Parent’s and Citizen’s Association
The AGM of our P&C saw some new people elected to executive office positions. These include President: Mrs Kerry Burns, Vice Presidents: Susan Adams, Pinky Cutmore and Cameron Paton, Treasurer: Linda Burrows and Secretary: Irina Radionova. I look forward to working with the leadership team during 2013 and thank each of them for their ongoing commitment to our school community. I would like to take this opportunity to acknowledge the outstanding work of our outgoing executive team who have actively served our community for many years. John Atkins as President, Violet Roumeliotis as Vice President, Karen Kutcher as Treasurer and Barry Munns as Secretary have all been fine representatives for the parent body and great supporters of the school. This humble group of people would downplay the impact they have had on our school community but as well as their role with the P&C they have always been on hand in many different situations. A key and at times challenging role has been their representation of parents on many staff and student selection panels throughout the years. As a school we owe a debt of gratitude to them for their willingness to take on these vital leadership roles within our school community.

School Development Days
The first two days of this term were set aside for staff to work on programing and other curriculum initiatives. While a clear focus was on the Australian Curriculum in NSW which commences with English, Mathematics, Science and History in Years 7 and 9 next year all staff were involved in faculty sessions where the ongoing development of learning programs was the focus. Over the two days we also received keynote presentations on Programing for Gifted and Talented Students by Dr Susan Smith from UNSW and Strategies to Assist Students with Handwriting by Jacky Pelle a local Occupational Therapist. Both speakers provoked follow-up discussion and our Teaching and Learning Team, under the guidance of Ms Pam Abson, are currently looking at strategies and initiatives to build on this work.

ANZAC Day Activities
Our recent ANZAC Day assembly was an outstanding whole-school function and our students really showed an appreciation of the sense of occasion associated with this event. They responded well to their peers, our student leaders, who coordinated the assembly. David from Year 12 presented a student’s reflection on ANZAC Day and Mrs Rosie Miller, our Student Welfare Coordinator, spoke about children who are often the forgotten casualties of war. Many students volunteered to help with the Red Shield Appeal after representatives of the Salvation Army spoke of how they could be involved in this community service opportunity.

Wednesday morning at 4.30am on April 25th saw our Captains, along with Mrs Northey, represent the school at the Caringbah Dawn Service. This is a great Caringbah community event and it is always good to see a number of other staff and members of our school community in attendance. David, who had travelled to Korea as part of his 2012 ANZAC Scholarship, was recently invited by the Minister for Veteran’s Affairs, Mr Dominello, to represent the State at a reception for a visiting Korean delegation. This took place at the War Memorial in Hyde Park where David, and another student, presented to the delegation and drew high praise from guests, government officials and the associated media.

Staff News
Mr Trevor Orsaris has been successful in gaining a promotion and recently commenced his role as Head Teacher PDHPE at Kingsgrove High School. While Trevor is recognised as an outstanding teacher, during his eleven years at Caringbah High he was involved widely in welfare, leadership, camping and sporting programs all over the school. We wish him all the best in his new role. The DEC has appointed a replacement teacher, Ms Sheena Williams, who will start with us in the middle of term 3.

Year 10 Interviews
Our Year 10 students are to be congratulated on their involvement with the recent Work Experience interviews. I had the privilege of speaking with many of the interviewers who were complementary of both our students and the organisation of the days. Thanks to those parents who helped us out with this program as this is a very important part of the transition process as our students look from school to tertiary education and on to their career area.

Annual School Report

Parent Teacher Meetings
We are currently working towards the preparation of school reports for all students. Year 12 will receive their reports on June 7 and Years 7-11 reports will be distributed to students during period 4 on the last day term. On June 17 we have a Parent/Teacher Night for Year 12 parents and early in term 3, July 23 and 29, we have two evenings for the parents of students from Year 7-11.
SUCCESS AT CARINGBAH HIGH

Tomer (Y9) and his partner, Natasha Jacobs - won third place in the 2013 Interstate Teams Selection qualifying event of the NSW Bridge Association in the Youth (under-25) category, and will be a part of the Youth Team representing NSW in the 2013 Australian National Championships in Adelaide, 7-12 July, one of the major annual events of the Australian Bridge Federation (http://www.abf.com.au/events/anc/2013/).

Ruby Y7 - interviewed by Matt Doran (Channel 10) and performed "What a Wonderful World", supported by the band The Usual Suspects at the Hearts on the Harbour charity fundraiser for the Kid's Cancer Project at the Opera Marque on Saturday Night May 25th. The event raised $70,000!

Morgann Y8 – a member of the Sydney Region Band and involved in the middle school Ensemble Schedule.

Luis Y10 – involved in “Voices in Performance”.

Clarinet Ensemble and Jazz Combo – both placed 2nd in their events at the Sydney Eisteddfod.

Taylor Y7 – attending Sydney Region Arts’ CREATE HIGH held at Seymour Theatre Centre.

Caleb Y10 – participating in an approved official Sydney Region DEC event, the EXPANDING HORIZONS program.

Caringbah Dance Ensemble – selected to perform in the Sydney Region Dance Festival and Schools’ Spectacular 2013! Well done.

Mock Trial Team – defeated Sylvania High

Years 7, 9 and 10 Debators – won all their debates and go through to the second round of the Sutherland Shire Debating Competition.

CHS Sailing Championships – Kate and Claire Y11, Henry Y10 and Oliver Y8. Fantastic results by all students, full report further on in newsletter.

Wilson Y9 – attending the Arts Initiatives 2013 Boys’ Hip Hop Workshop.

Samantha Y11 – competed in the Australian Junior Athletics Championships in Perth and won the U/18 Women’s 100m with a time of 12.2 at 15yrs of age. Coming back from a stress fracture in the back. A month later Samantha came sixth in the Australian Open Championships in Sydney and ran a personal best of 11.9 seconds.

Bronte Y12 – selected to represent the Sydney East Region in the Netball team to compete at the NSWCHSSA Carnival.

Kathy Y10 - 3rd in the 400m and 800m at the NSW all schools’ swimming carnival.

Maclean, Matthew and Sam Y12 – selected to represent the Sydney East Region in the Boys’ Hockey team to compete at the NSWCHSSA Carnival held at Narellan.

Open Boys’ Football Team - defeated Kingsgrove High 4-1 goals scored by Michael and Dylan (Y12) and George Y9 a double. The boys’ will now play Port Hacking High in round 2.

Open Boys’ Football Team – defeated Port Hacking High in a very close and exciting game 1-0. Mark got the goal in extra time from a perfectly timed through ball from Dean, however the passing and team play was outstanding.

Michael Y8 and Kameron Y9 – selected to represent the Sydney East Region in the Australian Football team to compete at the Sydney Metropolitan Carnival.


Arnav Y9 – selected in the NSW all Schools 15 Yrs boys’ Cricket team and competed at the School Sport Australia Championships in Perth.
A visit to Government House  

Ashleigh Y12

One of the most rewarding aspects of being a school leader is having the opportunity to meet other inspiring leaders, from other schools and the wider community. On 9th May, Mohan and I had the incredible opportunity to visit NSW Parliament house with a number of other school leaders from around the Sydney and New England Region.

The day began with an address by our local member Mark Speakman and two of his colleagues from the lower house. Each Member of Parliament came from a different political party so we were able to hear a broad range of opinions and ideas. The member for Balmain, Jamie Parker and the member for Lakemba, Robert Furolo gave us an insight into the events that lead them to become involved in politics. Despite their differences, the three MP’s seemed undoubtedly committed to the welfare and bright future of our state. At the end of their speeches we were given the chance to ask questions. Mohan and I both asked questions about the restraints of being in a political party, to which we were given excellent and insightful replies. Both Houses of Parliament were sitting on the day so we were able to witness debate in both the legislative assembly and council. The upper house was debating “The rights of the Terminally Ill” bill which was very interesting to watch. Despite the fact that it did not pass, the debate was very emotional and thought provoking.

After our tour of Parliament House we proceeded to Government House for a tour of the grounds and an address by the NSW Governor, Marie Bashir. Her Excellency Professor Marie Bashir is personally one of my role models so to see her speak was a privilege to say the least. Her commitment to mental health in young people throughout her life is truly inspiring and her work as the first female state Governor only compliments this. Overall the day was great fun and an amazing opportunity. To be surrounded by both the leaders of today and the leaders of tomorrow is something that I’m really glad to have experienced.

Dawn Service  

Mohan Y12

Waking up at 3.30am in the morning is never an amazing experience, but as I woke from my slumber on the 25th April, there was a certain motivation urging me on. Driving through the pitch black streets of Caringbah was an unnerving experience, however upon reaching the corner of the Kingsway and Port Hacking Road, I was met by a large crowd gathered around the War memorial.

The piercing cries of bagpipes rang throughout the crisp morning air, setting the tone for the dawn service which soon followed. Huddled together in the freezing night air, were people of all ages. Past veterans stood alongside young men and women, and school children were scattered throughout. Countless wreaths (including Caringbah’s own) were laid to rest against the stone walls of the remembrance monument, honouring the Anzac’s and all Australian soldiers involved in warfare throughout our nation’s proud history.

Although it meant sacrificing a few hours of sleep, attending the dawn service was an incredibly moving experience. To see Caringbah and the greater shire community come together regardless of age, culture or occupation was truly something special. United as Australians and in our appreciation of the men and women who have, and continue to sacrifice so much for the country we all call home.
SRC Report

This year’s SRC are striving to highlight Caringbah’s multiculturalism and are focussing on encouraging students to realise that being different is OK, through the theme of acceptance. The SRC is working to promote awareness of the never-ending battle of discrimination and bullying. Overcoming sexual, religious or racial discrimination, the SRC are planning a day to encourage all students to accept individual differences. Through fun filled events and many other perks, this day will be one to surprise and remember.

We have also planned another special day to raise additional money for our beautiful sponsor child Angel. So look forward to another great gelato day. More details will come closer to the date, but until then be conscious of what is happening around you, accept others for being different. Do you accept the challenge?

Hazelhurst Gallery After Five: Fashion from the Darnell Collection

Year 10 Textile Technology visited Hazelhurst to explore fashion from past eras. We were able to use the free Veolia Bus Service to travel to the Gallery and have lunch in the grounds before exploring the exhibition.

The Darnell Collection is a celebration of the artistry of designers and a window to the social history of the twentieth century. With gowns by some of the greatest names in fashion, as well as some talented but little-known designers, the exhibition illustrates stylistic moments in fashion, and explores how and why evening wear has changed for women over the years.

Commencing in the 1920’s and spanning the decades since, the exhibition presents garments and accessories originally worn to cocktail soirees, balls, opening nights at the theatre, charity events, graduation parties and red carpet galas, and for dancing at nightclubs and discotheques.

The exhibition is entirely drawn from The Darnell Collection of International Vintage Couture. Now considered Australia’s largest private collection of fashion, the collection has an intriguing provenance. The core of the collection was put together by Doris Darnell, a Quaker from Pennsylvania, who from the 1930s gathered together items of clothing worn by her wealthy friends and acquaintances. Of particular interest were the glamorous garments worn for special occasions. In 2004 Doris bequeathed half her collection to an American university, and the other half to her goddaughter, Charlotte Smith. Since inheriting her godmother’s collection of precious fashion, Charlotte has continued to develop the collection, which now numbers over 6000 items of dress. New acquisitions by Charlotte have resulted in many of the works represented in this exhibition bearing an Australian provenance.
Making it to a State level of swimming is an enormous accomplishment that each of our 12 competitors should be enormously proud of. Over three days our school attended the NSW CHS carnival out at Homebush and as a school we performed exceptionally well in both our team events and individually. For the second year in a row the girls in the under 14’s relay team made it into the final and qualified with a time that saw them in the running for a medal. After a very close swim the team finished with an exceptional fourth. In the all-age boys relay the team swam very well in the heats but needed to wait for the other two heats to swim before they could find out if they had made the final. After a long wait it was revealed that the boys had made the final and went on to finish 7th. Our individual swimmers performed exceptionally well with each of them making the final in various events. A special mention must go to both Alexander and Kathy. Their performances (as seen below) were outstanding. As a school we are exceptionally fortunate to have such great sportspeople representing us as a school. Well done and the best of luck at the NSW all schools competition!

Our competitors at the NSW CHS Swimming carnival were as follows:

- **Alexander** (1st 50 freestyle, 1st 100 breastroke, 6th 100 backstroke, finalist all age relay, 3rd 100 butterfly, 2nd 100 freestyle)
- **Kathy** (4th 800 freestyle, 4th 200 freestyle, finalist 100 backstroke, finalist 50 free, 1st 400 freestyle, 2nd 100 butterfly, 3rd 100 freestyle, 4th 200 individual medley)
- **Catrina** (4th U14’s relay, 5th 400 freestyle, 8th 100 butterfly)
- **Connor** (finalist 100 breastroke and all age boys’ relay)
- **Kiani** (finalist 100 butterfly)
- **Paris** (4th U14’s girls’ relay)
- **Sarah** (4th U14’s girls’ relay)
- **Tabitha** (4th U14’s girls’ relay)
- **Lyndon** (finalist all age boys’ relay)
- **Daniel** (finalist all age boys’ relay)
- **David** (finalist all age boys’ relay)
- **Matthew** (finalist all age boys’ relay)
During the first week of the last school holidays, four students from Caringbah High competed in the Combined High Schools’ Sailing Championships from the 16th to the 20th of April at the Belmont 16” Skiff Club, situated on Lake Macquarie.

Three different boats represented the school; two 29ers and one NS14. Kate (skipper) and Claire (crew) Y11 on “Out There”, Henry (skipper) Y10 and his crew from St. Patrick’s College on “The Bear”, and Oliver (crew) Y8 and his skipper from Kirrawee High School on “Mirage”.

The weather for the week was challenging; there was never a dull moment or an easy day. It began with a light and pleasant breeze, but by the end of the regatta gale force winds and rain caused a race to be cancelled on more than one occasion. The courses were longer than in years past, and getting two races in per day meant we barely stopped for breath.

Thankfully, by the end of each day we could always warm ourselves up with hot chocolates and a set of dry clothes!

Out of 147 boats registered in the competition, our students managed to place within the top one third of the fleet. With “Out There” placing 30th, “The Bear” 31st and “Mirage” 45th overall. Henry finished 2nd in the NS14 class, while Kate and Claire were 7th out of 45 all girl crews.

This 47th CHS Schools’ Sailing Championship also doubles as the NSW and Australian Secondary Schools’ Sailing Championship and is supported by both Yachting Australia and the Australian Sailing Team.

Of course, we are all supported by our school and our parents, and to them we owe a vote of thanks!
It is amazing – blue skies and no rain clouds in site! It was an early start on a Sunday morning to arrive on the western side of Morton NP to start our 3 day adventure with 16 students. The rock formations along the way gave us lots of opportunities to see where we are and where we are heading.

The lagoon on the Coorong River is a popular camping site, but as we were walking further into the park we enjoyed the site for our lunch break before heading to our camp site.

Home sweet home for the evening. We had a sheltered site, water easily accessible and great weather. The ‘horse’ head appeared early in the evening – we weren’t sure why it was with us but it created a lot of fun.

Setting up camp includes organising meals which include a variety of dehydrated meals and meats.

Tom had a busy evening trying to keep track of the group, especially Will who seemed to be missing. The horse is back – but why?

The view early in the morning – the heavy mist made tents very wet.
The reveille being played early outside the girls tent – the boys are so thoughtful, they didn’t want the girls to sleep in.

The day warmed up quickly so the walk down to the Cascades and time spent at the water provided a welcome relief.

Our cave campsite for the second night. Very sloping and a little dusty. A walk in the afternoon to a lookout which gave us views of Morton National Park.

The final day – the Arches.

The bus awaits – we were hot and dirty but had a great sense of achievement completing the trek.
Japan Trip

On the night of Friday 12th April, much to the chagrin of the couple of students who had a physics exam that morning, several year eleven and twelve Japanese students met at Sydney International Airport for a nine hour flight to Japan. The flight was cramped, uneventful; and no sleep was had that night. Upon our arrival at Narita airport, Ms Abson was delayed at immigration due to a fingernail-related incident; the students were running on adrenaline and “keen as a bean!” for their first day in Japan. We commuted towards Ueno station then onto our hotel, where we trekked 20 minutes with our luggage in tow. Mr. Sherley and Ms Abson (henceforth “Shabson”) gave us a great deal of choice in our exploration of Ueno, beginning with a stroll around Shinobazu pond and seeing our first (of many) cherry blossoms for the trip, on to Ueno Zoo and later evolving into several students getting lost within a simple department store.

For lunch we ate authentic, handmade ramen; both affordable and delicious! Afterwards we ambled back to our hotel gawking at everything like typical tourists. That evening we layered up for a highly anticipated night at Tokyo Dome. However our hopes were severely crushed as the massive rollercoaster was under maintenance; thankfully there was a variety of rides still available to us! We made it in time for the Water Symphony Show which proved to be as captivating and entertaining as promised. Shabson then gathered up their nine ducklings and ushered us onto a train to Akihabara for dinner where there were many Japanese girls cosplaying maid outfits and handing out flyers. Night time Akihabara is definitely a sight to see; the neon lights and copious amounts of advertising are completely overwhelming. We walked around in search of a restaurant that could squeeze all eleven of us inside, then after dinner stopped by 7-Eleven to grab desserts for our walk to the hotel and discovered the 7-Elevens offer a wider variety of foods than the Australian ones do (and fresh too!) Our rooms were traditional Japanese tatami rooms, small but cosy and our beds were futons on the floor. The bathrooms were ridiculously small and impractical, however the hotel had an Onsen (hot spring) and a few of the girls braved the requirements of traditional Japanese bathing in preference to the tiny bathtubs. An awesome experience.

On our second day in Tokyo we visited Harajuku and the Daiso (100 yen shop), where we spent almost an hour shopping, amazed by the bargains. We made our way towards Meiji Jingu and when we entered the shrine we did our first cleansing of the soul which incorporated a complicated process of washing our hands, drinking from a fountain and then spitting out the water; we were also fortunate enough to witness a real traditional wedding at the shrine.

Shibuya station, the busiest intersection in all of Japan and appears to be a tidal wave of people clashing and avoiding each other, was our next stop. Next to the intersection is the famous Hachiko Statue, where we took thousands of photos, typical tourists! In the evening we caught the train to Asakusa, saw the Asakusa Shrine and Sensoji temple and spent time getting our fortunes before heading off to take the 450m ride up to the observation deck of Tokyo Skytree, but unfortunately it was closed due to strong winds. The next day we did some sightseeing at the imperial palace of Tokyo, and made our way to Tokyo tower, which although wasn’t as high as the Skytree, the view was still breathtaking! We then headed to the Tsukiji Fish Markets, a must see place, but our bad luck the fish was sold out so there wasn’t much to see. We did meet a really friendly Japanese fish monger who was keen to practice some English and offer us a hand. So instead of being overwhelmed by the odour of fish we settled for some fresh sashimi, what an adventure that was!
In the evening, we were very excited to be going to the Ghibli Museum and although the walk was fairly far the museum was completely worth it. All the characters we’ve loved from a variety of Ghibli movies such as ‘Totoro’, ‘Spirited Away’ and ‘Howl’s Moving Castle’ were on display. Their motto was “Let’s get lost together” thus we threw away our maps and decided to blindly explore the museum for the real experience (we even saw an original Miyazaki anime). It was one jam-packed museum and I would definitely go back and visit it again. We returned to Harajuku for our last night in Tokyo went on a crazy shopping spree, with so many souvenirs to buy and shops to visit!

In the morning we rode the bullet train to Kyoto, after dealing with ‘rush hour’ on Japanese trains. After checking in to our rooms (you could hardly manoeuvre between the furniture!) we went in search of lunch, then received a heavy dose of Japanese culture. We visited Kinkakuji, The Golden Pavillion, taking a horde of photographs, “hai, cheezu” and then trekked to Ryoanji temple, where Kelly and I conquered the Rock Garden Challenge. It is said that, no matter which angle you are standing from you will never be able to see all 15 rocks. Myth busted. The next day we learnt about the history of Nijo castle and experienced an imitation of the nightingale floor: a floor which would squeak with weight put on it, used to alert the Shogan of assassins creeping into his room at night. We had lunch in Nishiki Markets, an open-air shopping arcade full of fresh seafood, fruit and vegetables (and went on a quest to find dry scallops for Bodelia), then visited Kiyomizudera temple.

The highlight of the day was the Gion Night Walk tour. We were taught about the origins of Geisha or Geiko as they are known in Gion and we were even lucky enough to see three of them, dressed in beautiful traditional gowns, their faces were painted white and they walked with utmost grace and speed. The next morning we went to Nara, walked through Nara Park, famous for its wild deer. They were adorable and some even bowed! (A habit they picked up from watching the Japanese). Finally we made it to Todaiji temple and saw the famous giant Buddha.

Back in Kyoto we did the Sagano Scenic Railway Tour; it was lamentable that we ended up being on the wrong side of the train. All the stunning views were on the other side of the train! Utterly unfair, but definitely worth it. In the evening we went up Kyoto tower to see the spectacular view, got distracted on our way down when we encountered a shape morphing mirror, (we then proceeded to spend thirty minutes in front of it laughing and taking photos), dinner and last minute shopping before an early night ready for our trip to Hiroshima the next day.

In Hiroshima the main form of transport is trams; so after we settled in at our traditional Japanese style hotel we caught the tram to Hiroshima Castle and Shukkeien Gardens. The gardens in Japan are awe-inspiring, tranquil and spectacular. I could spend a whole day just relaxing by the pond and koi fish. In the evening we trammed it to the Hondori Arcade where we ate traditional okonomiyaki (savoury pancakes) for dinner. As the shopping arcade was just too big to explore in one night, we returned the following night, but that was after we caught a ferry in the morning to Miyajima Island, famous for its floating Tori gate, and then to the peace park after lunch.

One of the most amazing parts of the Japan trip was visiting the A-bomb Dome, and the Hiroshima Peace Memorial Park. The rainy day added to the sombre atmosphere, and Kelly and I were moved to tears inside the museum as we relived the history of the bombing of Hiroshima. The story of the thousand paper cranes has now become a famous, very dear symbol of the tragic events in Hiroshima’s history. We are proud to say that Caringbah High has also contributed their paper cranes to honour those victims of the past. On behalf of the nine students that were taken to Japan, I’d like to say to Mr Sherley and Ms Abson, 楽しかった！どうもありがとうございました、本当に感謝していますよ。“It was fun! Thank you very much, I’m really grateful.”
On Friday 22nd March, Mrs Munns, Mrs Dixon and Mrs Lapkar took us all to Olympic Park at Homebush to attend the Royal Easter Show. It was a great day and we experienced many things such as new food products, food displays and food tasting.

The food farm gave us a good appreciation of where our food comes from and how important agriculture is to our health and well-being. Some of us even got to milk a cow and saw a working dairy. The cooking demonstrations were helpful and the farm animals very cute. After lunch we participated in a Chocolate Appreciation Course which was really interesting. We learnt how chocolate is made and also the differences in quality of the chocolate available in the supermarket.

Of course we bought showbags at the end of the day and then boarded the bus for home with tired legs from all the walking. Thanks to Mrs Mark and Mrs Munns for their organisation.
Year 7 Orienteering Excursion

On 10th May, one hundred and fifty Year 7 students from Caringbah High School arrived bright eyed and bushy tailed for an orienteering extravaganza. Little did we know what we were in for… We boarded the bus at 9am and were already looking forward to the adventure ahead. On the bus, the emotions were flying high, with blasting music, people singing along, and just a good feeling about our first high school excursion. Amazingly, the teachers weren’t tone deaf by the end of the trip, because of our outrageously loud (and off key) singing.

Arriving at Centennial Park Gardens, we walked a short distance, until everyone let out a gasp when we saw the bold ‘Start’ and ‘Finish’ flags. We gazed into the horizon looking at the vast distance ahead of us in which we only had a short amount of time to circumnavigate. Firstly, though, we couldn’t wait to get started, but we were urged to sit down, have a bite to eat and a toilet break. After this we met our Orienteering Marshalls, who told us about our map, our boundaries and surroundings. Although most of us couldn’t sit still (and frankly we didn’t take much in because of the excitement running high), we knew a certain challenge was destined ahead.

After an informative speech from the Marshalls, we go into groups of twenty and with someone helping us. We were given more information on how to PROPERLY use our maps, and a better understanding of the course. Before we started we had a few minutes to think strategically and decide which checkpoints we wanted to go to and in what order. So, after this, all one hundred and fifty of us joined our own clans, to set off on a competitive battle of strength and smarts.

With the groups formed and plans made, we set off at 12:00pm, with some final words from the Marshalls. Then, with a countdown, we were off, all running wildly to the same checkpoint thinking we had outsmarted our opponents (at Caringbah you see, we all think the same way). Even though the teachers could hear us screaming loudly, it was a friendly competition for the all-important first position (and bragging rights). We received 20 points for each checkpoint we visited but the catch was we lost 10 points for every minute that we were late to the finish line. Sadly we were due back at 45 minute mark (12:45pm), but one team who took the scenic route, clocked in at 1:10pm, a massive 25 minutes late, losing them 250 points.

After that, at least everyone had broken a sweat and was excited of each other’s efforts and achievements. We each got a printed docket setting out the points we achieved and time it took between checkpoints. We all had a great time, getting exercise, learning more about Geography, and most importantly, having fun. We would like to congratulate William Bray for his excellent effort and great victory. He was the only student to complete the entire course within 45 minutes and achieved the maximum point score of 400. We would also like to thank Ms Pearce and Orienteering NSW for organising a great day.
The Addams Family Musical

Since January this year, I have had two families. My first family being my regular mum, dad and brother and my second family being a little more “creepy and kooky, mysterious and spooky”. My second family is The Addams Family where I play the part of Pugsley Addams at the Capitol Theatre in Haymarket.

The Addams Family Musical is an excellent way to spend an evening or an afternoon (especially with the prices starting from only $49). It stars Chloe Dallimore and John Waters as Morticia and Gomez and Russel Dykstra as Uncle Fester. The role of Gomez & Morticia’s son, Pugsley, is shared by 5 boys. The main plot of the story is Wednesday Addams falling in love with a “normal” boy, Lucas. My character doesn’t want Wednesday to leave the family because he thinks he will have no one to torture him anymore and plots to cause mayhem by spiking Wednesday’s drink at a dinner to meet Lucas’ family. Throughout the show you will see ghostly ancestors come to life, graveyards, torture devices and not to forget regular Addams Family members such as Lurch and Grandma and, of course, Cousin It and Thing. Until the end of May, my scheduled performances are:

- Saturday, 18 May at 1pm
- Wednesday 22 May at 7pm
- Thursday 23 May at 8pm
- Sunday, 26 May at 1pm
- Wednesday 29 May at 7pm
- Thursday 30 May at 8pm

Tickets are through Ticketmaster. Even if you can’t make my performances, come along for a great night of theatre.

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We need your help to help the women of Cambodia

*** Cycle 1,050 kms over 7 days through regional Cambodia ***

In Cambodia, there is virtually no access to expert medical care. For example, women with gynaecological infections leading to cancer, but with insufficient money to travel overseas for help are currently unable to get even a diagnosis, let alone any treatment. In fact, in Cambodia less than 7% of the rural population has access to any kind of even basic medical care.

We are raising money to build the first women’s hospital in Cambodia - Nokor Tep Hospital. The Ride for Nokor Tep is one of a number of fund-raising initiatives in place to realise the Nokor Tep Hospital vision. While we are seeking major Corporate sponsors for the ride, we are also seeking donations from anyone - and for any amount. Every dollar will help us to build Nokor Tep Hospital.

Riders and sponsors required

For more information see: www.nokor-tep.net/index.php/bikeathon-2013

Contact: Steve Jones - Mobile: 0447 773 755 - email: stevesg2009@gmail.com
Year 9 Clowning

This term Year 9 elective drama explored the unit of clowning. Students got involved in a number of workshops on the finer details of clowning and were privileged to have a visit from John Claude Bell. Bell is a professional clown and mime artist who performed for the students and then showed them a few trade secrets. The students enjoyed this unit of work and came away with an admiration and respect as to how skilled and energetic a clown needs to be.

Dear Parents and Caregivers,

We will no longer print a school newsletter. Instead, we will provide a copy on our website under online learning in our MOODLE site. Under the Department’s guidelines, surnames of students will not be published on a ‘public’ internet site. However, with password protection, we will be advertising names on the MOODLE page. The login for parent access to Moodle is:

Username is:
Password is:

We will provide a limited number of printed newsletters that can be obtained from the Administration building.
Taronga Zoo Youth Enviro Forum

At 7:30 on Monday morning four representatives from the schools environment group packed into Ms Mucci's car and headed off to Taronga Zoo. But we weren't there to see the animals; we joined 34 other schools to learn about and discuss environmental and sustainability issues affecting our environment - and specifically how we could act about them at school.

The day started with introductions to some of the keepers and then our first speaker, James, who took off his shoes and told us about a trip to South America where he saw poverty and environmental issues and urged us to take a stand and take the first step towards making a difference. After, we went to morning tea where some students gave music performances and prizes were awarded for waste-free lunches; the room where we ate, outside the lecture theatre, had a glass wall directly over looking monkey exhibits – which was really cool. There was also a stall called bozy selling sustainable free-trade products from Bangladesh.

After eating we returned to the lecture theatre where some students gave Pecha Kucha presentations about projects at their schools, they included a duck pond/hydroponics system, a few vegetable gardens, sustainable buildings and a group that was just trying to get kids to open the bin and put their rubbish in. With the end of these presentations we went off into smaller groups to talk about leadership and begin designing a project for our school (more on that later). From the workshops we headed to the seal theatre where we watched our own private seal show while eating our lunch and learnt to choose MSC certified sustainable seafood products (look for the blue or black logo). The last part of the day was consumed by an inspirational and entertaining talk by Costa from Gardening Australia (ABC channel) who had flown from Melbourne that morning to talk to us, after being at the Logies the night before.

The main point of his speech was that one person CAN make a difference and he also talked about using your brain, at one point there was even a chicken onstage with him. Being a friend of Ms Mucci we are hoping that Costa will visit our school soon to hopefully inspire all of you as much as he did us. The drive home consisted of expanding the ideas we came up with during the workshops and our plan for a native garden will be shared in detail at the first environment group meeting next term.
Boys’ Knock-Out Hockey - Round 1

On May 7, our determined hockey boys set out to Sylvania Hockey Park to face Jannali High school in Round 1 of the 2013 Sydney East Knockout Hockey competition. It was always going to be a tough match as Jannali High are strong opponents on the hockey pitch, and with our team Captain Maclean (Mac) unavailable for the game, it was going to require an outstanding team effort. It did not start well, with Jannali somehow managing to get one past the incredible reflexes of our goalie Nam to take an early lead.

Fortunately, with Richard and Sam dominating the midfield, we managed to hit back to equalise, but it wasn’t long before a couple of excellent plays by Jannali High again put them ahead, and it was 2-1 as the whistle blew for halftime.

A quick analysis of what was going wrong, and the boys retook the field, fuelled with a determination to level the score. And it didn’t take long, thanks to some strong passing down the wings. The momentum was with Caringbah High, as we scored again to take the lead 3-2. But disaster struck, when, with only minutes to go, a miscommunication in defence saw Jannali High score again, and it was a draw at full-time. After consulting the rulebook, the teams retook to the field for golden-goal extra time. It was a tense few minutes as the game hang in the balance, but in the end, our determination won out and we took the match 4-3. Congratulations to all the boys on their outstanding efforts on the day. Next up will be Heathcote High in Round 2. Stay tuned…

Understanding poetry
Analysing a poem helps children to appreciate its meaning and the skills of the poet. There are often two levels of meaning to think about: one that is literal, and one that is more abstract.

How teens are really using Facebook
New research says teens are finding Facebook a "burden" - but they don't want to miss out on the latest updates from their friends. It seems like more of them are using Instagram. Find out more: http://www.huffingtonpost.com/2013/05/21/teens-facebook-pew-study_n_3313812.html

Cyberbullying – what the experts say
While research into cyberbullying is still in its infancy, the one thing we do know is the online environment is really just a new setting for age-old issues. Cyberbullying is an extension of face-to-face bullying. It’s all about relationships.

Anaphylaxis information
If your child is diagnosed at risk of a severe allergic reaction, particularly anaphylaxis, the Anaphylaxis Procedures contain information for schools and parents designed to minimise the risk to students. If your child has an allergy it is important to let us know – see Action steps for parents and the Anaphylaxis Procedures for Schools (PDF). Find this booklet and more info http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/anaphylaxis/guidelines/index.php
Greenedge - Environment Team update

Pleasing progress has been made to our school environment over the past six months and there is a lot more underway.

The vegetable gardens have been very successful due to the Greenedge Team, the Sports / Gardening group with the support of Mr Hodson, Mr Ewings, Mr Anderson and Mr Leighton. We have been selling our crops since Term 4 last year and have raised $64 to be used to purchase additional seedlings.

Five worm farms and compost bins have been set up and used to corresponding with each day of the week. Organic matter is collected from the canteen, playground and Food Preparation area for the worm farm. Worm juice is collected for the vegetable garden which is flourishing.

Mr Hodson has organised for each of the Year 7 classes to plant a citrus tree which will be added to each year to form an orchard.
Ms Morgan and Ms Hodson have organised concept drawing to be developed for the outdoor learning space, which will be between the library and the Bowling Greens. The design has been outlined to show us how it will be aligned – some changes are to be considered to best preserve trees in the area and to maximise sun and shade in the different seasons.

The area will include a general space big enough to accommodate a class with 5 pods extending from it – Indigenous History, Bush Tucker, Xeriscape, Meditative and Sensory pod.

The concept drawing are very inspiring! The development of the space will occur over the next few years depending on money and time. The general space and bush tucker pod may be the first spaces developed.

Visual Art classes with Ms Druitt and Ms Mucci at the end of last year, produce this mural behind this area which is being planted with rainforest plants. Our school environment continues to evolve and inspire us to continue its development.

**Yr 7 Orchard**

Making a difference in the school environment proved fantastic fun for our year during the last weeks of Term 1. Year 7 planted 5 different fruit trees (one for each class) to learn more about the environment and the impact we will have in Caringbah over the years to come. This amazing activity certainly had us all imagining how the young trees will look by the time we finish Year 12. The fruit each tree bears is a different colour to represent each Year 7 class:

- Red - Ruby Grapefruit.
- Green - lime.
- Yellow - lemon.
- Orange - orange.
- Blue - lemonade. (Blue fruit trees were rather hard to find!)

As these young trees grow, so will we. By the end of our journey at Caringbah High, we will all have grown into young adults, with as many skills and gifts as the fruit on the trees. Long after we’ve left Caringbah High, there will always be a little part of us here. However, none of this could have been achieved without the help of our incredible Year 7 Adviser, Mr Hodson, whose brilliant support and ideas have inspired us from the first time we walked through the school gates.
Interlude No. 2: Singers Night Wed 29th May at 7pm

We have some very talented vocalists within our school and this interlude promises to be an exceptional night of entertainment. In addition to performers’ families, all students (and their families) are encouraged to come along, have great fun and support their friends at the same time!

Performers will include:

**Vocal Soloists**

**3 Choirs**

**Members of the Contemporary Music Programme**

As with all the interludes, the night is not only an opportunity for students to showcase their wonderful talents, it’s also an opportunity to raise funds to support the music programme, including the funding of equipment purchases and maintenance. As such, there is a small entry charge of $5 for adults, $2 for students/children/concession, while performers don’t pay.

Cazbah: Friday 21 June at 6pm

Cazbah is an annual event, held in the school gym. You might like to note the date. Those who’ve experienced Cazbah before will know this is a cracker of an evening of fun for performers and the audience. Of course, there’s fantastic music. Dinner is also included. The students have a lot of fun; all getting dressed up and enjoying their very-much ‘tongue-in-cheek’ awards. Come and join the fun! Details of ticket prices and when they’ll be on sale at school will be released ASAP.

Raffle Prizes Needed!!!

Raffles raise money for the music programme and prizes are needed for both the upcoming Interlude and Cazbah. The Music Support Group would very much appreciate hearing from anyone who may have a business or other contact able to donate an item. Donors will of course be recognised in the school newsletter. If you can help, please contact: Beth on 9525 8448 or Shane by email: shane.tully@cba.com.au
## CARINGBAH HIGH SCHOOL
### GALA MUSIC NIGHT 2012 RAFFLE DONORS

<table>
<thead>
<tr>
<th>Donation</th>
<th>Contact name</th>
<th>Company</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sydney Harbour sightseeing cruise for 2 adults</td>
<td>Ezy Gasen</td>
<td>Magistic Cruises</td>
<td>32 The Promenade King Street Wharf 5 Sydney NSW 2000</td>
</tr>
<tr>
<td>Seafood Buffet for 2 at The Grove Restaurant, Stamford Plaza Sydney</td>
<td>Mr Leon Wood</td>
<td>Stamford Plaza Hotel</td>
<td>Cnr Robey and O’Riordan Streets Mascot NSW 2020</td>
</tr>
<tr>
<td>Sparkling High Tea at Radisson Hotel Darling Harbour</td>
<td>Alex Nieuwenhuys</td>
<td>Radisson Hotel</td>
<td>72 Liverpool Street Darling Harbour NSW 2000</td>
</tr>
<tr>
<td>Cosmetics gift pack</td>
<td>Jacquie Hocking</td>
<td>Urban Rituelle</td>
<td>Unit 17, 59-63 Captain Cook Drive Caringbah NSW 2229</td>
</tr>
<tr>
<td>2 prizes x Family pass tickets to National Maritime Museum</td>
<td>Jan McInnies</td>
<td>National Maritime Museum</td>
<td>2 Murray Street Darling Harbour NSW 2000</td>
</tr>
<tr>
<td>2 cinema tickets from IMAX cinema</td>
<td>Miya Spears</td>
<td>IMAX cinema</td>
<td>31 Wheat Road Darling Harbour NSW 2000</td>
</tr>
<tr>
<td>3 prizes x 2 free ice-creams at N2 Extreme Gelato</td>
<td>Mr Min Chai</td>
<td>N2 Extreme Gelato</td>
<td>43/1 Dixon St. Haymarket NSW 2000</td>
</tr>
<tr>
<td>4 prizes x Tickets for Laser games for 2 people at Zone 3 Laser Games</td>
<td>The Manager</td>
<td>Zone 3 Laser Games</td>
<td>3 Koonya Circuit Caringbah NSW 2229</td>
</tr>
</tbody>
</table>

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**The Uniform shop** is open from 8.30am – 10.45am every first and last Wednesday of each month in room G1 – 21.

**Lost Property** is available every day in the office.
To improve your handwriting, you need to first assess how healthy you are in the four elements of legible handwriting: letter formation, sizing, alignment on the line and spacing between words. Then use the steps below to start to improve your handwriting:

- **FIND BEST PEN:** Experiment with different pens to see which is the easiest to write with and which one gives you the neatest handwriting. Use the same pen all the time.

- **GOOD GRIP:** Hold the pen/pencil gently and do not grip too tightly or push too hard on the paper.

- **USE ARM MUSCLES:** Always write with your forearm and shoulder NOT with your fingers or wrist. This way your strokes will flow much better. It may take you some time to retrain your arm and hand but be aware of these movements when you practise. The muscles in your forearm and shoulder tire less easily than your fingers.

- **BEGIN WITH LARGE STROKES:** practise initially on a whiteboard (or even tracing letters in the air) using large strokes until you feel comfortable with using your forearm and shoulder muscles. When you feel you have conquered this, it is time to begin practising on paper. Keep using large strokes, gradually reducing them in size as your control of the muscles increases. Once you have accomplished this it is time to begin practising in your exercise book forming normal sized letters.

- **POSTURE:** Ensure you practise your handwriting skills at a desk or table. Sit up straight using a good chair.

- **RULED LINED BOOK:** Buy a ruled exercise book (like a primary cursive pad) for practice use. Always write on lined paper and take note of how you are writing and how your work looks on the page.

- **COPY STYLE:** Look for an example of a handwriting style that you like and can use to copy from. Keep this in front of you at all times to inspire you towards improving your style.

- **INDIVIDUAL LETTERS:** Begin with individual letters and practise writing at least one letter per day concentrating on the four elements of legible handwriting.

- **WHOLE WORDS:** Once you have worked your way through individual letters in the alphabet practise writing whole words. Be aware of the flow from one letter to the next as well as spacing between each word.

- **TEST SENTENCE:** Choose a test sentence for yourself and write it at the top of your first practice page. Each week write this sentence at the top of a new page to check for improvement in your writing.

- **SPECIAL SENTENCE:** Frequently practise writing the sentence ‘the quick brown fox jumps over the lazy dog’ in small and capital letters. This sentence contains all the letters in the alphabet and gives you good overall practice of each letter.

- **WRITE SLOWLY:** Write slowly when practising.

- **REALISTIC GOALS:** Don’t set impractical goals for improvement. Improvement will take time and is a matter for persistence – it all comes down to practice, practice and then more practice!

Once your handwriting style has improved, you can then focus on improving the speed of your handwriting. Every day, practise writing at speed. Choose a particular passage and write it out neatly. Time yourself. The next day write it out neatly again but try and speed up a bit and time yourself again. The goal is to get to the point where you can write the passage out quickly but still maintain neat handwriting. Doing this for just 5 minutes every day will really help you to improve your handwriting. If your cursive (running) writing is really bad, you may find it easier to learn to print really fast in exams rather than focus on improving your cursive style. You can also try writing with a pen that is weighted on the end to build up the muscles in your hand used for writing. When you get to the exams take the weight off the end and feel the benefits of a lighter pen! And for people with serious handwriting issues, check out this amazing pen: www.ringpen.com. Learn more useful tips to help you achieve your personal best at school at the Study Skills Handbook website www.studyskillshandbook.com.au and log in with the school's username and password.
The Bicycle NSW Artwork Design Competition is proudly sponsored by NRMA Motoring & Services to support Bicycle NSW’s initiative to raise awareness about bike use and safety among young riders across the state.

- Students must create an original design on the Helmet Design Template that is **colourful**, **original** and has **unisex** appeal.
- Completed entry forms must be posted on or **before Sat 29 June 2013**

Students can find more information about the competition at [http://www.mynrma.com.au/bikecomp.htm](http://www.mynrma.com.au/bikecomp.htm). Any student who wishes to enter this competition MUST submit their entry to Ms Abson, as all entries must be sent through as a school group.

### Calendar for Cultural Diversity 2014

Students are invited to submit artwork for possible inclusion in the 2014 Calendar for Cultural Diversity - calendar, which highlights days of significance, locally, nationally and internationally.

The theme for the 2014 Calendar for Cultural Diversity is **Transitions** and provides opportunities for students to explore the cultural, linguistic and religious diversity of their school, local or broader community and to develop artworks for possible inclusion in the cultural diversity calendar. 2014 is the lunar year of the Horse.

Artwork may be the work of a single student or a group of students. Possible media include:

- Drawing – inks, felt pens, charcoal, pastels, crayons
- Electronic – computer software, digital camera, scanner
- Mixed media – collage, photo montage
- Painting – watercolours, oils, acrylic, gouache, poster paints, sgraffito
- Photography – cameras can be conventional, polaroid, digital, disposable
- Printmaking – etching, monoprinting, linocuts

See Ms Abson for more details and an entry form. Entries close: **Friday 9 August 2013**

### An Exciting opportunity for Year 10 and 11 students…

Offered by the University of Sydney and endorsed by the NSW Board of Studies, **Mind and Morality** is a HSC philosophy course available twice yearly. Students can do **Mind and Morality** during the July of Year 11 (Winter School), or during the January that falls after either Year 10 or Year 11 (Summer School).

**Taught at the University of Sydney’s Camperdown Campus,** **Mind and Morality** students effectively **begin their tertiary education while in Year 11**, and those who successfully complete the course can count it towards a degree at the University.

In the **Mind and Morality** course students will:

- grapple with fundamental questions about the nature of mind, personal identity and ethics
- improve their ability to think critically
- engage in constructive rational discussions and set out clear and persuasive arguments.

The Mind and Morality course is a wonderful opportunity for students to experience the intellectual challenges that universities offer. Application closing date for Winter School is **Friday 31st May, 2013**. Information brochures can be collected from Ms Abson outside room FF4.

**For further information about any of the enrichment opportunities outlined above please contact Ms Pam Abson, Head Teacher Teaching and Learning**
Caringbah High School P & C

Dear Friends,

Our Annual General Meeting was held in March and our new executive elected. I’d like to thank all those who have taken on executive roles I know their support is valued by the school community.

Our next meeting will be the best of the year. A panel of students from last year’s Yr. 12 will be attending our meeting to provide some insight into preparing for and surviving the HSC…this is a great opportunity for parents to get some insight into how to help their children with exams and for current senior students to hear firsthand what it takes to succeed at the HSC.

This P&C meeting will be held on Tuesday 28 May, 2013

Please note that our meetings are held on the last Tuesday of every month (excepting school holidays), in the Library Meeting Room, which is directly behind the bus-bay, opposite the intersection with Coolabah Place.

The usual meeting format is as follows:

- 7.00pm - 7.30pm Coffee and Chat
- 7.30pm - 8.15pm P&C Meeting (including Principal’s Report)
- 8.15pm - 9.00pm Presentation and Discussion

We aim to finish no later than 9.00pm.

Please note the following dates and join us for the whole meeting, or if time is limited, just come along for the speaker’s session.

We look forward to seeing you there.

Kerry Burns (P&C President)

Meeting Schedule for 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>May 28</td>
<td>Year 12 Panel</td>
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<tr>
<td>Jun 25</td>
<td>Subject Choices and Career Planning</td>
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<tr>
<td>Jul 30</td>
<td>Current School Programs and Initiatives</td>
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<tr>
<td>Aug 27</td>
<td>Tertiary Options</td>
</tr>
<tr>
<td>Oct 29</td>
<td>Keeping Kids Safe</td>
</tr>
<tr>
<td>Nov 26</td>
<td>2014 Planning</td>
</tr>
</tbody>
</table>
Learning Without Limits

See how Technology can assist Students with Learning or Reading Difficulties to Thrive at School

Monday 1st July 2013
10am to 4pm
St George & Sutherland Community College

Day includes overview of assistive technology currently available and hands on computer workshops with software to take home. Cost $20 per student. Registration is essential. Show bag, lunch & afternoon tea included.

Registration is essential. >>> Register ONLINE at https://register.eventarc.com/15486/learning-without-limits
For detailed brochure contact:- Sutherland Shire Learning, Difficulties Support Group (02) 8544 8604 ssldsg@learningdifficulties.org.au

ENGAGING GEN - Y

Communicating and connecting with your teenager

Michael McQueen
New Rules of Engagement with the Younger Generation

Michael McQueen is a nationally sought after presenter and author of bestselling book “New Rules of Engagement”. Parents will leave this humorous and engaging session with a better understanding of why teens are the way they are and how to connect with them in meaningful ways.

Youthsafe
Understanding and Negotiating with Young People

Youthsafe, NSW peak body for prevention of unintentional injury in young people, will provide parents with a deeper understanding of young people will provide parents with a deeper understanding of young people’s decision making and risk taking behaviours. This seminar will assist parents in communicating and negotiating more effectively with their teenagers.

Date: Thursday 30th May, 2013
Time: 7pm – 9 pm
Location: St George Bank Auditorium, 4-6 Montgomery St, Kogarah
Cost: FREE (Register early as this event will book out)
Bookings: Ph: 9330 9551 or youth@kogarah.nsw.gov.au
Light refreshments will be provided
Make the most of teachable moments to promote resilience

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS.

A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.

When faced with a TEACHABLE moment ask yourself:

- How can I teach my child to cope?
  e.g. Encouraging kids to talk about problems is a great coping skill.

- What can my child learn about himself for next time?
  e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.

- What can my child learn to avoid or turn this situation around?
  e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That’s why it is such a hard job.

BUT the longer I am involved in parenting the more

I am convinced that Parenting is fundamentally about TEACHING.

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about ‘stuff’ and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.
What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the routine to school and withdrawal from usual activities.

If your child is being bullied:
1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.
<table>
<thead>
<tr>
<th>DATE</th>
<th>WEEK</th>
<th>DAY</th>
<th>Term 2 2013</th>
</tr>
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<tbody>
<tr>
<td>28/5</td>
<td>B</td>
<td>Tues</td>
<td>School Athletics Carnival</td>
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<td></td>
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<td>P&amp;C Meeting 7.00pm/7.30pm start - Library</td>
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<tr>
<td>29/5</td>
<td>B</td>
<td>Wed</td>
<td>7pm Singer’s Night (Music Interlude #2) (Gym)</td>
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<tr>
<td>31/5</td>
<td>B</td>
<td>Fri</td>
<td>Zone Cross Country at Miranda Park</td>
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<tr>
<td>3/6</td>
<td>A</td>
<td>Mon</td>
<td>Yr 11 U Turn the Wheel</td>
</tr>
<tr>
<td>4/6</td>
<td>A</td>
<td>Tues</td>
<td>Yr 7 – Parent/Student Study Skills Night 7 - 8.30pm - Gym</td>
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<tr>
<td>5/6</td>
<td>A</td>
<td>Wed</td>
<td>Pds 1 &amp; 2 – All Yr 7-10 &amp; 11 &amp; 12 students Science Competition</td>
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<tr>
<td>7/6</td>
<td>A</td>
<td>Fri</td>
<td>Year 12 Reports distributed</td>
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<td></td>
<td>Pds 1 &amp; 2 – All Yr 11 Elevate workshop</td>
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<tr>
<td>10/6</td>
<td>B</td>
<td>Mon</td>
<td>Queen’s Birthday Public Holiday</td>
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<td>Year 12 Assessment (all week)</td>
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<td>14/6</td>
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<td>Sydney East Cross Country at Miranda Park</td>
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<td>17/6</td>
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<td>Mon</td>
<td>4 – 6.30pm Yr 12 Parent/Teacher Night (Gym)</td>
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<tr>
<td>18/6</td>
<td>A</td>
<td>Tues</td>
<td>Curriculum night Yrs 8-9 6.30-7.30pm Yrs 10-11 8.00-9.00pm</td>
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<tr>
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<td>Fri</td>
<td>Cazbah Awards Night (Gym)</td>
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<tr>
<td>25/6</td>
<td>B</td>
<td>Tues</td>
<td>P&amp;C Meeting 7.00pm/7.30pm start - Library</td>
</tr>
<tr>
<td>26/6</td>
<td>B</td>
<td>Wed</td>
<td>Pd 1 Years 7 &amp; 8 Awards Assembly</td>
</tr>
<tr>
<td>27/6</td>
<td>B</td>
<td>Thur</td>
<td>Years 9,10,11 &amp; 12 Awards Assembly - Pd1 - Yrs 9 &amp;10 Pd 2 – Yrs 11 &amp; 12</td>
</tr>
<tr>
<td>28/6</td>
<td>B</td>
<td>Fri</td>
<td>Reports distributed</td>
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<tr>
<td></td>
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<td>Zone Athletics Carnival</td>
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<td>Students Last Day Term 2</td>
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<tr>
<th>DATE</th>
<th>WEEK</th>
<th>DAY</th>
<th>Term 3 2013</th>
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<tr>
<td>15/7</td>
<td>A</td>
<td>Mon</td>
<td>Staff Development Day</td>
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<tr>
<td>16/7</td>
<td>A</td>
<td>Tues</td>
<td>Students Return</td>
</tr>
<tr>
<td>19/7</td>
<td>A</td>
<td>Fri</td>
<td>CHS NSW Cross Country</td>
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<tr>
<td>22/7</td>
<td>B</td>
<td>Mon</td>
<td>Yr 11 Assessment Week</td>
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<td>Enrichment Day Yr 10 Careers</td>
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<tr>
<td>23/7</td>
<td>B</td>
<td>Tues</td>
<td>Yrs 7-11 Parent/Teacher Night</td>
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<tr>
<td>24/7</td>
<td>B</td>
<td>Wed</td>
<td>OC Placement Test</td>
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<tr>
<td>29/7</td>
<td>A</td>
<td>Mon</td>
<td>TCCC Rehearsals (3 days)</td>
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<td>Yrs 7-11 Parent/Teacher Night</td>
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<tr>
<td>30/7</td>
<td>A</td>
<td>Tues</td>
<td>P&amp;C Meeting 7.00pm/7.30pm start - Library</td>
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<tr>
<td>31/7</td>
<td>A</td>
<td>Wed</td>
<td>TCCC Concert (Gym)</td>
</tr>
<tr>
<td>1/8</td>
<td>A</td>
<td>Thur</td>
<td>Sydney East Athletics Carnival</td>
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<tr>
<td>2/8</td>
<td>A</td>
<td>Fri</td>
<td>Jeans for Genes Day</td>
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<td>Sydney East Athletics Carnival</td>
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<tr>
<td>5/8</td>
<td>B</td>
<td>Mon</td>
<td>Trial HSC (2 weeks)</td>
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<tr>
<td>7/8</td>
<td>B</td>
<td>Wed</td>
<td>Yr 10 Snow Trip (3 days)</td>
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<td>Literacy Week (Spelling)</td>
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<td>20/8</td>
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<td>Tues</td>
<td>Curriculum Night Yrs 11-12 at 7pm</td>
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<td>Tues</td>
<td>P&amp;C Meeting 7.00pm/30pm start – Library</td>
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<tr>
<td>28/8</td>
<td>A</td>
<td>Wed</td>
<td>Music Interlude #3</td>
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<td>30/8</td>
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<td>Fri</td>
<td>Canter</td>
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<td>3/9</td>
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<tr>
<td>5/9</td>
<td>B</td>
<td>Thur</td>
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<td>6/9</td>
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<td>Fri</td>
<td>Pds 1 &amp; 2 – All Yr 12 Elevate Worshops</td>
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<tr>
<td>9/9</td>
<td>A</td>
<td>Mon</td>
<td>Yr 11 Exams (2 weeks)</td>
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<td>13/9</td>
<td>A</td>
<td>Fri</td>
<td>Yr 10 Exams commencing</td>
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