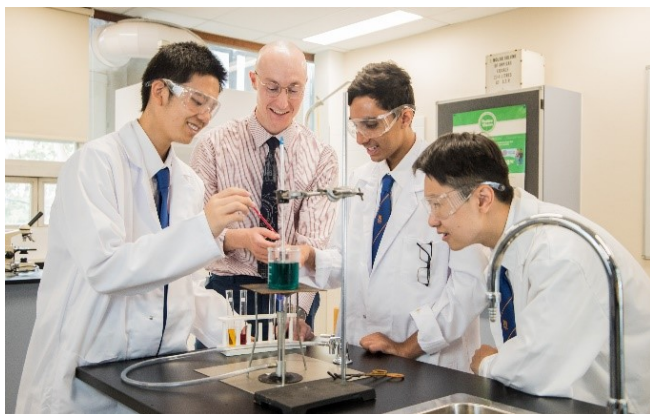




## Principal's Report



weeks of term and set goals for the next two weeks. These Sunday check ins will occur every two weeks to ensure the boys feel supported

**Stage 6 ALPHA Program** - The Stage 6 ALPHA (Advanced Learning Pathways for High Achievers) program is in full swing. Mentors have been working closely with students in the program to ensure they are on track and maximising their final years at school. Some of these opportunities are English and Maths tutoring, occurring on a Tuesday afternoon in the library. Parent information evenings held throughout the school year and starting this Sunday I will be catching up with students via zoom to check in and reflect on the first two

**ACG Air** - I am very happy to announce that ACG have agreed to sponsor our school chess program in 2022. ACG have been installing some air conditioning units around the school and overheard the boys talking about the chess program. One thing led to another and after discussions with the school agreed to sponsor the program. This means that we will be able to continue the great work already done by Mr Sarandos by engaging a chess coach for the team. I would like to personally thank Andrew Kariss from ACG for investing in our school and the chess program.





# CANTERBURY TALES

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**Winter Jackets** – The winter jackets have arrived and not a moment to soon. If you are interested in purchasing one for your son, please contact the office to arrange payment. These jackets are the perfect way to stay warm during winter and still follow the school rules.



**Education Week 2022** - Education Week 2022 will be next week. This year's theme is 'creating futures – education changes lives' and celebrates the quality education we provide and the opportunities available to everyone in NSW public education. Part of our celebration will be a visit from Mr Murat Dizdar PSM, who is the Deputy Secretary, School Performance – South at the NSW Department of Education. This is a tremendous honour for our school and a great opportunity to show Mr Dizdar the amazing work our staff and students do on a regular basis.



## Deputy Principal's Report

### Year 7 Year Adviser

With all sad news comes a silver lining.



Whilst we bid farewell to Ms. Grech who has been an amazing Year Adviser to our Year 7 cohort this year, we welcome the new Year 7 Year Adviser, Mr Papadakis.

Mr Papadakis comes to Canterbury Boys High School with a wealth of experience especially in and around wellbeing. He is excited to join the team to guide and inspire such a fantastic year group. Welcome Mr Papadakis.

### Year 10 subject selection process

Year 10 are about to start the subject selection process for selecting the courses they would like to study for the HSC. The Year 10 information evening regarding the subject selection process for students entering Year 11 in 2023 will be held on Thursday 4 August from 6:00 – 7.30 pm in the school library.

The necessary enrolment package for enrolment into Stage 6 will be distributed on the night. This package has information about the courses on offer and information on how to complete the selection form via the online platform, EDVAL Choice.

At the Information Evening information on NSW Education Standards Authority (NESA) requirements and the subject selection process will be discussed. At the end of the NESA presentation, there will be an opportunity for questions and meeting a faculty representative to discuss any issues and gather more course specific information.

A Health and Safety risk assessment has been made regarding the Subject Selection Information Evening and due to increased COVID cases in the wider community, we have decided to limit numbers and therefore ask that only one parent attend with their son. It is important for a parent to attend the Subject Selection Information Evening with their son to assist him in making the right decision about his educational choices

Students may have to demonstrate their ability to undertake some courses at the HSC, so the study and effort that they are applying this year is very important. Year 10 should continue to reflect and evaluate their own learning and make changes that will allow them success when they enter Year 11 and remember "Choose what you're good at, choose what you enjoy."

Below is an outline of important dates for your reference.

Wednesday, 3 August - one day student workshops

Thursday, 5 August at 6.00 pm – 7.30 pm - Subject Selection Evening

Thursday, 5 August at 7.00 pm- Edval Choice open for course selections.

Friday, 19 August - Edval Choice closes for course selections

Monday, 22 August - signed printout completed and returned



## Year 8 subject selection process

Students in Year 8 will also begin the elective choice process this term. Students will need to choose four, 200-hour electives in order of preference and will study two of these over 2023 and 2024. Students will also need to choose two, 100-hour Z electives and will study one of these in 2023. More information will be given to students about this in Week 3.

## Uniform

The school community endorses, supports and expects students to be in uniform.

In endorsing the wearing of uniform by all students in the school, we recognise the principles of equity and safety for all students.

Uniform is an important part of the development of the school as it presents the first (and often lasting) impression people form about the school and its students. We want our students to be seen in a positive way.

The uniform promotes a sense of common purpose, consistency and unity in the daily activities of students. Wearing it, develops pride in achievement and the school, which helps to establish the culture of the school.

Remember that there are some subjects that require you to have black leather shoes so that you can participate in the practical component of these courses – please make sure you have



the correct black shoes for Technology and Science If you must come to school out of uniform for any reason, you must bring a note from your parent or caregiver outlining the reason, with a date and signed by your parent

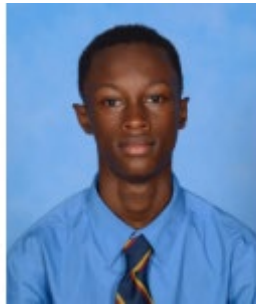


## Regional Athletics Representatives

Congratulations to the following gentlemen who have proceeded to the Regional Athletics Carnival. This means they have excelled at the school level and the zone level in their events. We wish them luck next week at regionals., good luck boys.



Weideu Gabber



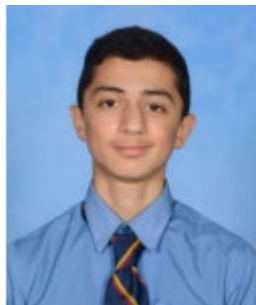
Serie Kamara



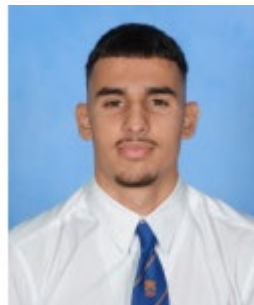
Courtney Kawaley



Brandon Nguyen



Ibrahim El Cheikh



Yaqoob Kowaidar

## 2023 HSC Trials

In Week 6, our Year 12 students will be completing the Trial HSC Examinations, receiving valuable feedback, and getting themselves prepared for a rigorous study program before their final HSC Examinations.

The [Stay Healthy HSC](#) hub has study tips, wellbeing advice, news and support for the HSC and beyond including dedicated wellbeing resources, developed in partnership with ReachOut.

The hub centralises the most relevant and popular wellbeing resources for HSC students in one location, and importantly, provides contacts for 24/7 support services.

Go to the Stay Health HSC site: [education.nsw.gov.au/student-wellbeing/stay-healthy-HSC](https://education.nsw.gov.au/student-wellbeing/stay-healthy-HSC)

## 5 STEPS to STUDY SUCCESS

**We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.**

### 1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



### 2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



### 3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.



### 5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



### 4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



**REACH OUT.COM**



## COVID-smart measures for schools

Information for parents, carers and students



We know that being together in the classroom is the best thing for our students' learning, growth and welfare. This term we will continue to implement several measures to allow us to prioritise both the wellbeing of our students and a consistent and productive learning environment.



### Stay home if unwell

- If your child is unwell, you must keep them at home. If they are displaying even mild COVID-19 symptoms, they should take a COVID test (PCR or RAT) and isolate.
- Your child should only return to school once they have returned a negative test and they are symptom free.



### Vaccinations

- Vaccinations for COVID-19 and flu are the best way of protecting yourself, your family and the community. Vaccination is a safe and effective way to give your immune system a helping hand against viral illnesses.
- All eligible staff and students are strongly encouraged to keep up to date with their vaccinations to protect their health.



### Household and close contacts

- Students identified as household and close contacts can attend school providing the school is informed, they return a negative COVID-19 test result and wear a mask, except when eating/drinking or exercising (if in Year 7 and above) for 5 consecutive school days, and they do not attend high risk settings.
- Students in schools for specific purposes and support units cannot attend school as a household or close contact and will be supported to learn remotely during their self-isolation.



### Rapid antigen testing

- Rapid antigen tests (RATs) should be used if your child is displaying even mild COVID-19 symptoms, or daily if they are attending school as a household or close contact.
- If your child tests positive for COVID-19, they must not attend school until their isolation period finishes and they are symptom free. Positive rapid antigen test results must be registered with Service NSW.
- If your child tests negative but is still showing symptoms they should not attend school until symptom free.
- Staff and students will be provided with 1 multipack of 5 RAT kits by their school in early Term 3.
- Schools will maintain a reserve stock of rapid antigen tests onsite for surveillance testing purposes in the event of an outbreak.



### Hygiene and cleaning

- Students are encouraged to regularly wash their hands with soap and water, and to use personal protective equipment as required.
- Boosted day cleaning of schools will focus on high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas.



## Ventilation

- Fresh air is the most effective form of ventilation to minimise the risk of transmission.
- During the colder months, heating will be used in conjunction with ventilation methods to balance thermal comfort.
- All learning spaces in public schools have been checked to ensure appropriate levels of ventilation and air purifiers have been provided where needed.
- Using outdoor spaces will continue to be encouraged where possible.



## Masks

- Mask-wearing is strongly encouraged where possible for all staff and students, particularly in indoor spaces and other instances where ventilation and distancing is not possible.
- Mask-wearing is strongly encouraged for visitors, particularly when they are interacting directly with students, and is required when interacting with students who are at greater risk of serious illness should they contract COVID-19.
- Masks are required indoors for students attending school as a household or close contact in Year 7 and above and are strongly encouraged for younger students.
- Mask-wearing is strongly encouraged for all students for the 3 days following their recovery from COVID-19.



## Visitors

- Visitors can attend school sites regardless of their vaccination status.
- Visitors who are engaging directly with students in certain higher-risk settings for school operations and curriculum delivery and allied health partners for the wellbeing of students, may be required to wear masks.
- Visitors who attend school as a household or close contact are required to inform the school and follow certain guidelines, including wearing a mask when indoors.



## Activities

- Health and safety risk assessments will be integrated into planning activities, including excursions and overnight camps.
- Parents and carers will be made aware of the risk of exposure and will need to give permission for certain activities.



## Responding to local situations

- Schools will work with the department's Health, Safety and Staff Wellbeing case management team to respond appropriately to local situations, including outbreaks of viral illness.
- In some cases, schools may temporarily introduce additional measures as a 'circuit breaker', including requiring mask-wearing, postponing or limiting non-essential activities and directing cohorts to learn remotely.



## Learning remotely

- The department continues to develop digital learning resources to support students who need to learn remotely.





## Careers Corner



Dear Parents and Carers

Canterbury Boys High subscribes to an excellent career website, **JobJump.com.au**. This website presents a range of very useful career information and tools to assist with career planning. You will find information on university, private colleges, TAFE, apprenticeships, and traineeships. You can also access career quizzes, resume and cover letter writing samples, occupational information, and short videos.

Parents and students can access JobJump by creating an account and using the school password: **colt**.

Additionally, JobJump publishes an exclusive weekly Careers Newsletter providing information on tertiary and vocational education pathways for subscribing schools. We will share this newsletter with our parent community via email and the Sentral Parent Portal.

I am confident that parents and students will find JobJump to be a valuable resource.



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## Career exploration at home

Positive parental influence can boost your child's confidence when making career choices. Use myfuture's *career exploration at home resources* and work together to match their career, education, and training ambitions. View [career exploration at home resources](#).

## What counts when making career choices – Free webinar Tuesday 9 August 2022 - 4:00pm AEST

Career decision-making learning includes developing the ability to make career decisions in the context of life planning and relating self-awareness to the knowledge of different opportunities. In guiding this development, we have a responsibility to provide young people with learning opportunities that expand their understanding of themselves in relation to less visible careers, such as those in Agriculture.

Join Dr Nicole McDonald, Senior Research Officer, Central Queensland University as she discusses:

- how to best support young people to develop self-awareness and self-efficacy to support their career goals
- the purpose, meaning and values that are associated with career choice for young people aspiring to a fulfilling career and life
- the unseen job market in the agriculture industry

Register for this free event: <https://attendee.gotowebinar.com/register/2599373454959194893>

## Faculty Report-Support Unit

Students participate in the Community Access Program once a fortnight. This provides students with real life opportunities to use their functional literacy and numeracy skills, as well as develop their road safety and travel training skills.



Group 1 have been focussing on road safety in the local community. They have been to the local supermarket, 7-11 and McDonalds where they have had to order food, hand over money, wait for change and engage in conversational skills while enjoying lunch. In an English lesson, the students learnt how to write a letter and walked to the local post office to post their letters. Abdallah wrote to his favourite NRL team the Canterbury Bulldogs and included a drawing he did for them. The Canterbury Bulldogs were so impressed with his letter that they sent Luke Goodwin to the school to personally thank Abdallah.



Group 2 have been focussing on different types of public transport available to them in Sydney. They were required to work together to create a term plan. They planned where they were going, the timing/type of the public transport required and the cost of the public transport. The group went to Town Hall, Circular Quay to walk to the Harbour Bridge and the Opera House and to Manly. Throughout the term they used a variety of public transport including, bus, train, and ferry.

