

A BIG THANKS TO OZHARVEST



A big thank you to Ozharvest for continuing to support our after-school homework club with their generous food donations.

January 2020

Wed 29th –

First Day back

Years 7, 11 & 12

Thur 30th –

First Day back

Years 8, 9, 10

SCHOOLS SPECTACULAR



Congratulations to our talented dance girls who performed in their African/Lion King segment at the 2019 Schools Spectacular. See inside for further details.



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FROM THE PRINCIPAL - KRISTINE MACPHAIL



I would like to thank all of our school community for the wonderful support you have shown the school over 2019. You have attended school events to support and acknowledge the progress your child has made in their learning across a variety of endeavours.

The last few weeks have seen our students learn to sail (Freedman Sailing Academy), sandboard and learn about ecosystems (Year 10 Geography excursion), be safe in the water (Swim School), participate in another week of work experience (Careers), coach and mentor younger students (Peer Support Training and Orientation Day), create an art exhibition and perform a musical show (CAPA Showcase), cook and serve a High Tea and a formal breakfast for the Director and twenty Principals (Hospitality).

On every occasion where our students have represented the school, the feedback is always about how well-behaved and attentive our students are; what lovely manners they show and what fantastic kids they are – everything we already know, but it is lovely to see other people recognise this.

I would like to acknowledge our dedicated and expert staff – over 2019 they have taught our students with passion and have created opportunities for students to learn new skills and to apply them in real contexts. I am proud of our achievements.

I hope you have a safe, restful and enjoyable time over the summer break, and we will look forward to welcoming our school community back in 2020 for another exciting year. We return to school as follows:

Teachers - 28th January

Years 7, 11, 12 & Year 10 Peer Support Leaders - 29th January

Years 8, 9 & 10 - 30th January.

Students Toora Randall and Kira-Lee Little participating in the learn to sail excursion



CAREERS

Careers Enterprise Week - Students in Action!

Congratulations to all students who participated in Careers Enterprise week. Students participated in volunteer programs, work experience and Trade Transition Week. Students seized the opportunities to give back to the community, build upon experience for resumes, learn about career pathways and more!



ATTENDANCE

Regretfully our long awaited, meticulously planned and exciting End of Year Celebration for students with 95%+ attendance had to be cancelled.

We tried so hard to work around the hazardous weather conditions that Cambridge Park and surrounding areas has endured over the last few weeks. As people will know, our initial date for the excursion to Raging Waters had to be postponed as the air pollution levels reached dangerous levels and we were advised all outdoor activities should be cancelled.

We were very optimistic and hoped we could go on the second day planned: buses booked, venue rescheduled for our visit, notes reissued and Facebook updates in place; sadly this was not be, instead 120 students and staff were disappointed to wake up to another day of smoke and dust from the shocking fires encompassing our state.

Our students can look forward to their End of Year Attendance Certificates and other activities planned. Next year we hope to continue our wonderful traditions that we are building to celebrate and acknowledge student attendance.

Every day counts

Every day counts...because children achieve better when they attend school all day, every day

Every day counts... because going to school can mean getting a better chance at life

Every day counts...because school helps children build social and emotional skills such as communication, teamwork and resilience

Every day counts...because going to school is a legal requirement

What the law says

- Under the law, you must make sure your child is enrolled and attends school on ALL school days unless you have a reasonable excuse
- You must not keep your child away from school for minor reasons
- Under the law, schools must monitor attendance of students and follow up with parents and caregivers any unexplained absences.

What you can expect from school

- Monitoring of student attendance
- Letting you know if your child is not at school
- Following up any absences as soon as practicable, but within three days of any unexplained absence
- Effective teaching strategies to engage your child in learning
- Strategies to help you to encourage your child to go to school

Support for families

If your child does not want to go to school, or there are other issues surrounding attendance, contact the school immediately for assistance and support.

anne.acret@det.nsw.edu.au

Attendance Coach

PANTHERS ON THE PROWL GRADUATION

On Wednesday 6th November 2019, I had the pleasure of attending the Panthers on the Prowl: Building Young Men Graduation. This ceremony was the culmination of a 20-week program that 8 Year 10 students had undertaken. The students showed tremendous pride in their achievements and were honoured by their own personal mentor. Ms Clare Magee, Ms Fiona Cunliffe and I listened to the mentors praise each of our students on their mateship, togetherness and ability to challenge the assumptions of modern day masculinity. Sitting and listening to these stories and watching the boys accept the praise with grace and humility was one of my proudest moments as Boys' Advisor at Cambridge Park High School this year. I have seen these students take on a growth mindset, accept challenges and persevere. A keen example was the 24hr challenge in June. Ms Cunliffe and I were there at 3am and were told that only our students were the ones who did not stop. The same was true when we arrived back at Panthers Stadium at 10am. These boys have shown grit and deserve the plaudits of not just their mentors but our wider school community. Congratulations Nathan, Rhys, Luke, Jackson P, Jackson R, Joshua, Stefan and Matthew.

Lucas Widdison.
-Boys' Advisor



PANTHERS ON THE PROWL

Building Young Men Program Report – Luke Goodwin

Building Young Men was a program run over 20 weeks by the Panthers Football Club. Back in Term One of this year, all Year 10 boys had a mentor and the director of Panthers on the Prowl, Brad Waugh came to talk to us. Brad discussed what the program was and what we were going to be doing in the program. We had to apply to be in the program because there were only 12 spots. A couple of weeks after applying, we were told by our Deputy Principal, Ms Cunliffe, if we made the cut for the program. I made it into the program along with 11 other boys. The program started a week after we all found out. We met in the Chairman's Lounge at Panthers Stadium along with two other schools, Nepean High School and Kingswood High Schools. On this day we turned up to the stadium and played a game of football with the mentors and other schools.

As the program went on, we discussed a variety of topics and began to get to know our mentors. They would tell us stories of their personal experiences and we would tell our own personal experiences. We would turn up each week to the stadium for our session and hop off the bus to shake our mentors hands. They would supply us with afternoon tea each week before we sat down to have a chat about topics that are relevant to teenage boys these days. Halfway through the program we had our first real challenge. Our challenge was to walk the stadium for 24 hours. During the challenge, stories of mateship and teamwork came out. Mentors were helping mentors, mentors were helping mentees and the other way round. After this challenge something had changed. We began to look out for each other at the stadium and at school.

Afterwards, we did our first excursion. We went to the drug rehabilitation centre out at Yarramundi. We heard stories of addiction and sat down and asked questions to the men that were in that facility before we played a game of football with them. This gave us an idea of someone else's life. We continued with our weekly meetings with our mentors and before long we had completed our 20 weeks of mentoring. The mentoring part of the program was over at the end of Term Three, but we didn't finish there. At the beginning of Term Four we were invited to participate in a three-day wilderness camp. On this camp we had a number of different challenges. These included walks through the bush and river and teamwork activities. We also got to know other mentors as we were with some of the Nepean boys.

The camp was held over the weekend and started with lunch with the guides Jasper and Dale. We had lunch and then they told us to get the belongings that we wanted. We got our belongings and did teamwork activities while the other group got far enough up the river.

We began to walk up the river, we got to the end and walked up the banks to where our camp was. We had to set up our tents, we had to cook and clean up. We had to do everything like we were off the grid. One of the activities that we did that we hadn't done before was walking through the bush without a torch or light. We walked to a lookout where it was pitch black.

The next morning, we had to cook breakfast and make lunch for the day. Our first activity of the day was a walk through the bush to the summit of the mountain range. We all enjoyed this and helped each other to get through the activity. We also did abseiling that day and everyone supported each other when they abseiled down the cliff. The final day was the most fun of all the days. We got up and packed our bags and tents ready to go. The two groups were formed into one, this was the time where we all worked as a team, we cheered each other on as we climbed. One the final day we had lunch and said goodbye to the guides. We went back to the stadium where we stood in the middle of the field and had a ceremony and were inducted into the circle of men.

The finale of the event was the Graduation. At Graduation all of the graduates were sent to the stage and would have a mentor make a speech about them. We would each learn how we had improved since the beginning of the program. We are all in a Facebook group where we are able to keep in touch with our mentors and will meet in the future four times a year. All the boys that completed the program have changed over the last six months. We have become more aware of each other and we are now no longer boys, but young men.

WORK EXPERIENCE – SUPPORT UNIT

In Term 1, the senior students of the Support Unit started their Work Experience with Penrith City Council, Bush-care Unit. Each Tuesday, students went to the Werrington Lakes area and learnt about native and foreign grass. They discovered that the foreign weeds grow at a fast pace and change the natural habitat, resulting in some of the native animals being unable to nest or live in that environment. Students were weeding the Werrington Lakes for two consecutive terms. The next step up in the environment conservation was to construct homes for some of the native animals. With the help of the Avian manual, Penrith North Bunnings Warehouse and Mr. Bradford, students helped create boxes for Micro Bats, Sugar Gliders, Lorikeets and Pygmy Possums. Each box was different, and it took us one term to construct them. Together with the Avian specialist Adrian, Penrith City Council and our senior students, the installation of the bird/animal boxes at Werrington Lakes happened on Monday 2nd December, 2019. We are hoping some of the native animals will soon use them.



SRC

Throughout the year the SRC members have been dedicated to planning a range of events and activities for students at our school. Firstly, we would like to acknowledge all the hard work our new leadership team has been putting into promoting students' voice and planning these events. We saw a successful Halloween Day where students across the school participated in a scavenger clue hunt. As we close off the term the leadership team had organised a range of different activities for a Xmas week including card making, photos, Kahoot and the selling of santa hats and reindeer antlers. This event was planned and put into action by the school representatives. Being the first full event put forward by the new team it was met with success and was a great learning opportunity for the students involved. We would like to thank everyone for their support throughout the year and look forward to seeing what is in store for 2020.



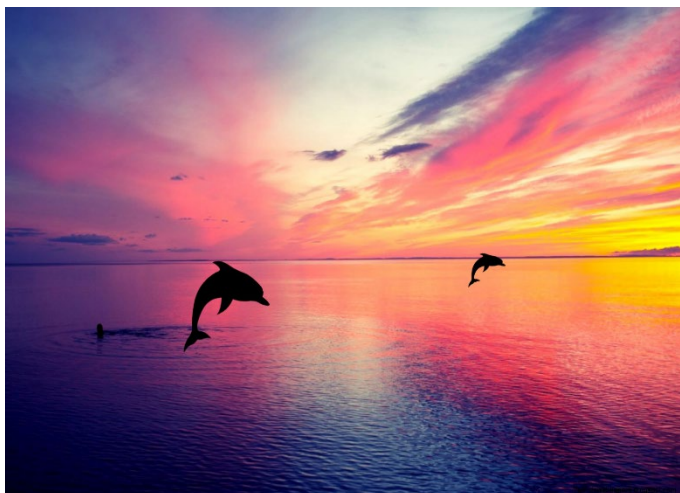
CAPA

The annual Creative and Performing Arts Showcase was another great success for our CAPA students this year. The students held a matinee and evening performance to over 600 community members including our partner primary school students.

The evening began with our Arts Exhibit held in the Performing Arts Centre, where visitors viewed and voted for the People's Choice awards for art works from students from across all grades including Year 12 photography.

The evening performance began at 7pm. The audience was entertained by the schools Targeted Music and Targeted Dance students who performed hits such as Michael Jackson's 'Billie Jean' and Black Sabbath's 'Ironman'. On display, was Cambridge Park High Schools national champion cheerleading team, whose performance was a demonstration of the skill and ability that lead them to retaining their number one position in the field across all Australian schools in Cheer again this year.

We hope that everyone who attended enjoyed their visit and we are looking forward to next year's show. I would also like to thank the CAPA staff for their ongoing support of our students and their dedication to their subject.



HOSPITALITY

Congratulations to Year 12 Hospitality students for successfully completing two service periods. The first service period was on Monday 2nd December, students prepared and served food to staff members during Wellbeing Week. The second service period was the 10th December where we prepared and presented food for Cambridge Park Primary School's 'Thank You High Tea'. Well done Year 12 Hospitality students!

"We prepared and served multiple dishes to Cambridge Park High staff members for the Wellbeing Week. The food we prepared included: creamy potatoes, salads and chicken. For the Cambridge Park Primary School High Tea we prepared various items such as, sandwiches, sausage rolls, quiches and many desserts with both gluten free and vegetarian options. We had a great time preparing this food for the staff and our community. We would like to thank Mr Varkey, Ms Sire, Gale and Anna for the amazing experience.

- Amy Timmins, Georgia Lees and Vaipaolo Kaleti





Year 9 Commerce

On Friday 8th November, Year 9 Commerce undertook their Market Stall assessment task during lunchtime. Students worked together in groups to produce, advertise and sell a product or service to the students of CPHS. They used their knowledge of budgeting, advertising and teamwork skills to produce their good or service.

Remembrance Day

In their first official duty as School Captains, Ali Issa and Jacqui Simmons represented Cambridge Park High School at a Remembrance Day service at the War Memorial Bandstand at Victoria Park, St Marys.



School Spectacular

Our talented dance girls finished a mammoth week of travel, rehearsals and back to back shows for this year's Schools Spectacular "Stars". We are very proud of their performances, dedication and growth and look forward to watching them shine on TV.

RESOURCES & TIPS FOR PARENTS OVER THE SCHOOL HOLIDAYS

This information has been put together to assist you in supporting your young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Please keep this resource handy.

Here's a link to some information about child safety.

www.facs.nsw.gov.au/data/assets/pdf_file/0008/319058/child_safety.pdf

Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Here are some resources and services that you or your young person can access:



These factsheets contain some very helpful information:

'Support your young person during the school holidays' headspace School Support Factsheet:

www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf

'If your Friend is not OK' - a resource for young people to encourage them to seek help if they are worried about a friend.

www.headspace.org.au/assets/Uploads/Resource-library/Young-people/If-your-friend-is-not-okay-web.pdf



24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and in live WebChat. **Telephone: 1800 55 1800 or www.kidshelpline.com.au**

The **Kids Helpline website** has separate sections for kids 5-12 years old (including dealing with holiday hassles), for teens 13-25 (including managing relationships; what happens after school; if you are concerned about suicide and someone you know), and for parents and carers (including understanding grief and loss).

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- **Lifeline**
24-hour national telephone crisis counselling service and online counselling
Telephone: 13 11 14 or www.lifeline.org.au
 - **Suicide Call Back Service**
24-hour national telephone counselling and online service for people 18 years and over
Telephone: 1300 659 467 or www.suicidecallbackservice.org.au
 - **e-headspace**
Online counselling for young people 12 to 25 years – www.eheadspace.org.au
 - **Mindhealthconnect**
Website aggregates mental health resources and content from the leading health organisations
www.mindhealthconnect.org.au
 - **beyondblue: National depression initiative**
24-hour telephone support and online chat service with links to local services
Telephone: 1300 22 4636 or www.beyondblue.org.au



The Mental Health Line is a **single number, state-wide 24 hour mental health telephone access service**.

Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

GoodGrief - www.goodgrief.org.au/assistance - information on children and grief, young people and grief, and supporting someone who is grieving.



Conversations Matter is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.

www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide



The Rural Adversity Mental Health Program (RAMHP) helps people in regional, rural and remote NSW who are experiencing mental health concerns by providing advice on appropriate services and resources in their local area. www.ramhp.com.au/

For a map of areas covered across NSW, see: www.ramhp.com.au/?d=69#map

You can click on a range of resources on their **Get Help Now** page:
www.ramhp.com.au/get-help-now/links-mental-health-services/

Sonia Cox is the Lithgow RAMHP Coordinator:
Sonia.Cox@health.nsw.gov.au 0448 125 676

Support around Bushfires and Disasters

Emerging Minds: Preparing children for the threat of a bushfire:

[http://earlytraumagrief.anu.edu.au/files/Preparing children for the threat of bushfire ACATLGN APS.pdf](http://earlytraumagrief.anu.edu.au/files/Preparing_children_for_the_threat_of_bushfire_ACATLGN_APS.pdf)

From the Australian Red Cross

Talking with children before an emergency

<https://rcan-kentico-prod.s3.amazonaws.com/australianredcross/files/9a/9ad68e97-77de-4867-bf85-7de3d3446e71.pdf>

Your Emergency RediPlan - EMERGENCIES HAPPEN: protect what matters most

www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparedness-guide.pdf.aspx

Orygen - helpful Youth Health Factsheets on a range of mental health issues:

<https://oyh.org.au/client-hub/fact-sheets>

These include:

Psychosis; Autism spectrum disorder (ASD); Obsessive compulsive and related disorders; Eating & body image disorders Depression; Anxiety; Borderline personality disorder; Self harm; Getting help early for psychosis; Recovering from psychosis; Helping someone with psychosis; Psychosis and physical health; Getting active (PDF); Sleep.

Holiday Activities

Local Councils usually provide a calendar of activities happening at Libraries and other council venues.

Check your local council's Website or Facebook page closer to the summer holidays for more information.

Penrith City Council: www.visitpenrith.com.au/events/search

Blue Mountains City Council: www.bmcc.nsw.gov.au/school-holiday-activities

See also Blue Mountains Stronger Families Alliance: www.strongerfamilies.net.au/

Hawkesbury City Council: www.hawkesbury.nsw.gov.au/news-and-events/events/whats-on (you can select activities according to audience by age and activities).

Lithgow Council: www.lithgow.library.com or Facebook: Lithgow Library and Eskbank House Museum