



Principal's Report

Attendance

At Canterbury Boys High School, the significance of regular school attendance cannot be overstated, as it lays the foundation for students' academic success and overall well-being. Recently, the school celebrated the remarkable achievement of several students who maintained a perfect attendance record, attaining a commendable 100% attendance rate. To recognise their

dedication, the school's Parents and Citizens (P&C) association hosted a delightful sausage sizzle lunch in their honour. This event not only serves as a token of appreciation for the students' commitment but also highlights the school's commitment to fostering a culture of consistent attendance. Regular attendance is crucial not only for academic progress but also for the students' social, emotional, and educational health. By consistently participating in classroom activities and engaging with peers, students develop crucial social skills, emotional resilience, and a strong foundation for continuous learning, ensuring a holistic approach to their education. The celebration of perfect attendance underscores the school's recognition of the interconnectedness of regular school attendance with overall student well-being and success.



Attendance Matters

Every student. Every day.

Annual Cantervale food And Music Festival

I would like to extend my heartfelt gratitude to Ms Stamos and the entire staff for your exceptional hard work and dedication in bringing together our spectacular end-of-year gala day, Cantervale. This event has become a cherished tradition, a testament to the collaborative spirit that defines our school community. The effort put forth by students, staff, and our local community in organising Cantervale has truly made it a highlight of the scholastic year. The diverse array of food stalls, engaging games, and captivating

performances by both students and staff showcased the incredible talents within our school. It is through the collective commitment of everyone involved that Cantervale has grown into a celebration that brings joy and pride to our entire community. Thank you for your unwavering support and enthusiasm in making Cantervale a resounding success, marking the culmination of another fantastic school year at Canterbury Boys.





Strategic Improvement Plan

We are delighted to update you on the progress of our ongoing efforts in formulating the next Strategic Improvement Plan for our school. Currently, we are in the advanced stages of development and finalisation. The forthcoming plan is set to concentrate on four pivotal strategies: Literacy, Numeracy, Attendance, and Pathways after school. These key areas have been identified as integral components in fostering a well-rounded and successful educational experience for our students. Literacy and Numeracy are foundational skills crucial for academic achievement, while consistent Attendance is fundamental to ensuring an optimal learning environment. Additionally, the focus on Pathways after school underscores our commitment to guiding students toward fulfilling and diverse futures. Canterbury Boys High School plays a vital role in providing opportunities for growth and excellence in these areas. We value your input, and feedback is still welcome as we work collaboratively to shape the future of education at Canterbury Boys. Together, we can achieve great things for our students and the entire school community.



Achievements

As we approach the end of another remarkable year at Canterbury Boys High School, I am filled with gratitude and pride as I reflect on the collective achievements and successes we have celebrated together in 2023.

It gives me immense pleasure to announce that Canterbury Boys High School was named a finalist in the prestigious Australian Educational Awards. This recognition is a testament to the dedication and hard work of our incredible staff, the resilience of our students, and the unwavering support from our parents and the broader school community.

Our commitment to academic excellence has been underscored by the outstanding results achieved in both the NAPLAN and HSC examinations. The diligence and perseverance exhibited by our students and the guidance provided by our teachers have undoubtedly contributed to these commendable outcomes.

I am thrilled to share that Canterbury Boys High School has experienced a record number of enrolments for Year 7 in 2024. This surge in interest reflects the positive reputation and nurturing environment that our school is known for, and it reaffirms the trust that parents and students place in us to provide an exceptional educational experience.

One of the most rewarding aspects of this year has been witnessing the increased sense of



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engagement and wellbeing among our students. This positive shift has translated into improved attendance rates, highlighting the flourishing sense of community within our school. Together, we have created an environment where our students feel supported, valued, and inspired to achieve their best.



Best Wishes

As we approach the holiday season, I want to extend my warmest wishes to the entire Canterbury Boys High School community. May this festive season bring joy, relaxation, and the opportunity to spend quality time with family and friends. It is a well-deserved break for our hardworking staff, dedicated students, and supportive parents.

Thank you for your continued commitment to the success and growth of Canterbury Boys High School. Your collective efforts have made this year truly exceptional, and I am excited to embark on another year of learning, growth, and achievement in 2024.

Wishing you all a safe and happy holiday season.

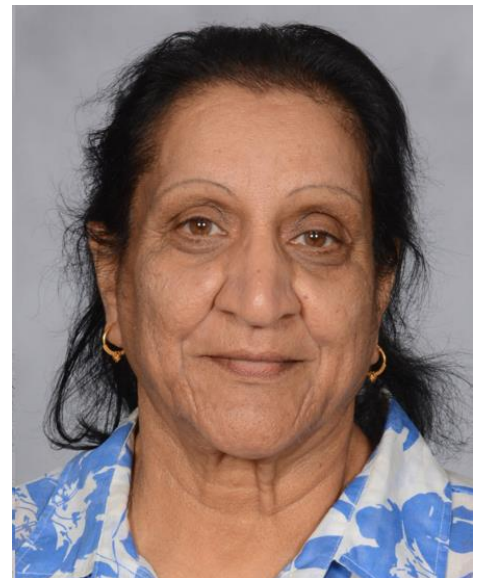
Staff Farewell

It is with a heavy heart that at the end of term 4, 2023, we will be saying goodbye to an amazing person, friend colleague and educator.

Ms. Singh embarked on her journey with Canterbury Boys High School in 2002 as a dedicated science teacher. Little did we know that her arrival would herald not only a wealth of knowledge but also a compassionate and guiding spirit that would touch the hearts of everyone she encountered. Over the years, Ms. Singh seamlessly transitioned into roles such as year adviser and relieving head teacher, proving her versatility and commitment to the holistic development of our school community.

One cannot speak of Ms. Singh without acknowledging her unwavering dedication to both faculty and whole school initiatives. Whether it was organising events, contributing to projects, or actively participating in various programs, Ms. Singh's presence was synonymous with positivity and enthusiasm. Her commitment to fostering a collaborative and inclusive environment has left an enduring impact on our school culture.

Before gracing the classrooms of Canterbury Boys High School, Ms. Singh held a distinguished position as a Principal in the Fijian education system. We consider ourselves incredibly fortunate to have welcomed someone of her educational leadership and vast experience into our midst. Ms. Singh's wealth of insights and global perspective has enriched the educational tapestry of our school, elevating our standards and aspirations.





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As Ms. Singh embarks on her next adventure, we extend our heartfelt wishes for success and fulfillment in all her endeavours. Her departure leaves a void that will be felt by the entire school community. However, the positive legacy she leaves behind, marked by dedication, kindness, and a commitment to excellence will continue to inspire and guide us in the years to come.

On behalf of the entire Canterbury Boys High School community, we express our deepest gratitude to Ms. Bijma Singh. May the journey ahead be as remarkable and rewarding as the impact she has had on us all. You will be dearly missed.



Deputies' Report

Term 4 2023 round up

While the end of the 2023 school year approaches, CBHS is still in full swing!

Our new Year 12s have undertaken their first round of HSC assessment tasks (yes, already), remembering that 50% of the HSC mark is comprised of their School Assessment Mark. They are also completing their Minimum Standards tests; passing these are mandatory to achieve an HSC.

The ALPHA students will be participating in an Elevate academic workshop next week which will provide insight and inspiration coming into the summer study break – in the HSC year there is no actual 'holiday' time until the last HSC exam is over. From this point, all term breaks from school are a valuable time to prepare assessments, revise work and build good routines to 'get ahead'.

Year 10 are completing the **All My Own Work program**, which is a prerequisite for entry into the Preliminary Courses next year. All junior students are currently undertaking their final **Star Reading Testing** to assess reading growth over the course of the year.

In addition to completing their course assessments, we've completed **Check In Reading and Numeracy assessments** (Years 7, 8 and 9), **Trends in Maths and Science assessments** (selected year 8 classes), **VALID** (Year 8 Science) and the **Tell Them From Me** wellbeing survey (all years).

We are very proud of our staff and students and would like to congratulate them on excellent results: all Check In assessment school averages for Year 7, 8 and 9 reading and numeracy were above the state average.

Wellbeing initiatives are a priority too – celebrating Outstanding Attendance barbecue; Year 7 Trust and Resilience workshop; Year 7 Sports Gala Day; Year 8 Wellbeing Day; Year 9 'Strengths, Skills and Growth' workshop; Year 9 Cultural Experience excursion; Year 10 Positivity workshop; Year 11/ 12 Luna Park celebration day.



Year 7 enjoying their Trust and Resilience workshop



7N Special Interest Project presentation afternoon tea

Have you ever wondered how art can affect people's emotions and thinking? Or how the Matildas have impacted on the Australian sense of identity? Or whether it's possible for a volleyball novice to create an instructional website on how to play like an expert?

7N are presenting their Special Interest Projects to parents and staff this week, the results of an intensive whole term of work – and the diversity of interests, and the diversity of approaches to exploring their 'driving question' is fascinating. Their group-designed pinball prototype will also be presented to parents, AND we'll have a performance from the choir. What a celebration of excellence!

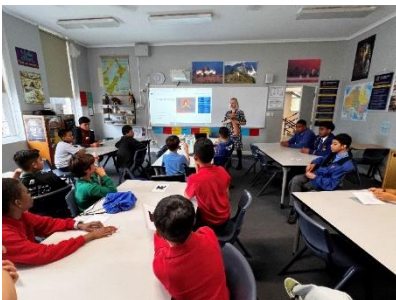
8N collaboration with Canterbury Girls High School continues

You may recall that earlier in the year, students from Year 8 Canterbury Girls partnered with 8N in our industrial technology workshops to design, create and program electronic circuitry. Part 2 of the collaboration continues next week, with our boys spending two days at Canterbury Girls on a joint textiles project. See our Facebook page for a video showing the details about this fantastic learning initiative.

Preparing for high school

On Tuesday we welcomed our 2024 year 7 students and families at our Orientation Day. Our SRC leaders were in charge and guided them through a variety of activities – 'getting to know you' games and activities, the wonders of science, geography 'pickers' and numeracy. They enjoyed a BBQ lunch (thank you prefects and Ms Stamos!) and even the rain didn't dampen their enthusiasm.

We are also hosting a high school experience day for Summer Hill Public School Year 6 students, in conjunction with Canterbury Girls High School. Our students will assist our teachers to provide a 'mock' day at high school for 120 girls and boys: the primary school asked us to help them prepare for the transition to secondary school. This will be a great opportunity for our boys to showcase our school and their leadership qualities. We're looking forward to working with our colleagues at Canterbury Girls on this initiative.





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Vaccination Clinic

Any Year 7 or 10 student who missed out on receiving vaccinations at school can visit Croydon Health Centre or Concord Hospital on the weekend of the 9 -10 to receive these important vaccinations.

Sydney Local Health District

School catch-up vaccination clinics

For year 7 and 10 students

GET VACCINATED

Saturday 9 December 2023, 10am to 2pm Croydon Health Centre 24 Liverpool Rd, Croydon NSW 2132	Sunday 10 December 2023, 10am to 2pm Concord Child and Family Health Centre 66 Victoria Ave, Concord West NSW 2138
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Thank you to the CBHS Community

As the Deputy Principals of this outstanding school, we thank our community for working hand in hand with us to support our students' / your son's learning and wellbeing. The importance of the school and home connection can't be overstated and is central to the CBHS way.

We would also like to acknowledge our staff, and their relentless professionalism and commitment. There is so much more that goes on 'behind the scenes' when it comes to providing a challenging, engaging, supportive curriculum. To our teaching staff, our support officers, our administration staff, our maintenance and cleaning staff, thank you on behalf of our families, for all that you do for our boys.

We wish all our families a safe and happy holiday, and look forward to continuing to work with you in guiding your son's educational journey in 2024.

Ms Marilena Webster and Ms Caitlin Dwyer

School start dates for 2024

First day of school for Year 7, Year 11 and Year 12:

Thursday 1 February

First day of school for Year 8, year 9 and Year 10:

Friday 2 February



Year Adviser report

Year 7

As the school year comes to a close, I would like to congratulate Year 7 on their transition to high school. They started out as shy young boys who have gained confidence and developed their learning habits to become serious and engaged learners.

Year 7 students participated in the Turning Point Resilience workshop. This workshop works with students to focus on individual ownership of their behaviours through self-regulation, recognising the impact of their choices on both them and others.

Our Stage 5 PASS class has volunteered to assist in leading the Year 7 Sports Gala Day and they have selected a variety of fun and exciting games for them to participate in, including the traditional indigenous game of Burojin.

Students will also experience their first Cantervale which is our end of year celebration. Students buy 'Cantervale Dollars' to spend on food and games and watch the school talent quest and performances from teachers.

In Week 10 the school will be holding the annual Presentation Night to recognise student contributions to the school and the community. If your son is receiving an award, please RSVP and ensure that your son is in full school uniform on the night.

I wish everyone a safe and restful break and I am looking forward to the boys return in 2024.

If you have any questions, please feel free to contact Year 7 Adviser Ms Simpson at school via email amanda.simpson@det.nsw.edu.au

Term 4 Certificate of Achievement





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7N Excursion to Cup and Saucer Creek



Anti-Bullying Workshops



Athletics Carnival



Year 7 Meeting



Year 7 SRC Representatives

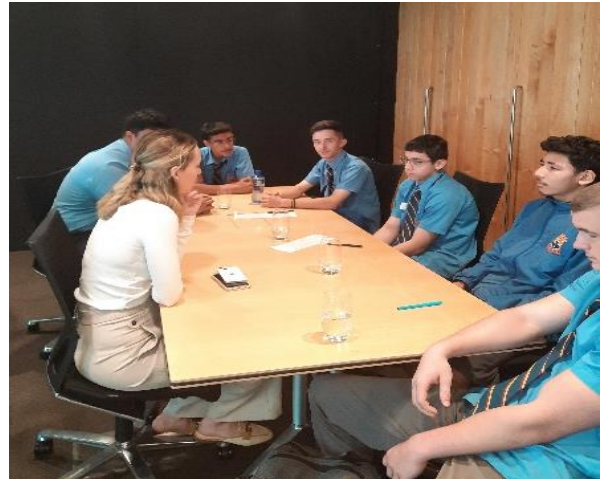




Year 10

Our Year 10 students recently participated in the ABCN My Career Rules program with mentors from law firm, Allen and Overy. Students visited the law firm in Sydney and interacted with employees in small groups.

Students learnt about the variety of careers available within a law firm, their mentor's high school and university experience, as well as their career journey. Mentors shared their wisdom, tips and advice and students gained a better understanding of the world of work and career pathways.





TASCAPA Faculty

On November 2nd, our talented Year 8 acoustic trio, comprised of Atlolantico Wriddho, Adi Baral, and Leo Miller, had the honour of performing at the prestigious School Principals' Network Awards held at Canterbury South Public School. This performance took place in front of a collective audience of executives, administrators, principals, and invited guests.

They showcased a repertoire of classic songs, receiving excellent feedback from all present. Well done, boys!





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Stage 5 Food technology

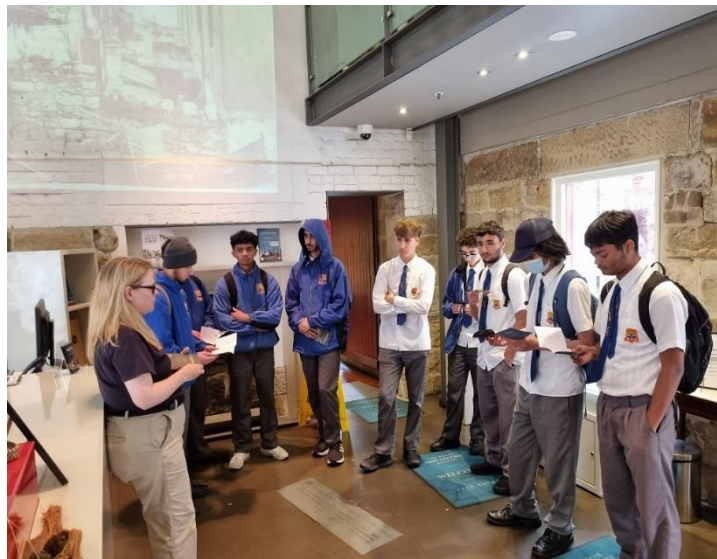
This term, Stage 5 Food Technology has focused on 'Food Trends'. They were required to create visually appealing grazing boards using a selection of cold cuts, fruits, cheese, crackers,, dips and garnishes. Here are a sample of their creative layouts.





Stage 6 Engineering Studies

The Stage 6 Engineering Studies class is currently embarking on exciting excursions this term, exploring topics related to their Civil Structures unit. They are delving into the intricacies of various civil engineering features during these outings.





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English Faculty

Advanced Studies

The Urgent Need for Sustainable Living

Maheeb Chowdhury (Year 10)

Imagine a society in which all actions contribute to a more sustainable and green future, but being green isn't enough; we also need to make our daily decisions into powerful agents of change. It is not an inconceivable goal to be able to live a sustainable lifestyle but something we can make happen together. Can we ignore this as we currently do? Without a doubt, the answer is no. Living sustainably isn't just some distant idea but is within our reach. The demand for change is growing stronger as our planet grapples with the consequences of practices.



There is clear evidence that the Earth cannot handle our actions. We are all impacted by the imperative for sustainable living, from the global challenges we collectively face to the tangible effects of individual choices. Choosing sustainable living isn't just about the environment; it's a vital stance in safeguarding our future. By adopting eco-friendly practices, we combat climate change, preserve resources, and protect our health, fostering a planet where well-being and sustainability go hand in hand.

The global consequences of unsustainable practices are evident in the escalating threats posed by climate change, a phenomenon exacerbated by human activities. The Earth's average temperature has risen alarmingly, according to the Intergovernmental Panel on Climate Change. This increase is directly connected to more greenhouse gases, like carbon dioxide and methane, getting released into the air from things like factories and cutting down trees. Because these gases trap heat, we're seeing more and stronger heat waves, sea levels going up, and big changes in ecosystems worldwide. The impact of human activity on the environment became glaringly evident, as I personally experienced through my involvement in the CSIRO STEM project, where the challenge was to address a local issue in waste management.

To address the issue at the local level, I created a system of ballet bins that made use of behavioural science concepts—more especially, nudge theory—to promote appropriate waste disposal. This practical experience underscored the urgent need for sustainable practices not only on a global scale but also in our immediate communities. Environmental scientist K. Myers, an expert in climate change and sustainable practices, emphasises the critical link between human activities and the escalating threats of climate change. According to his research, adopting sustainable living practices is not only beneficial for the environment but is also imperative for safeguarding our planet's future. While the global scale of climate change demands urgent attention, we must not only address that matter alone but also examine how it directly affects local communities.



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Resource depletion is an alarming factor we can't afford to ignore as we have been. If we continue to exploit natural resources without being environmentally conscious, we risk losing the very fabric of life on Earth. I'm really concerned about the way we're using up the Earth's resources. We seem to be taking more than the earth can support. The homes we're destroying for innumerable animals and the effect on our ecosystems come to mind when I witness forests being cut down and oceans being overfished. It's crucial to recognise that our actions have repercussions. Not only does burning fossil fuels seem bad, but it is also altering our climate and the quality of the air we breathe. Living in balance with nature isn't just a choice; it's a crucial imperative.

Recent data from 'Our World Data' reveals that deforestation rates have increased by 17% over the past year. This alarming trend directly contributes to resource depletion and environmental degradation, putting the delicate balance of life on Earth at risk. We must take only what we require and actively contribute something positive back to the earth. I am increasingly aware of the urgent need to make the shift to sustainable living. The ramifications are immediate difficulties upending the delicate balance that keeps life on Earth alive, not ethereal threats.

Adopting environmentally friendly practices is not just a preference; it is an urgent necessity for the health of our planet and the legacy we leave for future generations.

The imperative to adopt sustainable living practices becomes even more urgent when considering the profound impact on human health resulting from unsustainable practices. As we learn more about the complex reality of how unsustainable practices directly affect human health, the need to prioritise sustainable living becomes more and more apparent. Respiratory ailments and waterborne infections are exacerbated by air and water pollution resulting from overuse of resources. Furthermore, the use of dangerous chemicals in industry and agriculture releases toxins into the food chain that are dangerous to human health. Unsustainable practices contribute to climate change by intensifying extreme weather events, which raises the risk of disease, heat-related illnesses, and disruptions in food production. It becomes very clear that we are causing our own imminent extinction. Sustainable living is not just an environmental concern but a critical imperative for safeguarding the well-being of individuals and communities. The urgency to embrace environmentally conscious practices is not a distant call to action but an immediate necessity to protect human health.



In conclusion, the call for sustainable living is urgent and imperative. Beyond being an environmental concern, it is a very important necessity for future generations and for our planet to survive. The challenges of climate change, resource depletion, and the impact on us resulting from unsustainable practices are immediate and interconnected, this demands we pay them proper attention. As one collective species we all have a responsibility to protect the home we live in, sustainable living is not a lifestyle choice but the right decision we all have to make in combating global issues, problems bigger than us that we may think can be ignored,

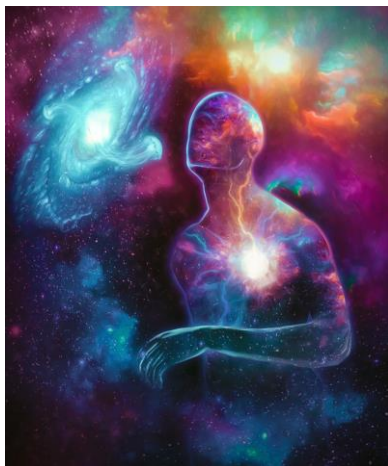


which evidently is not the case. By adopting eco-friendly practices, we actively tackle the challenges of climate change, and we can preserve crucial resources. The time for change is now. This critical juncture urges us to transform our choices into agents of positive change. While it might be hard to resolve in choosing the path of sustainability, it ensures a healthier planet and secures a thriving legacy for those who will inherit the world we leave behind.

The Wonder of Existence

Ewan Sutherland & Frank Jiang (Year 10)

Life is a curiously wonderful thing, a majestic tapestry of spinning swirls of a million kinds of living organisms. And yet we seem to be taking it for granted, always looking past it. Every year, thirty thousand more species get closer to the edge of extinction. A look into how wonderful life can show us how important and special all living things are and how we should keep in mind how close they may be teetering on the edge of extinction. This document will also question what the chances of us were being here today, what is the capacity of our intelligence and where it comes from, and whether we are the only living beings.



The step from inorganic matter to long chains of polymers that join in a stable, self-replicating but somehow able to be changeable way is unknown and had probably only occurred once. The fusion of the Mitochondria and a hunter cell was a freak accident where a cell didn't digest the bacteria it ate, leading to the first body cells and multicellular bodies. During those eleven minors or five major extinction events, life didn't get wiped out. It seems to each time be pure luck of the creatures alive at the time. There are millions of situations like these where a random and impossible chance caused life to flourish and thrive, where if the one in a multi-million lottery didn't play out, us today or maybe even all of life will not exist. Which means that if life existed on other planets, they might have had to

overcome such impossible odds and insurmountable challenges. Maybe life is so rare to create and thrive that it is theoretically impossible, and we Terrans are the only species to get past the filter that destroys all life. With so many planets ready and waiting for life, they might all be dead rocks with no life.

With so many planets in the universe, what is the chance that we are the singular living organism in the universe? Surely, we mustn't be the only ones. Frank Drake was able to make an equation to estimate the number of civilisations there are in the milky way. This is given by the following expression:

$$N = R_* \cdot f_p \cdot n_e \cdot f_l \cdot f_i \cdot f_c \cdot L$$

Where N is the number of civilisations in the milky way able to communicate with us. R_* is the average rate of star formation. f_p is the percentage of those stars that have planets. n_e = the average number of planets that can potentially support life per star that has planets. f_l is the



fraction of those habitable planets developing life at some point. f_i is another fraction of planets that have life that go on to develop intelligent life. f_c is once again, a fraction of civilizations that develop some kind of technology that releases detectable signs of their existence into space. Finally, L is the length of time for which such civilizations that have detectable signals could reach us.

This calculation assumes that we should be searching for intelligent life. But it might not be so guaranteed. I ask you to think of the humble worm, a collection of organs and muscles that nearly blindly stumbles through the undergrowth and leaves with barely a nervous system. And yet, it has existed for 500 million years and hasn't improved much on this design. Other such creatures are mollusks, mussels, clams, bacteria, jellyfish and other soft body and simple-minded creatures. One of those is the thought-provoking sea squirt, despite having a terrible name, is a good example where a creature gets rid of its intelligence when it has no need for it. It lives its larval stage by swimming around the ocean, eventually it settles on a rock with ample food sources and during a process of metamorphosis; it eats the closest thing it ever had to a brain before becoming an un-locomoting clump that digests food going by. To us, it's a bit of a downgrade, but it is proof that the need for a brain arises from the need to move, when a creature no longer needs to move, it no longer needs a brain.

To sum up this statement, life is a complex and enriching topic that many people struggle to understand and often take for granted. At current rates, life is dying off due to our many actions that destroy local ecosystems and habitats. And we are also affecting ourselves, acting in short sighted and narrow-minded ways that only detracts us. There are myriads of ways for us to solve these problems, but most of them require us to change our view on life and how important it is that it exists. We may be the only ones in the milky way, we may be the only conscious beings, but it should be our responsibility to protect and minimise our harm on all the other life forms that all share the same one in a google odds at living.



The Value of Taking Risks & Making Mistakes in Life

Neel Ghosh & Raadee Hossain (Year 10)

Making mistakes is an avoidable aspect of life, and in all cases can offer valuable lessons towards tackling life's biggest challenges, however, younger people who have not been taught as much must be informed on the critical mistakes and life-threatening decisions that could arise from swift bursts of ignorance that people may experience. As a result of these uninformed decisions, it can be hard for the youth to get back in control of their lives, which is why it is of great necessity to teach them about the dangers of making uneducated decisions, and the critical effects these mistakes can have on someone's life. Symptoms ranging from increased stress levels to even



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thoughts about self-harm and suicide can emerge from these poor choices. The most common mistakes that youths make are related to their choices of forming unhealthy and toxic relationships with the people around them, experimenting with the use of dangerous substances and making poor financial decisions. All these choices are ubiquitous throughout adolescence, and young people will be confronted with these decisions soon, hence why the youth need to be taught the importance of their choices. This essay will delve into why students must learn the worth of the mistakes that deeply affect people and how to avoid them.



The formation of relationships and bonds with other people is an essential aspect of a healthy life, however, most youths are uneducated about the dangers that a toxic relationship can impose on their mental and physical well-being. Toxic relationships can severely affect physical and mental health, leading to a decline in self-esteem, energy levels and overall happiness. Constant exposure to this toxicity leads to the victim

feeling hopeless and having deep insecurities about themselves, ultimately resulting in mental and physical illnesses that can be difficult to overcome.

In more cases than not, younger people, most frequently teenagers, don't understand that they are in a toxic relationship. In fact, most young couples have reportedly been verbally or psychologically abused, according to the Domestic Violence of Chester County, 1 in 3 women and 1 in 4 men are victims of some form of physical violence by an intimate partner in their lifetime. This alarming fact only supports the idea that not everyone goes into a relationship prepared. As aforementioned, the value of making mistakes is there, however, younger people need to understand the effects that toxic relationships can have on an individual's health and wellbeing, and ultimately avoid and get out of toxic relationships that damage your life as soon as possible.

Substance abuse is alongside the leading causes of academic difficulties and health problems amongst teenagers and young adults and is something that people must avoid ensuring that their life is void of the problems that such substances can cause. People with these addictions often have one or more associated health issues, often ranging as serious as lung or heart disease, cancer, or various mental health conditions. If people continue to indulge in malpractice, they will have both immediate and long-term effects. For example, Heroin is one of the leading drugs used in Australia. According to AIHW (Australian Institute of Health and Welfare), Heroin was the fourth most common drug of concern in 2021-22, and of the 1,704 drug induced deaths, 315 of them were due to Heroin. Addiction can have a profound and detrimental effect on teenagers, impacting various aspects of their lives, their wellbeing, and their emotional and social lives. This underscores the urgent need for a crucial approach to risk taking with thoughtful consideration and, when possible, seeking guidance or advice.

Poor financial decisions can have significant and lasting consequences on an individual's financial well-being. While it is crucial to maintain stability and achieve long-lasting financial success, many



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people fall victim to a variety of factors that lead individuals down a path of financial failure. It's imperative to recognise that different risks provide different rewards. While the concept of taking risks is often associated with the potential for good rewards, in the realm of your own finances, avoiding risks is your best choice of course. Engaging in speculative investments leads to non-essential expenses, which can spiral into a multitude of bad investments due to the fragility of what it means to be financially stable. Let's take, for example, the case of modern-day consumerism, where the youth are likely to keep up with the latest trends at the expense of their money to feel closer to their peers.

This senseless spending for no apparent reason leads to not only a negative effect on their financial stability, but also a toll on their mental health, thinking that if they do not fit in with the rest of their group, they will be ostracized. Budgeting wisely, saving for emergencies and investing long term with proper research, although may not promise a reward back, gives you your best chance to receive sustained financial well-being as opposed to the unnecessary risk of being allured to making gains. Contrary to the common perception that risk equals reward, prudence in avoiding risks is important for establishing stability in your personal finances.



In conclusion, the value of taking risks and making mistakes cannot be overstated in the journey of one's personal growth. Students must learn the negative effects of common mistakes such as forming unhealthy and toxic relationships, experimenting with the use of threatening substances, and making poor financial decisions. While the benefits of taking the courage to take chances becomes a tremendous motivator for reaching one's full potential and living a more fulfilling life as people negotiate the intricate web of life.



Science Faculty

Generation STEM Showcase – Western Sydney University, Bankstown Campus

During the year, Year 10 Advanced Studies class participated in the CSIRO's GenSTEM Community Partnerships Program, which allowed them to have numerous opportunities throughout the year to practise cross-curricular problem-solving and gain exposure to thinking associated with STEM careers.

On the 21st of November, the program culminated in the GenerationSTEM Showcase, where students presented their ideas and models on how to address current local issues identified by the Canterbury Bankstown Council.

In this Showcase event, the twelve students involved demonstrated a keen sense of scientific innovation and communication as they explained their projects to the esteemed community members and peers from other schools, supported by Mr Riordan.

- Project Nudge (Waste Management): A Psychological experiment involving school students and rubbish, with the use of 'Nudge' theory. The following students were involved: Neel Ghosh, Hugo Tang, Maheeb Chowdhury.
- Alternative Filter solution for the Rivers (Water Management): with a method of automatically clearing blockages whilst filtering the water from all forms of large rubbish waste. The following students were involved: Ewan Sutherland, Zaydan Hasyim, Frank Jiang.
- Quality of Life: A survey to identify the current quality of life in the Canterbury Bankstown area, and suggestions for future projects. The following students were involved: Muntasir Samir, Raadee Hossain, Hung Do.
- Swift Tracks (Transport): Another railroad networking system that hastens the commute time between metropolises. The following students were involved: Richard Le, Harry Arasu, Scott Therik



The students enjoyed the experience so much that they specifically requested to participate again next year.

Optus Earth Station Satellite Tour

As part of the CSIRO Generation Stem Program, on the 21st of November, 40 students from 9N, Year 10 Advanced Studies, and Year 12 Physics had the opportunity to visit the Optus Satellite & Space Systems Earth Station Facility in Belrose.



The Optus Satellite facility is responsible for managing satellite communication services for television in addition to providing Space system services to other companies in the positioning of their satellites in Earth's orbit.

The tour was enriched with a hands-on session presented by Fizzics Education. Including gravity wells, gyroscopes and a rocket fuel demonstration. Thank you to CSIRO and Optus.





PDHPE Faculty

Basketball Grand Final

Canterbury Boys' A-team won the Basketball grand final for the Opens age group with a 50-31 point result. The students showed strategy, excellent teamwork and sportsmanship, catching multiple rebounds, intercepts and passing in the midfield like a well-oiled machine.

The A-team included:

Kwajow Acheampong,

Courtney Kawaley

Weideu Gabber

Serie Kamara

Jaziah Swann

Nale Unga

The B-team spectating were respectful and supportive of their A-team peers.





Sporting Achievements

Congratulations to the following boys who received their outstanding sporting achievement awards from the St George Zone. We have over 12 schools representing the boys' competition in our zone and the following boys were the best in their age group.

Tylah Mapapalangi - 13 years St Goerge Zone Athletics age champion.

Weideu Gabber - 16 years St Goerge Zone Athletics age champion.

Serie Kamara - 15 years St Goerge Zone Athletics age champion.
15 years St Goerge Zone Athletics age champion.

Setting a new St George Zone Record 15 years Boys High Jump 1.8m

Male Athlete of the Meeting – (Serie accumulated the most points on the day across all male age competitors)





Career's Corner

Planning My Future Career

This term the Careers Team has delivered Career Planning lessons to all Years 7, 8, and 9 classes.

Your sons have developed their personal Career Plan, learnt about how to choose their future career, and researched their chosen pathway beyond school.

This is a great time to have a careers conversation with your son. Ask them what they would like to do when they leave school, ask them about their interests and talk to them about the skills you have seen them develop.

Students have access to the MyFuture website www.myfuture.edu.au where they can show you their Career Quiz results and suggested occupations that have been matched to their skills and interests.

We hope that you make the most of this opportunity to connect with your sons.

The Careers Team





The Mural Artwork

A huge commendation and congratulations to Leo, Wen Kun, Usku, Adam and Joseph of 8N for the amazing new mural. The students were lead by John Tiedemann, an SLSO at CBHS, who is also a professional illustrator in the design and creation of a new mural. The mural was the brainchild of Leo, who wanted to it to represent the learning opportunities and recreational opportunities, as well as our school pride at CBHS.



How It All Started (By Leo Miller)

The creation of the mural process started with me (Leo Miller) attending a mural painting course with well known street artist/designer Alex Lehours. At the course, I learnt about projecting the design onto the wall to create an outline, and good techniques for painting on the walls.



In Term 4 I drafted a design for the mural. Wen Kun, Adam, Joseph, Usku and I met with John Tiedemann, an SLSO at CBHS, who is also a professional illustrator. We worked with John to refine the mural design, adding subject matter and expanding the design. John was great to work with. He taught us



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how to use the program Procreate, the application we were using for the design and how to use different features of the program to achieve our vision.



After finally finishing the design for the mural, we went to the site to get started on the artwork. At first, we tried using a digital projector to get the design on the wall, but it wasn't able to provide us with the size we wanted the mural to be. After some trial and error, someone suggested using an 'old school' traditional overhead projector instead, which worked a treat!





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After getting the projection working, we used graphite marks called nero-lead to draw and outline our design onto the wall. Once the outline was all done, we painted a turquoise wash over the mural, which would become our base colour for the background. Once the wash was painted, and we had thickened out the outlines again, it was time to paint. We began painting the base colours for the mural design, using coloured prints of the designs for reference. After the base colours we started to experiment with the colours, to find the right shades of blue and grey that were needed for the design. This was another thing that John was a massive help with. We added shading to subjects that needed it, and finished off with the finest details, including the bass strings, some letterings, and just general cleaning up.



The mural represents all the learning opportunities and recreational opportunities we have at Canterbury Boys High School. Also, the code at the top left, is CBHS in binary code!

We're super proud of our work. We think the final mural looks great and are thankful for this opportunity. Thank you to Alex Lehours for the first lesson. We would also like to thank Mr Dummett and Ms Webster for providing us with this opportunity. We'd also like to thank Mr Tsolakakis for helping to prepare the space and Ms Shuhevych and Alex the Science Assistant for loaning their projector and other equipment. And of course, Ms Cassar and John for guiding and helping us through the design and painting process.





Exciting Sneak Peek into the Future!



Meet Josh, a brilliant future Year 7 student-to-be whose writing prowess left us in awe!

As part of our Year 6 to 7 Principal meetings, we had the pleasure of diving into the imaginative world of our incoming students. Josh's story was one of many exceptional submissions – a testament to the incredible talent blossoming within our school community.

Get ready to be inspired by the creativity and brilliance that awaits us in the upcoming school year!

All boys were given the photo of the door with the ladder heading up to it as a stimulus.

The Discovery

I wake to the smell of juicy bacon, I bolted downstairs to that juicy bacon. "This, mmm, this bacon, yum, is so delicious," I told Mum with excitement. "Happy to hear that thanks Josh" Mum replied kindly. I put my plate in the sink then ran upstairs to get ready for school.

I put on my shorts and shirt. My shirts are a bit too small but I haven't told mum because I only have four weeks of school left until the holidays and then I start high school. I grabbed my bag and went downstairs, I get the stuff for my lunchbox as I hear a car pull into the driveway. Me and mum go outside to greet Adam and Patrick, my two best friends. We ride our bikes to school together from my house. "oh lets grab my footy before we leave" I claimed. We run up to my room and I grab the ball. "Ooh, what's this?" Adam asked, pointing to something in the corner of my room. "It looks like a door" Adam bent over and knocked..



Whoosh! We tumble onto a racetrack, I look up and see an mk4 turning corners and getting closer every turn, I realise it's coming up to a straight "Move!" I yell pulling the boys off the track into the pit stop so conveniently placed next to us. We stand up and realise the mk4 pulling into the pitstop. A driver steps out of the vehicle. "You're here!" the driver exclaimed, offering to shake his hand. "What do you mean "You're here?"" Patrick asked quizzically. "Well" the man said, " Our team, well our youth team hasn't been going so well lately" he said pointing to two boys picking their noses " So we brought you here, well actually you invited yourself in through that door I planted after I had fixed your car, I want you to race. I saw how your eyes lit up when I pulled up in this beauty" Pointing to his Toyota Supra Mk4. " Obviously you can go back to Earth whenever you want". "Wait, we're not on Earth!?" cried Adam. "Nope, were on Planet Panorama four galaxies away from Earth. Us mechanics and racers all live on Earth but all our garages have a portal so we can travel to and from". Me and the boys look at each other. ``Okay what's the catch?"



The Catch

"Well there's the good and the bad . If you win you have one week to buy whatever you want." Adam raised an eyebrow "Anything?" the man nodded. "But if you lose you'll... you will have to stay on this planet and I won't be able to help you because, it's illegal to have you here in the first place, only the mechanics and racers and their kids are allowed to be here". "Let us go home and think about it". We whoosh back through the portal and land in my room. "Boys quickly, you've got to leave for school" Mum called. It seems time is at stand still while we are there. That night I lay awake thinking about the pros and cons.

The next morning I woke up and when the boys arrived I discussed what I had thought about. "Let's do it, " the boys said. We knocked on the door and whoosh. This time we knew to go straight to the pitstop. The man was working on a car. We told him we wanted to race. "Okay, let's go round the back and "Whoa!" we all exclaimed. We looked around and saw all our favourite cars. Patrick instantly went to a fully tuned Nissan GT-R R34 and Adam went to a Mazda RX-7. "These are for you" the man said, handing me a pair of keys. "What's this for?" I asked. "Turn around" the man said and I did and I saw his Toyota Supra Mk4 "Really?" He nodded. "Gee thanks!", I replied. "Okay, let's get you ready for the race", the man said. "Already?" Patrick asked. The man nodded. We got into our racing suits and put our helmets on. After we were ready we got into our cars.

The Race

We drove the cars to the starting grid, revving the engines. The nine other cars and us waited for the green. Three, two, one, Go! My engine stutters, all the other cars speed past. The man runs over and fixes it. I race but the other cars are so far ahead and only have four laps. I speed past every corner and I see a car. I get right behind it and zoom ahead of it. One lap down, three to go. I speed up to a group of four cars and Patrick I manoeuvre around them and then finish the lap. Two down, two to go. I see Adam and two other racers. I fly past them at 150km/h and complete the lap. Three down, one to go. Final lap and I see the leading two. Everyone is off their seats to see it. I could win, the pressure's on. I absolutely fly past two and am neck-and-neck to first place. I can see the finish line. Me and the driver death stare at each other and I fire my NOS. I fly with speed past first, but he also fires his NOS and we're neck-and-neck again.

I slap my foot down to the floor and rocket past the finish line. Everyone in the crowd cheers, blowing horns and whistling. I get out of the car and wait for Adam and Patrick who are not far behind. The man runs over to us. "That was incredible Josh!" he laughed, grinning from ear to ear. "Here you go boys" he says, handing out a credit card each. He reaches out his hand and I shake it....

Whoosh! Back to reality. We all land in my room holding the credit cards. We all smiled, went off to school only telling our parents of our fortunes.



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P & C NEWS

The Canterbury Boys High School P&C wishes to acknowledge the following supporters of our P&C as well as various community partners.

- ACG Air Conditioning
- Valion Finance Solutions
- Fruitful Group
- Bottle Bank
- Rotary Campsie
- Canterbury Bankstown Bulldogs Football Club
- Century 21 Bankstown
- We Make a Difference
- King Carlos Coffee
- Ray White Canterbury

The poster features the ACG logo at the top, followed by the text 'Air Conditioning Guys'. Below this, it reads 'ACG Workplace Opportunities FOR SCHOOLS' with 'FOR SCHOOLS' in large, bold, orange letters. The main body of text states: 'ACG believes that it would really help with generating the funds for schools which is always such a hard-fought issue and by the same token giving back to the community that has given so much to us. This can be changed and adapted to suit your schools and whatever committees you have that are responsible for fundraising'. A line of text below says 'Work placement available for students:'. At the bottom, there are two contact options: a phone icon with '02 9131 9004' and 'www.airconditioningguy.com.au', and a location pin icon with '1475 090 237' and 'andrew@acg.com.au'.



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School Holiday Program



DULWICH HILL SCHOOL HOLIDAY BASKETBALL CAMP

DULWICH HIGH SCHOOL OF VISUAL ARTS AND DESIGN

15-25 JAN

AGES 5 - 14

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Sydney
Local Health District

School catch-up vaccination clinics For year 7 and 10 students



Saturday 9 December 2023, 10am to 2pm
Croydon Health Centre
24 Liverpool Rd, Croydon NSW 2132

Sunday 10 December 2023, 10am to 2pm
Concord Child and Family Health Centre
66 Victoria Ave, Concord West NSW 2138