the Hospitality partnership program with Canterbury-Hurlstone Park RSL;
- Significant academic, leadership, career, volunteering, theatre and sporting opportunities.

A particular congratulations on the success of the CBHS Athletics Carnival and the student successes that have occurred at the Zone Cross-Country and the Zone Athletics carnivals.

Ms Belinda Giudice
Principal

CALENDAR OF EVENTS

TERM 3 2016

Mon July 18	Staff Development Day
Tues July 19	Start of Term 3 for students
Thurs July 21	Year 10 into College Night
Thurs August 5	Community Consultation Forum
August 15-26	Trial HSC Examinations
Thurs Sept 22	Year 12 Graduation Ceremony
Friday Sept 23	Last day of school for Term 3

TERM 4 2016

Sun Oct 2	Daylight Savings begins
Mon Oct 10	Start of Term 4 for students
Oct 13 – Nov 4	HSC Examinations
Tues Dec 6	Orientation Day for Year 7 2017
Thurs Dec 15	HSC results released
Friday Dec 16	Last day of school for Term 4

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FOLLOW US ON SOCIAL MEDIA

To keep up to date with regular news stories and events of CBHS, please follow us on:

CBHS website:

<http://www.canterburb-h.schools.nsw.edu.au/>

Official CBHS Twitter account:

<https://twitter.com/CanterburyBoys>

Official CBHS Facebook account:

<https://www.facebook.com/Canterbury-Boys-High-School-467523453336257/>

Scientists in Action

Stargazing

During Term 2, the Astronomy Club held its first open night for the year. The telescope was set up in the grassy field behind the HSIE building and as soon as the sun set we began our search for the object we had all come to see. After a few trials we finally found it – JUPITER.



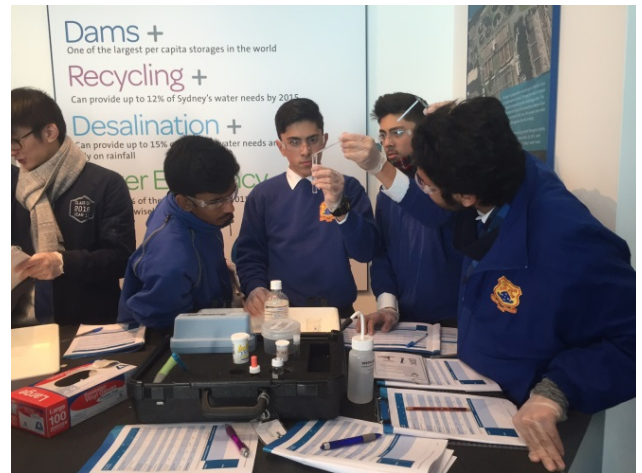
We were all amazed to be able to see three of its Galilean moons. Jupiter's most outstanding surface feature is the Great Red Spot, a swirling mass of gas resembling a hurricane, which was visible to us as a brick red spot on the planet's surface. What to us looked like a spot is actually an area that's widest diameter is about three times the diameter of the Earth. The students asked thought provoking questions and also gave some interesting answers. Another great evening enjoyed by all!



Keep your eyes out for the next one.

Sydney Water

On 14 June, College and Year 12 Chemistry went on an excursion to Orchard Hill Water Treatment Plant and St Mary's Water Recycling Plant.



Students were able to see real life applications of content learnt in the classroom. We went to see how drinking water in Sydney is treated before it comes out of the tap, to observe some advanced water recycling using membrane technology and to participate in some water quality tests.

The students gained an awareness of the importance of monitoring and management when it comes to Sydney Water. I also think they gained an insight into how lucky they are to live in a place where clean water is taken for granted. Hopefully after the experience they will be more mindful of their water use and of their attitude towards keeping our waterways clean.



Year 12 Biology Students Visit the University of NSW Museum of Human Disease

During Term 2, fifteen intrepid Year 12 Biology students visited the University of NSW, Museum of Human Disease to view some of the 3000 human specimens of infectious and non-infectious diseases the museum has on display. The museum offers workshops to students studying Year 12 Biology to assist them with the topic on human health and disease.



While at the museum, students had an opportunity to trial the Museum's new interactive worksheet using the Socrative application. All the students found the visit informative and useful, some even commented that the exhibits would influence some of their future lifestyle choices.

Scientists in Schools

A scientist from the University of Sydney visited Canterbury Boys High School during Term 2, 2016. The scientist brought some equipment from the University to perform experiments in the science labs at school. 'Scientists in Schools' is a national program that brings real science into the classroom through ongoing flexible partnerships between teachers and scientists. Canterbury Boys High School has been taking part in this program for the past two years. Through the 'Scientist in Schools' partnerships our teachers and students engage with a scientist from the University of Sydney. Together we share enthusiasm, expertise, and knowledge to enhance science teaching practices.

Tom Gordon, our scientist, performed the Michelson and Morley experiment on radio waves, using LASER and a Perspex rod he simulated Total Internal Reflection to the HSC Physics class.

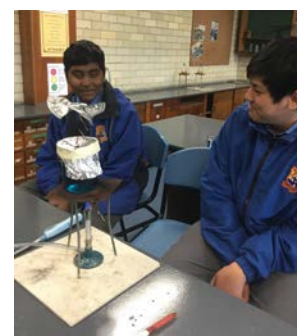
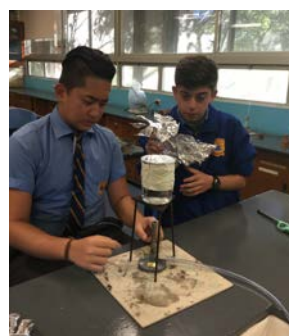
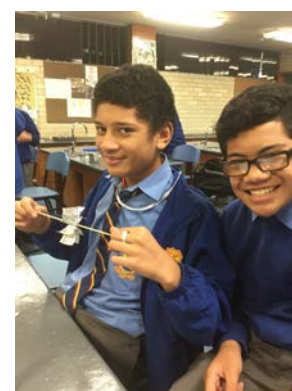


Students were engaged with the activities and also asked questions regarding future pathways in science, and about university education.



In Chemistry, Tom explained the principle behind a diode and LED lights. The students also made a working spectroscope using very simple items such as a poster tube, sticky tape and a CD. The students enjoyed this hands-on activity that allowed them to observe the emission spectra of light. Mr M. Gill

Years 8 & 10 Explore the Concept of Energy



Our New Partnership

CBHS Collaboration with AHEPA NSW

Η ΦΩΝΗ ΤΗΣ ΑΧΕΠΑ



Συνεργασία ΑΧΕΠΑ ΝΝΟ με Canterbury Boys High School

Σάββατο, 25 Μαΐου:

Με την παράδοση επιταγής προς ενίσχυση της ειδικής εκδρομής αθλητισμού της Α' Τυμνασίου (Year 7 Sports Camp), η ΑΧΕΠΑ άνοιξε συνεργασία με τη Σχολή Αρρένων του Canterbury. Με την υποστήριξη του Συνδέσμου, τέσσερις μαθητές από άπορες οικογένειες θα μπορούσαν να συμμετάσχουν στην εκδρομή. Στη φωτο, ο Πολιτικός Γραμματέας Δρ Παναγιώτης Διαμαντίς παραδίδει την επιταγή στην Διευθύντρια της Σχολής κα. Belinda Giudice. Μαζί τους οι καθηγητές Νεκταρία Μελέ και κ. Sandro Frade. «Από τις πρώτες ημέρες του, η ΑΧΕΠΑ έχει τη μόρφωση στη καρδιά των δραστηριοτήτων τους», δήλωσε ύστερα ο Δρ Διαμαντίς. Το Canterbury Boys High έχει περίπου 14% ελληνικής καταγωγής μαθητές, σύμφωνα με στοιχεία του σχολείου. «Αυτά τα παιδιά καθώς και οι μη-ελληνικής καταγωγής φίλοι τους είναι το μέλλον της Αυστραλιανής κοινωνίας. Υποχρέωση μας σαν Αυστραλιώτες Έλληνισμός να βοηθήσουμε, για να εκπαιδευτούν με αυτό το τρόπο την ελληνοφιλία.»

With the presentation of a cheque supporting the Year 7 Sport and Recreation Camp, AHEPA (*Australasian Hellenic Educational Progressive Association*) commenced a partnership with Canterbury Boys High School. Four students from diverse backgrounds will be able to participate in camp, at no cost, due to the generous support from AHEPA. In the photo, AHEPA NSW Secretary, Dr Panagiotis Diamadis, hands over the cheque to Principal Ms Belinda Giudice. Mr Frade and Ms Player are pictured also. *“From its inauguration, AHEPA has had Education at the heart of its activities and endeavours”* declared Dr Diamadis. Approximately 8% of the student population is from a Greek speaking background, according to figures from the school. *“These students, and their friends from a non- Greek background, are the future of our Australian society. It is our obligation as Australian Greeks to help, so that the Greek Spirit is expressed”*.

Thank you AHEPA NSW for your generous support. We look forward to an ongoing productive partnership between Canterbury Boys High School and your organisation.

Ms N Melas.

Message from the CLO

Dear Parents/Caregivers

I would like to introduce myself, my name is Nazek Roumieh and I am the Community Liaison Officer. My role is to build trust and partnerships with culturally diverse school communities through respect, dialogue, cooperation, appropriate and effective consultation and communication. In my role I will use a variety of communication methods to seek and share information, including interpreters as appropriate; consult with all families and community members to identify issues and concerns within the school; and ensure that all families and community members have access to school leaders.

Looking forward to meeting you.

Nazek Roumieh
 Community Liaison Officer
 Canterbury Boys High School
 Ph: 9798 8444 Ext: 115
 Mobile: 0411 135 969

Community Consultation Forum

Parents, caregivers and community members are invited to Canterbury Boys High School’s first *Community Consultation Forum*. You will be warmly welcomed by the Principal, Ms Belinda Giudice, and the Executive. The purpose of the forum is to offer the community an ongoing platform to share suggestions and voice concerns. Parents/Caregivers will be provided with significant information about their student’s education. The Principal will also share up-to-date information from the Department of Education and the school. It will be a great opportunity for staff to connect with parents/caregivers in a less formal setting and over a cup of tea or coffee.

Date: 5th August, 2016
 Time: 11am – 12.30pm
 Venue: CBHS Common Room



Keeping It Green

Garden Maintenance Day

On Friday 20 May 2016 the hardworking Greensquad held a maintenance day to weed and prune our Hardy Street gardens and to pick up litter across the school grounds.



Pule & Harist

The Greensquad were pleased to see how well our gardens are growing especially the native plants which are thriving. A day of hard work and great reward! Well done to all involved.





Mikhael, Pule & Harist



Sandaïs, Annan & Quincy

Counsellor's Advice

How To Maximise Your Son's Learning

1. Make sure he sleeps well.
 - The brain needs rest to work properly. It is then able to focus on tasks, put emotional experiences into context and create controlled and appropriate responses.
 - How much sleep do people need?
 - Primary School: 10-12 hours per day.
 - High School: 9-11 hours per day.
 - Adults: 7-9 hours per day.
 - Parents can help by insisting on set bedtimes.
 - Need help- Google 'twilight' and 'flux'.
 2. Make sure use of technology is appropriate.
 - The amount of time adolescents spend in front of a screen (computer, tablet or phone) can affect attention, concentration and mood. There can be negative impact on the teenager if too much time is spent using technology.
 - How much screen time is acceptable? This depends on the purpose of the activity, but for non-learning activities up to 2  hours daily is fine – beyond that is leading to potential internet misuse.
 - How can I help as a parent?
 - No technology in bedrooms after a certain time, usually an hour before sleep.
 - Set the internet to cut off at a reasonable time if necessary.
 - Set up a charging point (maybe in the kitchen) for everyone's devices to charge overnight.
 - Encourage balance between the real-world and virtual-world by encouraging friends, social activities and sport activities.
 - Checkout www.cybersmart.gov.au for ideas.
 3. Delay supplying alcohol at home.
 - Latest research shows parents should delay their teenagers drinking alcohol for as long as possible. 
 - Checkout the website www.drinkwise.org.au
 4. If you need to discuss this with a health professional.
 - Contact your son's School Counsellor. Contact Headspace specialists who can help you and make an appointment. It's a free service. - www.headspace.org.au
 - Ashfield: Phone 9193 8000
 - Hurstville: Phone 8048 3350
 - Camperdown: Phone 9114 4100
- Doug Creighton, School Counsellor
Phone: 9798 8444 Ext. 106

Careers

Information and Support

As the Careers Adviser at Canterbury Boys High, I wish to let you know that you are welcome to contact me regarding your son's future career planning and education options.

This opportunity is available to all parents and carers of students regardless of year group. I encourage you to make contact, as parents and carers play a vital role in influencing their children to make future career decisions. It is never too early to start exploring future career possibilities and planning towards goals. Having a conversation with your son about their career interests is a fantastic way to begin.

You may have questions or like information about job growth areas, traineeships, university, TAFE, apprenticeships, private colleges or employment. Furthermore you may wish to know about how to best support your son in identifying the types of jobs that would be most suitable according to their interests, skills and personality. Or you may want to know more about work experience, gaining that first casual job or subject selection.

I can be contacted on 9798 8444 should you wish to have a telephone conversation or to arrange an appointment to meet with me. I look forward to working with you in order to support your son with their career planning.

Alexandra Giameos
Careers Adviser

Fitness First Visit

On 27 May, three Year 12 students who had already expressed a keen interest in pursuing a career in the fitness industry were very lucky to have the opportunity to visit *Fitness First* and learn about what it is like to be a Personal Trainer. We work shadowed a Personal Trainer whilst he trained his client. We were shown exercise techniques and how to use the various exercise equipment in order to achieve the client's goal.



I would like to thank Mr Kosta for his efforts in organising this visit and program. It gave us all a fantastic insight into the world of fitness, the hard work and expectations involved in order to make a successful career out of personal training. We were also fortunate enough to be invited back to Fitness First at any time to undertake work experience which is part of the practical component of *Certificate 4 Fitness* should we choose to pursue this course.

Shahn Aldrouich
Year 12

Year 7 UNSW Aspire Workshop

On the 28 April, Year 7 students participated in a workshop at school run by UNSW student ambassadors. The workshop started with an ice breaker with some fun games followed by an introductory discussion about future career plans. The ambassadors spoke about how they decided on their career choices and how they frequently changed their minds about their chosen courses which I found rather surprising. *Personally I would rather stick to one career choice and follow that through until the end.* (Aneeq)

Afterwards we were assigned into groups with an ambassador and we did a brainstorm activity which involved coming up with future plans and things that are important to us.

To conclude, Year 7 enjoyed the program and we learnt quite a lot about what we are going to experience in the future and also learnt a lot about university life.

Zainul Punjani and Aneeq Rehman
Year 7



Yr 8 UNSW Aspire Program

On 28 April, UNSW Aspire ambassadors came to school to run a careers workshop. The student ambassadors spoke about the different courses they are studying ranging from Psychology, Education, Arts/Science, Engineering, Law, Information Technology, Environmental Management, Advanced Maths, Microbiology and Commerce/Media.

The focus of the session was learning about the design thinking process. We were shown a power point presentation on how the design thinking process is used in everyday life and various industries such as engineering, education and medicine.



In groups we were required to come up with an idea of an ideal toothbrush for the different characters from the Simpsons. We were given scrap materials to make a toothbrush which we had to present to the rest of the groups. We described the characters' likes and dislikes and we had to justify how our design would be useful to our specified character.

From listening and speaking to the ambassadors, it made us think of our future and what we would like to do. *I am thinking of studying Medicine after the HSC (Hasan Nadeem) and I would like to study Physiotherapy or undertake a Plumbing Apprenticeship.* (Shannen Grech).



We enjoyed having the ambassadors visit us and we look forward to working with UNSW Aspire again.

Shannen Grech and Hasan Nadeem
Year 8

Year 9 UNSW Aspire Workshop

On June 3, Year 9 students were visited by UNSW Aspire ambassadors and worked in small groups in the Library. The purpose of the program was to get students to start thinking about career choices for their future.

In groups we had to brainstorm as many occupations as possible that related to an image of a stadium. This was an interesting activity as we learnt about all the different jobs associated with a stadium that we would have never thought about. Jobs such as: Architect, Engineer, Business Manager, Lawyer, Coach, Referee, Physiotherapist, Scientist, Medicine, Hospitality, etc. We also learnt that when thinking of working in a particular industry there are many varied jobs to choose from and it is important to research in order to find out what is available.

Careers continued...



The second activity involved us looking at an image of an unknown product and brainstorming what the product could be used for. The aim of this activity was to encourage us to think creatively and be able to problem solve as these are important skills to have in the workplace and can lead to a successful career.



Chen Pham
Year 9

Year 10 UNSW Aspire Workshop

On June 3, Year 10 students participated in a workshop facilitated by UNSW Aspire staff and university ambassadors studying various degrees ranging from Commerce, Law, Media Arts, Advanced Mathematics, Medicine, Fine Arts and Education.



The focus of the workshop was to encourage students to think about their future and start planning towards achieving their goals. This was facilitated through discussions about: the difference between school and university, what the ATAR is, subject selection for the senior school, university pathways if one does not achieve the desired ATAR score, internships/cadetships available in some degrees and job prospects after university.



Our students benefited greatly from asking university ambassadors lots of questions regarding their courses and what university is like.

Alexandra Giameos

Year 8 Investig8 at Sydney Uni

On June 9, Year 8 students attended a careers excursion at the *University of Sydney* organised by the *Compass* program. The aim of the day was to give students an idea of the different courses you can study at university.

We attended two different workshops of our choice. One of the workshops we attended was *Arduino Programming* in which we programmed a remote control to make different sensors, for instance, button 1 makes a light turn blue.

The day made us think about our future career and going to university in the future.

Isaac Nabhan and Shannen Grech

I attended the Make Your Own Instrumentals workshop. We played on the IPADS and created our own music beats and we also learnt about the job of a music producer. It was an excellent excursion and gave me a clearer idea of what is available to me in the future. Marcus Rosa



I attended the Creative Playground in the Library Think space workshop. We created a pyramid shape using plastic sheets which we placed onto the IPAD and observed the shapes and colour created in the hologram. We also observed two 3D printers and a carver in action. In the future I would like to do Carpentry and then go to university to study Business Management which would be useful in the Construction Industry.

Justin Selems

I attended the Robotics Tour and we created a robot out of Lego. We learnt how to program the robot to move in different directions. I also attended the Guilty or Not workshop which involved playing the role of judge, prosecutor, defender and witness in a simulated courtroom. In the future I am thinking of going to university although I have not decided which course to study.

Tuan Tran



I attended the Cantilever Construction workshop. We had to make a structure with strong foundations built on the edge of a cliff. We only had 20 minutes and used two dozen straws as well as 50 centimetres of masking tape to make our structure. My goal in the future is to become a Biomedical Engineer.

Alexander Lorenzon

Year 10 USYD Compass Preparation For Senior Studies

On May 6, Year 10 students attended a Senior Study Program at the *University of Sydney* developed by *Compass*. The focus of the day was to enhance student understanding of the importance of motivation in self-directed study, effective study techniques and time management.



Students learnt useful examination preparation tips for English and Mathematics delivered by University academics and Compass staff designed to increase students' preparedness for the HSC and university. We look forward to the follow up session delivered by Compass in Term 3 at Canterbury Boys High.

Alexandra Giameos
Careers Advisor

Yr 7 Careers Drama Performance

On June 16, Year 7 students watched a high energy and engaging performance at school by Gibber Theatre's "*Aim Higher*" production showcasing higher education options for the future and the benefits of tertiary studies.

The aim of the performance was to encourage students to start thinking about what they are interested in and plan towards their future, whether it is a vocational or academic pathway. Students were also encouraged to speak to their parents about what they are interested in doing and to research future options by visiting the Make Your Mark website:-

www.makeyourmark.edu.au

Drama Performance continued...



Below are some student comments about what they learnt:

That you need a good education to get into university - Thomas Raj

You can choose a variety of things to do – Frank Pham

There are many options for you to choose at university - Aris Georgouloupoulos

You can choose what you want to study – Mark Thu

You can earn more money by going to university – Zainul Punjani



If you have any doubts about university you can go to the Make Your Mark website – Nabeel Ghori

There are a variety of ways to get into university – Corey Brown

University is for everyone – Richard Redwood

Get more opportunities to study what you're interested in - Ibrahim Saleh

You can make new friends at university – Peter Mandatis

Canterbury BMW supports Work Experience

Last week Anthony Bortolazzo from Year 10 completed a week of work experience as a mechanic at Canterbury BMW.



During the week Anthony learnt from different mechanics and apprentices about the duties they have in their job and how they came to work at Canterbury BMW. He was able to experience a professional working environment and learnt some skills in the workshop that will assist him when he leaves school. Anthony changed the oil in the prestige vehicles and learnt how to change brake pads; he assisted the mechanics with their daily duties and discussed the positives and negatives of the work.



At the end of the week Anthony is still confident that he would like to pursue a career as a mechanic. We are grateful to the team at Canterbury BMW for this worthwhile experience.

Patricia Bursill
Transition Adviser

Year 10 Hospitality Scholarship Update

Our successful Hospitality Scholarship recipients are well and truly on their way to completing the *Certificate 3 in Hospitality*.



So far they have completed units relating to safe food handling, professional coffee service, preparing and serving non-alcoholic beverages as well as serving guests at the Canterbury Hurlstone Park RSL Annual Members' Dinner as part of their work experience.



These students have represented our school in a mature manner, showing a willingness to learn, and have good reason to feel proud of their achievement so far.

We look forward to them progressing through the course next term (and sampling their ever improving coffee) with the anticipated completion in Term 4.

Patricia Bursill
Transition Adviser

Work Experience

Work Experience is a fabulous opportunity for students enabling them to explore career possibilities and fine-tune their career aspirations for the future. It also assists students to gain general knowledge and skills required in the workplace, increase confidence and assist with subject selection for the senior school.

Work Experience is usually undertaken by Year 9 and 10 students and is not compulsory. It may be undertaken throughout the year except during exam and assessments.

I encourage parents/carers to have a discussion with their student about choosing suitable work experience and for students to arrange an appointment with the Careers Adviser for further instructions. Parents/carers are also welcome to contact the Careers Adviser on 9798 8444 should they have any queries regarding Work Experience.

Alexandra Giameos
Careers Adviser

Homework Centre

- Does your student need help with his homework?
- Have they got an assessment task to complete?
- What about a quiet place to study?
- We invite your student to come along to the Homework Centre.



Staff will be available to help students with their homework, assessment tasks and study skills.

WHERE: School Library

WHEN: Every Monday & Thursday

TIME: 3:30 pm - 4:45 pm

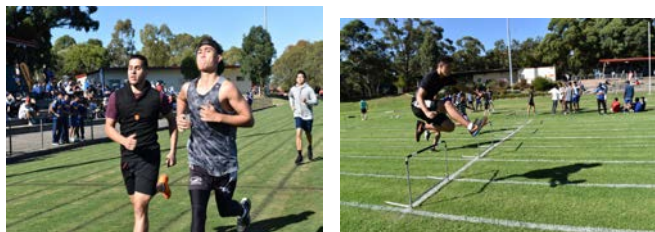
COST: It's FREE!

Contact Ms Robson at CBHS on 9798 8444.

Athletics Carnivals

Morris wins 2016 CBHS Athletics Carnival.

The CBHS Athletics Carnival turned out to be a successful day full of fun and sunshine!



Congratulations to all competitors!

House points were as follows:

- Morris - 478**
- Mundine- 446**
- Peponis-356**
- Hola -344**



New records

- Filipe TUPE – 12yrs Discus - 20.30m
- Sami ORAKZAI –12yrs 400m 1.35.03 and
-12yrs 1500m 7.44.94
- Jackson SOBKOWSKI –13yrs 400m - 1.17.43
- Mustapha JALLOH -13yrs Triple Jump –
9.60m

Athletics Age Champions

- 12yrs Filipe TUPE
- 13yrs Jacob NABHAN and Mustapha JALLOH
- 14yrs Zac CHARROUF
- 15yrs Ali BEHBAHANY
- 16yrs Daiyaan JULIUS
- 17+ Justin ELWARRAK

Zone Cross Country

On May 17, thirty-three students represented CBHS in the 2016 St George Zone Cross Country Carnival. Our Age Champions were:

- 12 years – Sami ORAKZAI
- 13 years – Jackson SOBKOWSKI
- 14 years – Zac CHARROUF
- 15 years – Riyan RAFIQUE
- 16 years – Zuhayer HASAN
- 17 plus – Justin ELWARRAK

Six students progressed through to the regional carnival.

Sydney East Cross Country Carnival

Congratulations to the following students who represented CBHS and the St George Zone at the Sydney East Cross Country Carnival.

- 12 years: Sami ORAKZAI
- 13 years: Nour BAHAMAD
- 13 years: Jackson SOBKOWSKI
- 15 years: Riyan RAFIQUE
- 15 years: Rojan KHANNA
- 17 years: Justin ELWARRAK

Special Congratulations to Riyan Rafique who finished third. He has now been selected to attend the 2016 NSW Combined High School Sports Association State Cross Country competition. Wishing him the very best.

Mr Kapsimalis
Sports Coordinator

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