



# Canterbury Tales

## Canterbury Boys High School

Where learning is innovative, inclusive and supportive

220-252 Holden Street  
CANTERBURY NSW 2193

Phone 9798 8444

Fax 9716 7603

Email [canterburb-h.school@det.nsw.edu.au](mailto:canterburb-h.school@det.nsw.edu.au)

TERM 4 2018

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## Principal's Editorial

We said goodbye to our Principal, Belinda Giudice, as she took up a new position as Principal at Prairiewood High School. On behalf of the school community I would like to thank her for her contributions. We were also sad to lose another valuable staff member, Belinda Conway in term 4. Belinda gained a promotion as Deputy Principal for Leichhardt Secondary College. Her many talents and initiatives have been invaluable to our community.

I am pleased to announce and welcome our new Principal for 2019, Mr Ross Dummett. We look forward to working with Ross in 2019.

The major celebration for the year was our 3 day Centenary Celebrations. 100 years in the making and a year in the planning, the school proudly celebrated 100 years of quality public education.



## CALENDAR OF EVENTS

### TERM 1 2019

Tues Jan 29/01	<b>Start of Term 1 Staff Only</b>
Wed Jan 30/01	Year 7 & College Students Begin
Thu Jan 31/01	Years 8, 9 & 10 Begin
Mon Feb 04/02	Yr 7 Digital Thumbprint
Thu Feb 07/02	Yr 9 Digital Thumbprint
Fri Feb 08/02	College 1 Digital Thumbprint
Thu Feb 21/02	Swimming Carnival
Fri/Mon 01&4/03	Zone Swimming Carnival
Tues Mar12/03	School Photo Day
Fri Mar 22/03	School Photo Catch-up Day
Thu Apr 04/04	Athletics Carnival
Sun Apr 07/04	Daylight Savings End
08/04 to 12/04	Preliminary Examinations
Fri Apr 12/04	<b>Last Day of School for Term 1</b>

### TERM 2 2019

Thu Apr 25/04	ANZAC Day Public Holiday
Tues Apr 30/04	<b>Start of Term 2 for students</b>
Tues Apr 21/04	Zone Cross Country
14/05 to 16/05	NAPLAN Paper Test
14/05 to 24/05	NAPLAN Online Test Window
Sun May 05/05	Ramadan begins
Mon Jun 10/06	Queen's Birthday Public Holiday
Tues Jun 04/06	Ramadan ends
Mon Jun 24/06	Zone Athletics Carnival
Fri Jul 05/07	<b>Last day of school for Term 2</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->

*(Principal's Editorial continued)*

An old boy BBQ on Friday, a gala dinner on Saturday, attended by Former Prime Minister, the Honourable John Howard and an amazing community fete on the Sunday helped make this milestone a truly memorable event.

It was a celebration of the schools past, present and future, and highlighted that CBHS is truly a special place. I would like to thank the staff for their hard work over a long weekend. The Centenary team and promotions team were the foundation for these events over the last year.

In particular I would like to pay tribute to the leaders of these teams, Adele Robson, Connie Stamos, Amanda Simpson and Anne Christofides for their hard work and dedication in making these events special.

I would also like to thank our wonderful parents and community members who helped out over the weekend. We are truly lucky to have you all as part of our community.

In 2019 we will be establishing a Support Unit at Canterbury Boys. We welcome the opportunity to provide quality Boys education to our community.

Finally I would like to thank our dedicated and hardworking staff for their efforts this year. Every day they share their expertise and knowledge with your students and help them on their pathways. They are the heart of the school and I appreciate their tireless efforts.

On behalf of the staff of CBHS we wish you all a safe and happy holiday. We look forward to continuing to work in partnership with you in 2019.

## Year 8 Cupcake Challenge – Term 3

An important aspect of school is nurturing a caring for others. During Term 3, the Year 8 classes competed against one another to raise money for three different charities by making and selling cupcakes.



8H were first to compete in the challenge and despite some challenges in making the cupcakes raised \$65 for the RSPCA. 8T were next, and having learned from some of the mistakes of 8H, raised \$90 for the 'R U OK' organisation. Last but not least were 8R, who raised \$78 for the Koala Foundation.



Year 8 Champions, who gave up their recess and lunch to sell the cupcakes, were Leon Peter, Nahian Islam, Farhan Rofik, Mehul Fursule, Anthony Lolohea, Amir Sahbi, Liam Knights, Dwayne Tiuli-Anae, Peter Georgouloupoulos, Vinh Nguyen, Amasia Tohotoa, Prashant Tamang, Willy Andersen and Shakti Muharam.



## Holiday Survival!

### A Guide for Students and Parents

Not everyone looks forward to the holidays. Sometimes they're not the happy time we would like them to be. What can I do to get through?

- Have a balance between keeping busy so you don't get bored and give yourself relaxation time so you don't feel stressed.
- Get enough sleep (8 or 9 hours a night).
- Many services close over the holiday break, so if you need a new prescription or need to buy medications, get them before the holidays.
- Do some physical activity for 15-30 minutes a day (walking, jogging, swimming, something else you like).
- Plan a regular outing or activity for each day or week. It doesn't have to be brilliant – just something you like doing.
- Make a list of who to contact if you need to. Some suggestions are listed below:



**Kids Helpline:-1800 551 80**

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

**Youth Beyond Blue:-1300 224 636**

**Reachout:-**[www.reachout.com.au](http://www.reachout.com.au)

**Headspace:-9193 8000 Ashfield**

**9393 9669 Bankstown**

[www.headspace.org.au](http://www.headspace.org.au)

**Cybersafety:-report cyberbullying at:-**

[esafety.gov.au/reportcyberbullying](http://esafety.gov.au/reportcyberbullying)

**Canterbury Hospital:-9787 0000**

**Belmore Youth Resource Centre:-9718 9848**

(Phone BYRC to get details of their school holiday program)

Mr Doug Creighton  
School Counsellor  
Phone: 9798 8444

## Work Experience

### Work Experience as a Carpenter

This term I did a week of work experience as a carpenter with Sephora Constructions. We were working on building a duplex house in Kingswood, near Penrith.

Each day I had to start work at 7am and worked until 3pm. The days were long and the weather was very hot.

During the week some of the things I did included help construct and install the framework for the walls and insert bracing for the roof beams.

I really enjoyed working outside and working with my hands. Peter from Sephora Constructions was a great supervisor and I learnt a lot from him and his crew.

Having done the week of work experience I now have a better understanding of what it would be like to work in the Construction industry and this has helped me to narrow down my choices for a future career.

I was able to find this contact by asking a builder who had done some work at our house and he was able to put me in touch with this company.

I would recommend work experience to any students who are curious or would like to find out about working in the building industry.

Justin Selems, Year 10



## Work Experience Continued

### Work Experience at The Star

I have always been interested in working in the hospitality industry when I leave school and would like to one day become a chef. This term I had the amazing opportunity to do work experience in the kitchens and restaurants at The Star in Pyrmont. The Star is mainly a casino and hotel but it also has many kitchens and restaurants in it.

I had to start work at 7am every morning and had a roster that allowed me to work in different areas to experience lots of different things.

On Monday and Friday I worked in the pastry kitchen, making desserts like macaroons and custard tarts. On Tuesday and Wednesday I prepared and served food in the Harvest Buffet. I also had the experience of working in the cold commissary where I had to prepare fruit and vegetables by washing, cutting and plating them.

I got to learn how the hospitality industry works behind the scenes and worked alongside many talented chefs and hospitality workers. I learned a lot from my week of work experience and value the experience that I have gained.



Rizky Malik, Year 10



## Careers

### BUPA Student Volunteers



Our senior students were acknowledged for their outstanding effort and commitment in volunteering, by BUPA Aged Care at an afternoon tea celebration held on Tuesday, November 27. Students were awarded a Certificate of Appreciation by management.

We are very proud of all our student volunteers who have given up their time after school to volunteer throughout the school year, and make a real difference in the lives of residents who look forward to interacting with students on a weekly basis.

Alexandra Giameos





## UNSW ASPIRE YEAR 7 'Uni for a Day'



On November 20, Year 7 students visited the UNSW campus organised by through our UNSW ASPIRE partnership. 'Uni for a Day' is designed for Year 7 students to visit a university campus and give them first-hand experience of university life. It aims to encourage students to think about their future and explore future possibilities. Through discussions with ASPIRE university ambassadors and staff students learnt about what is university, who goes to university, why people go to university, and what the difference is between school and university. Students also learnt about university courses offered in the Art and Design faculty and enjoyed participating in hands-on activities.

Alexandra Giameos



## Vocational Education and Training Industry Presentation



As part of the Year 11 Crossroads program, our students heard from various Industry representatives talk about job opportunities and pathway options available in the VET sector. These included Master Builders, MyFreight Careers, Sydney Trains and Australian Training Company who offer a number of traineeships and apprenticeships. I highly recommend students to consider a future career in the VET sector which can offer school leavers terrific job prospects and earning potential.

Alexandra Giameos



## Work Experience with Roads & Maritime Services

I decided to do Work Experience in Engineering as it is a field of work I am interested in, but at the time had not yet decided which Engineering discipline I should choose for my university studies

During Work Experience at RMA, I was given an Arduino project to work on. Arduino Uno is a single board which has microcontrollers for building digital devices and objects that can



sense and control what sensors are able to do in the physical and digital world. I worked on different types of projects from small motors to LED lights. LEDs have revolutionized the way we display signs and messages but what I was impressed with most is how they are used to make street signs that can change the direction of traffic flow.

The most interesting thing I learnt is how our city streets are going to be electronically controlled to change the amount of lanes used at certain times of the day. This is going to be done using a controllable smartly designed median strip.

Before I attended Work Experience I could program a Lego Mindstorm robot but couldn't code. Now that I have learnt about Arduino and how to code, I feel I have realized what my dream job in the future will look like.

Adam Sabouni



## Centenary

CBHS recently celebrated one hundred years of excellence in public education with a weekend of events.



Over 200 old boys attended the alumni BBQ dinner on Friday 23 November. Ex-students caught up with old friends as they wandered through the corridors and reminisced about their school days. They also enjoyed the opportunity to trawl through our recently digitised archive of school records and photographs.

Our old boys were very interested to see the changes that have been made to the school such as new signage and computer rooms and our recently refurbished Science labs. Some things never change though and the most commonly heard comment of the night was "the gym is *exactly* the same".

On Saturday night over 230 old boys attended a gala dinner at Le Montage, Lilyfield. This formal occasion saw a reunion of alumni spanning 8 decades. Highlights of the evening included a speech by former Prime Minister of Australia and proud Cantabrian The Honourable John Howard, musical and magical performances and a fundraising auction. A special centenary cake was cut by the oldest (class of 1944) and youngest (class of 2017) alumni present.

The next day the whole community was invited to join the celebrations with Cantervale (our school fete) being held on Sunday 25 November. The crowds were entertained by performances from cultural, dance and music groups as well as a martial arts demonstration. There was delicious food available as well as carnival rides, face painting and market stalls. We were delighted to see so many ex-students return for the weekend to meet old friends and teachers and go for a walk down 'memory lane'.

Special thanks to all participating staff, parents who volunteered their time or gave donations and our corporate sponsors.

Centenary Team



## Alumni BBQ 23.11.2018



## Gala Dinner 24.11.2018





## Gala Dinner 24.11.2018- Cont'd



## Cantervale 25.11.2018





## Bus Route and Timetable



### Changes

On Sunday December 2, the routes and timetables changed on many bus services across the inner west including increased service frequencies, adjustments to timetables, and changes to some routes to reflect customer demand.

#### School special changes

Some school special services now operate earlier to improve their reliability. Specific changes to buses serving our school include:

- **Route 628s** - the morning service from Bexley Road and William Street to Canterbury Boys High School will operate up to 8 minutes earlier, departing Bexley Road and William Street at 07:56 am.
- **Route 630s** – the afternoon service from Canterbury Girls High School to Belmore Station will operate up to 9 minutes earlier departing from Canterbury Boys High School at 15:20.

Minor timetable adjustments have also been made to some other school services. They will continue to arrive and depart schools at approximately the same time, but will have additional travel time included to better reflect actual travel times.

#### Route changes

Changes introduced, along with adjustments to timetables, included:

- **Route 444** service will be discontinued, replaced by Route 445.
- **Route 445** became a full time service between Campsie, Canterbury and Balmain (Gladstone Park) via Leichhardt Market Place all day, seven days a week.

#### Timetable changes

Additional trips were introduced on routes 407, 412, 420, 422, 438, 461, 464, 470, 477, 478 and 504, and their timetables adjusted.

Changes to timetables occurred on routes

305, 348, 389, 408, 413, 415, 425, 428, 431, 439, 466, 476, 479, 480, 483, 526, 530, M10 and M30.

Parents and students are encouraged to plan their trip to see if these timetable changes impact the way they travel to and from school. More information, including timetables, maps, trip planning and school service details is available at [transportnsw.info](http://transportnsw.info).

#### Student Opal Card Reminder

If you changed your address or route during the year, please make sure you update your details at [transportnsw.info/school-students](http://transportnsw.info/school-students) or your Opal card may give an error message. Remember that Opal cards will switch off at the beginning of the school holidays and switch back on at the beginning of Term 1 2019. It is a condition of travel that all students tap on with their Student Opal card every time they board the bus, and tap off when they alight. This allows Transport for NSW and bus operators to assess the patronage of bus services, including School Special buses, to ensure that resources are used efficiently and meet customer demand.

## Food Technology Update

This term, the elective Food Technology class examined the various foods that are made and consumed during special occasions such as weddings, birthdays and other religious and cultural events. Their assessment was to design and produce a themed birthday cake for a child's birthday party. Here are some great examples. Congratulations to the class and I look forward to the many new things they will produce in 2019.

Mr Dukes – Teacher



## FREE BUS TO BEACH

## SERVICE



These school holidays, the City of Canterbury Bankstown is providing free buses to Cronulla Beach for young people and their parents/guardians on the following days:

Tuesday 15 January  
Thursday 17 January  
Tuesday 22 January  
Thursday 24 January

Buses will pick up from the following pick up points:-

**Route 1**

9am - The Roundabout Youth Centre, Helen Street cnr Carlingford Road, Sefton  
9.15am - Greenacre Senior Citizen Centre, 202 Waterloo Road, Greenacre  
9.30am - 69 The Mall, Bankstown (on Paul Keating Park side, opposite Lincraft)

**Route 2**

9am - Panania Railway Station, Panania on Weston Street side  
9.15am - Revesby Railway Station, Revesby on Blamey Street side  
9.30am - Padstow Railway Station, Padstow on Howard Road side

**Route 3**

9am - Belmore Youth Resource Centre, 3/38-40 Redman Parade, Belmore and  
9.15am - Riverwood Community Centre, 151 Belmore Road North, Riverwood

**Route 4**

9am - Ashbury Senior Citizens Centre, 66 Princess St, Ashbury  
9.15am - Council Customer Car-park, 17 Shakespeare St, Campsie  
All buses depart Cronulla Beach at 3pm SHARP and return to the pickup points as above.  
Bookings are not required; the program operates on a 'first come, first served' basis.

However if you pre-register online before 11 January each passenger registered will receive a free BBQ and Drink voucher to be redeemed at Dunningham Park, North Cronulla between 11am-1pm on the day of your choice.

All passengers must comply with the conditions and warnings, which can be found at [cb.city/bustobeach](http://cb.city/bustobeach) or by calling 9707 9605.

**A Note to Year 7 2018**

Year 7 it has been quite the year – challenges, laughs, learning and a lot of cheer.

We met in December in 2017, and I knew from the start that you'd all be very keen.

Lessons started late January, the 30<sup>th</sup> to be exact, you were nervous, as was I, as a matter of fact.

My role was Year Adviser, your 'mother' at school - uniform, wellbeing, care, support, all part of the rule.

But it's so much more than that, it's hard to define

What I can say outright, I'm proud that you're mine.

Maths, Science, Technology, History and Geography

Visual Arts, Music, English - where you read an autobiography.

Your teachers have taught you facts, figures, information, skills galore

and you've taught me about patience, resilience, strength and more.

We started the year with Mr Adam Dukes as Assistant Year Adviser,

we end it with the formidable Mr Harry Kapsimalis, who is older and wiser.

There's five years to go, until you complete your secondary education

We'll do this together, Ms Melas, Mr Kapsimalis, your go-to station.

Thank you year 7 for a wonderful and challenging year. Enjoy the holidays and see you in 2019.

Ms Nectaria Melas



## Summer Grade Sport

### 14s Basketball Grand Final Win



Congratulations to our 14s (A) and (B) Basketball Teams for making it through to Grade Sport Basketball Finals. Unfortunately the A Team lost to Blakehurst High. The B Team did exceptionally well and won the final against Sydney Technical High. I am very proud of both teams for their outstanding effort throughout the season.

Alexandra Giameos



### Undefeated Champions

Congratulations to the 13 B's mini soccer team for winning their competition undefeated against a number of larger schools in the St George School Sports Zone. The players all worked extremely well as a team and showed excellent sportsmanship and skill throughout the winter season. It was a fantastic effort by the team and one that they will cherish for years to come. It was a pleasure coaching the team. A special mention to the 13 A's mini soccer team who played really well throughout the season only to narrowly miss out on

playing in the semi-finals series. I am sure they will have greater success in the future.

Mr Ghama (Coach)

### Year 7 Swim School



Swim School was held at Canterbury Aquatic Centre on Monday, 03/12/18 and Tuesday, 04/12/18. It was a compulsory program held for Year 7 students and it was a great success. The weather was amazing and the boys participated with enthusiasm each day and gained some valuable skills.

Swim School introduces students to the joy of water activities, develops confidence and water safety skills and helps develop swimming technique. They are taught important issues such as how to save themselves and others from harm, especially around various water environments. Some of the skills they learn include basic first aid, water confidence, life-saving drills, emergency care and various swimming strokes.

Students are encouraged to utilise the new skills they have gained from Swim School to have a safe and enjoyable holiday whilst enjoying water activities.

Mr H. Kapsimalis

Swim School Coordinator



## 15s Grade Basketball



The 15s basketball team played at a consistently high level throughout the year. It was a team full of talent with each individual player improving as the year went on. It was a privilege to train and watch the boys develop their skills over the course of the season. Both A and B teams finished in the top 4 but unfortunately only the B team made it into the final, going down to Peakhurst by a narrow margin. A special mention to captain and assistant coach Jacob Nabhan who inspired the team throughout the year.

Martin Wong



## 13As and 13Bs Basketball



The year has been a strong one for Canterbury basketball in the 13 years age group. In the first half of the year Ms Robson coached them to an excellent position. A nail-biting semi-final with Blakehurst on our home ground made it clear that Canterbury's 13As team had skillz for dayz. Yet, alas! The other team prevailed in the last minutes of the game. The strange non-appearance of the Peakhurst team that very same day secured the Canterbury 13 B team a spot in the finals, where victory awaited them. On grand final day, students from both teams were present – a testimony to the culture of teamwork in the group. As the B-team were playing their grand final, the students were keen to show their support with enthusiasm and even a personalised t-shirt. The boys came home with the win of the grand final, with some tough playing to persevere even without any extra players to substitute from the bench. There was a palpable sensation of success at the sound of the final buzzer when Canterbury students of all ages vigorously congratulated the 13Bs team for their triumphant win.

Below are some photographs of the students present on the grand final day.

Mr Riordan

