



Canterbury Tales

Canterbury Boys High School

Where learning is innovative, inclusive and supportive

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TERM 3 2019

PAGE 1

New Leadership Team



Our new Captains and Prefects were sworn in on September 19. They are:

Captains:

Fawaz F and Alexander L

Vice Captains:

Nicholas B and Marcus R

Sports Captain:

Justin S

Prefects:

Nudrat A; Atique A; Caialan F;
Hasan N and Moiz W



CALENDAR OF EVENTS

TERM 4 2019

- Mon Oct 14 **Start of Term 4 students & staff**
- Thurs Oct 17 HSC Examinations begin
- Tues Oct 22 Year 7 Vaccinations 9-10am
- Oct 23-25 Camp (Canberra)
- Oct 28-Nov 8 Year 8 VALID tests (Science)
- Mon Nov 11 HSC Examinations end
- Mon Nov 18 Rollover to new Year groups
- Wed Nov 20 Presentation Night 6:30pm
- Tues Dec 3 Year 6 into 7 Orientation Day
- Wed Dec 18 **Last Day of School for Term 4**

TERM 1 2020

- Wed Jan 29 **Start of Term 1 for Yr 7/College**
- Thurs Jan 30 **Start of Term 1 for Yrs 7,8,9**
- Mon Feb 10 Swimming Carnival
- Sat Feb 29 Open Day tbc
- April Athletics Carnival tbc
- Thurs April 9 **Last day of school for Term 1**

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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/>

College Visual Arts

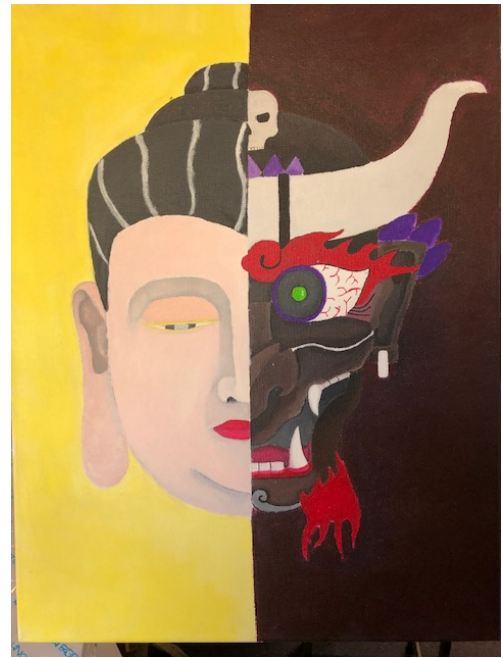
HSC Major Works completed



Artist: Pule T Title: *Contemplation*



Artist: Tony D
Title: *Romance of the three kingdoms'*



Artist: Xuewen Title: *The side we hide*

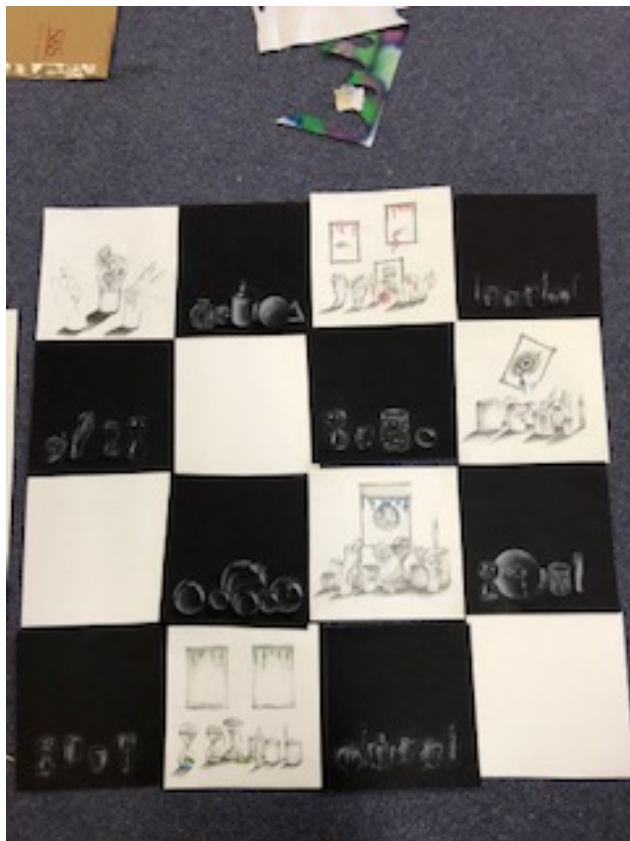


Artist: Xuewu Q Title: *No risk, no reward*





Artist: Liuyi S Title: *Out of sight, out of mind*



Artist: Nudrat A Title: *The essence of time*



Artist: Justin S Title: *End yet the beginning*

In Memoriam

Gift to the School

Remembering George Debnam, Class of '38. George was Vice School Captain and proudly represented the school in cricket and rugby league with Arthur Morris. He proudly served his country in World War II.

George's sons have donated a collection of documents and his school blazer for our archives.



From the Support Unit

Discovery Garden Pots Donated

Our Support Unit classes are participating in the Woolworths Discovery Garden giveaway. We would like to say thank you to all the parents, carers and staff who have been bringing in the pots they have collected.

Also we would like to acknowledge Woolworths at Campsie who have donated two boxes of pots to our unit. We are very grateful.

Look out next term on Twitter, Facebook or our next newsletter for the results of our efforts.



Term 3 Excursions

Museum of Human Diseases

On Monday July 29 our Biology students enjoyed an experience at the Museum of Human Diseases located at the University of NSW in Kensington. The museum contains over 2,500 diseased human specimens. It was a very informative tour.



Art Gallery of NSW

On Thursday September 5, Year 7 students attended the annual exhibition of the Archibald Prize at the Art Gallery of NSW.

The winner of the Archibald Prize for 2019 was Tony Costa with his portrait of Lindy Lee.



The Packing Room Prize winner was a portrait of David Wenham by artist, Tessa Mackay and titled, *Through the looking glass*.



There were numerous other finalists' portraits on display.

Penrith Lakes EEC

Year 7 students went to the Penrith Lakes Environmental Education Centre for a Science excursion on Monday July 29. The centre offers programs for students that focus on environmental management.



Careers Programs

ABCN Interview to Impress

This term some Year 9 students visited Accenture at Barangaroo, organised through our partnership with the Australian Business Community Network (ABCN).



The aim of the *Interview to Impress* program is preparing students for the job seeking process, answering common interview questions and understanding the importance of body language in an interview situation.



Students were mentored by Accenture staff in small groups and then practised interview techniques during mock interview scenarios with their mentors.



Students received useful feedback regarding their interview performance, gained knowledge and confidence in preparation for their first job interview.

The Careers Department Website

Canterbury Boys High School has recently signed up with [The Careers Department: www.thecareersdepartment.com](http://www.thecareersdepartment.com).

Students can now create their own account and have use of the largest online platform for careers exploration and planning. They can access over 800 pieces of industry content including virtual tours, videos (*think Vogue 73 question style videos, but of careers, courses and work sites*), podcasts, career timelines, career profiling and more.

This is an opportunity for students to expand their network and find first-hand advice from people studying a whole range of courses and working in different careers. It's real advice from real people.

How to get started?

1. Go to www.thecareersdepartment.com
2. Click **Get started creating your account >>**
3. Select your school: **Canterbury Boys High School**
4. Enter your school password: **CanterburyBHS**
5. Follow the prompts to create your account. Entering your details and plans should only take you around 3 minutes.

Once you're in you can either start by doing your profiling or by exploring the different industries. Enjoy!

Work Experience at Burwood Police

During Week 7 of this term, we participated in Work Experience at Burwood Police. We were very fortunate to visit various police divisions which even police officers don't get the chance to do. These included: Polair, PCYC Auburn (where we undertook an intensive fitness test required to become a police officer), Goulburn Police Academy, Marine Area Command, K-9 Unit, Intel Unit, VKG Radio Communications, Mounted Police and the Police Justice Museum.



The highlight of the program for us was definitely visiting Goulburn Police Academy where we got to observe trainee police officers in action, and we were also informed of the prerequisites associated with joining the Police Force as well as the different pathway opportunities provided by NSW Police.

We would be keen to join the Police force after our HSC as there are numerous police divisions to choose from and we like the option of changing police fields every three years.

Humza A and Shahzaib A

Work Experience at Mainfreight

I participated in Work Experience with Mainfreight, a Transport and Logistics company specialising in transporting perishable goods. I started work at 7am each day and finished at 3.30pm. I loved being in the warehouse working alongside a great group of staff who made me feel part of the Mainfreight family.



During my Work Experience I was shown how to pick and pack goods onto pallets and learnt how to wrap and tie up pallets ready for transportation.



As a result of this work experience I was offered employment at Mainfreight. I am really looking forward to starting my career at Mainfreight which offers great training opportunities for my future. I recommend all students to do Work Experience to help them decide what they would like to do when they are ready to leave school.

Filipe T

More Careers...

Year 8 ASPIRE Taster Day

Year 8 students visited The University of New South Wales to gain first-hand experience and knowledge of a university campus and all it has to offer.



The first session included small group discussion with university ambassadors about their courses and what it is like to be a university student.



Session 2 included a taste of University Societies and Clubs through active participation in an array of activities available. Students learnt that there are over 300 clubs and societies for university students to join and make friends.



The final session of the day enabled students to explore university courses through interactive and hands-on faculty designed workshops ranging from:

- Biotechnology;
- Aviation;
- Chemistry;
- Exercise Physiology;
- Computing Science;
- Robotics;
- Art and Design; and
- Law.



LifeLauncher

New Careers Online Tool

The NSW Government has developed a free online tool, LifeLauncher, designed to help students find the right career path. LifeLauncher covers over 4000 careers and 1500 course options, and by creating an account students can save their searches and build a real understanding of the opportunities and pathways open to them. Year 9 -12 students are encouraged to access the site at LifeLauncher.nsw.gov.au on any device. A good place to begin is to complete the careers quizzes to start identifying key interests and strengths and suitable careers and courses. This tool will also help parents engage in meaningful conversations about post-school options.

Year 7 ASPIRE Workshop

UNSW ASPIRE staff and university ambassadors facilitated a workshop for Year 7 students aimed at introducing students to the 'who, what, why' of university.



Students learnt about university through interactive games, group work challenges and meaningful conversation with ASPIRE staff and ambassadors about what it is like going to university.



Next term Year 7 students will have the opportunity to visit the UNSW campus to learn more about university through first-hand experience.

Chase the Dream Conference

Year 9 and 10 students attended the Chase the Dream Conference at Western Sydney University, Kingswood Campus. This annual event is part of the PATHE program (*Pasifika Achievement to Higher Education*) which aims to promote higher education opportunities to Pacific Islanders.



Students heard from inspirational guest speakers, former NRL and Rugby players, talk about their own journeys, and students were encouraged to be the best version of themselves and to "chase the dream." The day also included a number of interactive faculty workshops ranging from Policing, Performing Arts, Business, Health, Community Service, Engineering, Law, Teaching and Sport.



Industry Visits

Year 10 students visit Mainfreight

Year 10 students visited Mainfreight at Banksmeadow to learn about what transport and logistics companies actually do, and what work opportunities are available within the industry.



Students gained knowledge about global supply chain logistics and movement of freight via air, sea and transport. Students also learnt about the history of the company, its culture and philosophy, entry level and graduate roles, and what it is like to work at Mainfreight.



The highlight of the day was the guided tour of the transport depot and logistics warehouse and observing employees carrying out their duties. We are excited and very appreciative of the unique opportunity offered to our students to undertake Work Experience at Mainfreight.



Year 10 students visit Amazon

Year 10 students were given a wonderful opportunity to visit Amazon head office organised through our UNSW Aspire partnership.



The 'Degrees at Work' program is designed to bring students and employees from industry together to discuss career paths and inspire students to pursue their goals. Students engage in small group discussion with assigned staff from industry whose role is to mentor students. Students learnt about the diverse career pathways available at Amazon and heard from a panel of speakers who shared their educational and career journeys. Small group mentoring sessions involved discussions regarding transferable skills and qualities that are highly valued in the workplace, and the importance of setting goals in career planning. Aspire staff will be following up with students to see how they have been progressing towards achieving their goals.

Hospitality Scholarship

Final Work Experience

Our Hospitality Scholarship students have been working towards a *Certificate 2 in Hospitality* through the School of Hospitality at Canterbury Hurlstone Park RSL.

This term the students completed their final work experience where they served customers in the Café at Canterbury Hurlstone Park RSL Club.



The students all looked fantastic, wearing black pants and white shirts, like real CHPRSL staff. They worked hard and delivered excellent customer service, while practising skills they have learned throughout this course. Some teachers even took their lunch break at the café and enjoyed being served by our talented students.



The course will end in Week 3 next term with an excursion to Ultimo TAFE, where the boys will have a tour of the TAFE kitchen facilities and enjoy lunch in the Apprentice Restaurant. To celebrate their achievement, a graduation morning tea will be held for Scholarship students and their families on November 12.

Volunteering

Exodus Loaves and Fishes



On Monday September 9 a group of students from Year 8 to College 1 volunteered at Exodus Loaves and Fishes Restaurant. The Loaves and Fishes Restaurant feeds members of our community who are homeless, less fortunate or even those who would

just like to share a hot meal with others. We were divided into two groups, some to work in the kitchen, preparing food and the rest on food service where we had to set up the lunch tables and serving area. I was in the food service team. First we set up the food trays and cleaned and filled the tea and coffee dispensers, then we filled sugar containers. Then we set up the tables in the hall and swept the floors, preparing the restaurant for lunch service.



When the bell rang to tell the customers that food service had begun the doors were opened and the people all came into the hall ready for their lunches. We served meat pies with mashed potato, salad and bread. They could also have watermelon for dessert and tea or coffee. We served a lot of people! Once food service finished we cleaned the area and mopped the floors. Then had lunch ourselves. I recommend that other students take part in this volunteering program.

I really enjoyed the experience. It feels good to give back to your community and made me value what I have. Doing this also gives you skills and experience to help you apply for work.

James F, Year 9

BUPA Aged Care

We are very proud of our Years 10, 11 and 12 students for giving up their time after school throughout the year to volunteer at BUPA Aged Care, Ashbury. BUPA staff and residents love having our students at their facility, making a real difference to the lives of their residents. Students interact with the residents on a weekly basis engaging in conversation, playing cards and board games, as well as performing for them.



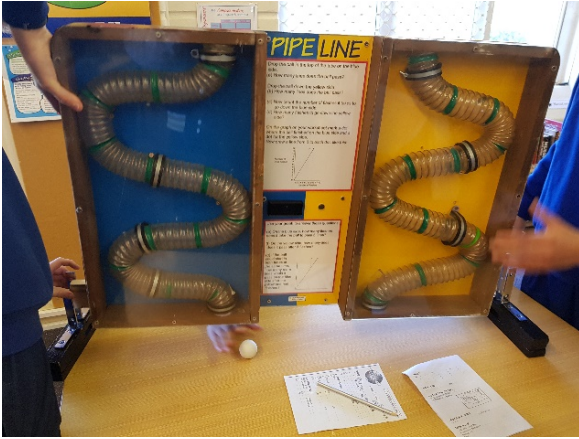
Certificates of Participation acknowledging the students contribution within the local community were presented at a recent assembly.



World of Maths

Years 7 and 8 Mathematics Show

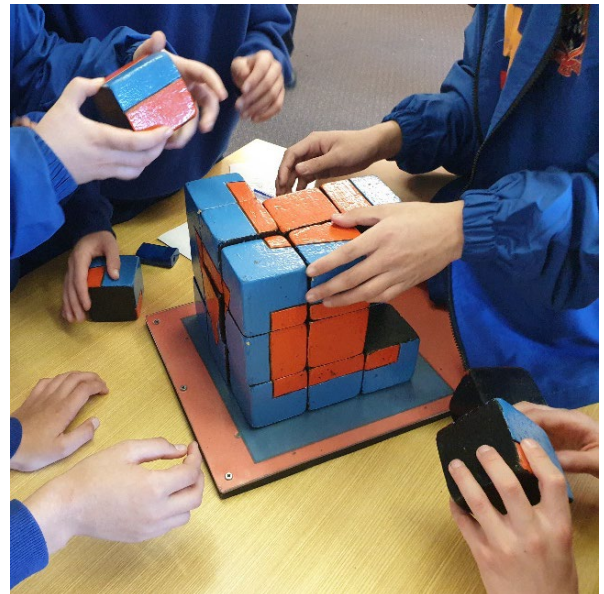
The World of Maths Show was held on Wednesday August 21 in the school library for all of Years 7 and 8.



There were seventeen fun, STEM-based, hands-on, mathematical and problem solving activities that all groups enjoyed and were highly engaged in.



Well done to all the Maths faculty for the preparation involved.



N Simpson
Head Teacher Maths

From the Counsellor



What Parents Should Know About Instagram . . .

**What is Instagram?*

It's a Social Media app for smartphones. It's one of the most popular social networks for children aged 13 years and over. It's a free photo and video sharing application. There's no age-verification process, so younger children can easily create an account.

**Why Do Kids Love Instagram?*

They love socialising on their phones through a simple, eye-catching sharing of photos and videos.

**Are There Any Risks Using Instagram?*

It's basically safe, but there's a problem if inappropriate photos or videos are shared. There's also a potential problem if students interact directly with people they don't know.

**How to Stay Safe on Instagram?*

Our posts reflect on us and others who are in the photos or videos. We need to be respectful of ourselves and others. Don't post provocative images or interact with people we don't know.

**Should Students Have a Private or Public Account?*

A public account means anyone can follow a contributor. A private account means the student needs to approve each request from a potential follower. However, the private account does not guarantee a student won't be seen on other photo-sharing services. It's important to remember that anything digital can be copied and shared with others.

**How Can Parents Help?*

Probably the easiest way to stay informed is to ask your son what apps and social media he knows about – ask him to show you how they work. It's a good approach because:

- kids and teenagers usually find out about new apps, games and social networks before we do;

- your son might enjoy sharing his expertise;
- you'll be familiar with the specific social networks and apps your son uses;
- you can ask to be shown how to block other users, report abuse, delete your own posts, and change privacy settings. You'll have confidence your son can use these options if necessary;
- we should talk regularly with our children about their social life – both on and offline.

**Would you like to know more about Instagram?*

Go online to 'A Parents' Guide to Instagram' – download the full PDF.

Doug Creighton
School Counsellor

If you would like to make contact with the School Counsellor to discuss your child's needs, please contact 9798 8444 Extension 106. Doug is at CBHS on Mondays and Fridays.

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!

Additionally, college students can receive extra support by attending the Senior Tutorial Centre each Wednesday from 1pm (during Sport).

Contact Ms Robson on 9798 4444.

Athletics

Zone Carnival

The St George Zone Athletics Carnival was held over two days in June at the E S Marks Athletics Field in Moore Park, Kensington.

Our representatives were:

Year 7

- Rocco A
- Mino G
- Andre K
- Ibrahim O
- Ortiz T-R
- Elias T
- Louis X

Year 8

- Ismail D
- Favian I
- Aaron K
- Isaac L
- Nam N
- Michael R
- Lachlan S

Year 9

- Mawuli G-Z
- Alusine K
- Yaqoob K
- Jemesa N
- Aarib S

Year 10

- Suhaib A-G
- Yu C
- Kyle M
- Jackson S
- Rhys T

Year 11

- Sean M
- Justin S

Year 12

- Ali B
- Anas E
- Patric G
- Awse G
- Emani T-L
- Vai T

Regional Carnival

Four students who performed well at the Zone Carnival went to the Regional Athletics Carnival at Sylvania Waters Athletics Field in August.

Alusine K - 100m sprint, 200m sprint and 100m relay

Mawuli G-Z - 200m sprint and 100m relay

Justin S – Javelin

Yaqoob K – Long jump, triple jump and 100m relay

Alusine got second in his 100m final and Yaqoob gained third place in long jump. Both students were eligible to attend the NSW State Athletics Carnival but elected not to attend.

All the athletes represented the school admirably at these events.

Mr Kapsimalis
Sports Coordinator



Winter Grade Sport

16s Rugby League Premiers

After a season riddled with injury and washouts, the under 16s rugby league team played Georges River College Peakhurst Campus in the grand final on the 14th august at Beaman Park.

Canterbury raced to an early lead but were unable to convert the try. The first half was a nervous one for the boys and costly penalties and silly mistakes resulted in Peakhurst having the majority of the possession.

Canterbury were inspired by strong defence efforts by Leo, Filipe, Ethan, Gerald and Mohammad. Unfortunately just before half time Peakhurst were able to score and convert, going into half time with a two point advantage.

Jackson and Abraham led with their words and actions resulting in a very different Canterbury side returning for the second half. Dylan's brilliant kicking game caused problems for Peakhurst. Aris, Umprue, Patrick and Corey were all strong and took some very tough carries.

With Peakhurst defending their line, Lockyer, Rhys, Kyle and Liam were dangerous every time they touched the ball. With a backline ready to attack James noticed tired defenders and showed some excellent footwork to score next to the posts. Canterbury were then able to receive the ball of the kick off and make their way down field to score another try.

A late try and conversion by Peakhurst meant the final four minutes were tense, with Canterbury leading 14-12. A mistake from the kick off by Peakhurst meant Canterbury were able to finish the game with the ball in hand.

A huge thank you to Peni for his assistance with running the water and training throughout the season, Ms Giameos and Mr Wong for their help throughout the season, Ms Player for her support at games through the year and grand final day and to the parents and family members who came to support the team.

Table Tennis Premiers

Undeclared during the winter competition, our 3rd Grade Table Tennis team achieved an impressive 5-1 victory over Sydney Technical High School in the finals.



The team consistently demonstrate excellent sportsmanship and commitment to improving their skills.

14s Rugby League Finalists

Congratulations to our 14s Rugby League Team for making it through to the finals this term. The team played exceptionally well all season but unfortunately lost the final to Georges River College, Hurstville Boys Campus. A huge thanks to Mr Wong for his support and Liam M of Year 9 for helping to coach the team.

