

### ABORIGINAL WALL MURAL

Last term, a group of Year 7-12 ATSI students worked with Aboriginal artist Nikeeta Haverfield to complete the wall mural in F Block. Students dedicated some time to plan and design the space, and had a wonderful time adding their personal touches to the mural. A special thank you to Nikeeta for working with our students!



Best of luck to our Industrial Technology Year 12 Students with the marking of their major works!



### SEPTEMBER

Thur 5<sup>th</sup> –Work Experience Workshop  
 Mon 9<sup>th</sup> – Fri 13<sup>th</sup> –Year 10 Work Experience  
 Mon 9<sup>th</sup>-Fri 13<sup>th</sup> – Wellbeing Week  
 Wed 25<sup>th</sup> –Big Breakfast  
 Thur 26<sup>th</sup> – Yr 12 Graduation  
 Fri 27<sup>th</sup> – In The Field Excursion  
 Fri 27<sup>th</sup> – Last Day of Term 3

### HYPE FESTIVAL 2019



On the 5<sup>th</sup> and 7<sup>th</sup> of August, Cambridge Park High School hosted the tenth Annual HYPE festival in collaboration with our feeder primary schools. See inside for further photos and details.



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## FROM THE PRINCIPAL - KRISTINE MACPHAIL

Congratulations to all of our HSC students who have started their practical/project examinations. The major works are quality pieces that reflect the dynamic partnership between the student, their teacher and family. Success in the HSC is genuinely a team effort and whilst the students are required to do the lion's share of the work, there are always some anxious teachers and parents cheering them on from the sidelines.

Work is slowly progressing on converting our library to a learning and innovation hub. We have been doing major repairs to the roof, ceiling and flooring, so that the exciting changes we have planned have a secure, watertight frame.

We got exceptional news this week, that our submission for the refurbishment of our two TAS kitchens will be fully funded by the Department of Education. The upgrade will be completed during this financial year. The students and staff are pleased to know that our well used and loved 40 year old kitchens will be bought up to industry standards so that we can better deliver VET Hospitality courses.

If you have missed our School Community Group meeting, you can catch it up via You Tube. Just type Cambridge Park High School into the search bar on the site and it will direct you to our channel. We covered the updates to Positive Behaviour for Learning and introduced the new Careers teacher, Ms Moon. She spoke about all of the opportunities we are currently running for students. If you have a student in Years 10-12 this is essential viewing.

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## SENIOR EXECUTIVE REPORT- CLARE MAGEE

It is difficult to believe that we are already half way through the year and in Week 6 of Term 3!

Year 12 students have been working hard to complete assessments and major works and prepare for those practical classes such as dance, drama and music. Only 4 more weeks to go before the end of their formal classes. The Year 12 Trial Examinations have been completed and we have asked students to reflect on their results and to think about how they studied and what they need to change to ensure they continue to improve and progress.

Students are encouraged to revise class notes, practise writing examination answers, especially those extended responses. Review past papers and ensure you give any work to your teachers to edit and provide feedback. Now is the time to push yourselves across the finish line.

A couple of videos you might want to watch – tips on studying and note taking:

<https://www.youtube.com/watch?v=nif58BfiRAE>

<https://www.youtube.com/watch?v=YJ4F27K8nh8>

There are lots more out there for students to look at. Please remind your child that **Homework Centre** is available and we can always ask specific subject teachers to attend if needed.



## BOOK FORUM EXCURSION – BOOK WEEK

On Friday 16th August, Mrs Sansom took Joyzender Jap, Nysa Wright, Anita Kelly and I (Michelle Camilleri) to the Book Forum at Nepean High School to celebrate Book Week.

We reviewed the picture book 'Cicada' by S.Tan and 3 other High Schools reviewed The Feather, Girl on a Wire and The Mediterranean. It was a fun and great experience. We got to address the audience and also had a delicious morning tea afterwards. Thanks to Mrs Sansom, our Librarian for giving us the opportunity to mix with other schools and share our ideas on books. Our book 'Cicada' was named 'Picture Book of the Year', we loved it and obviously the judges did too! - Michelle Camilleri Yr 9.



## ADVICE FOR PARENTS WITH STUDENTS STUDYING FOR THEIR HSC

1. Did you know what you wanted to do before you finished high school? It's probably the question today's HSC students are asked most often and dislike the most. Everyone from relatives to strangers wants to know.
2. There are many paths to a rewarding future career, be it work, an apprenticeship, travel, TAFE, university or voluntary work. There is also a myriad of opportunities for mature-aged students once they've gained 'real-life' experience.
3. Some students need a long-term goal, others are happy to do their best anyway. You know your children – use this knowledge to find the right motivation during the HSC as it can be a stressful for a family, too.
4. Try to give support to your child without adding extra pressure. Encourage them to 'do their best'. School, relatives, friends, media all tell students about the 'importance' of the HSC ... so they get the message. At home they need support, not added stress.
5. Remember that it's their HSC, not yours. Offer them healthy meals and snacks, a quiet place to study, financial support if possible so that part-time work doesn't interfere, encourage them to keep up their sport, exercise, socialising and be part of family activities when they can.
6. In our rapidly changing society, we need more than just technical skills and knowledge. Valued 'soft-skills' include flexibility, adaptability, creativity, teamwork, leadership, problem solving, negotiation and conflict resolution, communication and a positive attitude. As the parent, lead by example and reassure your young person that an exam mark does not define them.
7. The pressure of one year should never hurt their self-esteem or your family relationships. Check in with them regularly and ask them how they are doing. Reassure them that you love and support them long

# 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.

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**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.**

# CAREERS



Welcome to Term 3 with your new Careers Advisor – Ms Moon! For those of you who haven't yet met me, students are more than welcome to pop into the careers office (the glass room located across from DP Ms Devine's office) during recess or lunch or by appointment to seek out careers advice. I'm excited to get to know the students, staff, parents, guardians and the wider community of Cambridge Park High School, and have already been heartened by the warm welcome I've received.

At Cambridge Park High School, students in Year 10 are given the opportunity in Term 3 to engage in workplace learning by participating in work experience in Week 8 from the 9<sup>th</sup> to the 13<sup>th</sup> of September. In our Careers classes this term, we have been working on strategies for how to find work experience and engage with host employers. Many local businesses and employers are willing to take students on work experience, however, many will only take 1-2 students on a first come, first serve basis.

Students are encouraged to start seeking work experience as early as possible so that they can have their student placement record submitted to Ms Moon by Monday 2<sup>nd</sup> September (Week 7). If parents or guardians are willing to take students on work experience or know of local employers who do, please contact me so we can discuss these opportunities further.

Year 12 Exit Interviews will be taking place during Week 5 this term. Exit Interviews are crucial for Year 12 students – they give students the opportunity to communicate their career ambitions and plans for the future with the Careers Advisor and their Year Advisor as well as providing vital support during this period of transition. If you are a Year 12 student and have not booked your Exit Interview (or were absent for your interview), please see your Year Advisor, Ms Searle, to book this as soon as possible. I will be prioritising meetings with Year 12 students in need of careers advice this term, so please do not hesitate to book in if you need help with university, TAFE or private college applications, scholarships, apprenticeships and traineeships, resumes and the like.

Following the success of the YES (Youth Engagement Strategy) program through TAFE WSI last term, the YES Landscaping Program has been established and commenced on Wednesday 14<sup>th</sup> August. Students will be working every Wednesday with their TAFE Horticulture teacher, Damian, to create a HSIE learning space on school grounds. This learning space will feature an archaeological dig site and weather station which these keen landscapers will be able to gift to the community. This project will be part of their ongoing studies, with the program providing a pathway into the TVET Horticulture course in Years 11 and 12. We are exploring establishing YES Programs for Fitness, Digital Media and Barbering. Watch this space!

Keep an eye on the Cambridge Park High School Facebook page, as I will be using this to communicate information on events and opportunities for our school community. Should parents wish to contact me with queries about careers, they can do so via email [brooke.moon4@det.nsw.edu.au](mailto:brooke.moon4@det.nsw.edu.au).





Education &  
Communities

# Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

## What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

## The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

## What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

## Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.



## ALUMNI NEWS

Congratulations to ex-student, Janavee Gurunathen, whose English Extension II Major Work has been selected for publication in the 2018 Young Writers Showcase. The publication contains a broad selection of the highest-scoring Major Works presented by students in the English Extension 2 course for the HSC.

Janavee's outstanding achievement was recognised at the annual **word eXpress** awards ceremony which took place at the Library on August 19th. Seventeen excited students were joined by their proud parents, grandparents, teachers and principals to celebrate the publication of their HSC major work in the **word eXpress - Young Writers Showcase 18**.

Janavee chose to write a critical response entitled, "Down the Rabbit Hole of the Disciplinary Divide: The convergence of the worlds of Mathematics and Literature in Lewis Carroll's Alice in Wonderland." Her research centred on how Lewis Carroll used mathematical metaphors and imagery to illustrate aspects of the human experience.

We are extremely proud of Janavee for this amazing achievement.



## YEAR 10 HOSPITALITY

On Friday Year 10 Hospitality were able to part take in ordering, preparing, organising and serving sandwiches to most of the faculties in the school. We enjoyed this industry exposure and appreciate the experience we were able to gain. We would like to thank Mr Varkey and Gale for preparing and assigning in this practical.





# HYPE FESTIVAL

On the 5<sup>th</sup> and 7<sup>th</sup> of August, Cambridge Park High School hosted the tenth Annual HYPE festival in collaboration with our feeder primary schools, which includes Werrington Public School, Werrington County Public School and Cambridge Park Public School.

Over the two nights, we had 1300 visitors attend the performance. The audience was entertained by Cambridge Park High School's Targeted Music students who performed renditions of hits by Pink, John Farnam and Green Day much to the crowd's amusement. Our talented dance ensembles including Senior Cheer, targeted Dance and elective dance demonstrated why Cambridge Park High School has had such success performing in dance and cheer competitions over the past few years under the leadership of Miss Cunningham.



## CAPA NEWS

I would like to wish the Cheer team the best of luck for their up-coming competition as they prepare to defend their championship title. As well as cheer, our students will be performing at the Blue Mountains Dance festival.

A big congratulations to Alanna Hill for being accepted into Nepean Performing Arts High School. She has been a driving force within our targeted music program and will be missed. I wish her all the best for her future music endeavours.

Tickets still available for the Sapphires show at the Riverside theatre on the 26<sup>th</sup> September as part of our schools partnership with the theatre. Tickets \$14 down from \$50. Please see office staff to pay.





# MACBETH AT THE SYDNEY OPERA HOUSE

On Thursday, 15<sup>th</sup> August, Year 11 English Advanced students travelled to the city to watch the Bell Shakespeare production of *Macbeth* at The Sydney Opera House.

Here are some student reviews:

After reading *Macbeth*, seeing the play come to life was an amazing experience. The play was wonderful and it helped me extend my knowledge and understanding of *Macbeth*. The costumes used were really detailed, and the actors were phenomenal at playing their characters. I would love to see it again! – Jacqui Simmons

Studying *Macbeth* has really broadened not only mine but my peers' knowledge of true Shakespearean literature during the course of our module work for this semester. I know for a fact that this play really inspired me to learn the context more in depth, and what a joyful way to do so by going to see the actual play at the Sydney Opera House! When we were seated, the suspense was overwhelming. The action started right away, and it was everything that we thought it'd be, simply amazing! Since we have finished reading the play in class, we knew what to expect which made it easier for us to follow on with the characters and what each scene was trying to convey to the audience. Watching *Macbeth* at the Sydney Opera House was truly a magical experience and thank you to the brilliant actors who inspired us by showcasing their skills! – Tahir Issa

A special thank you to Bell Shakespeare for generously subsidizing the tickets and providing our students with this invaluable experience!



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## CAFÉ IN THE COURTYARD

We have been able to partake in working in café in the Courtyard' from 8am to 8.45am, Monday to Friday every week. This experience has taught us many skills that we are grateful to have. We would like to thank Mr Varkey and Gale for making this opportunity available to us. -Maddison Rossal, Coral Stent, Madison Peckham.

## 2019 ARCHIBALD EXHIBITION

The 2019 Archibald, Wynne and Sulman Prizes is one of the most dynamic and popular exhibitions at the Art Gallery of New South Wales.

A group of students had the opportunity to experience a selection of outstanding Australian artworks providing insight into students' creativity and the issues valuable to them.

After visiting the Archibald, Wynne and Sulman Prizes, students saw many artworks in other exhibitions. In particular the Aboriginal and Torres Strait Islander galleries, Australian galleries, European galleries, Jeffery Smart, Walking with Gods, In One Drop of Water are few of the vast range on display.

Students were excited to take their learning outside of the classroom. For some, it was the first time visiting the Art Gallery of New South Wales, and what a great way to expand on their knowledge of the art world.





# BIGGEST MORNING TEA

With the amazing community support Cambridge Park HS has hosted its sixth annual Biggest Morning Tea, to raise much needed funds for the Nepean Cancer Clinic and the Cancer Council. This fundraiser has become ingrained in the heart and soul of Cambridge Park HS and is an event that staff, students and the community look forward to every year. We support this cause because we know that this illness has touched the lives of many people within our school and the community as a whole. This year we focused on **SURVIVORS** and the inner strength that cancer survivors find when going through this battle. To bring this theme to life we had our very own Kathy Hadley, the former HSIE HT share her personal breast cancer journey with us. We also had Cassie Rice and Tania Ball from the Nepean Cancer Clinic join us and speak to us about how the funds we have raised in the past have been used at the Nepean Cancer Clinic. The Cambridge Park HS community has donated enough money to the Nepean Cancer Clinic to improve garden facilities for patients, buy 8 additional Chemotherapy chairs, blanket warmers, and this year the donations will be going towards engaging an artist to paint a mural at the Nepean Cancer Clinic. Without the support of the Cambridge Park HS community and their donations this event would not be possible and in particular the donations made from Domenic Meduri at McDonalds Cambridge Gardens, Sean Nadin and Kristy Dowsett at Woolworths Cranebrook and Roni at Joes Meats at St Marys Village. Each year these organisations provide us with the food for our morning tea. We would like to thank you for your generosity and let you know how much we appreciate your support each and every year. We would also like to extend that appreciation to every person who made a donation to our Biggest Morning Tea, this year we raised **\$2,187.15**. Thanks to wonderful people like you, our fundraising efforts are saving thousands of lives, but there is still much more we can do together to contribute towards a cancer free future! We look forward to you all joining us next year to continue raising much needed funds, while sharing an amazing and delicious breakfast.



# VIETNAM VETERANS COMMEMORATION SERVICE



On Sunday August 18<sup>th</sup> Cambridge Park HS was invited to the Vietnam Veterans Commemoration Service at the St Mary's RSL. This special event is held each year and was initially referred to as "Long Tan" Day in recognition of those who paid the supreme sacrifice during the Battle of Long Tan in South Vietnam in 1966. Our Vice Captains- Matthew Shaker and Shantelle Wicht and the Relieving HSIE HT- Maggie Kamel attended the ceremony on behalf of Cambridge Park HS. While at the ceremony Matthew and Shantelle laid a wreath to pay respects to the soldiers who had paid the ultimate price for our freedom. We also had the pleasure of meeting Major General (Retd) Jim Molan AO DSC who shared his personal experiences with us and gave our students the opportunity to have a photo with him. Thank you to the Vietnam Veterans Association of Australia St Mary's Outpost and St Mary's RSL Sub-Branch for inviting us to share in this commemorative event. It was an honour and privilege to attend and remember the sacrifices made on our behalf. Lest We Forget.

## FROM THE MATHS DESK

Mathematics students have been focusing on developing their application skills across a variety of contexts. All students from Years 7 - 10 have been working in class with an interactive, online program called Manga High. This program offers students explanation of syllabus content to deepen their understanding of concepts learnt in class. It also provides quiz activities in a challenge-based environment where students have the opportunity to compete against other students across the world. Manga High can also be accessed from home to supplement students' homework activities.

In other news, five students from Year 7 and 8 recently participated in the Maths Challenge run by the Australian Maths Trust and worked through problems in their own time. Jordan Crocker, Zayne Davis, Daniel Edwards, Nivedaa Gurunathen and Samuel Kim all received participation awards and should be commended on their efforts.

The "Choose Maths Awards" is a competition run by the Australian Mathematical Science Institute. Crystal Cavanough, Arden Elbashir and Manmeet Kaur of Year 10 worked together to produce a YouTube video with the theme "Maths makes everything possible". The girls' video is titled "From DaVinci to Michael Jordan" and can be accessed here: <https://www.youtube.com/watch?v=ej79ZKFsQtE&feature=youtu.be>. Prizes for the awards will be announced in September. The Mathematics faculty and the CPHS community wish the girls the best of luck.

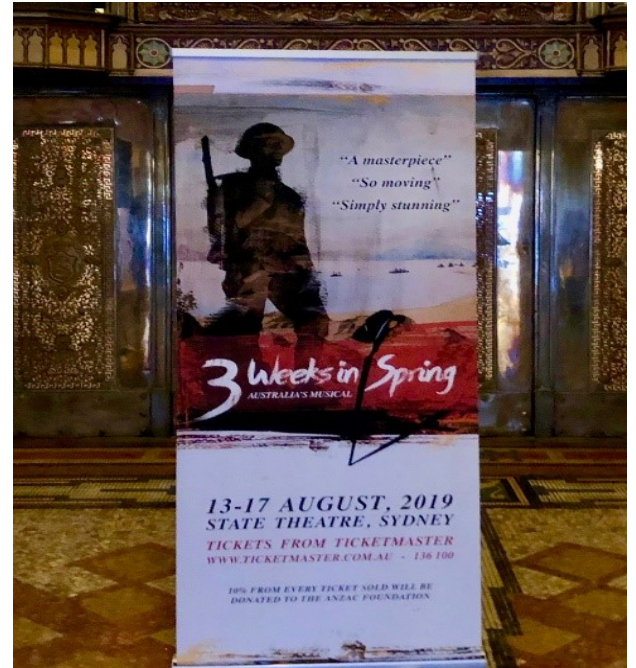


## 3 WEEKS IN SPRING PERFORMANCE

HSIE faculty was provided with a wonderful opportunity and given 50 free tickets to attend the *3 weeks in Spring* performance. On Thursday 15<sup>th</sup> August selected students from years 9, 10 and 11 attended the production *3 weeks in Spring* at the State Theatre. Students enjoyed the engaging, lively and energetic theatrical representation of the Australian soldiers landing at Gallipoli during World War One. The show demonstrated the Australian soldiers' experiences alongside the experiences of the families back home and the push to join the war effort. *3 weeks in Spring*, showcased the ANZAC spirit and aspects of Australian soldiers' lives at war in a creative and engaging setting.

Students thoroughly enjoyed the performance, some describing it as "amazing" and "helpful for connecting what we study in class in a visual way". Cambridge Park High students represented the school excellently and showed a high level of respect to the performers and theatre guests.

A special thanks to the cast of *3 Weeks in Spring* for an all-round outstanding performance and production. Cambridge Park HS would like to thank Lori Gerrard from Endymion Productions for providing this amazing opportunity to our students.



### CPHS CANTEEN

Check out the daily menu on the canteen window for some great meal deals. Eftpos available. Open for

**Breakfast Recess Lunch**

### SCHOOL COMMUNITY GROUP

Next meeting 20<sup>th</sup> September  
2pm

### UNIFORM SHOP

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