



NEWSLETTER

Together We Achieve

TERM 3, WEEK 4 2020

CAMBRIDGE PARK HS - TERM 2, IN OUR FIELD



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PDHPE NEWS

Just a small insight into one of the many courses taught by the PDHPE Faculty. Miss Poynton's Year 9 Child Studies class have commenced their new topic, New-born Care, where the students will learn about the needs of newborns, in particular premature babies. Last week, Kelly Lawson zoomed in and shared her experience of having a son who was born at 28 weeks and the family's journey after the birth. The students were all fantastic; listening and asking some great questions. Soon they will be receiving their 'virtual baby' for 24 hours to see first hand what parenting can be like. Students are reminded to take extra care of these 'babies' as they are computer-chipped. Students needed to report back to the teacher how well they were cared for during their time at home. The students are very excited to experience this project and hope you can support them on this brief journey.



WELFARE ARTICLES:

"IN OUR FIELD FUN - LAST DAY OF TERM 2" AND "CAMBRIDGE PARK HS SUSTAINABLE KITCHEN GARDEN"

WASHING THE ELEPHANTS ARTICLE

SAVE THE DATE:

NAIDOC DAY - 13th Nov
YEAR 12 GRAD - 16th Oct

JOB OPPORTINITIES

Please see the school Facebook page for updated job opportunities. Should you require any assistance applying for the roles, or with help on your resume, kindly see Ms. Moon at recess or lunch to arrange an appointment.



STAYING SAFE & PRACTISING GOOD HYGIENE

- ◆ Wash your hands for 20 seconds with soap & water.
- ◆ If you feel unwell - stay home
- ◆ Cover your coughs/sneezes with your elbow or tissue.
- ◆ Avoid large groups and physical greeting i.e. hand shakes, hugs, kisses.



Keep 1.5m between yourself and others





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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. A Poynton
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
School 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	Deaken 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

New Curriculum on its way

The review into the NSW Curriculum has been completed and the NSW Government has endorsed most of the recommendations for system improvement. The last time the NSW Curriculum was reviewed was in the late 1980s. The focus areas of our new curriculum will be:

Building strong foundations for future learning by 2022 with new English and Mathematics curriculum for Kindergarten to Year 2 and for Years 3-10 by 2024

More time for teaching by 2022 by reducing the hours teachers spend on extracurricular topics and issues and compliance requirements

Strengthening post-school pathways by 2022 with new learning areas for Year 11 and 12 that clearly link learning to future employment and study options

A new curriculum from 2024 with **new syllabuses focused on what is essential to know and do** in early and middle years of schooling, and senior years key learning areas

The next few years will very busy and exciting ones for teachers, parents and students as we reinvent education to better meet our present and future learning needs.

Trial HSC

Our Year 12 champions have just completed their last school-based assessments, prior to the external HSC exams in October. The students were very focused on getting the very best out of themselves in the Trial HSC examinations. We had our new Hall carpet out to keep the examination hall as warm and as quiet as possible to support student concentration. The feedback from students was a big thumbs up – they let us know it was a big improvement on their previous experiences in the Hall.

The Year 12 Graduation

The Year 12 graduation will be held on 16th October, 2020 at 9.30am in our school hall. The changed date reflects the NESA and Department of Education requirement for explicit classroom-based instruction to continue until the 16th October, to help mitigate the time lost by HSC students and teachers during the school shutdown in Semester 1.

As the Graduation event will be attended by students and teachers only, we have engaged a company to LIVE STREAM, RECORD and produce a HIGHLIGHT FILM for all families. The live stream will be able to be viewed on the CPHS YouTube channel. I know that many parents will be disappointed that the COVID-19 restrictions will not allow you to attend this event, but we will provide the next best thing – the live stream and a keepsake – the highlight film. If the government restrictions ease, then we will revisit our arrangements for this event, to include parents.

Year 12 Formal

At this stage the Year 12 Formal arrangements have not changed. The Formal is booked for 20th November at Twin Creeks Country Club. If we need to change this, we will decide this in the last week of Term 3. The contingency plan, if we need to cancel Twin Creeks, will be a formal dinner in our school hall on the 20th November. We are committed to celebrating the enormous successes and resilience of our 2020 HSC students.

Farewell Ms. Robson

I would like to acknowledge Tania Robson on her last day at CPHS. Tania is an expert teacher and leader. She has been such an asset to the students, parents and teachers in our school – so there is no doubt that she will be a success in her new school.

It is always sad to lose good people but career development is one of the perks of working for the Department! Thank you Tania, for every kind word, every great idea, every wonderful lesson and the strong connections you've made with everyone here. We are going to miss you.

Warm Regards,

Kristine MacPhail



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DEPUTY MESSAGE

Ms. F Cunliffe

Term Three has begun with Year 12 undertaking their HSC Trial Examinations and approaching each examination with a positive mindset to do their best. They have participated in study workshops focused on examination preparation and technique as well as some breathing strategies to manage stress and anxiety when in the examination. Their HSC examinations start on Tuesday 20th October until Wednesday 11th November and there is still a lot of focused preparation required between now and then. The week starting 31st August will see Year 12 students receive feedback on their Trial Examinations and it will be important they act on the feedback provided by their teachers and work to close their gaps they identify. Students should also focus on practising past HSC papers as a study technique and seek feedback to improve. Study workshops will also be offered during the October holidays and the schedule will be emailed to families in the next few weeks.

Year 11 will also be undertaking their Preliminary End of Course Examinations from Monday 14th September to Thursday 24th September 2020. They have also been participating in study skill workshops focusing on how to respond to questions and prepare for examinations.

As students prepare for examinations it can be stressful for parents and carers as well. Here is a checklist with tips on “How to best support your child during their Senior Years”

1. Aim to build a support network of teachers, friends and families around your child for guidance and a helping hand.
2. Talk to your child! Keep the lines of communication open at all times (especially during the most stressful period).
3. Stay informed by attending and speaking to teachers/ career advisor and University/TAFE representatives, etc.
4. Negotiate your expectations around study, free time and leisure activities. This may require some flexibility on your part.
5. Celebrate successes throughout the year. This can be as simple as improving the result in a task or achieving a short-term goal.
6. Aim to reduce the family stressors on your child, especially around examination time.
7. Be realistic as to what your son/daughter may be able to achieve in the HSC.
8. Provide as much practical, loving support as you can!

If you have any questions or concerns please feel free to contact us so we can provide any support required.

Ms. Fiona Cunliffe - Deputy Principal



MEDICAL RECORDS

We are currently updating all new and existing medical plans to ensure the well-being of our students. We ask that all students requiring a medical plan have it updated by the parent/carers to ensure any changes to medical conditions and illnesses are documented and staff informed.

If parents could kindly contact the front office to arrange for the forms to be collected or sent out that would be greatly appreciated.



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YEAR 11 ADVISOR

Ms. J Adams

It is pleasing to see that Year 11 have returned from the Covid 19 lockdown with a positive attitude to their studies. Most students have been showing a growth mindset and completing all class

work and assessment tasks to the best of their ability.

The school has interviewed those students who may have been at risk of not completing their Year 11 studies and improvement plans have been put in place to support them and help them succeed.

At present, a number of our students in the TVet Hospitality course are learning barista skills, perhaps with the hope of gaining work in the hospitality industry. As a person who has sampled their work, I am pleased to report that they are doing a terrific job and achieving at a high level.

It is also pleasing to see that a number of our students have been accepted into full time TAFE courses and are now happily following their chosen career paths. These courses include animal studies, retail, community services, photography, hospitality and automotive studies.

Year 11 also have a number of students enrolled in various TVet courses which are run outside of the normal school day. Jade Hunt and Caila Ryan have been accepted into an acute care nursing course. This is an exclusive course and the girls are in a group of 20 students chosen from across the Western Suburbs and have been selected from over 1000 applicants. Shantel Morris, Jesika Grenfell, Izzabella Buhagiar and Emily Thornberry are doing aged care nursing at Jamison High School which has a specialised facility, purpose-built for the course. Kaiden Hancock, Connor Malcolm and Lachlan McNamara are doing a landscaping course on-site here in Cambridge Park HS, and Thomas Brunner and Monique Mahon are studying Animation: screen and media. These courses are indeed a great prelude into potential career paths for these students.

A reminder to all students to continue with their good work in all classes as they prepare for the final assessment tasks to complete their Preliminary HSC.

I am looking forward to seeing excellent results in the final examinations at the end of this term, in preparation for the commencement of HSC work in Term Four.

Ms. Janine Adams - Year 11 Advisor



YEAR 8 ADVISOR

Ms. Sandra Gomes

During the last few weeks of Term Two and continuing this term, Year 8 students have been working with Mr Davis and myself in a few programs to promote wellbeing, resilience and manage stressful situations.

Students have been able to reflect about themselves and how to be part of a collaborative group, where students work together in different aspects of their learning. The students who have completed the first part of the workshop have expressed interest to continue working in mindfulness programs to promote a better lifestyle.

I look forward to working with the students in Term Three, where high expectations and individual goals are a priority to improve student performance.

Ms. Sandra Gomes - Year 8 Advisor



YEAR 9 ADVISOR

Ms. A Poynton

Miss Poynton will be taking on the role of Year 9 Advisor for the remainder of Term 3 and Term 4.



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SCIENCE NEWS

Year 10 Science 4 and 5 enjoyed exploring Newton’s third law of motion (every force or action there is an equal and opposite force or action). Here the students explored what amount of water allowed a bottle to be propelled the highest into the air. They discovered that a ration of 1:2 water to air was about the best mixture. The students then decided to determine what bottle size works best and found that the 600 mL went the highest, despite having less air and water.

Mr Paul van Coevorden - Head Teacher Science



SUPPORT UNIT EXPERIENCE

As Coronavirus continues to affect school life in small ways, one that is significant for students is the inability to attend excursions. These have, in the past, provided wonderful learning experiences outside of the classroom and opportunities for students to develop new skills when out in the community. To provide an experience for the students in the support unit the teachers ran a STEAM day. Each teacher conducted activities throughout the day that provided learning opportunities for students in Science, Technology, Engineering, the Arts and Mathematics. Activities such as rocket balloons, puffy painting, pendulum painting, spaghetti and marshmallow towers and crazy monster pets with grass seeds. All students were able to complete every activity and our senior students, Conor Davis, Corey Wickham, Dylan Noppert and Noah Flitcroft were amazing mentors, encouraging, and supporting student throughout the day.

Thank you to the teachers for providing a wonderful learning experience and to all our students who worked hard in developing their STEAM capabilities and for having fun while doing it.

Ms. Tania Robson - Head Teacher Support Unit

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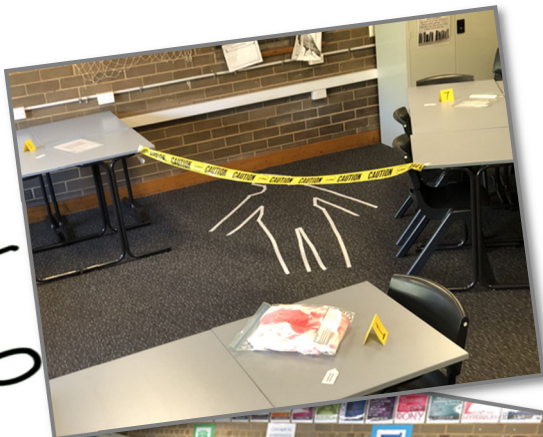
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ADVANCED ENGLISH -YR 11 Yr 11 Super Sleuths Advanced English

As an introduction to their prescribed text *Macbeth* by William Shakespeare, Year 11 Advanced recently had their classroom turned into a crime scene.

These young investigators were tasked with identifying WHO KILLED DUNCAN? They were presented with a variety of evidence ranging from a bloodied shirt and dagger to a vial of poison and a bar of soap. Each student embraced the task and completed a full report on who they believed the murderer to be. If you would like to know the culprit was, be sure to ask them when you see them next.

English Faculty



ABORIGINAL EDUCATION

Due to COVID-19 it has been a very challenging period for the Aboriginal Education Program

at Cambridge Park High School. The range of programs that were successfully running throughout Term One had to be paused to align with the NSW Government Policies. During this time, I want to sincerely thank all the students who have been adversely impacted by this for their patience and flexibility.

Pleasingly there have been some resumption to normal service most notably the Boy's Shed and Aboriginal Leadership Program run by Community Junction.

These sessions have been delivered via Zoom during school hours and have enabled the students to feel a sense of continuity and connection to their culture. Please see some of the artwork exhibited by two students from the Aboriginal Leadership Program.

NAIDOC WEEK - NAIDOC week is now rescheduled for November 8th – 15th. To align with this new date, our NAIDOC celebration day will be **Friday 13th November**. This will be a wonderful day to celebrate what our Aboriginal and Torres Strait Islander students provide to our school community. I have thoroughly enjoyed working with all of these students to-date and I am sure that this will be a special day for all involved.

Best regards,

Lucas Widdison -
Boys Advisor /
English Teacher





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WELLBEING REPORT

IN THE FIELD At the end of Term 2 we ran **In our Field** as we were unable to go out as usual due to COVID-19. We began the day with Big Breakfast and then all students spent the next four periods engaged in a range of fun and interesting activities. Students had a great day with many using virtual reality equipment, building robotics, designing and building bridges out of marshmallows and tooth picks, completing sporting challenges including creating a spider web using ropes. At recess and lunch music was played in the quad and it was great to see so many students and staff dancing and enjoying themselves.



At the end of the day we gathered to wish everyone a Happy Holiday and six students received PBL rewards for being active and positive contributors to the day - one student from each year group. The winners were:

- * Jade McPhillimey - Yr 7
- * Natalie Wilkinson - Yr 8
- * Dax David - Yr 9
- * Letisha Pange - Yr 10
- * Hannah Krueger - Yr 11
- * Hannah Batt-Salameh - Yr 12

As we are unsure as to what we will be allowed to do at the end of Term 3 we are currently planning on running another In our Field. Head Teachers and teacher are already thinking of great ideas and activities we can run at the school.

SUSTAINABLE KITCHEN GARDEN

The garden project is underway at last! A range of Year 7 and 8 students, as part of their TAS classes, have been preparing the veggie beds, putting mulch down and will begin planting seeds very shortly. The Year 12 students are finalising the

pavers and building shelves to store cuttings and seedlings. Once things grow the students will be using our brand new Industrial Standard kitchens to prepare nutritious, tasty food!

Ms Clare Magee - Deputy Principal



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WASHING THE ELEPHANTS

Imagine the following scenario and try this with your children!

Ask one person (Volunteer #1) to leave the room and explain to the rest of the group that you are going to “wash the elephant.” Using an imaginary pail of water and cloth, and informing the rest of the group about the meaning of each move wash the sides, the legs and the trunk; lift the ears and tail and so on. A member of the group (Volunteer #2) then volunteers to demonstrate with no words what he/she has seen you do. The volunteer outside the room is brought back and silently observes the mimed demonstration, then demonstrates what he/she observed and explains what he/she is doing at every move.

How easy would it be to explain the activity to the person not in the room to observe?

Now think about a student missing instruction and teaching in the classroom due to absence- how much simpler it would be to observe the activity first hand!

When do you think absences seriously affect a student's ability to do well in school?

Is it when a student is absent 20 days or more during a school year? Or when they miss 10% of the total school days in a year? Or when they miss 2 or more days of school per month? These are different ways of saying the same thing. A student who misses 2 days per month will end up missing over 20 days during the school year, and that equals 10% of the school year. This is what is known as “Chronic absenteeism.”

Key Point: Being present when information is delivered is critical.

When your child misses one day or one lesson, that means when she/he returns, she/he may have missed something critical to her understanding of the next several days of instruction.

At Cambridge Park High School we believe it is more important than ever for all students to attend school as much as possible, especially given the time we were in Learning from Home mode- so many students reported they felt supported by teachers but much preferred face to face teaching!

ACTIVITY- An exercise to get you thinking-Try this with your children at home- high school, primary or infants.

Parents – you can see how your choices affect whether your children are in school on time, every day for the entire day. Through this activity, parents will know what they can do to support their children in getting to school on time, every day.

Our goal is to get over the school finish line for the year.

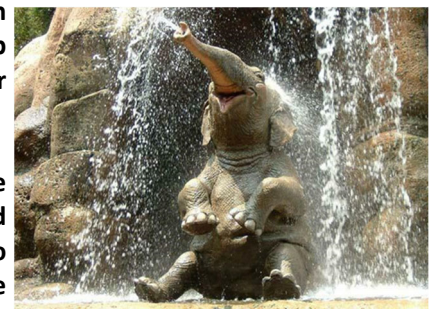
Imagine you are the child. Answer the following questions and see how your choices can affect your child's school attendance

- Do your parents help you get to school on time every day?
- Have your parents established a regular bed time and morning routine?
- Do your parents schedule doctors' or dentists' appointments during non-school hours?
- Did your parents make sure you got all vaccinations before school started?
- Does your family have a back-up plan for times that they cannot get you to school?
- Does your family go on vacation only during official school holidays?
- Have your parents, with the help of school staff, developed a plan to address chronic health conditions like asthma that might make it hard for you to go to school?
- Do your parents notice when you missed school because you were anxious and complained of a stomach ache so stayed home even though you weren't really ill?
- Does your family track and monitor how many days of school or preschool missed?

Based on your answers, what are some ideas you have about things you can do as a parent to help your child have better attendance?

Remember you have great resources and support at school to assist with attendance - please contact Year

Advisors or the Attendance Coach Anne Acret



Ms. Anne Acret - Attendance Coach

