



# Canterbury Tales

## Canterbury Boys High School

Where learning is innovative, inclusive and supportive

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TERM 1 2017

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## Principal's Editorial



Our Principal, Ms Belinda Giudice with the 2017 School Captains & Vice-Captains: Samy Rahman, Min Joung, Tavin Munetsi, and Daniel Vu

I would like to take this opportunity to welcome all of our new students, parents and staff to our great school. Mr Miller (Maths) and Mr Steinkbeck (TAS) have joined our teaching staff and we have been re-joined by Mrs Testoni (Head Teacher Learning Support) and Mr Sharp (English). Mr Maharaj (TAS) and Mr O'Hallaran (HSIE) will be leaving CBHS at the end of Term 1 and we will welcome Ms Beatriz and Mr Sobolevski. We wish Mr Dukes (TAS) all the best as he begins a merit selection appointment as Head Teacher Administration at Picnic Point High School at the end of term.

2017 will be an exceptionally successful year as we conclude our three year School Plan and open up more opportunities for students to succeed. A measure of this success has been a celebration of our 2016 HSC results. Again, we performed exceptionally well and for the first time we had two year groups completing HSC exams; year 12 under the traditional model and year 11 under the newly introduced compressed curriculum model.

## CALENDAR OF EVENTS

### TERM 2 2017

Tues April 25	ANZAC Day Public Holiday
<b>Wed April 26</b>	<b>Start of Term 2 for students</b>
<b>Thurs May 4</b>	<b>School Athletics Carnival</b>
Thurs May 11	Year 8 to Powerhouse Museum
<b>May 9 - 11</b>	<b>NAPLAN Tests</b>
Tues May 16	Zone Cross Country
Tues May 23	College/Yr 10 Parent/Teacher Night
Tues May 30	Year 9 to ASPIRE Taster Day
Tues June 6	College Legal Studies Excursion
<b>Mon June 12</b>	<b>Queen's Birthday Public Holiday</b>
Fri June 23	College students to Careers Expo
June 26 & 27	Zone Athletics Carnival
Tues June 27	Yrs 7, 8 & 9 Parent/Teacher Night
Wed June 28	College 1 & 2 vaccinations
<b>Fri June 30</b>	<b>Last day of school for Term 2</b>

### TERM 3 2017

<b>Tues July 18</b>	<b>Start of Term 3 for students</b>
Thurs July 27	Australian Maths Competition
Mon Aug 7	Years 7 & 8 ASPIRE workshops
Mon Aug 28	Visual Arts HSC major works due
<b>Fri Sept 20</b>	<b>Last day of school for Term 3</b>
<b>Sun Oct 1</b>	<b>Daylight Savings starts</b>

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## FOLLOW US ON SOCIAL MEDIA

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

<http://www.canterburb-h.schools.nsw.edu.au/>  
<https://twitter.com/CanterburyBoys>  
<https://www.facebook.com/Canterbury-Boys-High-School-467523453336257/>

(Principal's Editorial continued)

## Special Congratulations

- Aaron Nguyen Vu, our 2016 Dux of the HSC with an ATAR of 94.9. Aaron also received an *Outstanding Academic Achievement Award* at the NSW Government Schools International Student Awards ceremony.
- Ali Haider Saleem, our 2017 scholarship recipient of the *Academic Access Award* from Western Sydney University.



Aaron Nguyen Vu

Ali Haider Saleem

- Our Sydney University award winner, David Long, who when in Year 10, completed accelerated HSC 2 Unit Mathematics. David achieved a Band 6 (highest result) in this course.
- Alexander Lorenzon, for being selected in the *NSW Department of Education Symphony Orchestra*. He also received an award for participating in the *NSW Public Schools String Sinfonia*.



David Long

Alexander Lorenzon

- Emani Togi-Lafo, for being selected for NSW/ACT in *All Nations Team* to compete at the AFL National Diversity Championships.
- To CBHS for becoming a White Ribbon School.



## What Can We Look Forward To In 2017?

- Our partnership with Sydney Story Factory who are in-residence in 2017. Students are developing strong skills in literacy, creative writing and theatre performance.
- Achievements as a STEM Academy school. We are enriching student learning of our boys and local Year 5 primary students. The semester long *Mission to Mars* program with Canterbury, Ashfield and Ashbury Public Schools is a huge success as students learn valuable coding, robotics and scientific research skills.
- Continuing university partnerships with the University of Sydney and UNSW. We extend these partnerships this year as Year 9 students participate in a *Mindfulness* program.

I wish everyone all the best for a great year ahead. I am proud to lead this great school.

Ms Belinda Giudice  
Principal

## Where are they now?

### Class of 2016

Our 2016 HSC cohort have chosen to pursue a variety of career pathway options. 65% of students successfully transitioned into tertiary studies. The remaining students commenced apprenticeships, traineeships, & employment. Courses undertaken by students at university include: *Policing; Sports & Exercise Science; Civil, Biomedical, Mechanical or Software Engineering, Cyber Security; Information Technology; Science; Computer, Medical or Social Science; Business; Commerce; Construction Management; and Media & Advertising*. Courses undertaken at TAFE include: *Hospitality; Media Technology; and Screen & Media*. Students at private colleges have chosen courses in *Information Technology and Fine Arts*. Students who are undertaking apprenticeships and traineeships chose *Carpentry; Electrical and Hospitality*. Congratulations to all students and we wish you every success in your future!

## HSC Stronger Standards

There has been an introduction of minimum standards in Literacy and Numeracy for students who will complete the Higher School Certificate in 2020; the first cohort that this will affect is the current Year 9 students. Whilst Year 9 students have the chance to pre-qualify for this standard when they sit NAPLAN in May of this year, we urge all parents and students not to be concerned about this introduction of minimum standards, as students will be provided with several opportunities to demonstrate that they meet these standards throughout their schooling.

### MULTIPLE OPPORTUNITIES TO MEET THE STANDARD

Your child will show that they have met the standard by passing new online reading, writing and numeracy tests.

They will take the online tests at school. Your child can take the tests up to twice a year in:



- Year 10
- Year 11
- Year 12
- for up to five years after they start their first HSC course.

Students can take the tests from next year when they are in Year 10.

Visit the demonstration site to see sample test questions:

<https://hacliteracynumeracy.nesa.nsw.edu.au>

### YEAR 9 NAPLAN: A CHANCE TO PREQUALIFY FOR THE STANDARD

Your child can prequalify for the standard by achieving Band 8 or above in their Year 9 NAPLAN reading, writing and numeracy tests this year. This means that they won't have to take the online tests.

**It is important for you to know that not all students are expected to achieve Band 8 in their Year 9 NAPLAN tests this year.**

**Your child will not be stopped from getting the HSC on the basis of their Year 9 NAPLAN results.**

Your child's literacy and numeracy skills will continue to develop and it is expected that they will meet the standard either by the end of Year 10, Year 11 or Year 12.



More information can be found on the NSW Education Standards Authority website: [www.educationstandards.nsw.edu.au](http://www.educationstandards.nsw.edu.au)

## Invitation

### Community Consultation Forum

CBHS Community Consultation Forum for Term 2 dates are:

**Wednesday 10/05/17**

**6pm – 7pm**

and

**Friday 12/05/17**

**11am – 12pm**

Both meetings will be held in the School's Common Room. You are warmly invited to join us on Wednesday evening or Friday morning, please attend the session that best suits you. You will be provided with significant information about your student's education. The Principal will also share up-to-date information from the Department of Education and the school. It is a great opportunity for staff to connect with parents/caregivers in a less formal setting and over a cup of tea or coffee.

We are in the process of establishing a P&C Committee. Several parents showed an interest in being part of the P&C. If you are interested, I advise you to contact our Community Liaison Officer, Mrs Nazek Roumieh or the Principal, Ms Belinda Giudice on 9798 8444.



## Important Reminders

### Keep information updated

Please inform the school of any changes to your child's current situation. This may be a change of address, contact number, health condition or personal circumstances impacting on their wellbeing and achievement.

### Attendance expectations

It is expected that your child attends school each day of operation. The school operates a text message system each day your child is absent. Any absences are to be explained via a written letter or phone call to the school.

# STEM Academy

## Science, Technology, Engineering and Mathematics Program

For nearly six months, our school has been working as part of the Sydney University *STEM Academy*. Our teachers have undertaken comprehensive professional learning and planned a project for Year 7 to start the school year. Year 7 teachers and students have been working hard during Term 1 to develop the STEM knowledge and skills needed for work and life in the 21st Century.



Year 7 started their STEM focus with a series of three mini-maker activities. In Maths, they explored shapes, surface areas and flotation: designing a Lego structure that would float on water. In Science, they explored physical forces through constructing a wind turbine to lift a weight. In TAS, they built a structure designed to protect an egg when dropped from three storeys above the ground. Students experienced great engagement and success through completing these challenges, with many also building group work and problem solving skills, and their creative thinking.



The final project day took place on Tuesday 28 March. The day started with a presentation from Tom Gordon, a scientist from Sydney University, who also represents the *CSIRO Scientist in Schools* program. Tom's engaging experiments built on a lot of learning covered in science on buoyancy ready for the project day.



Students then started construction, trying to use their STEM knowledge to solve a problem of growing crops in monsoonal climates. In groups, they applied their learning across all subjects in the previous weeks to construct a raft on which to grow crops. They worked hard on their designs and used a variety of everyday materials to construct scale models of their raft design.





After a BBQ lunch, students finally got to test their model rafts. All of the groups succeeded in making a raft that floated and carried soil for growing crops. Groups were awarded prizes for carrying the most weight (the winner's model held 65 scoops of soil), most innovative design and best group work.



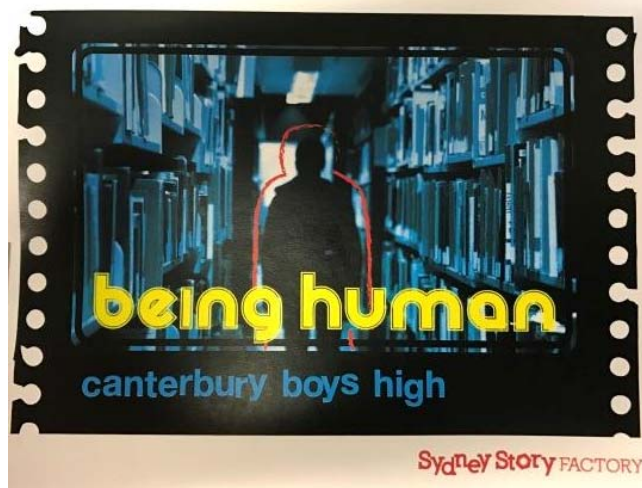
I would like to thank all of the teachers who have contributed to this fantastic project and a great STEM Day.

Ms Conway

## Story Factory

### Being Human

This year, Canterbury Boys has excitedly welcomed Story Factory into the school. The team of teachers and volunteers have been working hard to mentor students and develop writing skills for all levels. They worked with students from Years 8 to 12 and covered a range of forms including script writing for film and poetry.



Students have appreciated the enthusiasm of the Story Factory team and were thrilled to receive a published series of books at the end of the term.



We are looking forward to next term and cannot wait to see the wonderful texts produced.

### *Being Human* by A

*Being human is a bumpy road trip  
Some people take different paths  
Being human is eating junk food  
Have fun once in a while  
Being human is cleaning a polluted lake  
Aim to fix your mistakes  
Being human is missing the first free throw  
Aspire to get the next...*

## Media Studies Taster

### Year 8 Visit SSF & AFTRS

Year 8 students visited the *Sydney Story Factory* and the *Australian Film, Television and Radio School* (AFTRS).



The students wrote scripts for radio dramas at the Sydney Story Factory.



At the Fox Studios precinct, they worked with Sound Engineers at AFTRS to record and produce a series of amazing radio plays. The day provided valuable insight for students considering future pathways as writers, sound effect artists or recording engineers.

## Being Dramatic

### Belvoir Street Theatre Excursion

On Monday March 27, students from the Film and Drama elective and the Theatre Group went on excursion to the Belvoir Street Theatre in Surry Hills. There they had the opportunity to showcase their script writing skills by staging and performing their own work.

Richard Short and his tutors from The Sydney Story Factory had worked closely all term with the Film and Drama students to support them in developing their own script writing. This resulted in very clever and thought-provoking pieces.

The Sydney Story Factory provided an even more authentic opportunity for the boys' work. They were able to call upon their contacts at Belvoir Street Theatre who generously gave our students access to their lower stage for the day. Richard and the volunteer tutors were integral to making the day the success that it was.

The day resulted in brilliant performances and a very satisfied group of students. The boys gained confidence, had a real-world experience and the opportunity to see their own writing come to life on stage. At the end of the day, the boys were presented with a published collection of their work. Ms Christofides and Ms Horne, along with the sixteen boys that attended wish to thank both the Sydney Story Factory and Belvoir Street Theatre for their generosity.

Ms Christofides and Ms Horne

## Scholarship Awarded

### Thomas George Costa Memorial Scholarship

The *Thomas George Costa Memorial Scholarship* provides an opportunity for students embarking on senior study to gain valuable support for educational expenses and experiences. The scholarship was established in 2014 by the family and friends of Thomas Costa, ex-student and CBHS Vice-Captain 2006. Each year, students in Year 10 apply to receive a grant of up to \$1000 to put towards their study; in the past, this has included technology and printing, materials for Music and Visual Arts, excursion costs and extra HSC tuition.

Congratulations to the 2016 recipient, Jordan Haenga, who will be studying Visual Arts, Senior Science and Work Studies for his HSC in 2017. Previous recipients of the scholarship include Min Joung, Syed Hasan and John Nguyen.

Our school and students are thankful for the generosity of the friends and family of Thomas Costa.

## Saving Lives

### First Aid and CPR Training

On Friday March 17 our College PDHPE students completed a *Royal Lifesaving First Aid Course* at school. All students were successful in completing the course and have received their *Basic First Aid Certificate (and Cardio Pulmonary Resuscitation)*.



The training has provided the participants with the knowledge and skills required to administer first aid to a victim of illness or injury until the arrival of professional medical help.



Mr Kapsimalis  
PDHPE Teacher

## Pop Up Museum

### Modern History Exhibition

On Friday 31 March 2017, the College Modern History class held an exhibition in the Common Room.



*Soliman Abdul-Wali*

This term students conducted a historical investigation into a topic of their choice and presented their findings in the format of a museum exhibit.



*Daniel Liu and his father*

Visitors were very impressed with the depth of research and imaginative way in which students displayed their findings. Students were also confident answering questions about their research.

Ms Simpson and Ms Robson  
Modern History Teachers

## Construction Site Tour

### Work and Life Skills Excursion

On Monday February 20, our *Work and Life Skills* class attended an excursion to the Mirvac construction site at the new St George Hospital in Kogarah. The excursion enabled us to experience what it is like to work at a construction site.



Students and teachers were given hard hats and safety vests when we arrived and then we took a tour of the site. The Mirvac staff showed the class different types of trades that are used in the construction industry.



After the tour, our guides took the class to a conference room and talked about what qualifications you need to get into the construction industry.

Azriel Healy  
Year 9

## Exhibition

### Art Gallery of NSW

Our College Visual Arts class participated in an excursion to the Art Gallery of NSW and *Edge of the Trees* installation.



This excursion supported the unit of study on Australian Art, Traditional Indigenous Australian Art and Early Colonial through to Contemporary Australian artwork. The students enjoyed seeing the 'real' works they have studied in class.



They also viewed the *Art Express* exhibition and were greatly impressed and inspired by the standard of the top Visual Arts Body of Work art works of the 2016 HSC.

Ms Danilatos  
Head Teacher VA/Music/Admin/TAS  
*Painting is silent poetry, and poetry is painting that speaks.* – Plutarch



# Return of the Scientists

## Physics in Action

On March 17, CBHS once again, had the opportunity to participate in the *Scientist in Schools* program. A scientist from the University of Sydney volunteered to perform experiments in the science laboratories with the latest equipment. *Scientists in Schools* is a National Program run by volunteers. Its goal is to bring real science, by real scientists, into the classroom. CBHS has an ongoing partnership with Tom Gordon, Science Communicator for the School of Physics, USyd. We are privileged to work with Tom and together we share enthusiasm, expertise, and knowledge to enhance science teaching practices at CBHS.

College Physics students took part in experiments that are not only relevant to the Physics topic they are studying but also relevant in society.



One of the activities they did was to detect radioactivity using a Geiger counter. Students' engagement in the experiments motivated them to ask higher order questions. The program shed light on the possibilities of STEM subjects and future pathways within Science.



College Senior Science were amazed by the experiments and activities that Tom showed them about light. They observed how holograms were formed because of reflection and made a simple device to use with their mobile phones that would produce holograms. They found out that none of them were colour blind and looked at polarising lenses and polarising computer screens.

## Make Me A Martian

### Science is Now a Game

On Friday, March 10, 7H and 7T watched a live game show on Australia's Science Channel. *Make Me A Martian* is the game show that is out of this world! The contestants were environmental scientist Carmel Johnston, and *Mars One* candidate Josh Richards.



Carmel Johnston, who has a Masters of Science in Land Resources and Environmental Sciences, recently finished serving as the Crew Commander of The University of Hawaii's 365 day Mars simulation mission, where she and five other people lived in complete isolation for an entire year to simulate a Mars mission. The other candidate was Physicist, Explosives Engineer, Soldier, Comedian and Astronaut Candidate, Josh Richards. Josh found his true calling in 2012 when he discovered the *Mars One* project. Selected from over 200,000 applicants, he's currently one of 100 astronaut candidates short-listed to leave Earth forever to colonise Mars in 2027. Carmel and Josh were put through their paces and no Martian stone was left unturned to help 7T and 7H figure out who should win!

Science Faculty

## NRL Programs

### In League In Harmony

A group of Year 9 students took part in the *In League In Harmony* Program run by the NRL. This was a six week program run by ex-rugby league players, Paul Franze and Joe Galuvao. Students participated in workshops about harmony, respect and leadership, and were able to practise these values on the field.



The program ended with students attending the NRL Gala Day on Tuesday 28 March at Merrylands, where students played touch football against other schools in the program. Students ended the day with a harmony march to celebrate the program and *Harmony Day*. Quincy Naufahu, Sherman Guo, Pita Lolohea and Shannen Grech were all selected as NRL ambassadors for the program.



Stephanie Goni  
Student Support Officer

## Wellbeing Day

### Action Against Violence & Bullying

On 17 March Year 7 took part in a wellbeing day to celebrate the *National Day of Action Against Violence and Bullying*.



Students participated in workshops run by *Fusion Sydney*, *Ashfield Police* and *Canterbury/Bankstown Council*. This was an opportunity to discuss bullying and stand up together to tackle bullying at school and in the community.



## Visitors from Hong Kong

### Study Group Tour Our School

On Friday 3 March, a group from Hong Kong (eighteen students and two staff members) were welcomed by our Principal and student leaders. We entertained them with a musical performance by Alexander Lorenzon and a drama performance by Umprue Ketchell-Hankin and Alusine Kanu. They toured our school to view our facilities before splitting into smaller groups and rotating through several classes. The day concluded with a Q&A session about schooling in Australia.

## White Card Course

### Construction Induction Training

On Monday 27 March, nineteen students from Years 9 - 11 completed *Construction Induction Training (White Card)* at school with our own registered trainer, Mr Maharaj.

Students who wish to obtain work experience or employment in the construction industry must first complete the training to ensure their safety in the work place. This is a requirement of *WorkCover*.

A huge thank you to Mr Maharaj for running this popular course in Term 4 2016 and again this term for interested students.

If there are any students who missed out this term, please come to the Careers office to register your interest for a future course.

## Hospitality Scholarship Launch

### Canterbury-Hurlstone Park RSL



On Monday 20 March, Canterbury Hurlstone Park RSL Club hosted the launch of the *School of Hospitality 2017 Hospitality Scholarship Program*.

All Year 10 students were invited to apply for the scholarship and their applications were reviewed by members of the school executive, taking into account their academic record and participation in school programs.

Ten students were awarded full scholarships for a *Certificate II in Hospitality* which they will complete in 2017 alongside their Year 10 school work.



The program offers a variety of work skills and competencies. Students will study *Food Handling and Hygiene; Service Skills; Workplace Communication and Responsible Service Laws*. Preparation and service of coffee will also be part of the course.

The opportunities for practical experience during the program are extensive and students will exit the course with readiness to work across a variety of areas in the industry. As part of the course students will undertake two 3 hour shifts of compulsory work experience in the CHPRSL Café.

The hospitality industry provides a variety of full time and part time career opportunities and students will benefit from successful completion of this course whether they intend to transition into the workforce or attend university.

This is the second year that CHPRSL has funded this fantastic program for our school. The partnership between the club and the school is of great value to the community and we look forward to seeing our students progress through this course.

Ms Bursill  
Transition Adviser

## Careers Correspondence

As Careers Adviser at CBHS, 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 would like information about: university; TAFE; private colleges; apprenticeships; traineeships; job growth areas 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.



## Career Planning Interviews



In Term 4 last year, College 1 and 2 individual student career Interviews were conducted by the Careers Adviser and students were given a copy of their Career Plan to follow and show their family. This Career Plan outlines student career aspirations beyond the HSC, steps required to achieve their goals as well as a 'back-up' plan in the event that the original goal is not achieved. Students have been advised to discuss their plans with their teacher mentors and family and to seek support in pursuing their goals. Parents/carers are welcome to contact the Careers Adviser on 9798 8444 to discuss their student's post school options or alternatively make an appointment to meet with the Careers Adviser.

## Year 9 Careers Classes

This term Year 9 students had some lessons introducing them to post-school pathway options, such as university, TAFE, private colleges, apprenticeships, traineeships and employment. It is important for students to develop awareness of each option and start thinking about their own future. Students also learnt about: school based traineeships (which can commence in Year 10); purpose of work experience; how to apply for a Tax File Number; how to obtain their first casual job in retail or fast food sectors; and how to write a resume. Each student completed a Learning and Transition Plan, setting both learning and career goals. The Careers Adviser will refer to these profiles to plan for meaningful and relevant careers excursions and activities to assist with career exploration. Each student completed an online careers quiz called *Discover Me*. This quiz matches strengths and personality style to career choice. A report was generated and sent to each student's email, outlining their personality types and lists of recommended careers that suit their style. Next term students will explore the different options and careers relevant to their subjects.



## Year 10 Careers Classes

Year 10 students completed an online careers quiz called *My Career Profile* on the Myfuture.edu.au website. Students answered questions regarding their interests and skills, and received feedback about types of careers to which they would be suited. Students also completed a Learning and Transition Plan setting both learning and career goals. The Careers Adviser will refer to these profiles to plan for meaningful and relevant careers excursions and activities to assist students with career exploration and planning. Next term students will explore in detail the various pathway options available and the requirements of each pathway in preparation for subject selection in the senior school.

Alexandra Giameos  
Careers 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 assessment periods. Parents/carers are encouraged 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

## At Woolworths

We completed one week of work experience at Canterbury Woolworths where we and learnt valuable work skills, including stock control.



We enjoyed being at work and hope this experience will help us get casual work in the future. We recommend work experience for all Year 9 and 10 students.

Owais and Samiul  
Year 10

## At the Academy of Interactive Entertainment

From the February 27 to March 3, Hilldan and I attended Work Experience at *the Academy of Interactive Entertainment (AIE)*.

We chose this work experience because we are considering a creative career for our future and wanted to gain a better insight into careers related to the entertainment industry.



It was an incredible experience being in such a creative environment seeing first-hand the work of so many talented AIE students. It is a place where students go to learn in depth how to create animations, draw, create movies and games. Students who have graduated from AIE have been involved in the development of special effects of many Hollywood movies, such as *Harry Potter and the Deathly Hallows*.

We both had the chance to play around with different programs such as *Maya* and *Unity* to create animations and games. We soon realised that a lot goes into creating animations and it is certainly not easy! It took us a long time just to create one animation and a tiny movement.

Playing a game or enjoying a movie is very easy to do, but the preparation and effort that goes into creating movies or games is really mind blowing and admirable. It was an amazing and enjoyable experience.

Fawaz Indrajaya and Hilldan Amrullah  
Year 10

## Volunteering

### BUPA Aged Care

This term, we are once again very proud of our senior students for giving up their own time to engage with the residents at BUPA, Ashbury. Our students volunteer at BUPA on a weekly basis and have been doing so since last year.



This very important community participation is not only lifting the spirits of residents and putting a smile on their faces, but our students are also receiving the benefits of giving back to the community.



They gain a lot of satisfaction from interacting with residents and assisting those in our community who are in most need.



We would like to thank BUPA for providing this unique opportunity to our students and for welcoming them each week.

## UNSW ASPIRE

### Workshop for Senior Students

On Wednesday March 15, College 1 & 2 students participated in a workshop delivered by ASPIRE regarding the *Equal Access Scheme and Scholarships*. We would like to thank Anna Shaw from ASPIRE for organising this event as well as the UNSW student ambassadors who gave up their time to share their experiences of being UNSW scholarship recipients. Below are, some our students thoughts about the workshop:

*"Raising awareness on the possibilities of making the transition from high school to university a less stressful experience."*

*"It has enlightened me on the available options for entering university."*

*"I now have a broad perception of how university admits students even if they don't get the necessary ATAR."*

*"It was a good use of my time and I learned about scholarships."*

*"It gave me an insight into different ways to get into the course that I wanted and the university students answered all questions."*

*"My question about transferring courses was answered and I now know about a certain scholarship program for Engineering."*

*"It made me think about different pathways to get into university. I learnt a lot about bonus points, scholarships and other schemes."*

## ADFA Overnight Trip



We were very lucky to be amongst six students chosen from our school, to attend an overnight trip to the *Australian Defence Force Academy (ADFA)* in Canberra. We are very thankful to UNSW ASPIRE and ADFA for organising this amazing opportunity.

We gained great insight into the ADFA campus and its courses, as well as an understanding of the different pathways available in the defence forces. We learnt about the entry requirement into ADFA and officer level jobs and what it is like to be a student at ADFA. The ATAR required for entry to ADFA ranges from 75 to 85. There are over 1000 students at ADFA and it is compulsory to live on campus. Students are paid \$37,000 per year to study at ADFA with a \$5000 increase each year.



Highlights of the trip included experiencing the flight simulator, a tour of the campus and its sporting facilities, visiting the War Memorial, and going bowling as one of the planned leisure activities.

For our future, we are considering joining the defence forces. *'I would like to join the Air Force and study Aeronautical Engineering at ADFA.'* (Miguel). *'I would like to join the Army and study Engineering.'* (Chen).

Chen Pham and Miguel Henson  
Year 10

## Your Career Websites

Our school has subscribed to two careers websites, *JobJump* and *Wirl* that parents, students and staff can access with the passwords given below:



**JobJump** contains a range of very useful information and tools to assist with career decision making, including career testing, TAFE, university and apprenticeship information, resume and cover letter samples as well as occupational information and short videos. You can also register online to receive weekly *Careers News* based on pre-selected subjects and career areas of interest.

[www.jobjump.com.au](http://www.jobjump.com.au) - enter the first three letters of the school's name and it will automatically come up. The school password is **colt**



**WIRL** contains a *Career Testing* tool to assist students with identifying suitable career choices as well as a wide range of occupational videos for students to explore.

[www.wirl.com.au](http://www.wirl.com.au) – school login is **canterbury** and school password is **giant81**



**myfuture** is another outstanding careers website that the department has subscribed to for students to access. Students can sign up only with their current education email. Students can undertake a careers quiz to identify their interests and skills which is a good starting point for thinking about what type of work to which they would be suited. They can also research courses and occupational information as well as watch career videos.

[www.myfuture.edu.au](http://www.myfuture.edu.au) -no password is needed but students can only sign up using their education email.

I am confident that parents and students will find the above websites valuable in assisting with career exploration and future career planning.

Alexandra Giameos  
Careers Adviser

## 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 his 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;
- Check out [www.cybersmart.gov.au](http://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.
- Check out the website: [www.drinkwise.org.au](http://www.drinkwise.org.au)

#### 4. If you need to discuss this with a health professional.

- Contact your son's School Counsellor or contact Headspace specialists who can help you and make an appointment. It's a free service.



- [www.headspace.org.au](http://www.headspace.org.au)
- *Ashfield*: Phone 9193 8000
- *Hurstville*: Phone 8048 3350
- *Camperdown*: Phone 9114 4100

Doug Creighton, School Counsellor  
Phone: 9798 8444 Extension 106



## Digital Safety

### Sites with Good Tips for Parents

These government sites offer good tips for parents and include topics such as:

- 7 ways to manage web-connected devices at home;
- 8 tips to keep on top of your child's screen time;
- eSafety Health Check;
- How to report cyberbullying material;
- Should my child be on social media;
- Protecting your information;
- Inappropriate, offensive or illegal content;
- Trolling.

<https://www.esafety.gov.au/education-resources/iparent>

<https://www.esafety.gov.au/about-the-office/resource-centre>



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



**WHERE:** School Library

**WHEN:** Every Monday and Thursday

**TIME:** 3:30 pm - 4:45 pm

**COST:** It's FREE!

Contact Ms Robson at CBHS on 9798 8444.

## State Music Camps

### Applications are Now Open

Students from NSW Government schools have been attending State Music Camps for more than 60 years. Talented music students join together for one week each year to receive expert tutelage and develop their performance skills. Participants rehearse and perform high quality repertoire culminating in a concert for families and friends on the final night of the camp.



Musical activities at camp include participation in a major ensemble (symphony orchestra, symphonic bands, vocal ensembles and stage band) as well as a number of elective ensembles and activities. Elective activities include brass and woodwind ensembles, saxophone ensemble, stage band, jazz improvisation, composition, music technology and music theatre.

The dates for State Music Camps this year are as follows:

State **Senior** Music Camp:

Sunday 25 June – Friday 30 June 2017  
(last week Term 2)

State **Junior** Music Camp:

Sunday 16 July – Friday 21 July 2017  
(first week Term 3)

The camps will be held at:

Sydney Academy of Sport  
Wakehurst Parkway  
Narrabeen

(Office of Communities, Sport & Recreation)

Applications close on Friday 5 May 2017.

For more information and to apply:

<https://www.artsunit.nsw.edu.au/state-junior-and-senior-music-camps>

## Buckley Shield

### 14s Rugby League Squad



On Thursday 23 February our footballers played Belmore Boys High School at Peter Moore Park.



All the boys played well and all put in a big effort. It was their first time playing together so there is still a lot of work to do to improve as a team.



We were victorious on this occasion and left the competitors scoreless. The final result was 36 to nil.

Unfortunately we were beaten by Kirawee High School on Wednesday April 5. They were a much stronger team.

Connor Fakinos  
Coach

## Knockout Competitions

### Touch Football

On Wednesday March 22 our Opens Touch Football team played Alexandria Park Community School. It was a muddy encounter with a close result. Unfortunately we lost 4-3 so were knocked out of the competition.

Mr Ghama  
Coach

### Basketball

On Monday February 27, our senior boys represented the school with pride in the Opens Basketball Knockout Tournament. They faced a much larger and more experienced team but never gave up and showed outstanding determination.

Sydney Secondary College, our hosts, played well and although both teams fought hard on the court, a high level of sportsmanship was shown from start to finish. Although the boys did not win on the day they were a credit to us at school and should be congratulated on being such wonderful ambassadors.

Mr Sharp  
Coach

## Summer Grade Sport

### What a Washout!

The weather wreaked havoc with our Summer Grade Sport Competition. With many grounds closed over multiple Wednesdays, many games were cancelled.



The St George Zone will do its best to play some of the games that were washed out in Term 1 later on in the year.

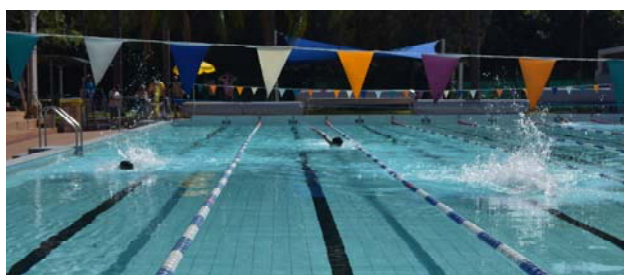
Those students who paid for Summer Grade Sport will be offered a discount for their Winter Grade Sport fees. If you require further clarification you may contact the Sports Organiser, Mr Kapsimalis, on 9798 8444.

# Fun at the Pool

## School Swimming Carnival



The CBHS swimming carnival was held on the 16 February and was another successful event. It was great to see students participating in both swimming races and novelty events. All students showed great sportsmanship while cheering on their house teams and other students. Congratulations to Peponis who were the house champions on the day.



## Swimming Results

Peponis	1 <sup>st</sup>
Hola	2 <sup>nd</sup>
Mundine	3 <sup>rd</sup>
Morris	4 <sup>th</sup>



### Age Champions

- 12 years – Ali ZAROUAL
- 13 years – Dimitri MAKAPAGKAL
- 14 years – Jackson SOBKOWSKI
- 15 years – Robert HAN
- 16 years – Mohamad ALLOUCHE
- 17+ years – George PERGAMALIS

### Records Broken

Robert Han broke three records for the 15 years age group - 50m Freestyle (29.40), 50m Breaststroke (38.78) and 50m Butterfly (33.84).



Very impressive!

## Zone Swimming



Several of our talented swimmers attended the St George Zone Swimming Carnival held on Monday March 6 and Friday March 1 at Roselands Aquatic Centre.

- Mohammad ALLOUCHE
- Aris GEORGOULOPOULOS
- Peter GEORGOULOPOULOS
- Robert HAN
- Tanzeel IFTIKHAR
- Yaqoob KOWAIDER
- Abraham LEKKAS
- Dimitri MAKAPAGKAL
- Ky NISHIMURA-SMIRTHWAITE
- George PERGAMALIS
- Thomas RAJ
- Tulley ROGERS-HOMOKI
- Jackson SOBKOWSKI
- Rhys TURNBULL
- Ali ZAROUAL

### Regional Swimming

On Monday March 13, Robert Han and Jackson Sobkowski represented the St George Zone at the Sydney East Regional Swimming Carnival at Sydney Olympic Park Aquatic Centre.

Mr Kapsimalis  
Sports Organizer