



Principal's Report

Canterbury Youth Awards – This week I had the pleasure of nominating one of our Year 10 students, Antonio Antaky, for a Canterbury Youth Award. We are recognising Antonio's contribution to our school and community through his wonderful ability to design and create pastries and cakes. Antonio made his first cake when he was only 11 years old, on that occasion it was a triple tiered unicorn cake for his friend's birthday. Since then, he has made hundreds of cakes, the most recent being for the school chess presentation afternoon earlier in the term. Well done Antonito and good luck!



Best of luck Year 12 – Congratulations year 12 as you head into the 2022 HSC exam period after successfully completing 13 years of schooling. In my fourth year at the school, I can now say that I have had the pleasure of watching this cohort grow from shy Year 8 students into fine young men. Each one of them can truly say that they have worked hard to achieve their success and should be proud of the legacy they have left for future graduating classes. I would like to wish them the best of luck as they all put the finishing touches on their preparations for the 2022 HSC exams. I am confident they will all find their niche in life and have tremendous success in future years to come.





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Spring Break – Well, Term 3 has come to a close and once again it has been a very busy term at Canterbury Boys High School. Staff and students have all done a wonderful job maintaining the high standards we all enjoy at Canterbury Boys. It is for those reasons that I want everyone to enjoy the break, enjoy the sunshine, go for long walks and get the much needed rest we all need. Once the two weeks is over, I look forward to seeing all of your smiling faces on day 1 of Term 4. Have a great break and I will see you all again soon.

P.S. Watch out for swooping magpies.













Deputy Principal's Report

Leadership

During Term 3, as the current leadership group continue to focus on completing their HSC courses and preparing for the upcoming HSC exams, the process of selecting the senior leaders for 2023 begins. This year there were 20 year 11 students who nominated to be part of the 2023 leadership group. As the Year 11 Deputy Principal I found it very difficult to vote for only 12 students from this very impressive group, as all who nominated are great representatives of the school and embody the school's motto of 'Truth and Honour'.

It is my pleasure to introduce the 2023 Senior Leadership Team.

School Captain - Alexander Le 		School Captain - Samir Sungkar 		
Vice Captain - Aaron Kama 	Vice Captain - Anthony Nguyen 		Vice Captain - Malvin Tang 	
Senior Prefect - Nahiyhan Kader 		Senior Prefect - Darren Ta 		
Takrim Chowdhury 	Aliemiul Islam 	Favian Indrajaya 	Sayek Sofian 	Eddie Sharma 

As has been tradition at Canterbury Boys High School the Year 12 student leaders pass the leadership "baton" at my favourite ceremony, the Prefect Investiture. On Wednesday night we were able to welcome parents back to witness this momentous occasion.



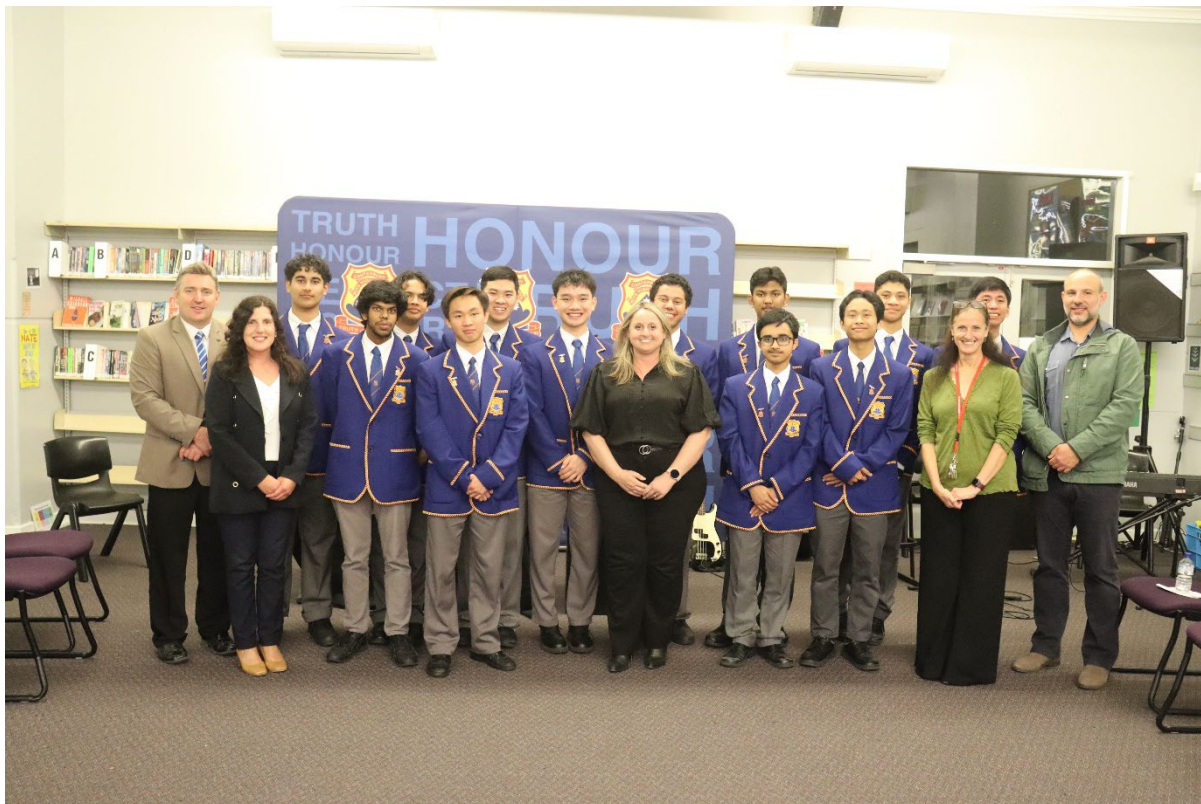
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I would like to congratulate the 2022 Leadership group for their fantastic efforts this year, they have always represented the school with pride and have lived the pledge and “added lustre to the name of Canterbury Boys High School.” Good luck with your future endeavours gentlemen. Thanks to the Leadership Coordinator, Ms Connie Stamos, for supporting and guiding our students to become excellent leaders.



College 2

Our College parents and students will receive their Semester Two reports this week. These last few weeks before the HSC examinations are very important. Students should follow the feedback given by their teachers to direct their study effort, their teachers are the best equipped to guide them through this time and students should take advantage of this expertise.

As has been the case for the past few years, a number of students have received conditional or unconditional pre-entry to university courses. It is very important that this is not seen as an opportunity to “switch off” over the remainder of the course and to keep focussing on achieving their best.

Some useful resources for our **HSC students** include the Department of Education's [Stay Healthy HSC](#) site and the Sydney Morning Herald/NESA [2022 HSC Study Guide: Everything you need to know to succeed in this year's exams](#).

Another useful resource from the DoE for parents and carers to support their child and themselves can be found at [Resources for parents and carers](#).



Accelerated Reader

Has your son completed any AR quizzes yet? We've been impressed with the level of enthusiasm evident, with many students making great progress towards their individual reading targets. Parents, please encourage your son to participate, including checking he has his book in his school bag each day.

We would like to congratulate our 'Million Word Readers'! what an impressive achievement gentlemen!



We would also like to congratulate our Stage 4 and 5 Champion classes

Stage 4: 7R

Stage 5: 9H

Keep reading gentlemen!

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” Dr. Seuss

RUOK

Thursday 14 September was RUOK? Day. A National Day of Action when people are reminded, that every day is the day to ask, “Are you OK?”

This week Ms Ali, Year 10 year Adviser, ran a workshop with Year 10 encouraging them to **“ask, listen and respond”**. It was a very productive session with students working cooperatively to learn the importance of asking RUOK.

How to ask a friend if they're OK

We all have good and bad days

But did you know young people are **most likely** to talk to friends or family members as the first step in seeking support when they're struggling.

When to ask R U OK?

These are some of the signs or changes that can indicate a friend might need some support.

You might notice that they:

- Withdraw from their friends or their family.
- Lash out at people and get angry or upset easily, including towards the people they care about.
- Cry or become emotional.
- Lose interest in activities and things they usually love.
- Have changed their sleeping patterns. They might be sleeping all the time, or staying awake at all, or sleeping at strange times.

Asking a friend how they're going could be the first step in getting them the help they need.

You're not expected to fix someone's problems or know the best way to help and support. But you can listen to what your friend is saying, let them know you care and tell a trusted adult if you're worried about them.

Learn how to ask a friend R U OK? in this guide



Concert Band

There is an exciting new program running at Canterbury Boys' High School. James Spyridopoulos has worked hard to organise the development of a Concert Band Music Program. Thank you, Mr Spyridopoulos!

The aim of the program is to nurture band instrument development and to provide opportunities to showcase student talents as a Concert Band.

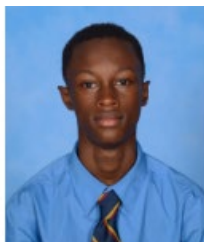
The program includes

- instrument hire of either an alto saxophone, tenor saxophone, trumpet or trombone.
- weekly tuition from external music instrument tutors
- rehearsals from mid-term 3, for potential external school band performances

If your son is interested in learning one of these instruments please contact the school to find out more.



Sydney South Athletics



Congratulations to Serie Kamara in Year 9 who competed in the NSWCHSSA Athletics Carnival on the 9 September. Serie competed in the 200m individual event. What an amazing achievement for Serie who competed against students whose main focus is athletics.

Happy Holidays

Thank you to staff, students and parents for all your efforts this Term. I wish all our Canterbury Boys' community a safe and happy break and look forward to welcoming everyone back to Term 4 on Monday 10 October.

Ms Marilena Webster
Deputy Principal



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As vaping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.

FOR PARENTS AND CARERS

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



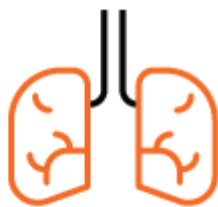
Many vapes contain nicotine making them **very addictive**



The nicotine in 1 vape can **= 50 cigarettes**



Young people who vape are **3 times** as likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website





Careers Corner



Yr 10 Work Experience with UNSW Civil and Environmental Engineering

Last week I participated in Work Experience with UNSW Civil and Environmental Engineering to learn about the various types of engineering available within these fields. Sixty students from various high schools were chosen to participate in this program and we had to meet at Central Station each morning. We visited different sites each day including Centennial Park, Sydney Opera House, Martin Place Metro and Sydney Airport to see and learn about their associated engineering aspects. I really enjoyed visiting Sydney Airport and Martin Place Metro as I got to learn more about what Civil and Environmental engineers do in their day-to-day work.

At the end of each day, we would go back to the UNSW campus where we were required to write daily reports about what we had learned. We were told that report writing is important in the field of Engineering and that engineers always write reports.

I really enjoyed the Work Experience as it allowed me to gain awareness of what is involved in Civil and Environmental engineering. This Work Experience has helped me narrow down my future career choices and I am considering studying Engineering or IT when I finish my HSC.

Yr 10 Mohammed





Canterbury Boys' Volunteer in our Community

This term we have had two fantastic groups of students and teachers volunteer their time to serve and package food for the guests at the Loaves and Fishes Restaurant at Exodus, Ashfield. Students from mainstream and our support unit worked alongside teachers and other volunteers to provide a free lunch and package food hampers for families and members of the community in need.

The boys worked well as a team and were true representatives of the spirit of our school. The community volunteers commented on how impressed they were with the generosity and kindness shown by all of our students.

If you are interested in volunteering at Exodus in December, please come and see the Careers or Transition Adviser to register your place. Opportunities are limited so get in quick!





USYD Webinars in October

Click on the title headings in red below to register for any of the following Webinars:

[Studying Business at Sydney | Wed 12 October 4-4:45pm](#)

Students will discover how our Bachelor of Commerce degree prepares them for the future of work and a wide range of career opportunities. During this session, students will learn about the many ways in which they can combine their interests, such as studying a major in 'Innovation & Entrepreneurship', or choose from over 100 study areas from our shared pools of majors and minors. This is an opportunity for students to find out more about internships, industry-focused experiences, and global mobility opportunities on offer to our Bachelor of Commerce students.

[ARTiculate Social Media Lecture | Wed 19 October 11:30am-12:30pm](#)

Join this session to explore the diverse ways in which young people use social media for connection, self-expression, and identity construction. This lecture is recommended for Year 9-10 students undertaking Digital Technologies and any Stage 5-6 students interested in increasing their understanding of digital safety and wellbeing.

[Bachelor of Engineering: Civil, Construction and Structural Engineering Wed 19 October 4-4:30pm](#)

Students can join this webinar to find out more about the University of Sydney's Bachelor of Engineering in Civil, Construction and Structural Engineering. Ranked 2nd in Australia and 17th globally for Civil and Structural Engineering, students are invited to find out how our degrees ensure students graduate with the much sought-after design, research and problem-solving skills needed to create and manage sustainable built and natural environments.

[Science Degrees at Sydney | Wed 26 October 4-4:30pm](#)

This session will inform students about how science degrees at the University of Sydney will prepare them for the future world of work. They will find out about the wide range of areas of study, such as majors and minors on offer, including geoscience, sustainability, environmental science, chemistry, physics, biology, psychology, animal and veterinary bioscience, and many more.



Work Experience at the Sydney Opera House

From 14 November to 18 November 2022.

Applications close 14 October 2022.

The Open program Work Experience takes place twice a year and is open to secondary school students who are ideally studying in Year 10. The program lasts a week and gives participants a hands-on experience of how the Opera House operates during the program hours of 9.30am – 3.30pm, Monday to Friday. Participants will meet and work alongside a diverse range of Opera House employees from Ticketing Sales Representatives to Stage Managers to Building Operations Supervisors.

Click on the link below to access the application form.

<https://www.sydneyoperahouse.com/general/careers/work-experience.html#openprogram>





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SITSS00051

Food Safety Supervision

Course Guide

**SCHOOL HOLIDAY
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Course overview

A set of skills to equip individuals in hygienic practices and handling food safely during the storage, preparation, display, service, and disposal of food.

Achievement of this course provides credit towards qualifications in tourism, travel, hospitality, events, holiday parks and resorts in the SIT Tourism, Travel and Hospitality Training Package.

After completing this course, students are eligible to become a nominated Food Safety Supervisor or a Food Handler.

Entry requirements

To be eligible to enrol, learner must:

- be 16 or over and enrolled in a high school in NSW
- undertake an online LLN assessment prior to the commencement of the program have
- access to reliable PC, laptop or tablet computer
- have access to reliable internet connection
- have access to Word processing software such as Microsoft Office suite

Skills you will learn

- Store food correctly
- Prepare food safely
- Prevent food contamination
- Maintain a clean working environment Follow
- hygiene procedures and identify food hazards

Mode of delivery

Group based online delivery and self-paced learning through the dedicated e-learning platform.

Number of sessions: 2 remote sessions via Zoom

Course duration

The course is scheduled to be completed within the upcoming school holidays.

Course fee

Free to students 16 or over and enrolled in a NSW high school.

Units of Competency

To gain a statement of attainment for SITSS00051 Food Safety Supervision, you are required to complete a total of 2 core units.

Unit code	Unit title	Core	Elective
SITXFSA001	Use hygienic practices for food safety	C	
SITXFSA002	Participate in safe food handling practices	C	

Completion / Certification

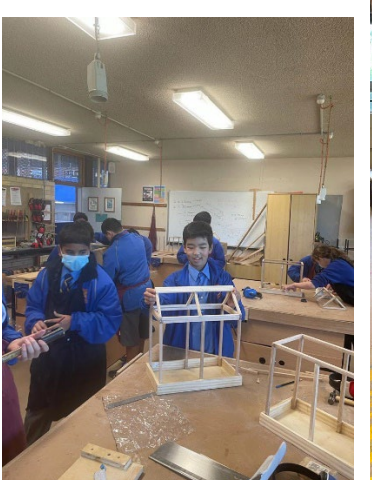
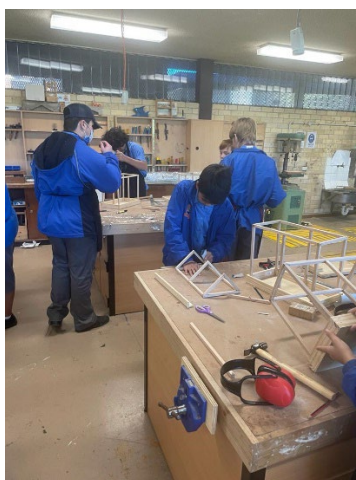
Students who successfully complete all units of competency within this program will be issued with a nationally recognised Statement of Attainment and a Food Safety Supervisor certificate.

The units of competence within this skill set are recognised nationally under the Australian Qualifications Framework.



Cross curricular Mini Greenhouse project

As part of the enrichment program, students of 7N have enthusiastically participated in a cross curricular (STEM) project. They have worked collaboratively and applied knowledge of hand and power tools as well as organisational and safety skills to produce an effective greenhouse. Students have been challenged in planning, sketching, designing and assembling a mini greenhouse as a sustainable solution for food production and availability.

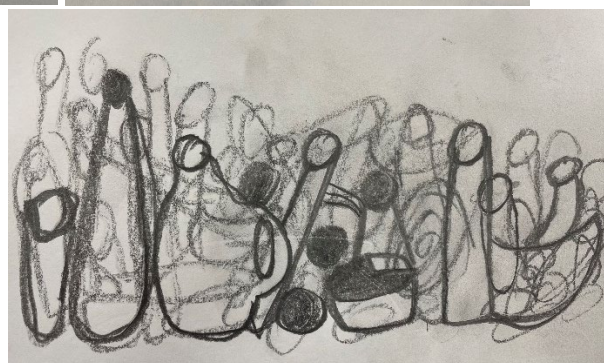
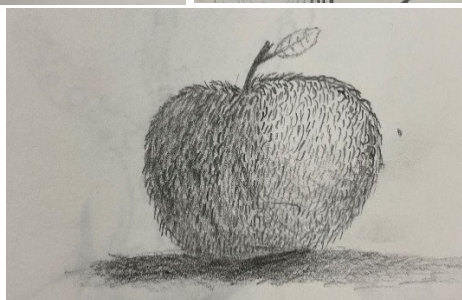
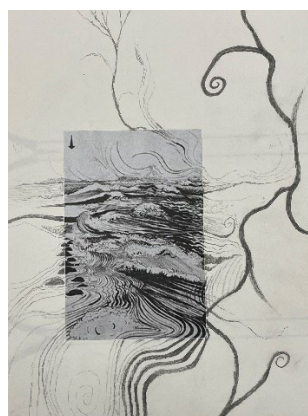




Visual Arts

Year 7

Our Year 7 students have been learning about the elements of art; practicing line, tone, texture, shape, form and colour.





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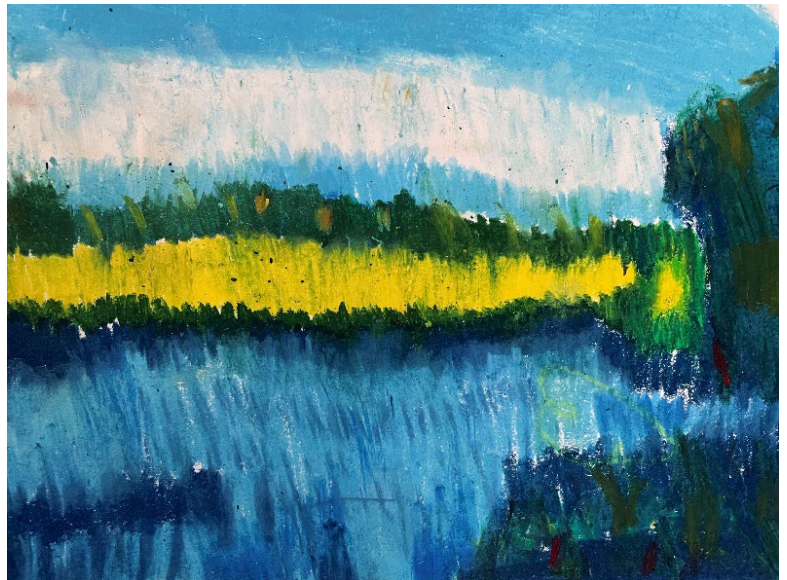
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Year 8

Year 8 have been creating landscapes applying a variety of techniques including drawing, collage, oil pastels and paint.



Year 11

Year 11 have completed a case study in Portrait.

