



# NEWSLETTER

*Together We Achieve*

TERM 1, WEEK 10 2020

## DEPARTMENT UPDATE - SLOWING DOWN THE SPREAD OF COVID-19

NSW residents should act now to reduce the risk of infection from coronavirus disease (COVID-19).

Social distancing means we reduce the number of close physical and social contacts we have with one another. This has now been limited to two people together, other than family members.

When social distancing actions are combined with good personal hygiene measures the spread of a pandemic through the community can be slowed. This helps protect the most vulnerable members of the community and reduces the impact of the pandemic.

There are many actions individuals, employers and organisations can take now to promote social distancing and help reduce the risk of COVID-19 infection in our community.

The following advice is based on the current stage of the COVID-19 outbreak in NSW. As the situation is evolving rapidly, this advice may need to be updated with additional measures.

Please check the following for updates:

<https://www.australia.gov.au/>

NSW Health COVID-19 website





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## 2020 STAFFING

### SENIOR EXECUTIVES

Principal	Ms. K MacPhail
Deputy Principal (Years 12, 9)	Ms. S Rojas
Deputy Principal (Years 11, 8)	Ms. F Cunliffe
Deputy Principal (Years 10, 7)	Ms. C Henderson
Deputy Principal / Wellbeing	Ms. C Magee

### EXECUTIVES

Head Teacher Maths	Ms. S Costa
Head Teacher Science	Mr. P van Coevorden
Head Teacher English	Ms. B Singh
Head Teacher HSIE	Ms. M Kamel
Head Teacher Autism	Ms. T Robson
Head Teacher TAS	Mr. A Bradford
Head Teacher Creative and Performing Arts	Mr. K Thomson
Head Teacher PDHPE	Mr. P Janson
Teaching & Learning	Ms. J McAlary
Head Teacher Professional Practice	Mr. J Varkey

### YEAR ADVISORS

Year 7	Ms. E Winters
Year 8	Ms. S Gomes
Year 9	Ms. C Cunningham
Year 10	Mr. N Adams
Year 11	Ms. J Adams
Year 12	Mr. T Rothery
Boys Advisor	Mr. L Widdison
Girls Advisor	Ms. J Hornidge

### ADMINISTRATION

Business Manager	Ms. S Abbott
Senior Administration Manager	Ms. J Beaumont

## SCHOOL LEADERSHIP TEAM

### OUR LEADERS

School Captain	Ali Issa
School Captain	Jacqui Simmons
Vice Captain	Rose Lombardo
Vice Captain	Tahir Issa
Prefect	Toora Randall
Prefect	Matthew Miller
Prefect	Kara Owens
Prefect	Brooklyn Petran
Prefect	Kira-Lee Little
Prefect	Caitlyn Mortimer
Prefect	Vaipaolo Kaleti
Prefect	Joshua Brown
Prefect	Deacan Borg
Prefect	Taitum Brown



Photo: (L-R) Tahir Issa, Jacqui Simmons, Ali Issa, and Rose Lombardo





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## PRINCIPAL MESSAGE

### Kristine MacPhail

Welcome to learning at home – our new normal!

I'd like to thank you for all the messages of support from our school community – they mean the world to us as we navigate this space.

I would also like to acknowledge the care and concern you have shown for your children and for the staff at our school by acting quickly in line with the Premier's advice to keep your children at home where possible. We are supporting the vast majority of our students at home, however, the school is still open and can support the supervision of students.

As always, our students are at the heart of everything we do, which means our teachers are committed to delivering quality learning from home, whether that be online through CANVAS or offline. What I have seen is the unleashing of creative energy as our staff pivot and transfer their enormous skills to the online context. It has been a fast introduction to our new learning management system CANVAS, but I think we are all doing very well, despite some inevitable speed bumps.

Our Year 12 students tell me they are concerned about what the HSC will look like for them as we face community lockdown. The information from NESAs this week is that they will adjust the requirements for the HSC based on what happens over the next few months. They are meeting regularly to determine the next steps. Their message to students is:

**You will be getting an HSC**, regardless of what happens next in the COVID-19 pandemic.

The required class work, assessment tasks and examinations may need to be adjusted during periods of school and community disruption.

Universities and colleges will still be offering places in 2021 courses to 2020 HSC recipients.

Requirements for HSC minimum standards may also be adjusted.

Keep working hard to complete all the required learning in your subjects.

Students who have major works are working with their teachers to facilitate their completion and where possible this is off-site.

All students at CPHS will be completing assessment tasks to demonstrate their learning from home. All assessment tasks have been adjusted to ensure students have all the resources they need to be successful at home. Term 2 assessments will be issued early in Term 2, so that students can pace their workload over the term.

We will be running a Community Group meeting through Facebook this Friday to update you on any new information.

Thank you again for your support and kindness. Please know that we are here to assist you (by email, phone or Skype) as you supervise and support your child's learning – anything you need, just ask!

Warm Regards,

*Kristine MacPhail*



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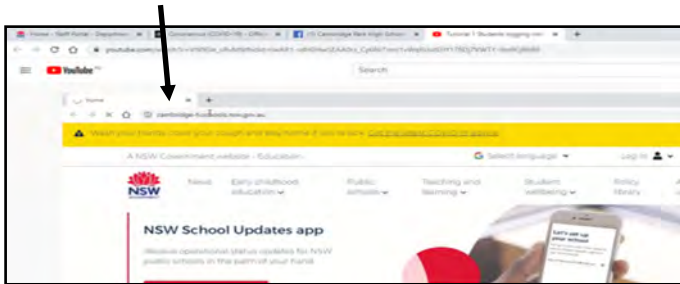
## LEARNING FROM HOME - TUTORIAL FOR CANVAS SNAPSHOT

For student to watch the tutorial on how to log into canvas copy this link into your browser:

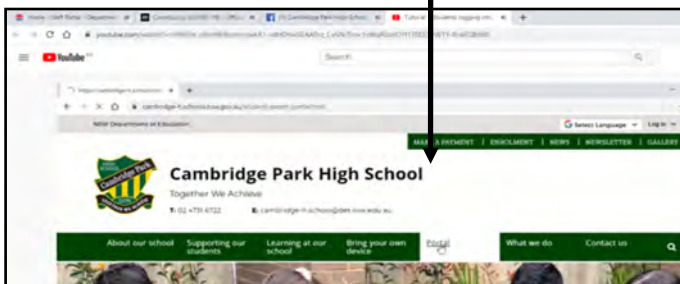
[https://www.youtube.com/watch?v=VN9Sle\\_sRvM](https://www.youtube.com/watch?v=VN9Sle_sRvM)

Please find outlined below the BASIC STEPS OUTLINED for our students to **LEARN FROM HOME**. These are taken from the video:

1. You need to use **GOOGLE CHROME** (it will not work with Internet Explorer or Mozilla Firefox).
2. Click on Google Chrome icon and access the CPHS website. In the search bar type: **Cambridge-h.school.nsw.gov.au**



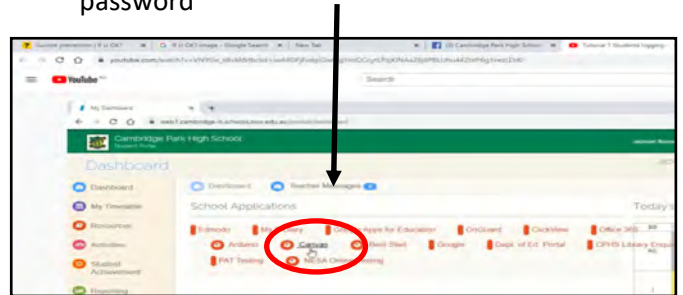
3. You will now be on CPHS's schools webpage. **Click on the PORTAL TAB**



4. Scroll down and find the Student / Parent Portal. Click **"logon to the student portal"**



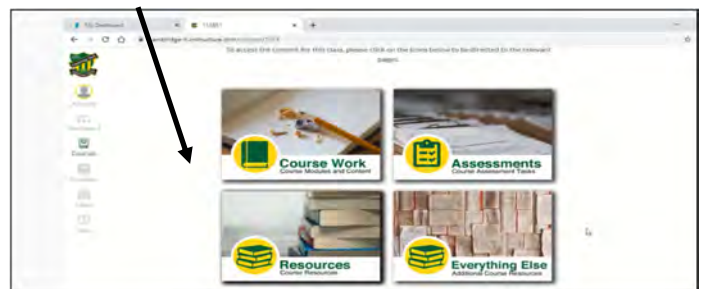
5. Students enter their **department user name** and password



6. Click on the 'canvas icon'
7. Click on your "name"
8. Add your **department email** which will be like this:  
*John.smith@education.nsw.gov.au*



9. You will now be directed to the **DASHBOARD**
10. Click on the course, assessment, resource that you need and complete the work.



11. When you have completed your work, simply click the CPHS Crest (top left hand corner) and scroll down to where it says account.
12. Click **LOGOUT**

*\*\* Please contact the school office if you are experiencing any issues with logging in.*

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## STUDENT EXPECTATIONS

### Student Responsibilities for Online Learning

- Establish and/or follow a daily routine for learning. Structure your day as it would be at school and follow your timetable for the course work you complete each day
- Create a safe, comfortable, quiet space (as best you can) at home where you can work effectively and successfully
- Log in to canvas each day to access your course work and announcements
- Ask your teacher questions through the Canvas discussion board in each of your courses
- Regularly check Canvas and your student email for announcements and feedback from teachers (at least twice a day – morning and afternoon)
- Complete tasks with integrity and academic honesty, doing your best work
- You do not need to print work from canvas, you can complete your work online using word or you can write your responses in your work book then scan and send work to your teacher for feedback
- Do your best to meet timelines, commitments, and due dates
- If you cannot meet deadlines or require additional support please contact your teachers, year adviser or deputy principal.
- Follow the illness/misadventure procedures for assessment tasks if you are not able to submit a task on the date due. Year 7-9 contact the head teacher of the course and Year 10 – 12 contact Ms Cunliffe (fiona.cunliffe@det.nsw.edu.au)
- Collaborate with and support your classmates in their learning
- Comply with the department's Student use of digital devices and online services policy' (see below)
- Seek out and communicate with school staff as you need.
- Access MS Teams for year meetings and contact with Year Advisors and Deputy Principals

### Bell Times

#### Monday, Wednesday, Thursday & Friday

Daily Assembly		8.45	-	9.00	(15)
Period	1	9.00	-	10.00	(60)
	2	10.00	-	11.00	(60)
Recess		11.00	-	11.30	(30)
	3	11.30	-	12.30	(60)
	4	12.30	-	1.30	(60)
Lunch		1.30	-	2.00	(30)
	5	2.00	-	3.00	(60)

#### Tuesdays Only

Daily Assembly		8.45	-	9.00	(15)
Period	1	9.00	-	10.00	(60)
	2	10.00	-	11.00	(60)
Recess		11.00	-	11.30	(30)
	3	11.30	-	12.30	(60)
Assembly		12.30	-	12.50	(20)
Lunch		12.50	-	1.20	(30)
	4	1.20	-	2.20	(65)



## RUOK

### A CONVERSATION CAN CHANGE A LIFE

R U OK? inspire and empower everyone to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life.

You don't need to be an expert to reach out - just a good friend and great listener.

### IMMEDIATE SUPPORT IS AVAILABLE

LIFELINE	13 11 14
BEYOND BLUE	1300 22 4636
MENSLINE AUSTRALIA	1300 78 99 78
KIDS HELPLINE	1800 55 1800
1800RESPECT	1800 737 732





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## DEPARTMENT UPDATE - COVID-19



### ADVICE FOR SCHOOL COMMUNITIES (as of 25MAR)

NSW GOVERNMENT

The NSW Department of Education is introducing proactive measures to limit the impact of COVID-19 in our schools.

The **Premier has announced** that from Tuesday 24 March parents are encouraged to keep their children at home and access their school's learning from home programs. For more details visit:

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home>

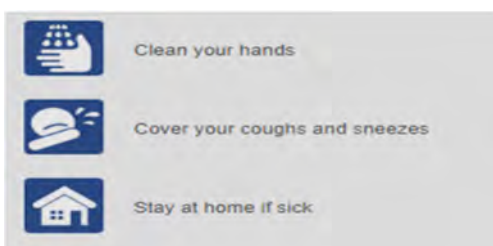
These measures have been put in place to help minimise the spread of the COVID-19 pandemic in NSW.

We continue to work closely with NSW Health and the Australian Government to monitor and respond to developments and to ensure the safety and wellbeing of students and staff.

If you or your child is unwell with a respiratory illness, stay at home until symptoms clear up.

The best way to protect yourself from COVID-19 is the same way you would protect yourself from catching flu or other respiratory illnesses. Please refer to teacher resources on the importance of handwashing.

The Department of Education is working closely with NSW Health in responding to COVID-19 cases. Schools will take action in accordance with NSW Health advice on a confirmed case of COVID-19 where there has been an impact on a school. All other confirmed cases are a personal matter for those involved and they will be managed directly by NSW Health. People assessed as being a 'close contact' of a member of the community are identified and contacted by NSW Health and given appropriate advice.



## SIMPLE STEPS FOR SOCIAL DISTANCING:

NSW residents should act **now** to reduce the risk of infection from COVID-19 (coronavirus).

Social distancing means we reduce the number of close



Keep 1.5m between yourself and others



Avoid crowds and gatherings

physical and social contacts we have with one another.

When social distancing actions are combined with good personal hygiene measures the spread of a pandemic through the community can be slowed. This helps protect the most vulnerable members of the community and reduces the impact of the pandemic on essential, life-saving health services.

There are many actions individuals, employers and organisations can take now to promote social distancing and help reduce the risk of COVID-19 infection in our community.

This advice is based on the current stage of the COVID-19 outbreak in NSW.

As the situation is evolving rapidly, this advice may be updated with additional measures.

## TAKING CARE OF YOUR MENTAL HEALTH:

- **Stay connected** - keep in touch by phone, social media or video calls
- **Keep moving** - exercise to relieve stress
- **Stick to routine** - keep regular sleeping and eating patterns
- **Switch off** - take a break from the news if it feels overwhelming
- **Reach out** - activate your support network or reach out for professional help.

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## TIPS FROM HEADSPACE

### Sleep and Your Mood

Quality sleep is like a mental health superpower. When you get enough sleep it's easier to manage your emotions, you have more patience and you deal with stressful situations better. Also, you reduce your risk of mental health challenges in the future.

So... how much is enough sleep? If you're aged 12-17 then 8-10 hours sleep is ideal, while 18-25 year olds should try to get 7-9 hours.

Here's how those zzz's can improve your headspace. It can:

- Give you more energy
- Improve your memory, attention and concentration
- Make you less likely to crave unhealthy snacks
- Help you better deal with stressful situations

### What the Experts Say

- At least an hour before bed, switch from video games, YouTube and social media to TV or watching a movie
- Lower the brightness on your phone and computer screens at night. Some have features where you can automatically dim and change the colour of your screens to help you prepare for rest.
- If you find it hard to wind down, try a mindfulness exercise – see the Smiling Mind app. for ideas.
- Try to sleep the same amount every night. An extra hour now and then is fine – but any more can confuse your body clock.
- If you need to get up during the night try to avoid turning on bright lights and hop back into bed quickly

### How to Handle Tough Times

#### Developing your personal coping strategies:

When things are stressful, our coping strategies kick in – these are things that we have learnt over time that help us feel better. Some people naturally use ways of coping that are helpful such as journaling, meditation or speaking with friends. But for some of us, the way we cope, especially with an unknown situation such as the current pandemic, can be more difficult and it can impact on our mental health in the long term. We may stop doing things we enjoy, disconnect from friends and family, especially with the current need to be socially distant and to remain at home. So, where should we start if we need to learn new ways to cope? Learning new and positive ways to handle tough times can:

- Improve your self-awareness
- Give you a sense of achievement
- Build your confidence
- Lift your energy
- Improve your motivation

#### Doing things differently—some suggestions:

- Journaling
- Using artwork to express your feelings
- Catching up with friends – via social platforms and if possible, video links
- Deep breathing and/or meditation
- Having a balance and disconnecting from social media for periods of time each day
- Practising being kind to yourself
- Spending time in nature – even if only in your backyard
- Exercise (even a short walk) – ensuring you follow the government stipulations around going outside



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## DEPUTY MESSAGE Catherine Henderson

Year 7 have transitioned well in all areas of high school so far. It has been great to see so many students from a range of different primary schools settle into the next stage of their educational journeys. The Welcome to

Year 7 Parent BBQ was once again a big success with parents and staff enjoying a social evening together to discuss how their child were transitioning to high school. Feedback was once again very positive with staff commenting on the great conversations they had with their parents and likewise parents thanking us for giving them this opportunity to 'put names to faces' and ask about things they were unsure of.

Moving to online learning over the past week has seen challenges faced by teachers, students and parents. It is crucial to ensure a continuation of learning for your child and it is critical that your child logs in to their student portal and CANVAS and follows their normal school timetable everyday. A reminder that school starts at 8:45am and students should aim to start their online learning at this time and complete their day at 3:00pm, also having regular recess & lunch breaks.

### PBL

The Positive Behaviour for Learning (PBL) program was first launched at CPHS in 2007. Staff members from all KLA areas were involved in the design of a PBL program unique to Cambridge Park High School. In 2020 our key expectations related to PBL at Cambridge Park High School are:

## RESPECT

## RESPONSIBILITY

## READY TO LEARN

We focus on the PBL expectations in the whole school environment, the classroom and in the playground. This week we have added Online Learning Expectations to our PBL model.



## Cambridge Park High School Positive Behaviour for Learning

ONLINE LEARNING EXPECTATIONS	RESPECT	RESPONSIBILITY	READY TO LEARN
	<ul style="list-style-type: none"> <li>Follow instructions.</li> <li>Ensure distractions (electronic devices, earphones etc.) are away unless required for online learning material.</li> <li>Use positive and respectful language.</li> <li>Care for the environment you are working in.</li> <li>Eat and drink during allocated recess and lunch breaks.</li> <li>Respect personal boundaries and property.</li> <li>Read the learning instructions carefully so that you can learn.</li> </ul>	<ul style="list-style-type: none"> <li>Seek support when you get stuck and can't move forward.</li> <li>Make an effort with your online learning. Never give up.</li> <li>Be in control of your learning and behaviour.</li> <li>Know that effort is the path to mastery.</li> <li>Appreciate challenges help you grow.</li> <li>Embrace and share talents.</li> <li>Take pride in your work.</li> <li>Acknowledge use of other's intellectual property.</li> <li>Be cyber safe.</li> </ul>	<ul style="list-style-type: none"> <li>Have the correct equipment for learning.</li> <li>Follow your timetable.</li> <li>Show perseverance and resilience.</li> <li>Improve every day.</li> <li>Learn from mistakes.</li> <li>Accept critical feedback and apply it to learning.</li> <li>Use technology appropriately for learning.</li> </ul>

The expectations in the table above need to be followed by our students working from home in their online environments. It can also be used around the home and, used consistently, throughout different environments may see an improvement in overall attitude and behaviour.

As your child progresses through learning in their classes on CANVAS, teachers will be monitoring each period and will still follow with positive entries on our SENTRAL system. Students can view the number of positives via the student portal. Positive letters will continue to be generated and sent home and you may like to reward your child as you see positives at home (e.g. by having a movie night, ordering take-away etc.).

Regards,

*Catherine Henderson* - Deputy Principal



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## YEAR 7 ADVISOR



I wanted to extend a warm welcome to all Year 7 students and families as they settle into their first term of high school at Cambridge Park High School. Students have been offered a variety of opportunities to participate in our school events and become active members of our school community. I look forward to celebrating the achievements and endeavours of the Year 7 cohort.



- **Kalden Yuthok** - Students were very excited to participate and support their houses during their first Swimming Carnival at CPHS. Kalden Yuthok displayed exceptional school spirit and Balanda pride!
- **Ryan Sherring** - Students visited and offered a gold coin donation to *A Blind Date with a Book*; an event ran by the English Faculty. All proceeds went towards the Indigenous Literacy Foundation.
- **Caeley Bentham** - Students bought red roses on Valentine's Day for their friends, family and loved ones.
- **Valentine's Day** - Students who donated a gold coin were encouraged to wear red in celebration of Valentine's Day.

*Elwyn Winters* - Year 7 Advisor



## YEAR 10 ADVISOR



Term 1 at CPHS has seen many students participating in a variety of exciting and innovative ways of learning. Week 7 saw Year 10 participate in several tutorials surrounding the topics of drugs and alcohol with a local member of the police department. Students interacted well and engaged in a lot of questioning and active listening.

The start of the term has seen many students participate in a variety of cultural and creative activities such as Pasifika coordinated by Mr. Kerehona.

There has already been many outstanding achievements from students from Year 10 such as representation for Sydney West Rugby League.

Cody Kay, who currently is listed with the u/15s rugby league program with Penrith Panthers, has been selected in the U/15 Sydney West Rugby league team at the Cambridge park High School carnival.

In future weeks, several male students will be selected for the Building Young Men Program coordinated by Mr Widdison and the Panthers On The Prowl. Panthers on the Prowl provides a program to help mentor Year 10 students and to broaden their awareness of different careers and career paths.

*Nick Adams* - Year 10 Advisor



"ATTITUDE IS A LITTLE THING THAT MAKES A BIG DIFFERENCE."

- WINSTON CHURCHILL -



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## ENGLISH FACULTY

2020 has seen a busy start to the term. We extend a warm welcome to our newest staff member Mr. Yasar and returning teacher Mrs. Armen. The English faculty are running some wonderful programs this year and would like to provide students the opportunity to participate in these activities regularly in class (or out).

We are encouraging a culture of reading and creative writing within Cambridge Park High School and are running a 'Reading for Pleasure' program with our Years 7-9 and Journal Writing across Years 7-10.

### HOW CAN PARENTS HELP?

Promote reading at home. Find genres that your child enjoys and allocate set times in the afternoon for them to read. This also allows them a break from 'screen time.'

Encourage your child to keep a journal at home where they can write their everyday thoughts, feelings and events. Provide them with topics that they can spend ten minutes responding to.

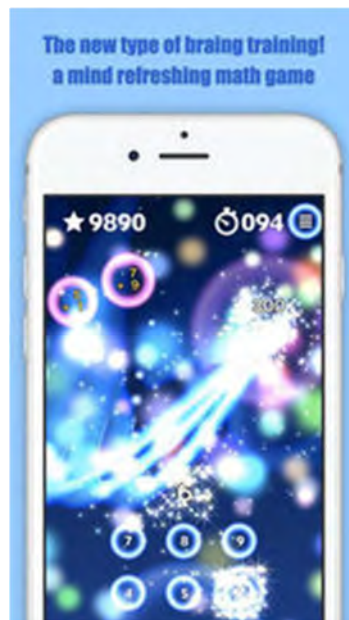


To promote reading engagement, we ran our annual 'Blind Date with a Book' event on Valentine's Day where students were able to make a gold coin donation to purchase a book based on a brief description on the wrapping. The funds raised were donated to The Indigenous Literacy Foundation. It was a wonderful event and one where we love seeing the students taking a chance on a book they haven't seen the cover of.

## MATHS FACULTY

Times tables and mental computations skills are a fundamental aspect of numeracy which is vital for your success

in Mathematics. Only with a strong foundation in timetables will other aspects in Mathematics become easier. Here are some great applications for practising times tables. These can be found on the app store or google play.



**10 BENEFITS OF CREATIVE WRITING FOR YOUR CHILD**

- Acts as a mode of self-expression
- Unleashes creative energy
- Stimulates imagination
- Enhances thought-processing skills
- Enables thinking out-of-the-box
- Develops language skills
- Aids emotional development
- Boosts confidence
- Gives a sense of pride
- Serves as a fun leisure activity



The 'Reading for Pleasure' program promotes engagement and conversation about texts that students choose to read during class time. They can opt to choose their own novels or ones that are provided by the faculty. This is accompanied by reading comprehension and inference tasks to help concrete their understanding of texts.

Journal Writing allows for students to spend some time writing creatively in class based on written or sensory prompts provided by the teacher. Students can focus on content, spelling, grammar, punctuation and various text types. Journal writing can inspire students to become confident writers by allowing them ample opportunities to practice their writing skills and find their voice without fear of being assessed. We, as teachers, love seeing the ideas that students come up with based on their own perceptions.



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## KITCHEN GARDEN

We are very pleased that the **Kitchen Garden Initiative** will commence at the beginning of Term 2. This initiative provides Years 7 and 8 students the opportunity to undertake a range of gardening and cooking experiences over the course of the year that will increase their understanding of how things grow and the need to develop strong sustainable practices. Kitchen gardening can enable students to explore their world, work collaboratively, think creatively and learn authentically. Learning experiences develop in students respect for food, food producers, living things and the environment. Involvement in kitchen garden programs teaches skills for life that can enhance personal emotional and physical wellbeing as well as the wellbeing of our planet through sustainable development.

Active participation in kitchen gardening and food technologies immerses students in nature, promotes healthy eating and involves students in physical activity. It empowers students to make healthy food and activity choices that can promote personal and community health and wellbeing.

*A school garden needs to have a community behind it, with adult gardeners to keep it going, plan and teach. But the rewards are far more than few hundred lettuces or strawberries. You only need to watch a child's face as they find a treasure of strawberries in their joggers to know how deeply humans need a green and growing world to be most deeply happy. – Jackie French, 21 February 2018, The Sydney Morning Herald*

*Clare Magee* - Deputy Principal



## BOYS ADVISOR

This year we have a number of exciting programs available for the male students at Cambridge Park High School.

The Boy's Shed by Community Junction has started its first intake with students in Years 8 and 9. In this program, the students travel to the St Clair Youth Centre every Tuesday for a full day of activities. So far the students have learnt how to budget and in the process have made burgers and brownies, although unfortunately none have made their way back to the Boys' Advisor. The boys are also in the process of making a community project where they will work collaboratively to build something that may be donated to a local organisation. The latest discussion has been a bird house, but watch this space. Throughout the fun of the program, there is a real emphasis on building emotional intelligence with each week being dedicated around a theme such as communication and resilience. It has been heartening to hear each week from the participating students that they are having fun and enjoying the challenges they are being faced with. I'm pleased to say that The Boy's Shed will have a second intake later in the year and will be open to all boys in Years 8 and 9. If your son is interested please feel free to get in contact with me to find out more information.

This term we have also taken expression of interests from students in Year 10 to be involved in the **Panthers on the Prowl: Building Young Men** program. This program was run at Cambridge Park High School in 2019, with 7 young men in Year 10 graduating. This program runs for 20 weeks across terms 2 and 3 and includes a 24 hour challenge and a 2 day camp. I'm pleased to say that we will have 12 students commence this program next term and I look forward to seeing their progress throughout its duration.



Pictured: Brad Waugh & Brogan Mulhall

My role as the Boys Advisor at Cambridge Park High School is to provide support and guidance to all the male students at the school. Boys should know that if they are ever in need of support they not only have their Year Advisor or Deputy Principal to go to but also me. Students can usually find me in Room 2 or in the English Staffroom.

If you have any questions or concerns please do not hesitate to contact me at the school.

*Lucas Widdison* - Boys Advisor



