

FAREWELL TO OUR YEAR 12 2019



SEPTEMBER

Thur 26th – Yr 12
Graduation
Fri 27th – In the Field
Excursion
Fri 27th – Last Day of
Term 3

OCTOBER

Mon 14th - First day
of Term 4
Thur 17th - Yr 7
Immunisations & Yr
8 catch ups
Fri 18th – Yr 11 First
Aid Training
Thur 17th – HSC
Examination Starts

R U OK DAY?

On the 10th September, Cambridge Park High School dedicated the day to reminding everyone to ask “Are you OK?” See inside for further photos and details.



**Best of luck to
our Year 12
students with
their upcoming
HSC exams**

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FROM THE PRINCIPAL - KRISTINE MACPHAIL



Congratulations to all of our Year 12 graduates. As they prepare for the celebrations to mark the end of their schooling, I would like to acknowledge the significant contribution they have made to the culture of the school. For many years they have been the backbone of our sports, creative and performing arts, hospitality, debating and community work. They have worked hard to achieve their personal best and have developed strong learning partnerships with their teachers and with each other. We are so proud of their growth and progress over the last 6 years. It is bittersweet to be saying goodbye, but the school is confident that as Cambridge Park Alumni, they will go on to have bright futures.

Congratulations to Ally Funaki, Courtney Cavanough and Ryan Lavender on their Schools Industry Partnership Award to recognise their achievements in their Vocational Education courses in Automotive, Hospitality and Construction at a regional level.

Congratulations to Kyle Silk-Jones on being awarded the Jim Anderson Scholarship for services to the community. This prestigious regional award is designed to encourage the recipient to pursue fulltime training at the University of Western Sydney. It provides \$5000 towards meeting the costs of fulltime study.

The latest School Community Group meeting covered a range of topics including advice on how to support your child manage the pressures and stress of examinations by our school counsellor Ms Joanna Breen. Ms Clare Magee spoke about a school initiative to create a Wellness Hub with local and state services designed to support student and their families. We would like your suggestions and advice on what you think could be helpful for your child and your family. There is a Survey link on our You Tube channel, where you'll also find a video of the meeting which was live streamed last Friday.



The Captains and Vice Captains of 2020 have hit the ground running working closely with Mrs MacPhail to develop key initiatives for the future.

SENIOR EXECUTIVE REPORT- TESS DEVINE



As most of you know, this is my last week here at Cambridge Park High School before I take up my new permanent position as Deputy Principal at Plumpton High School. It has been my pleasure to watch the students here at Cambridge Park High School grow and develop over the past 6 years. While I am looking forward to new challenges, I am sad to be leaving this community, which I have grown so fond of.

My Year 11 group have come so far and have become such a cohesive and supportive group over the years. I have no doubt they will do their best to improve even further over their HSC year and go on to do exciting things. It is wonderful for me to think that I have been a part of their journey and to get to know them and their families.

Year 8 have such potential and I foresee great things for this group too. There is an obvious enthusiasm among the students and they are always willing to give anything a go. As they move into Year 9 and the senior years beyond, the positive mindset they are developing will serve them well.

I would like to thank the teaching staff and head teachers for all their support over the years. It has been a privilege to work with them all. They go above and beyond for our students all the time and that does not go unnoticed! The SASS staff at CPHS are fantastic and I would not have survived without them! The teamwork I see every day and their interactions with the community are exceptional! I would also like to thank Mrs MacPhail for her ongoing leadership and the personal support she has provided to me. The other DP's, Ms Magee and Mrs Cunliffe have been a joy to work with and I appreciate all their help.

I wish all the students here my best wishes for the future and thank you and your families for making my time here at Cambridge Park so positive.



CAREERS



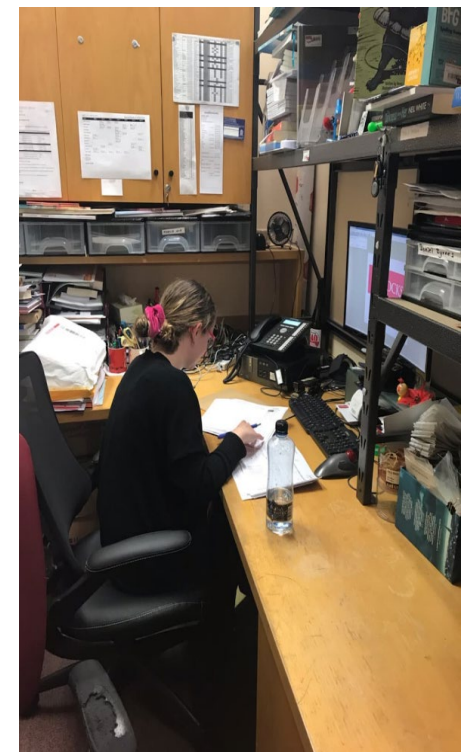
It has been a busy term for students exploring their future careers and the range of options available to them. I have been especially pleased with the efforts of Year 10 during their work experience week from the 9-13th September. 93 students successfully embarked on work experience in a range of fields including engineering, retail, hospitality, childcare, trades, medicine, animal husbandry, aged care, education, surveying, employment services and more! I am incredibly pleased with the amount of positive feedback I've received about students during visits and phone calls throughout the week. Some of our students have even been able to turn their work experience into a job opportunity, with one employer even contacting me to tell me a student was being considered for an apprenticeship opportunity on the basis of their performance during work experience!

I was also very pleased with the turnout of students from CPHS at this year's Apprenticeship and Traineeship Expo at the Penrith Panthers Exhibition Marquee on Tuesday 10th September 2019. I ran a resume support session in the morning before school where students were able to come and get support with editing and printing resumes to bring to the expo. It was fantastic to see students and parents from our school community networking with employers and employment service providers to find opportunities suited their range of interests.

As Year 12 heads toward the final hurdle of their secondary school journey, the HSC examinations, they must be reminded not to forget some very important upcoming dates. In particular, September 30th is the cut off for both UAC Early Bird Applications and SRS (Schools Recommendation Schemes). Students considering university as an option for themselves in Year 12 are strongly encouraged to seek assistance from either myself or their Year Advisor Ms Searle with these applications if necessary. Our school has seen great success with students gaining entry into university through the SRS, so this is strongly advised. Students have also been encouraged to consider 'Plan B, C, D' and so forth, whether this is WSU The College, TAFE to university pathways, apprenticeships, traineeships, private colleges, employment, travel abroad and more during their exit interviews. I will be further supporting these plans, interests and ambitions in the final weeks of this terms by meeting with students in their free periods and during the Employment Support School Holiday Workshop on Tuesday 8th October 2019. This whole day workshop will feature presentations and practical support from myself and Ms Searle as well as external employment support organisation representatives. Year 12 students needing resume support, seeking full time work and seeking apprenticeships and traineeships are strongly encouraged to attend.

As a parting note, please enjoy a compilation of just some of the pictures I was able to get of students out and about at work experience! It was fantastic for the teachers and myself to get the opportunity to visit some students whilst they were getting a taste of their chosen vocation.

YEAR 10 WORK EXPERIENCE



ATTENDANCE MATTERS

There have been some queries from families who intend to take holidays during the school term. While we recognise that sometimes this is unavoidable due to parent /carers leave, the Department of Education encourages parents to take holidays with their child during school vacation periods.

“Where a principal considers that the travel is appropriate during school term, the principal should issue the parent with an Application for Extended Leave – Travel for completion and inform the parent that if the Application is accepted, the absences will be recorded as Leave”. This form may be obtained through Attendance Coach Anne Acret phone: 47316722

Travel is considered to be domestic or international travel for the purpose of a family holiday, family business, bereavement or other reasons, which should be specified on the application.

Recognition

At Cambridge Park High we are very proud of the students who attend school regularly and we recognise them in a variety of ways.

Each term students who attend over 95% of school time receive an Excellence in Attendance Certificate, given out at formal assemblies.

Each fortnight names of students who have attended at least 85% go into a draw for vouchers.

At the end of each term we have a major draw- tickets to IFLY, store vouchers are some of the incentives used.

Our major recognition for students who are attending 95% of school time for the year.

Raging Waters- a fully funded excursion, this year held in Term 4 Week 6. Students who have missed less than 10 days all year are eligible to attend. As all students have been tracking their attendance twice a term, everyone should know what their attendance is. For parents who are unsure if their child is eligible, the Parent Portal should help, if not, call Anne Acret Attendance Coach or email: anne.acret@det.nsw.edu.au

SCHOOL ATTENDANCE MATTERS

98% = 4 days missed from school
97% = 6 days missed from school
96% = 8 days missed from school
95% = 10 days missed from school
94% = 12 days missed from school
93% = 14 days missed from school
92% = 16 days missed from school
POOR ATTENDANCE
91% = 18 days missed from school
90% = 20 days missed from school
89% = 21 days missed from school
88% = 23 days missed from school
87% = 25 days missed from school
86% = 27 days missed from school
VERY POOR ATTENDANCE
85% = 29 days missed from school
84% = 31 days missed from school
82% = 35 days missed from school
80% = 39 days missed from school

CPHS GOAL FOR OUR STUDENTS

CPHS IS CONCERNED

CPHS IS VERY CONCERNED

80% IS TERMED AS CHRONIC ABSENCE

Each day you attend school counts towards a better future for you! Our goal for your attendance is at least 90% - this means missing at the most, 20 days per school year- still a concerning number of days missed! So, despite 90% seeming great for a test score, it makes for a worrying attendance figure. Being **LATE** after ASSEMBLY AND ROLL CALL will also **lower** your attendance.

Attendance during one school year	Equals - days absent	Which is approximately weeks absent	Which means this number of lessons missed
95%	10 days	2 weeks	40 lessons
90%	20 days	4 weeks	80 lessons
85%	30 days	6 weeks	120 lessons
80%	40 days	8 weeks	160 lessons
75%	50 days	10 weeks	200 lessons
70%	60 days	11.5 weeks	228 lessons
65%	70 days	13.5 weeks	268 lessons

Every minute counts too!

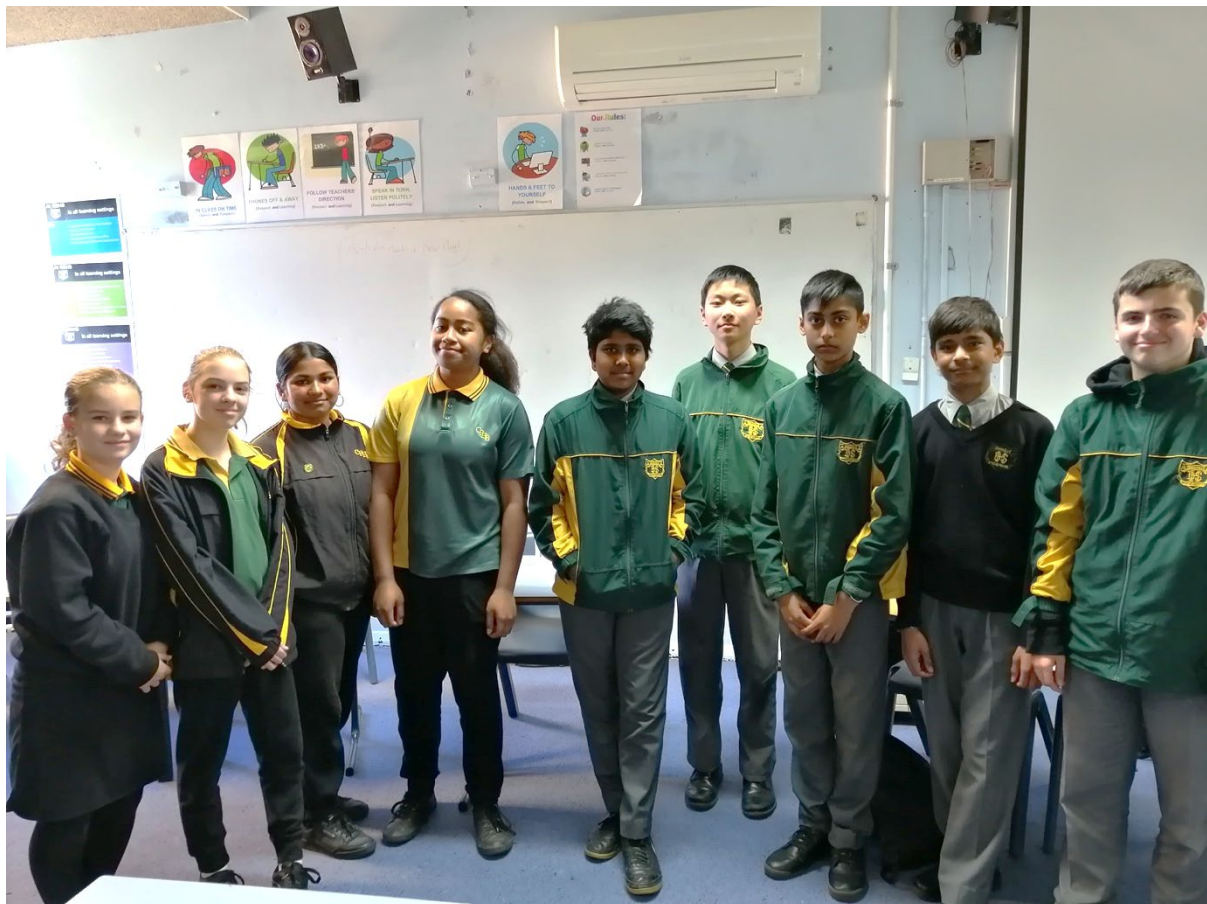
8.30	Your child has arrived in time to settle well and has the best start possible.
8.45	Your child has probably arrived just after most children as the school day starts at 8.45am.
8.48	Your child is late and has missed the beginning of the school day, being a few minutes late often unsettles children.
8.50	5 minutes late a day means 3 lost days a year.
8.55	10 minutes late a day means 6 lost days a year.
9.10	10 minutes late to period one, missing important instructions and directions given at the start of the lesson.

DEBATING

Term 3 was another busy term for both the junior and senior debating teams.

Our Senior debating teams completed their debates against Glenmore Park High School as well as a debate against each other. Both teams demonstrated enthusiasm throughout their debates, and it was a pleasure watching their growth throughout the Premier's Debating Challenge rounds. All the students who participated in this competition; Faith, Crystal, Ardan, Rebekah, Marshall, Matt, Peter, William and Ariki, should be incredibly proud of themselves and I look forward to working with you all next year.

Our Junior debating team have had a frantic term, competing in three debates over the past two months. Their first debate was against Colyton High School. The students presented their arguments confidently and were able to successfully refute the claims from the opposition. They came away victorious and ready for their second debate. That debate was up against Erskine Park High School. The students this time demonstrated their skills at opposing the topic and again won their debate. Their final debate this term was a friendly debate against Granville Boys' High School. Another confident display resulted in another win for the team, making it three wins out of three. It has been extremely satisfying watching this team grow from strength to strength and I look forward to seeing their continued progression in future debates. Congratulations to Muskaan, Rosabella, Taine, Lilly-Anna, Tegan, and Amber on your efforts this term!



ENGLISH

Congratulations to Courtney Cavanough, Year 12, who has had an impressive and thought provoking article published for an online site called Woke.

Courtney has been working diligently on editing and re-editing her article 'Youth Suicide: More Than Attention Seekers' which discusses the pressures and silent challenges the youth of today struggle to overcome.

Here is an extract from her article:

'Youth suicide in Australia has become an epidemic. Our government has spent too much money on research and not enough on prevention.'

'Mental health is a major factor in people's lives and Australian youth have the highest prevalence of mental illness than any other age group. Mental illnesses can come in many forms from depression to anxiety. As teenagers, so many of our concerns and feelings get dismissed or just considered a pain, that when the adults realise that something was going on inside our minds it is often too late.'

For the full article please visit: <https://www.ourwoke.com/post/youth-suicide-more-than-attention-seekers>

Woke is an online platform that informs the youth about social, cultural, political and environmental topics that are happening in our communities and around the world. They aim to inform and inspire today's youth. It is an opportunity to empower the younger generation so that they can truly make a difference in the world.

If you are a young person who is passionate about a certain issue, a variety of issues or you just want to be proactive and start changing the world, Woke is looking for young writers to join their team.

If you are interested please contact them via their email ourwoke@gmail.com, they would love to hear from you!

Congratulations, Courtney on your outstanding achievement!

BOOK WEEK

Congratulations to the Book Week competition winners!

Charlie Gleeson, Coral Stent, Nicole Cook and Angel Perry-Barnes were awarded Dymocks bookstore vouchers.



SRC

On the 30th of August 2019, Cambridge Park High School held its 2019 Leadership Assembly and with it welcomed the new school leaders for 2019-2020. It is with great pride that we congratulate Ali Issa and Jacqui Simmons on becoming the new School Captains and Tahir Issa and Rose Lombardo on becoming the new Vice Captains. These students are well supported by their Prefect team who have already begun working hard on school initiatives. The leadership assembly also saw introduction of new House Captains, Leaders and members of the SRC who aim to work towards being a voice for the students of Cambridge Park High School. With our new leadership team, we hope to build on the work carried out this year and bring a range of events such as Bandana Day next term, to the school for students, staff and the community as a whole to enjoy and support.



With the addition of the new Student Leadership Team we say farewell to the 2018-2019 team. These students have all worked diligently over the last year to help create a positive environment for our school and assisted in the organisation of numerous events around the school. We have seen the Leadership Team involved in events both in and out of school such as the World's Greatest Shave, sporting carnivals, the Election BBQ Fundraiser, School Assemblies and food drives in collaboration with Mama Lana's. As we say farewell to the school leaders we wish them all the best in their future and thank them for their time at Cambridge Park High School.



R U OK? DAY



HOSPITALITY

Congratulations to Year 11 Hospitality Students for successfully completing another Service Period by serving food and beverages to CPHS staff on Wednesday 11th September. This event was organised as a part of school wellbeing week. Students with the help of Hospitality trainers were able to prepare and serve lunch. Students were highly professional and have received excellent feedback from their customers. Well done Year 11 Hospitality class and keep-up the good work.

Congratulations to our VET students Courtney Cavanough, Ryan Lavender and Ally Funaki who received the Annual School Industry Partnership Award. The award is dedicated to recognising those Year 12 students who have demonstrated excellence and outstanding contribution to the Work placement Program and Vocational Education (VET).



CHEER

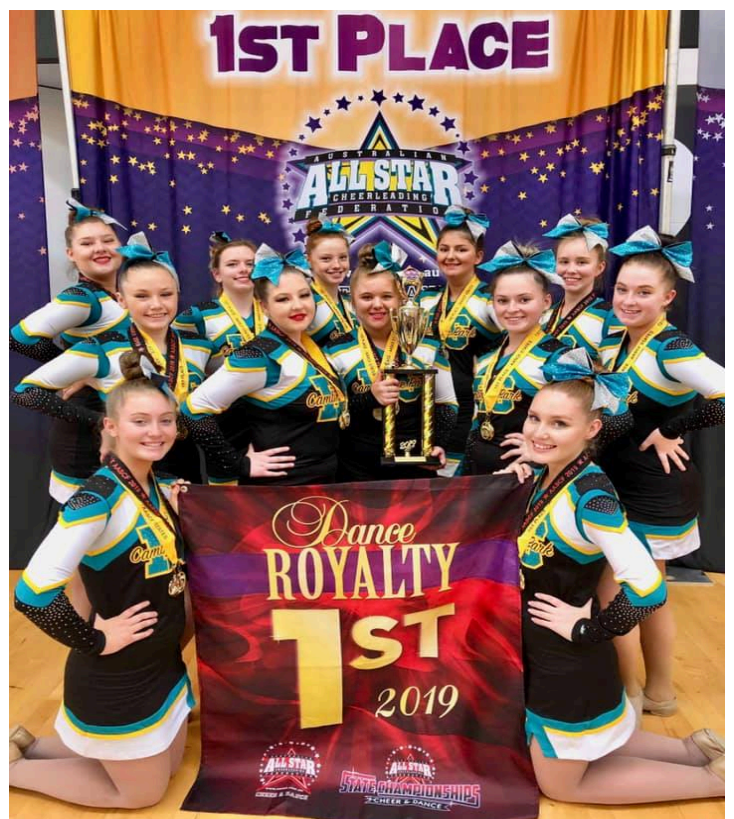


Year 8/9 Stunt Cheerleading

In 2019, a Stunt Cheerleading program was initiated and offered to Year 8 and 9 Sport students. Students have attended weekly lessons at Reign Elite in Penrith where they have worked with coaches to develop their strength, confidence, technique and team work. Students have worked together to learn and master a Level 1 stunt routine where they are lifting, flying and tumbling their way through a fast-paced and difficult 2 and a half minute performance. On Sunday 15th September, the stunt team competed for the very first time at the 2019 NSW ASSCF State Cheerleading Championships in the scholastic division. Despite feeling nervous, the students performed with confidence and supported each other to achieve an excellent outcome. Placing 4th and missing out on 3rd place by just 0.15 of a point, the students are keen to get back into the gym and continue challenging themselves with more difficult skills. We look forward to seeing their growth in 2020.

Elite Cheerleading

With many new faces in the team this year, the Elite Cheer team have been working hard during after school rehearsals to master their routine. On Saturday 14th September, they competed at the 2019 NSW ASSCF State Dance Championships in the scholastic division. The team's performance was both energetic and impressive. Up against several schools, the team took out 1st place. The amazing results didn't stop there; they were also awarded Grand Champions with the highest scoring scholastic routine of the competition. We would like to congratulate the girls on such an amazing performance and result. Congratulations girls! Sadly, in 2019 we say goodbye to Britt Walker and Shantelle Wicht who have been on the Elite Cheer Team since Year 7. Their smiling faces, determined work ethic and outstanding leadership will be greatly missed. We wish them the very best of luck in their futures and hope to see them back in the audience as Alumni cheering on the team.



DANCE

Blue Mountains Nepean Dance Festival

Term 3 has been a big term for the CPHS dance students. Year 7 Targeted Dance students have continued working on their coordination and technique to finish their very first CPHS hip hop performance. They showcased their skills at the Blue Mountains Nepean Dance Festival held at the Joan Sutherland Centre earlier this month. They shared the stage with the Year 9 Dance Elective and Elite Cheer Team. 'Bruises', a lyrical performed by Year 9 Dance elective, was learnt and performed as a part of the Year 9 Elective performance unit. The students performed beautifully and showed great commitment to the routine. Our Elite Cheer Team continued to wow audiences with their dynamic, fast-paced and technical routine.

2019 Schools Spectacular

After a successful audition in Term One, the Elite Cheer Team and a selected number of additional dance students will now attend rehearsals during Term 4 with the NSW Department of Education Arts Unit, and will feature in the Combined Dance Ensemble as a part of the 2019 Schools Spectacular in November. Keep an eye out for our talented students on the televised broadcast of the show in December.



The CPHS Stunt Team have been formed in partnership with Reign Elite. As a thanks for developing the program it would be lovely to see some of our cheer girls audition!

REIGN ELITE

Allstar & Rec Cheerleading, Dance & Tumble
State & National Champions
Summit & Worlds Bid Winners

TRYOUTS DECEMBER 6TH & 7TH

Join Penrith's largest Cheer & Dance facility

4/117 Coreen Avenue, Penrith (Behind Petbarn)
admin@reignelite.net
0423 240 505

Levels 1-5
All ages & abilities welcome

TIPS TO HELP STUDENTS STUDY FOR THEIR HSC

1. Establish a routine. Set aside a particular time each day for study and revision and stick to it. Try to start and finish at the same time each day, which will help you have some stability in your day.

2. Create a study environment that fosters productivity. This should be away from interruptions and household noise, such as the TV. Make sure there is enough lighting and ventilation, a comfortable chair and appropriate desk. Everyone studies best in their own way, decide how you study best.

3. Set a timetable. With a timetable you can plan to cover all your subjects in an organised way, allotting the appropriate time for each without becoming overwhelmed.

4. Study smarter. Be prepared, don't cram. Don't wait until the last minute to prepare and attempt to learn an entire chapter or Term in one or two days. Break the material into smaller chunks.

5. Look after yourself. Drink plenty of water, and eat healthy foods. Keep sugary foods to a minimum. Make sure you get enough sleep each night (8-10 hours is recommended). Regular physical exercise makes you feel great, boosts your energy and helps you relax. So try to keep up regular sporting activities or at least fit in some regular exercise as often as you can.

6. Reward yourself for studying. Watch your favourite tv program, spend time with your friends, walk to the park, play sport.

7. Have variety in your study program. Study different subjects each day and do different types of work and revision in each study session

8. Avoid interrupting your concentration. Have all the appropriate materials with you before you start a session of study to minimise distractions.

9. Test yourself and test yourself again, on what you have studied. Ask your parents or family members to quiz you on what you have learnt, use draft questions from books, past assessments, or major examination papers. You can never do too many practice tests!.

10. If you need help, just ask. Support is available, whether it's from your teachers, parents, friends

11. Have a study buddy Plan study sessions of about one hour either in school study times or after school. Ask one another difficult questions and review multiple choice questions.

12. At home - Studying late into the night may suit some students but most do best when there is good natural light and you're alert. Make yourself a hard copy study timetable and include your commitments to sport, fitness, friends and part-time work. Displayed the timetable prominently in your study space for family to see. That way they know when they are expected to be quiet and when you need their support.

13. Practice exam techniques-Doing past papers in set time limits is an ideal way to prepare for exams. Do them regularly and then reward yourself with a healthy treat. Check answers and sample answers at the Board of Studies' site. Some exams are three hours' long so you need stamina.

14. It's tough Allow yourself to say study is tough, sometimes tedious and repetitive. Give yourself a day off every so often so you are revitalised but make sure this is balanced with structured study.

15. Your health -Keep up your sports, listen to study notes you may have recorded or music you enjoy, make sure your adults keep you well supplied with healthy food. Drink lots of water. Stay away from the Tim Tams (or equivalent)!

16. Ask for help Parents, teachers and friends want you to do your best, if you are feeling overwhelmed, talk to someone. Use your teacher mentor to help you with appropriate study strategies.

17. Don't be afraid to ask questions in class. Chances are someone else also wants to know the same thing. If you are unsure about a concept, what is required for an assessment or an idea being discussed, don't go home confused.

18. Change your study zone - "same, same" is boring and you may lose concentration. Study at a cafe, local library, in the park.

19. Do things that aren't just study or stressing about study. Hang out with friends at least once a week. You might think you don't have time for it, but it relaxes your mind and gives you a break.— it is all about balance.

20. Use study periods to compile notes, show teachers your work and ask for feedback. Be lenient with late starts and early finishes - they are really good, but if you go to school early or stay for an extra period to study you will get a lot more done.

21. There is no point to knowing everything on the syllabus if you don't know how to adapt it to exam-style questions under time limits. Test yourself with practice papers.

22 Make acronyms with quotes or key concepts as they're easier to remember, watch videos, use flashcards and write a term or idea on one side, a definition on the other side, and read the cards before you go to bed. Use your fridge or bathroom mirror as a note board and post key formulas, concepts or mind maps.

23. Sleep, especially on the night before an exam. Then have a solid breakfast, get to school early, listen to music that relaxes you and have a quick revision, but stop 15 minutes before the exam. Surround yourself with positivity – you don't want to be around someone who is freaking out beforehand as it will make you more nervous and lose focus.

24. Sleep, especially on the night before an exam. Then have a solid breakfast, get to school early, listen to music that relaxes you and have a quick revision, but stop 15 minutes before the exam. Surround yourself with positivity – you don't want to be around someone who is freaking out beforehand as it will make you more nervous and lose focus.

25. It's not about memorising. It's about understanding the concepts and thinking outside the box. You need to know your work inside out in order to write about it effectively in an exam.

It
always
seems
impossible
until
it is
DONE.