



Canberra High School
— ESTABLISHED 1938 —

Canberra High Times

Term 2, Issue 64

Tuesday, 24 September 2019



From the Principal

Dear parents and carers

It's hard to believe that term three is almost over. This has been a busy term for Canberra High School and once again I would like to take the opportunity to share the successes and activities that students have been participating in. In week 5 of this term our school celebrated Book Week and our love of books. All week staff and students had the opportunity to be involved in a number of activities, from the regular morning ACE challenge, to—'guess which teacher is reading this.' There was something for everyone. The highlight of the week was the dress up book parade and it was fantastic to see so many students and staff involved. I would like to acknowledge the work that Ilona Horvath and Sue Phillips did in organising so many opportunities for our students to celebrate books. Our NAIDOC assembly was held in week 6. It was a fabulous celebration where we focused on the importance of the sea to Torres Strait Island and the rivers here in Canberra. We also heard dreaming stories from two of our community members and I would like to thank Christine Palmer and Narelle Hutchings for their time and sharing. After the assembly we had

a number of activities that students had the opportunity to be involved in, including boomerang throwing and planting an edible native garden.

On the 30th August some of our students competed in the ACT mountain bike championships. We had great success with our senior boys team coming 2nd our junior boys also came 2nd and our junior mixed team came 3rd. Congratulations to all of those students involved. Our year 7 and 8 girls and boys soccer team also had success winning their ACT final. On the 29th August I had the pleasure of attending the Step into the Limelight Production where students from Canberra High School were part of the choir, they sounded fantastic. I would also like to acknowledge the work of Holly Britton as the coordinator for the event. During week 8 our students participated in the Band Festival and they did an amazing job supported by their teachers Steve Crispin and Holly Britton. On Wednesday the 11th September our students wowed the audience with their Dance Festival piece that examined the concept of how social media blinds you from reality. Their performance was outstanding and I would

like to thank Trudy Yeates and Elissa Campbell for their work and support of the students. We had a number of students participate in the Northside Carnival recently where we finished 2nd overall, stand out performers were Chloe Smith in the 100m, 200m and 400m, Lilian Paul high jump, Claire Roberts 200m and Long Jump, Kehan Elgoda 800m, Cameron Myers 1500m, Csongor Keszei discus and Yiorgoos Sbirakos 100m. The following 3 students also participated in the 12 and under ACT championships last week, Eleanor Magee came 3rd in high jump, Kehan Elgoda came 3rd in the 800m and Csongor Keszei came 1st in discus. We also had students this week compete in the 13 and over ACT Athletics carnival and whilst we don't have final results as yet, it was a great day despite the weather conditions. Congratulations to all those students who were involved it was a fantastic effort. This week we are celebrating the learning journey that year 9 have been on as students partake in Exhibitions. It has been aspiring to hear their reflections on their learning and the goals they are setting for the future. Next week a group of our students and teachers head off to China for a cultural

Diary Dates:

- 25 Sept **Yr 9 & 10 Incursions**
- 27 Sept **Last Day Term 3**
- 14 Oct **First Day Term 4**
- 29 Oct **P&C Meeting 7pm**
- 31 Oct **Cross Country**
- 6&7 Nov **Arts & Technology**
- 11 Nov **Remembrance Day Assembly**
- 13 Nov **Yr 10 Maths Tests**

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From the Principal continued

immersion visit. I know that they will have a great time and we look forward to hearing about their experiences when they return. I would like to acknowledge the work of Wei Wei Zheng, Bingfu Chen and Natalie Stewart for organising, coordinating and Chaperoning the students whilst in China. The Central Australia trip also takes off in the holidays and we wish those students the very best and their teachers as they head to the centre of Australia. Rachel Colbert and Cameron Betts have done an outstanding job of organising this opportunity. I would also like to thank Graeme Lambert, Ellen Smith and Sue

Phillips for giving up their time to attend the trip. As the weather warms up it's a timely reminder about school uniform. Colour code is not uniform and we do expect students to be in full uniform which includes a school top and jumper with appropriate bottoms that are black. This is especially important when students are participating in an excursion as it is a safety issue. Students who are not in uniform may not be able to attend an excursion. Your support with this is very much appreciated. This semester we will also be using SENTRAL for reporting. All schools

in ACT will be reporting using this system. We will continue to report to the Australian Curriculum however, we will no longer have a school based grade as done previously. We will also be emailing reports home, we will send a trial email in the coming weeks to ensure your details are correct. If you do require a printed version of your child's report we will be happy to accommodate this.

Regards,

Samara Chisholm

Canteen News

Canberra High is extremely fortunate to have a canteen which operates five days a week.

Thanks to great staff and management, families are able to rely on the canteen to provide fresh and nutritious food to our students.

The canteen is managed by a sub-

committee of the school P&C.

Right now the committee needs new helpers to step up and volunteer to help the canteen to continue to run well.

The job is interesting and rewarding, - the committee meet for an hour or so before work twice a term.

If you have been looking for a way to give

back to the school community but haven't got a lot of time or energy after work - then this could be the opportunity for you. Please email lea@seventyeight.com.au if you can help out in this way.

Lil B-J

Congratulations

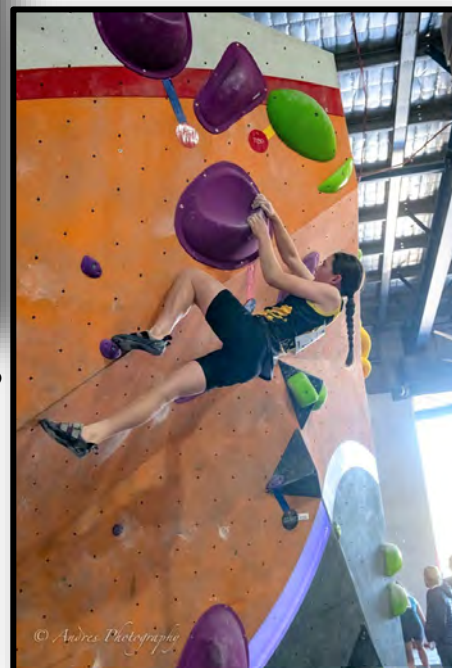
Congratulations to Mr Lambert and Mr Adamopoulos and Jack Eager for completing their Professional Mountain Bike Instructors Course.



Congratulations to Lily Stratford who has been selected as part of the ACT Junior Road Cycling team competing on the sunshine coast towards the end of September. Good luck and we look forward to hearing how Lily performs.



Congratulations to Emily Scott who came second at the combined ACT/NSW Sport Climbing Championships in Sydney. Well done!





BOOKWEEK 2019

Another fun Bookweek was celebrated during Week 5 this term. Mr Wenholz kept all of us on our toes with a daily competition completed during the morning ACE session. I enjoyed standing at the library counter and seeing students (and a few competitive teachers) run in to submit their answers straight after the first lesson bell.

Our competition to find the 'flying books' to be exchanged for a canteen voucher was, understandably very popular as was the 'name the teacher, name the genre' competition whose winner did not even identify the mystery woman – Alysha Nebelung. Once Ms Nebelung took off her glasses she was extremely well disguised behind her bookcover. And who knew that Mr Greiner could have a second career reading audiobooks? His rendition of House at Pooh Corner had many people stumped when he read an excerpt over the PA system before lunch on Monday. Our other readers were more readily identifiable: Ms Pyner read from A Midsummer Night's Dream, Ms Zheng from Holes and Mr



Chisholm from Diary of a Wimpy Kid.

No wrap-up of Bookweek would ever be complete without mentioning the dress up Friday. Every Bookweek I wonder how staff and students come up with new ideas. Please have a look at some of the photos elsewhere in this

newsletter.

Thank you to all the parents and guardians who helped out with costumes and book donations for our book market stall.

Ilona Horvath





BOOKWEEK 2019







ACT Mountain Bike Championships

Six teams from Canberra High School competed in the ACT Schools Mountain Bike Championships. Schools from all over the ACT and NSW raced in a relay style for 4 hours to complete the most amount of laps. Further photos on page 10, 11 and 12.

Tim Hartgers



NAIDOC—planting an edible native garden



Corey Smith, an ex-Canberra High School student has been overseas representing Australia at the UCI MTB World Championships. Corey Smith came 51st in the U19 men's category on a very technical course in Mont Sainte Anne, Canada.



CHS—World Challenge



After a long wait and much preparation, the school's World Challenge team set off at the end of last term on our adventure to Cambodia and Laos. On the long 8 hour flight many enjoyed the endless movies and music and got plenty of rest, unlike some unfortunates that only realised in the last hour that you could in fact move the headrest and had to make do with a nana nap. Before we arrived in Cambodia the group faced many different challenges, including navigating our through Singapore airport and our first encounter with large sums of foreign money. Although it was challenging each student stepped into their new roles with great enthusiasm and passion. Once in Cambodia we got our first taste of how different our lives were compared to those around us. Driving to our hotel we saw whole families on the back of motorbikes, including the occasional family pet and potholes galore. The first couple of days were spent navigating our way through the area and slowly branching out further. We went to the night markets on Pub Street and had close encounters with tarantulas and snake delicacies. From riding around Angkor Wat, eating

frogs, and being chased by monkeys the first week was definitely something to remember. The group was starting to open up to one another and each of our bright personalities were becoming more prominent. As the first week came to an end we went into a local village to start our community development project. In the community we were very fortunate and well looked after in our home stays, with the locals happily allowing us in their homes and welcoming us with open arms. On the first day of project we were given directions to move a huge mound of dirt, sand and gravel around the base of a newly built classroom. This in turn would later be transformed into a garden. Bucket after bucket the mound became significantly smaller and we had filled the garden bed entirely. In the center of the school was a basketball court which then became the main focal point for two days of rivalry with the local boys. On the second day we were faced with not only torrential rain but the fury of the Year 9 boys in a brutal soccer match. We gave it our all and fought with all we had, Mr Crossman even snuck in a couple sneaky goals and

Jayden wowed the crowd with not only his amazing goalie skills but his towering height. After our defeat at the school and another packed day of work we challenged the boys to a re-match back at the soccer field across the road from the homestay. This is when Layla met her future husband, a brazen boy from the community whose name we never quite learned. The last few nights in the community we saw their love blossom. The last two days in the community were a hot mess. We attempted to dig out tree stumps for a toilet block that was going to be put in place. The boys dominated in this but for the most part the locals showed us how it's done. Leaving the community we went to the temple to be blessed by the monks and to say our final farewell to the locals and the students. Layla said her final goodbye to her beau, carefully avoiding using his name, and Tom made a rap creatively describing their long distance relationship. Two flights later and we arrived in Pakse and the trek was upon us. The first day of the trek was a rollercoaster. We couldn't breathe without sweating, Atticus couldn't



World Challenge - Cambodia





World Challenge Cambodia—continued

walk without falling over and the idea of sleeping in hammocks made a rough day even more rough. After a long, hot, restless night we were all back on our pins ready for the rest of the trek. After a difficult second day we dipped our feet in the river and relaxed under the shade. At night while we had dinner Spencer and Jayden were off being Bear Grylls trying to find all sorts of different animals for their daily vlog, documenting everything they came across, including crabs, centipedes and leeches. Ruhaan filled our minds with weird theories and images, Noah left us all feeling better in times of need with his positive vibe and Matt left us laughing until our stomachs hurt with his quick comebacks and hilarious jokes.

On the second last day the guides' patience was really tested with our continuous "are we there yet, how long left?" but after a long day of walking we finally collapsed at our campsite. The only problem was due to the illegal logging in the area it had cut the natural flow of the river which left us with no running water to fill up our drink bottles for the next day. After no more than 15 minutes of rest the Guides were getting ready to walk to the village (which was the whole of the next days trek) to get us clean bottled water! With 3 litres for each person and 18 of us not including them it was clear that not all heroes wear capes.

After arriving back at the hotel it was clear that Mr Crossman was not 100% and with a quick trip to the hospital and with the results in hand, he gave

us the dreaded news that he had in fact contracted Dengue fever. After a lot of grown up discussions Ms Christensen told us that he would not be able to accompany us on the last week of our trip. Although we missed him it was important for him to get the treatment he needed to get back on his feet again.

Once we arrived at our final hotel in Luang Prabang we all had much needed showers and changed into our nice clean clothes and enjoyed every moment of the western-styled toilets. The last week was filled with long walks through the night markets finding great deals as Ryan and Jack proved their hidden talents when it comes to haggling for a bargain. We spent a day at Tat Kuang Si Bear Rescue Centre where we saw and learned about the Moon Bears and their narrow escape from poachers. We also walked along the cascading waterfalls and even walked on some stairs leading through the waterfall! Miah particularly loved this and fell head over heels with the idea of walking down them again.

As our journey was coming to an end we topped our trip off with a visit to the elephant sanctuary in Mandalao. The man there told us all about the elephants traumatic pasts being involved in tourist elephants rides and the uphill battle he and his group face trying to save elephants that are still involved in the disgusting practice. He taught us that it is our responsibility to look after these beautiful creatures as we have the power and knowledge to do so. After learning about them when we were able to

feed them, pat them and walk with them through the jungle. It was truly the most amazing experience.

Back in Singapore waiting for our flight back to Sydney we heard the familiar Aussie accents and were shocked at how bogan we really sound. Arriving home we were met with the most difficult thing to overcome, the Canberra Winter. It had slapped us silly before we even got inside the airport but before we knew it our parents had snatched us up and we were all home again. Except for Louis who was still stuck in Sydney after security pulled him up with a portable charger stuck in his luggage, resulting in an unexpected stop-over.

Thank you to all those involved that were able to make this trip possible! Thank you to Ms Christensen for your motherly advice and comfort throughout the whole trip; Mr Crossman for the hilarious clap backs; Emma for being an amazing expedition leader and to the many others who made this possible! Congratulations World Challenge Team 2019 - you did it! You all overcame personal challenges, strengthened friendships and learned more than you ever thought possible. If we can do that at our age we can do anything. And to anyone who is considering doing World Challenge in the future, my advice is to take it. It is the most incredible and valuable experience one could ever experience at our age.

Esther Coates





ACT School Mountain Biking Championship





ACT School Mountain Biking Championship



Photos by David Blucher



Much Ado About Nothing

Beatrice and Benedick would rather swap sassy insults than sweet nothings.

Much Ado About Nothing is a saucy and razor-sharp battle of wits between the bickering Beatrice and Benedick who wield words as weapons, their banter betraying their love for each other.

Claudio however is quickly consumed by envy and his idyllic world threatens to come tumbling down as he humiliates Hero. Beatrice and Benedick must join forces to defend true love – even if they can't recognise it in themselves.

But will truth and honesty win the day, and does love really conquer all?

Directed by Bell Shakespeare's Associate Director, James Evans (*Julius Caesar*) and starring Zindzi Okenyo (*Antony and Cleopatra*, MTC's *An Ideal Husband*) as Beatrice, this ***Much Ado About Nothing*** will be a powerful exploration of the struggle for identity and self-knowledge in a male-dominated world. The pursuit of love is framed in a social context that enhances the darker themes in this timeless comic gem.

Much Ado About Nothing is one of Shakespeare's contemporary comedies where romance is thwarted by dastardly plots, misinformation, false accusations,

broken promises, and bumbling cops. Or is it?

Canberra High School is offering students the opportunity to see Bell Shakespeare's production of *Much Ado About Nothing* at Canberra Theatre on October 17. The cost of the excursion will be \$35 which includes tickets and transport to and from the venue.

Students can get a permission note from their English teacher. Places are limited – secure your spot by handing in a note and payment.

ACT School Mountain Bike Championships 2019





Yr 9 Outdoor Pursuits Rock Climbing and Abseiling Camp

Day 1: On the morning of Thursday we had to wake up around 6:00 to be ready and at school by 6:45. Everyone was extremely tired but excited to go to the camp. We hopped on the bus and arrived at Wickerslack crag in



couldn't even see the bottom which in some cases was better because there was an 8-meter drop from the cliff. This activity was very fun and solidified our knot tying and abseiling skills we had learned in class. Everyone was very hungry by the end and we were ready to make dinner. We packed up once again and travelled by bus back to the camp. Once there, we collected our ingredients and prepared our own dinner. Every group had to make their own meals. The meals were very tasty and everyone was well fed for the night. After dinner, everyone was very tired from the day. It was time to get some rest for an early start the next day.

Queanbeyan. We made it to the climbing area and had a few demonstrations because most of the people in our class were inexperienced rock climbers. The class was excited and very nervous but ready to start climbing. Students were put into groups of 3-4 and every student helped out by belaying, back up belaying, climbing and giving instructions to help the climber. There were three climbs and two abseils for students to complete over a four hour period. These activities were very fun but very scary. Finally, we had to pack up the gear and get on the bus to Bungonia. Once we arrived at Bungonia, we were tasked with setting up the tents. This wasn't very easy and every student gave each other a hand. After setting up the tents we had to make our beds for the night. This included preparing sleeping mats, sleeping bags and pillows. This was very tricky as there was a lot of people in the tent and space was limited. Before sunset, we hopped on the bus again and travelled to our night abseiling destination called Hogan's wall. This was extremely scary and it took a lot of nerve to even attempt the abseil. Because it was night we



Day 2: On day 2 we had to wake up very early at around 6 o'clock to ensure we had enough time to cook and eat our breakfast before going to climb at Wickerslack crag. Everyone was very tired after staying up very late and people found it very hard to get up. After everyone had gotten up and eaten their breakfast we had to pack up camp and get on the bus.

After a short 5min drive we had reached our destination and unloaded the gear. Then we walked down an extremely steep and many people tripped and had a fall. After a sketchy walk, we arrived at the climbs. Then we had to set up the ropes for the 4 climbs. After we set up the climbs we started climbing. We climbed in groups of around 3 to make sure there were a belayer and a backup belayer helping the climber. Everyone did very well most people trying most of the climbs and some completing a couple. We climbed for a very around 4-5 hours. Then we packed up our stuff and walked back up the very steep hill to the bus. Lastly, we packed up our stuff onto the bus and drove the long 2 hours home

By Julian Smith and Lachlan McCormack

*Special Thanks to Miss Smith, Mr Maloney
And Finn Tregurtha*





Supersmile Orthodontics would like to recognise some exceptional students from Canberra High School by presenting them



SUPERSMILE ORTHODONTIC BRACES MAKE GREAT FACES AWARDS

To be presented at the end of year assembly.

AWARD 1 – LEADERSHIP AWARDS \$400 each Awarded to:

- One Year 7 male
- One Year 7 female
- One Year 8 male
- One Year 8 Female



The recipients of the Supersmile Orthodontic Leadership Awards are for students determined to use their outstanding ability and natural talents to realise their full potential.

- **Willing to take on a challenge** – you are not one who will sit back and let an opportunity be missed. You will get in there and take on the challenges that come your way.
- **Prepared to take the lead** – you are prepared to step up to take the lead when this is required. You will not sit back and just let others 'carry you'.
- **Operate as part of a team** – you understand the importance and strength of a team and work well in this environment where success is determined by the strength of the team.
- **Self-motivated** – your drive comes from within and you strive to achieve at your highest in all that you do.
- **Outward looking** – your focus is not merely on your school life but it goes beyond this where you are engaging with the broader community.
- **Resilient** – you understand that there will be set backs but you are prepared to persevere even when the situation you are in is difficult.

AWARD 2 – ACADEMIC AWARDS \$400 each Awarded to:

- One Year 7 male
- One Year 7 female
- One Year 8 male
- One Year 8 Female



The recipients of the Supersmile Orthodontic Academic Awards are for students who demonstrate excellent academic potential.

- **Intellectually curious** – you have high academic aspirations and are motivated by a desire to understand the world from multiple perspectives, building on the knowledge and skills acquired in a broad range of subjects and experiences.
- **Effective communicator** – you understand and express ideas and information confidently and creatively in multiple languages. You work successfully and willingly in partnership with others.
- **Principled** – you act with integrity and honesty. You have a strong sense of social justice and respect for the dignity of the individual, group and communities, either local or international.
- **Accepting and broad minded** – you are committed to understand your own cultures and you are equally open to the perspectives, values and traditions of others.
- **Reflective** – you are thoughtful and active in your own learning and experience. You are able to assess and understand your strengths and limitations in order to further learn and grow personally.



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Dr Ray Te Moananui

Gained his Masters Degree in Orthodontics from the University of Otago, New Zealand, and brings extensive experience in orthodontic treatment of both adults and children of all ages.

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Canberra High Times Newsletter

This newsletter can be received by email or a hard copy can be collected by students. ACE teachers will be requesting e-mail addresses or you may email the school to be registered to receive the newsletter electronically. The school's email address is: info@canberraahs.act.edu.au.

The newsletter can also be downloaded from the Website.

www.canberraahs.act.edu.au

It is published in weeks 3, 6 and 9 each term.

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Payment Hours: 8:15 am to 2.30 pm