



NEWSLETTER

Together We Achieve

TERM 2, WEEK 5 2020

WELCOME BACK TO TERM 2 CAMBRIDGE HIGH STUDENTS!

KEEPING OUR SCHOOL COVID-SAFE



COVIDSafe app

◆ Help prevent the spread of COVID-19 in our community by downloading the app, developed by the Australian Government can notify you if any of your contact test positive, NSW Health can let you know.



SOCIAL DISTANCING

◆ Maintain a 1.5m distance
◆ Avoid large groups and maintain physical distancing at all times.

◆ Avoid physical greetings - hand shakes, hugs, kisses.



PRACTISE GOOD HYGIENE

◆ Wash your hands for 20 seconds with soap & water especially after going to the toilet.

◆ If you feel unwell - stay home

◆ Cover your coughs/sneezes with your elbow or tissue.



HEALTH & WELLBEING

◆ Keep in touch with family and friends

◆ Keep hydrated, take breaks

◆ Get 8 - 9 hours of sleep daily

◆ Maintain physical activity daily



STAY UP-TO-DATE

◆ For the latest updates visit our School Website, School Facebook and NSW Government pages.

ANZAC DAY ONLINE CELEBRATIONS ARTICLE - FULL STORY PAGE 8





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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 Practise	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 Development 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

Mrs. K MacPhail

It has been lovely to welcome students back to the classrooms 5 days per week and following their timetables from Week 4.

We know that parents have put faith in our ability to keep everyone in our school healthy and I can report that students have been working well with the requirements for hand sanitising, cleaning the shared environment, distancing and cough etiquette. We will continue to have a separate recess and lunch for Year 7, 9 & 11 students.

The School Community Group presentation on 15th May 2020 covered Covid-19 school reorganisation, online learning and attendance, NESA advice, Assessment, Semester 1 reports, Parent teacher interviews, major refurbishment updates and the Year 12 graduation and formal. You can view this presentation at https://youtu.be/iOR2Zol5t_w or go to the Cambridge Park High School YouTube channel.

Not all staff have returned to school as they meet the NSW Health guidelines for vulnerability to Covid-19. Staff who are required to work from home will continue to teach their classes online and students will be supported in the classroom by a faculty member or casual teacher. Flexibility and resilience have been key attributes for all members of our school community during this time.

We have been fortunate to be able to continue with the major building projects happening in our school. Please see photos of the progress.

Warm Regards,

Kristine MacPhail



PHOTO: LIBRARY UPGRADE

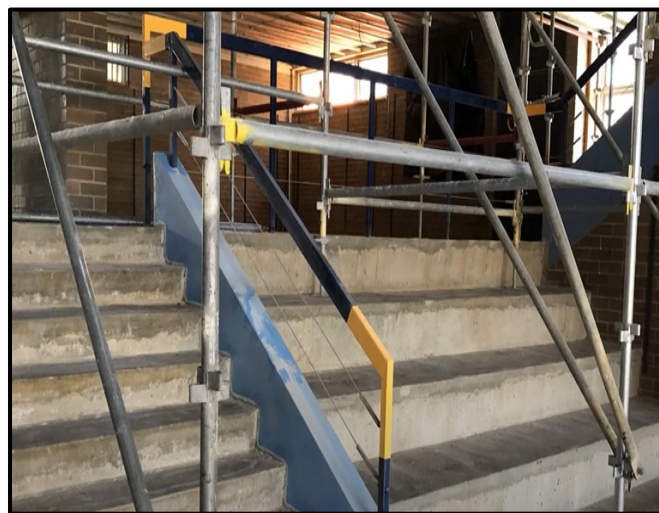


PHOTO: LIBRARY UPGRADE



PHOTO: KITCHEN UPGRADE



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DEPUTY MESSAGE

Ms. S Rojas

Welcome back!

As you know all too well, school and learning has changed dramatically over the recent weeks. I am extremely proud of how all our students have faced the challenges they have encountered, and embraced remote learning. Whilst it did not suit everyone, and was challenging and difficult at times, our students adapted to the new ways of doing things and learnt a whole range of new skills in a short time with wonderful results. I want to thank all our families for the support you have shown and the effort you have taken to assist us and your children during the past few weeks.

It has been delightful to see our students return to school for face to face lessons from Week 4. They were so keen to not only see their friends but also to get back into class and work with their teachers and peers. Many of my Year 12 and Year 9 students made me laugh as they expressed their own disbelief at missing school and us dreaded teachers!! I look forward to see you all develop on what you have been learning remotely.

Just a quick reminder that whilst some of us have made the most of using home delivery services whilst learning and working remotely, UBER EATS and other food delivery services are NOT to be purchased or delivered to school.

Stay safe and take care,

Ms Sara Rojas - Deputy Principal



ATTENDANCE STILL MATTERS

Parents and carers contacted through our Well Being checks indicated their child missed the social interaction of school and have a new found appreciation for the school environment!

Please note the steps in place to monitor attendance through participation in online learning or completion of paper based learning.

We look forward to continuing to recognise our students in so many areas of their school life.

While we are in this unique learning space, remember to take care of yourselves and those you are responsible for.

Ms. Anne Acret - Attendance Coach

Steps for Self-care

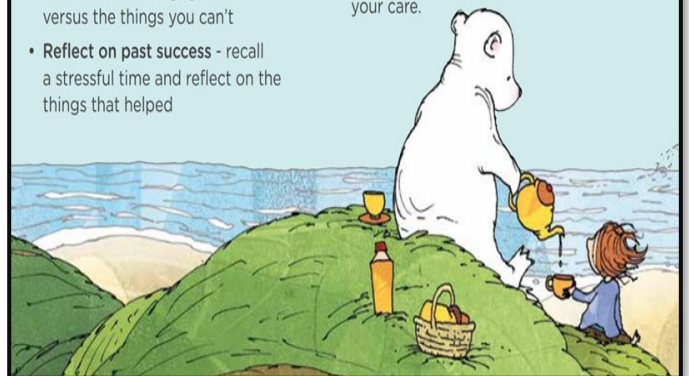
There are things you can do to support yourself, your friends and your family:

- Listen - to your needs and your own advice
- Offer kindness - for yourself and others
- Stay connected - with others by phone and online
- Keep informed - just enough information from reliable sources
- Maintain a healthy routine - diet, activity and sleep
- Focus on the things you can control - versus the things you can't
- Reflect on past success - recall a stressful time and reflect on the things that helped
- Learn a new skill and make plans for the future
- Help others - if and when you can
- Seek support - It's okay to ask for help and advice
- Build hope - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

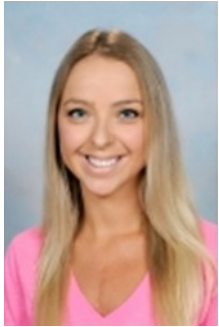
Look after yourself so you are better able to help the children and young people in your care.



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YEAR 9 ADVISOR

Ms. C Cunningham

Welcome back to Year 9! You have all done such an amazing job adapting to the new “norm” of online learning and I am so proud of you all! It has been wonderful to see all the students during our weekly online meetings, and being able to speak to many of your families over the phone.

As we slowly transitioned back into the classrooms for face-to-face learning during the first few weeks of Term, I want to commend you all on your dedication to learning during these testing times. We have all been looking forward to welcoming everyone back into the classrooms.

Ms. Chelsea Cunningham - Year 9 Advisor

PDHPE FACULTY

This week’s return to school has been a very welcome and long-awaited change from the online learning that we have all been getting used to. Particularly with PE, it has been great seeing our students, heading outdoors and getting physical activity in.

We had heaps of fun teaching our Athletics Unit to the students during the first week weeks online with our practical PE classes where our students could see each other in a class setting while maintaining social distancing practises. Many athletics events are individual by nature. Seeing our student on a weekly bases was a breath of fresh air for the first Phase, and having them back 5 days a week has been sensational! We really appreciate everyone’s efforts with the online learning so far and look forward to a fun and active Term 2.

PDHPE Staff



YEAR 12 ADVISOR

Mr. T Rothery

A warm welcome back to Year 12! We know Term 2 has not started in the traditional way in the classroom but it has been great to see so many students interact with their learning online. The enthusiasm and positivity Year 12 brought back in their return to school during Week 3 has shown their ability to adapt and adjust to the changing learning environment. We would also like to remind all year 12 students that they have a teacher mentor and that they are encouraged to touch base with them if they need any assistance with their transition back to face to face learning. As we progress through this term we are looking forward to our return to consistent face to face learning.

Mr. Trevor Rothery - Year 12 Advisor

HSIE FACULTY

HSIE have been extremely happy to see students and teachers all gradually returning to school from the beginning of the Term.

We have been through a difficult time in history, and the HSIE faculty has been eagerly anticipating digging our way out of it and getting back to normal learning processes. We’ve enjoyed being back at school 5 days a week from Week 4, and seeing students both in and outside of the classroom, something that we’ve been missing whilst teaching and learning from home.

We greatly appreciate the efforts of everyone throughout these difficult times and look forward to seeing more of our students as we progress through the term.

HSIE Staff



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CREATIVE & PERFORMING ARTS FACULTY (CAPA)



We are looking forward to seeing students return this term and as a faculty, extremely excited to continue working with our senior students as they progress towards the HSC practical assessments Term 3.

Students in visual arts have already begun preparing bodies of work. This year's year 12 student have been able to work and collaborate with their teacher, Miss Hornidge to create a diverse body of work that is showing

Music students have selected their performance pieces for their practical examination. With diverse works such as 'Why don't you do right' a jazz standard, to music from Disney's 'The Little Mermaid' to cover the topic studied 'film music' and Fleetwood Mac's 'Landslide', we are expecting a high standard of performances which could see the students receiving in the upper bands.

Drama and dance students have also been working well online with their teachers Miss Cunningham and Miss Webster. We are so proud of the effort that the students have made during this difficult time, with students demonstrating performance pieces via video conference.

As we continue the road to the HSC we encourage students and their families to contact the CAPA faculty for any extra support they require.

Targeted Art and Music programs will continue, but during this time we are unable to have a live performance night. We hope for an online video performance later this year.

Mr Kieran Thomson - Head Teacher CAPA

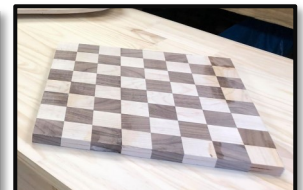
TECHNOLOGY AND APPLIED STUDIES FACULTY (TAS)

Congratulations to all students studying Year 12 Industrial Technology-Timber. During the current situation, and thanks to our Principal, we were fortunate enough to organise smaller classes to allow Year 12 to work on their major projects & design folios during Term 1 and Term 2 with Mr Bradford & Mr Prasad. All students are producing great quality work and making fantastic progress.

Student projects from Mr Bradford's class includes 2 chessboards with storage compartments, a corner lamp stand with shelves, a wine rack with storage compartments & one student making a skateboard from scratch!

Student projects from Mr Prasad's class includes 2 coffee tables, a storage / TV unit, a chair & 2 side wall cabinets with shelves. Congratulations to all these students, we look forward to seeing all the finished products!

Mr. T. Bradford - Head Teacher TAS





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STUDENTS RETURNING TO SCHOOL MESSAGES....

"Being back at school feels so good! Not sure how many students can relate but I much prefer coming into class and learning face to face with my teachers as it is easier to seek help with a simple hand up, whereas online I'm usually waiting for a few hours for a response from my teachers. Eating at any time and doing the work provided was cool but having only interaction with others via video chats wasn't the same as seeing them in person. Overall, I never thought I'd say this and mean it, but I'm happy to be in a classrooms again!"

- Anonymous

"Online schooling was the hardest challenges I have had to face in high school. I could never be more happy to be back at school and experiencing face to face teaching. During the time, I'm pretty sure almost the whole year was ready to just give up and call it a day. Some of us, including me, lost motivation and had a couple of breakdowns. The teachers were amazing during the online period and I could not be more thankful for the immense support from them. You never realise how much you miss socialising with your friends and even just speaking to teachers in person until its gone. Coming back to school has been amazing and I have never been more grateful to be here" - Jacqui Year 12

"During this time we have faced a lot of challenges and had to do online schooling which was difficult. Now I am happy to be back at school so I can see all my friends and get stuck back into learning"

- Katelyn, Year 9

"This year we have faced the challenge of doing online schooling. It was not easy but I'm glad to be back at school. I can now finally see all my friends and I'm glad to be back" - Natasha, Year 10

"Firstly, what a joy it is to be back. I never thought I'd say this but I actually missed school. It is amazing to be back! It gives me a sense of comfort to be back in the classroom with face to face learning, as well as finally getting to see my friends - I missed them so much. Although we are only attending Thursday's and Friday, I much prefer being at school over staring at a screen at home all day every day. I'm really glad to be back and I look forward to eventually getting back to our normal routine and being back full time." - Ebony Year 11

"Personally I like the thought of returning to school abs this is what we have done. Now that we have returned to the classroom, it has given me the motivation to move forward from one task to another. As I'm back at school I can now use my time at home for revision, instead of using time at home to complete set classwork and also allows me to work on assignments and homework at home. One of the biggest things for me is the ability to socialise face to face and communication instead of needing social media to stay in touch with my friends. Now that I am back I can request my teacher go over any topic that I need assistance with, as it is difficult to stay in contact with your teacher when trying to learn or ask questions online." - Year 12 Student

"Returning to school has been a pleasant surprise. Not only am I seeing all my friends again for the first time since isolation, it has made me happy. Working from home has been difficult, as it has involved many changes to how I work and communicate with others. I'm so much happier to be back at school and have developed a new appreciation for everything our teachers do for us whilst at school" - Sean, Year 11



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ANZAC CELEBRATIONS

Just as Covid-19 has posed many challenges across all facets of our lives in recent months, it also made our annual ANZAC Day Commemorations a challenge this year. However, with our community's efforts to make simple sacrifices in their daily

routines, we were inspired to create an online ceremony that echoed the theme of sacrifice, and how our recent sacrifices reflect the ANZAC spirit. A spirit that is steeped in mateship, protection and dedication to the greater good. As we do every year, we took the time to remember those Army, Navy and Air Force personnel who have served on behalf of our country, and acknowledged their sacrifices both great and small. We had a range of people from within the school contribute, as well as a Veteran of the current conflict in Iraq, who shared his unique perspective on the way the ANZAC spirit lives on in our community.

As we ease out of our lockdown procedures, we are excited to welcome back our students and staff, thankful for all of their hard work and dedication to learning, and all of the challenges that came with it. We also wish to thank Mrs Kristine MacPhail, Jacqui Simmons, Rose Lombardo and Corporal John Limbert for their contributions to our virtual ANZAC Ceremony.

Lastly, we thank you - our community - for your ongoing support of Cambridge Park High School and for honouring those who continue to serve for our country and those who have paid the ultimate sacrifice.

Lest We Forget.



NATIONAL CONSISTENT COLLECTION OF DATA

CPHS is again participating in the Nationally Consistent Collection of Data on School Students with Disability (NCCD) process. As part of this process, the school provides information about supports provided to students with disability to assist state and federal governments plan more broadly for the support of students with disability. Please note that the process is done in such a way that no individual student will be able to be identified - the privacy and confidentiality of all students is ensured. If you have any questions regarding the NCCD, please contact the **Learning and Support Faculty**.

NATIONAL HSC DISABILITY PROVISIONS

HSC Disability Provisions for the 2020 cohort are still open. The deadlines have been extended to support students, their families and schools to get the information that they need to apply. Over the next three weeks we will be gathering the required information and finalising applications.

If you have thought about making an application or have questions about provisions, please contact **Jessica McAlary** or **Monica Searle** in Learning and Support.

Disability provisions in the HSC are practical arrangements designed to help students complete their trial and final examinations.

More information about provisions can be found here: <https://www.boardofstudies.nsw.edu.au/disability-provisions/index.html#note>



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SCHOOL CANTEEN TENDER



SCHOOL CANTEEN LICENCE

Tenders are called for the licence of the Cambridge Park High School canteen commencing Monday, 20 July 2020 and for a term of approximately 4 years. Annual school enrolments will be approximately 730. General enquiries and requests for a Tender Information Package should be referred to:

Sarah Abbott – School Business Manager
Cambridge Park High School
Telephone: 4731 6722

Tenders must be submitted in a sealed envelope marked "Confidential - School Canteen Tender" and sent to:

The Principal
Cambridge Park High School
PO Box 4121
Werrington NSW 2747

Tenders close at 3pm on Wednesday, 17 June 2020

A tender visit and briefing session is planned to be held on Thursday, 11 June 2020, 2.00pm, at Cambridge Park High School

All applicants must make themselves familiar with clause 2 of the tender offer.



CAREERS NEWS

UNIQUE TRAINEESHIP OPPORTUNITY!

Students in Year 11 or 12 who are thinking about transitioning out of school now and into a career in health, this could be an opportunity for you! Please see Ms Moon if you would like resume support or advice for application processes.

<https://iworkfor.nsw.gov.au/job/trainee-pathology-collector-196805>

APPRENTICESHIPS, TRAINEESHIPS or EMPLOYMENT OPPORTUNITY

Even in unusual circumstances, there are still opportunities abound!

- ◆ Tool-making Apprenticeship Wetherill Park
<https://srajobssarinarusso.com/Vacancies/Details/VAC-07965>
- ◆ Childcare Traineeship South Penrith
<https://verto.jobreadygateway.com.au/vacancies #1134>
- ◆ Carpentry Apprenticeship Penrith - Automotive
Manufacturing Apprenticeship Penrith
<https://verto.jobreadygateway.com.au/vacancies #1115>
- ◆ Casual Food Delivery Driver Penrith
www.seek.com.au/job/41314390...
- ◆ Casual Team Member at Bunnings Eastern Creek Distribution Centre
www.bunningscareers.com.au/jobdetails
- ◆ Casual/Part-Time Junior Role at Frango's Penrith
www.facebook.com/frangopenrith/

See Ms Moon if you'd like advice with applying for opportunities! If you know of other local opportunities which could benefit CPHS students, Ms Moon would love to hear from you!

HOMEWORK CENTRE

Homework Centre has begun again to help support students and their learning, 3 days a week on a weekly basis.

Homework centre operates out of the common room on a Monday, Wednesday and Thursday from 3pm-4pm.

