



# CANTERBURY TALES

220-252 Holden Street, CANTERBURY NSW 2193

☎: 02 9798 8444 ✉: canterburb-h.school@det.nsw.edu.au

🌐: www.canterburb-h.schools.nsw.edu.au

## Term 4 Week 5 – November 3<sup>rd</sup>, 2021

### PRINCIPAL'S REPORT



#### Farewell Year 12 and Goodluck

I would like to take this opportunity to wish our graduating class of 2021 the best of luck for their upcoming exams. This is my third graduating class. When I started at the school, this year group was in year 10. This allowed me three years to get to know them and them to understand what I was trying to achieve as a principal for our great school.

Along the way we have disagreed, and it has not always been smooth sailing, but I have always enjoyed their company and respected them from afar for the way they have conducted themselves, in and around the school. I wish each one of them a bright future and want to remind them that if at any stage they need help, assistance or guidance, we will always be there for them.

#### P&C Meeting

Tonight, we have our P&C Meeting at 7pm for Term 4. There are lots of ways of supporting your kids at school like meeting staff, attending assembly items, helping at school events and being part of the P&C.

Our P&C helps inform parents about school activities and policy, it also gives parents opportunities to meet other parents and teachers. At this meeting we will be hearing from our Local MP, Ms Sophie Cotsis.



#### Parent Wellbeing

As a school, most of the time we devote to supporting the educational, social and mental health of our students. But let's not forget the other key stakeholder in our school community, the parent. Self-care is incredibly important and can help to strengthen your family. When you're happy and healthy, you can be more attentive and engaged as a parent and spouse. When developing your own self-care routines and rituals, keep in mind that the more often you manage your wellbeing the longer you will be able to sustain a happy and positive household. There is a reason every flight attendant says before take-off: place the oxygen mask on yourself first before helping

others. The department has amazing self-care tips for parents on their website.

<https://education.nsw.gov.au/parents-and-carers/parent-and-carers-toolkit/self-care-tips-for-parents>



## **DEPUTY PRINCIPAL'S REPORT**

### **Face to face learning – finally!**



Schools are rather strange places without students in them, so it's been wonderful to see active classrooms and smiling faces back in the playground. I'm pleased to report that, as a school community, we're adjusting well to the 'new normal', with high rates of attendance and engagement.

Our COVID-safety measures were explained to all students in detail and reinforced through cohort-meetings at the start

of every day last week. This also gave year advisors the opportunity to do wellbeing checks with students. We'll continue with our COVID-safety measures in line with Department of Education advice including aspects such as:



- mandatory mask-wearing for students and staff (students supply their own masks)
- maximising natural ventilation, with doors and windows open in classrooms



- physical distancing and limiting mingling of cohorts with different playground areas, and staggered exit times
- enhanced cleaning and hygiene practices.

**Well done to our student-body** for being responsible and following the requirements we have in place that are designed to keep everyone safe. As the department's guidelines change and restrictions ease over the coming weeks, we'll continue to keep families informed. Thank you for checking your emails and our Facebook regularly for updates.

It's very important that if **you or your son has any COVID-19 symptoms**, get tested as soon as possible and self-isolate until you receive a negative result. Common symptoms include fever, headache, cough, sore throat, difficulty breathing, runny nose or fatigue. Of course, all students attending school must be well and free of any flu-like symptoms and not have been directed to self-isolate by NSW Health

**Please contact the school** if you, your son or another member of your household receives advice from NSW Health about self-isolating / being a 'contact' so that we can work with you to make sure the necessary measures are in place.

The department's website <https://education.nsw.gov.au/covid-19/advice-for-families> is the 'source of truth' for the most current advice on how COVID matters are managed. The website also includes information for parents about the process if there were to be a positive case at school, as well as Frequently Asked Questions.



## HSC exams start next week

Sorry, I can't,  
I'm studying.

Our College students are in their final preparations for their upcoming HSC exams, using their teachers' feedback to focus their study on priority areas. Many senior students took advantage of the opportunity to sit practice HSC exams recently, **volunteering** to sit for several three-hour exams to give them valuable experience leading up to next week's 'real thing'. This was particularly important for our College 1 students who haven't previously sat for long exams. It also allowed teachers to give detailed feedback and guidance to students, just before the HSC begins. On behalf of our students, thank you teachers for the tight turnaround in marking.

We're looking forward to the start of the HSC exams next week, the culmination of so many hours of hard work over the past year (reading, writing, discussing, listening, thinking) – for both students and teachers. We're confident that all that hard work will pay off, and all students will be able to say to themselves as they leave each exam, 'I've done my very best'.

## Wellbeing focus



Complementing our focus on re-acclimatising to face-to-face learning, we've integrated wellbeing activities explicitly into our daily curriculum. Students have been guided in reflection activities using positive self-talk and exploring concepts such as resilience and gratitude.

A focus this week is on **sleep** – while everyone knows that getting a good night's sleep is essential to health and learning, many of our students tell us that they are tired, don't have a bedtime routine, and/or have broken or inadequate sleep. Having sufficient sleep means we are able to be more resilient, our memory works better, and we are generally more pleasant to be around!

## We want to hear from you

As you would know from the note sent home with your son, the **Tell Them from Me student survey** is being run during Week 6. This is part of a suite of surveys which give us useful information about student, parent and teacher perspectives on how we can improve teaching, learning and wellbeing. We will send out a link to the parent survey in the coming weeks – thank you in advance for completing it. It's important that we get to hear as many parent and carer voices as we can, to help us make Canterbury Boys even better.



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## Rolling over to our new year groups in Week 7

Term 4 is always busy at CBHS – in two weeks' time we will be 'rolling over' our year groups, meaning that Year 7 become Year 8; Year 8 become Year 9 and so on. During the final five weeks of this term your son will be engaging in new classes, new teachers and beginning new units of work. There is no 'wind down' at the end of the year at Canterbury Boys.

## Some things I've noticed over the past week

- Boys thanking their teachers at the end of a lesson (and not only on Friday, which was World Teachers' Day)
- Boys excited to be back at school
- Boys playing handball and table tennis with other students they didn't previously play with
- Boys reminding other boys to wear their mask properly
- Great punctuality
- Teachers and students agreeing: It's good to be back at school.

## Stay safe and well everyone.

Ms Caitlin Dwyer

Deputy Principal

**NEED HELP?**  
Covid-19 restrictions and lockdowns have brought serious challenges for our local community.

# FUSION COVID SUPPORT

We can provide additional short-term support to those living in the Canterbury Bankstown LGA.

If you need extra help in any of these areas, please get in contact with us immediately:

- Family and parenting support
- Emotional and trauma support: mental health, drug & alcohol, family and domestic violence
- Material support
- Financial support for: groceries, bills, personal care products and data plans
- Referrals and information

Please visit our website to indicate which support services you are after: [sydney.south.fusion.org.au](https://sydney.south.fusion.org.au)  
OR contact us at: [covidsupport@fusion.org.au](mailto:covidsupport@fusion.org.au) or phone 0420 535 153.

All requests will be considered.

This program is provided by the Department of Communities and Justice COVID-19 Partnerships Funding Grants. Fusion is a not for profit youth and community organisation committed to helping young people and families thrive.



## Quick guide for parents and carers – Advice from the NSW Department of Education

### If your child has COVID-19 symptoms

If you or your child has any COVID-19 symptoms get tested as soon as possible and self-isolate until you receive a negative result. Common symptoms include fever, headache, cough, sore throat, difficulty breathing, runny nose or fatigue.

You must travel by private transport to be tested and wear a face mask. This applies even if you or your child is fully vaccinated.

Self-isolation rules are different depending on your circumstances. While it is likely that older children can isolate by themselves younger children may need their parent or carer to co-isolate with them.

### If your child is a close contact

If your child is fully vaccinated and has returned their negative day 6 test, they will **generally be able to return to on-site learning after leaving isolation after day 7**. Your child will still be required to test on day 12 and should continue to monitor for symptoms during this time and only return to their school or early childhood service if well.

If your child is unvaccinated, they can return to their school or early childhood service after they have received their negative day 12 test result and finished their full isolation period.

### If your child is a casual contact

Your child can return to their school or early childhood service when they leave isolation **after receiving their first negative COVID-19 test**. All casual contacts need to follow the advice in the factsheets, attend for a day 6 test and only return to school if well.

### If your child is positive for COVID-19

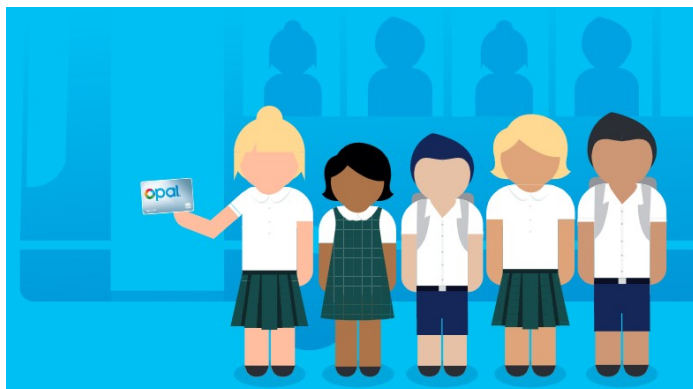
Your child can return to their school or early childhood service once they have completed their isolation, have been medically cleared and have been provided with a medical clearance notice by a medical practitioner or a registered nurse. Your child should only return to on-site learning if well and not experiencing any COVID-19 symptoms.

For further information on release from isolation, please review NSW Health's [release and recovery from COVID-19](#) information or review the frequently asked questions on this page: [Response protocols for COVID-19 cases \(nsw.gov.au\)](https://nsw.gov.au).

NSW Health will advise your school if there is a COVID-19 positive case on a day that your child attended and in turn they will let you know if your child has been named as a close or casual contact



## School Travel for 2022



### 2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.



## School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families find all their travel information in the one place.

### Travel from Term 1 2022

We ask that parents plan and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [transportnsw.info/travel-info/using-public-transport/school-travel](https://transportnsw.info/travel-info/using-public-transport/school-travel) Enquiries can be submitted at [transportnsw.info/contact-us/feedback/passes-concessions-feedback](https://transportnsw.info/contact-us/feedback/passes-concessions-feedback)



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| NSW Department of Education

## SUMMER SKILLS



### Dive into the Summer Skills program today!

**Every summer has its own story, time to write your own!**

This summer is expected to be an absolute bumper. Many employers will need summer staff to cope with the huge demand of jobs across a variety of industries.

This is why the NSW Government is offering fee-free, industry aligned short course for young people wanting to learn new skills.

#### Who can apply?

Are you a school leaver or aged between 16 and 24? Are you looking to kick-start your summer career? Then Summer Skills could be for you.

#### Heaps of courses and locations available!

There are plenty of jobs in trendy locations like Byron Bay and all the way down the beautiful NSW Coast; or head inland to magnificent places like Mudgee.

You can choose from a range of short courses where there are plenty of jobs available in these industries:

- Hospitality
- Construction
- Agriculture
- Community Services
- Sport & Recreation – Swimming
- IT/Digital

Set yourself apart from your peers and get the skills you need.

Work in some of the most beautiful thriving parts of NSW. You could do a sea change or a tree change or hit the big smoke!

[education.nsw.gov.au](https://education.nsw.gov.au)

#### Eligibility criteria

You must be:

- a school leaver or
- aged between 16 and 24 (at the start of training)

You will also need to be:

- living or working in NSW
- Australian or New Zealand citizen, permanent resident or humanitarian visa holder
- signed out of school

#### Visit the Summer Skills enquiry form to register your interest

Scan the QR code or visit:



[https://skills.syd1.qualtrics.com/jfe/form/SV\\_8ce72RijbJh7VDU](https://skills.syd1.qualtrics.com/jfe/form/SV_8ce72RijbJh7VDU)





## Applications for 2022 are now open

Taronga Zoo Sydney offers schoolwork experience opportunities for students in years 10 – 12 who are interested in pursuing a career in zoo keeping, animal care, tourism or zoo horticulture.

<https://taronga.org.au/get-involved/school-work-experience/sydney>

Places in Taronga's work experience program are very competitive. See Ms Giameos for an application form.

## **Prashant T (Year 11) - Scouts NSW**

I joined Burwood Scout Troop in 2016 one week after arriving with my family from Nepal. I have now advanced to Venturer level at Canterbury Vale District Unit.



In 2019, I was awarded Australian Scout Medallion and was presented the medallion by Chief Commissioner of Scouts NSW. This is the highest award a scout can earn in Australia. To qualify, a scout must train and achieve at the highest level in various adventurous outdoor activities, such as hiking, camping, canoeing, bushcraft and construction, undertake first aid and leadership courses and to commit to regular community service. Another requirement of this award is to plan and lead an adventurous journey and undertake a leadership project.

My adventurous journey was to lead a patrol of six scouts from different scout groups on a three-day, two-night 30kms hike in the Royal National Park and Heathcote National Park, carrying all gear with us. This was an area unknown to us and was navigated with map and compass, and communication was maintained when needed by mobile phone. All did not go to plan; however, my leadership skills came into play and the hike was successful with the patrol completing the journey and returning home safely.

I attended the Australian Scout Jamboree in 2019 in South Australia as a Jamboree Patrol Leader. This time I was part of a leadership team looking after 24 scouts. This was a true test of my leadership skills, which I gladly took on and carried out in a manner to be proud of.

While a scout, I was a Patrol Leader responsible for 6 scouts and part of a leadership team of 4 Patrol Leaders. Then I became Troop Leader, being the senior Patrol Leader and supporting the adult leaders of the troop and Chair of the Troop Council.

The Troop in their citation for my ASM application described me as a "strong and supportive leader willing to take on any challenge and proud to be able to help his fellow scouts to achieve their aims.



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In 2020, I progressed to Canterbury Vale District Venturers and worked and trained towards achieving the Queen Scout Award which is the highest award a Venturer can attain.

Coming from a third world country, Nepal, I have a very different skill set. I am an experienced mountain hiker, Kathmandu earthquake survivor and have experienced living in a tent for almost a year. I became independent and being the eldest child, I needed to help my mother with family duties while my father was living and working in Australia.

I joined scouts for outdoor adventure, community service, to learn leadership skills and become part of a family to help make a smooth transition to the Australian way of life.

I try my best every day to live by the Scout Law and Promise I made.

## **Australian Scout Law**

*Be respectful*

*Be friendly and considerate*

*Care for others and the environment*

*Do what is right*

*Be trustworthy, honest and fair*

*Use resources wisely*

*Believe in myself*

*Learn from my experiences*

*Face challenges with courage*

## **Australian Scout Promise**

*On my honour,*

*I promise to do my best,*

*To be true to my spiritual beliefs,*

*To contribute to my community and our world,*

*To help other people,*

*And to live by the Scout Law.*

