



Canberra High School
— ESTABLISHED 1938 —

Canberra High Times

Term 4,

Friday, 12 November 2021



FROM THE PRINCIPAL

Dear parents and carers,

Finally we are back!! It is so lovely to have students and staff back in the building and hearing laughter and banter in the hallways and classrooms.

The students have been excellent with their transition back to school, ensuring that they follow the correct procedures and requirements. Although there will be some further easing of restrictions this week our students are still required to wear a mask when indoors and I do ask that you support us in ensuring that messaging around this is consistent. The health mandate is in place to keep us all safe.

Diary Dates:

- Mon 15 **School Board Meeting**
Nov **5.30-6.30pm**
- Wed 17 **Parent Teacher Online Interviews Y7 and Y8**
Nov **3.30-5.00**
- Tue 23 **P & C Meeting**
Nov **7.00-9.00pm**

Since the students have been back it has been straight back into things. The Battle of the Houses activities are back on at lunchtimes for all students. Last week there was basketball with some killer games played. I even participated with both the year 8 and year 10 girls Lyons teams, though I am not sure I was a help! This week has been netball and again some very close matches. Students can find out what is on each week and when through the daily notices. Your House scores points for participation and having a go so even if you don't know how to play a game, turning up and having a go will certainly put your House in a good place.

This week our Jazz band was filmed for the Year 10 Education Excellence Awards, the students were set to play live at the awards but unfortunately Covid has prohibited the live play. Nonetheless they have once again shown ingenuity and recorded a great performance. We are looking forward to seeing the video. Thank you to Steve Crispin for providing this opportunity for our students.

Although this year we could not host a Remembrance Day Assembly the SOSE faculty did not let the occasion go unnoticed., holding a ceremony via microphone whilst the whole school took a moment's silence to remember those lost.

The drama play continues and although we are doing a modified version it has been fabulous to see students seamlessly move from online back to the stage whilst they rehearse the play. We are looking forward to sharing the video footage of the play on our website.

Sarah in year 9, has successfully won a \$5000 scholarship towards her BMX endeavours. This is a great opportunity for Sarah and we are very proud of what she has achieved. There is a new Girls in F1 team on the scene with the year 10 girls handing over the reins to Sanvi, Elke, Darcy and Ora who received their t-shirts this week. I am looking forward to hearing great things from this new team.

This week Melissa and I had the pleasure of participating in the Young Chefs competition against year 10. It was tough competition and a lot of fun. Both Melissa and I were incredibly impressed with the team work and attention to detail the students gave to plate amazing dishes.

Parent School Board
Representatives;

Daniel Stewart
Fern Hyde
Valessa Basic

P&C President
Lisa Biddiscombe
president@chs.pandc.asn.au

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PRINCIPAL Continued

The year 9 students have their opportunity on Friday and we are looking forward to seeing what they can do. The final of the Young Chefs will happen in the coming weeks. A huge thank you to Angela Gaskin, Kellie Brazier and Sue Redstone who provide these amazing opportunities for our students.

Lastly we are quickly coming to the end of term 4 where there is much happening and to celebrate. Our year 10 students will soon leave us and embark on a new journey at college. To celebrate their time at Canberra High School and just in time as restrictions ease, we will be holding the year 10 farewell assembly and brunch on Friday 3rd December. That evening I will have the pleasure of hosting the school formal at the National Arboretum. Information has been sent home about the formal and the week of activities leading up to that event. Please ensure that all notes are returned to school and all financial transactions have been finalised. Most importantly the Arboretum will not be allowing arrivals to ensure that they adhere to their COVID safety plan. Please make sure that you are clear about drop off and pick up for the formal to avoid disappointment.

In week 10 we will be hosting our merit medal ceremonies on the 8 Dec, this will be a live streamed event and also will be recorded so that it can be viewed at a later date. That evening I will again have the pleasure of hosting our Year 10 Graduation ceremony, which, weather permitting, will happen outdoors this year with a 5:30 arrival for a 6:00 start. More information on student drop off and parent arrival will be provided closer to the event.

On Thursday 9th Dec we will be hosting our year 7-9 presentation assembly, this event will be live streamed and recorded and parents of major awards will be invited to attend.

Friday 10th Dec our year 9 students will participate in Leadership Day. This day is a very important milestone for our year 9 students and they have the opportunity to connect and learn about leadership and styles from a variety of guest speakers. It will mark the beginning of their leadership journey as they begin year 10.

On Monday 13th Dec we will host activities day for year 7-9, you will be provided with more information about this day and the activities that your child has the opportunity to participate in closer to the date.

As you can tell there is a lot to celebrate and look forward to. These events and opportunities happen because our teachers want to provide our students with as many opportunities as possible. I want to acknowledge the great work that they do and thank the P&C and parents who contributed to the coffee tab at Coffee Guru to celebrate World Teachers Day on the 29th Oct.

As always thank you for your support as we rapidly move to the end of term 4
Stay safe

Samara Chisholm

COMMUNITY NEWS

Hello Canberra High Community,
I just wanted to introduce myself, my name is Julie Parducci and I am the School Youth Health Nurse at Canberra High. I'm from Canada originally but moved to Canberra in 2005, where I took up a position at The Canberra Hospital in Neonatal Intensive Care. In my years of nursing, I have had the privilege of working in many different areas and for the past several years have been working with adolescents in Years 7 and 10 delivering the High School Immunization program.

My role at Canberra High is to work in partnership with the Student Engagement Team, to promote positive health and well-being for young people, their families and the whole school community. I'm available Mondays and Tuesdays in Student Services for students to book an appointment with me to chat about any health/emotional concerns they might have.

Julie Parducci, School Youth Health Nurse



COMMUNITY NEWS

Sarah in year 9 has achieved something pretty special in the mountain biking/BMX scene. Her application was recently selected by local Canberra BMX professional, Caroline Buchanan (3 x BMX World Champion, 5 x Mountain Bike World Champion and Dual Olympian Athlete) for a \$5000 scholarship to go towards improving her cycling skills.

She will be purchasing a BMX airbag and take off + 16 personal coaching lessons with an AusCycling accredited freestyle coach.

Congratulations Sarah!



Sarah taking flight in the Belconnen skate park bowl!

SCHOOL ADMIN

Dear Parents/Carers

As a result of COVID many excursions and events did not occur. Where payment has been received the school will process a refund. Please call the front office on 02 6142 0800 with your bank details.

Thank you

Ana Pasalic
Business and Facilities Manager
Community Attitude Respect Excellence Safety
Canberra High School



COMMUNITY NEWS Continued

P&C Matters

Thank you so much to everyone who attended our last P&C meeting, it is wonderful to see new faces and hear your enthusiastic support. I especially want to thank all the **new Canteen committee volunteers** for sharing their ideas and to **Wendy Robertson for stepping up to be our Fundraising and Events Coordinator**. Along with all the **new fundraising volunteers**. It is truly great to see this level of support being offered. If you would like to be involved, you can contact Natalie canteen@chs.pandc.asn.au and Wendy fundraising@chs.pandc.asn.au

I again would like to encourage you to use the Canteen. For the Canteen to be viable, we need you to use it. More than ever, we need you to support the Canteen by buying recess/lunch. If you are already using it thank you so much, if you are not, please consider buying just one meal a week, every meal will help.

We are **still looking for a P&C Secretary**. The role includes taking minutes at our meetings, distribute the agenda & reports and coordinate correspondence. If you are interested in any of these roles or wish to discuss, please email secretary@chs.pandc.asn.au.

If you don't know our Deputy President/Grants Officer, Sarah Hollis-Bennetts, spends a lot of time writing and applying for Grants, and is very successful at it! **Sarah has secured another grant** for the school: Indigenous garden community education program.

Some **fundraising activities** to look out for include a **Cherry drive**, refer to Flexischools, **Bunnings are allowing BBQs** again and we are waiting on a date, and we have a **community partnership with Canberra Southern Cross Club**. If you dine at the Canberra Southern Cross Club (Jamison, Tuggeranong, Woden or the Yacht Club Yarralumla), 7.5% of your meal and beverage value can be donated back to Canberra High School P&C. Connect your membership card to our school at a local Club, or use this link to sign up online: <https://cscmarketing.wufoo.com/forms/zdxi09k0ti0h33/>

Lastly, we would love to see you at a P&C meeting. Our regular P&C meetings are Tuesday nights 7pm of weeks 3 and 8 of each term. To find out more about P&C activities and hear updates from the Principal and Board about what's happening, please join via VTC. You can register your interest at <https://www.chs.pandc.asn.au/>

Our next meeting, and the last one this year, will be Tuesday 23rd of November.

Again, thank you for your support.

Lisa Biddiscombe

Canberra High School P&C President 2021

P&C Fundraiser

Please support CHS by getting orders from work, family and friends for high quality fresh cherries from Young.

Place your order by 4 December via [CHS flexischools account](#)

1kg box \$17
2kg box \$30
5kg box \$60.

Orders can be collected at CHS Wednesday 8 December 3-6pm.

Track your order of family & friend's via the attached order form.





COMMUNITY NEWS Continued



Year 7 Cook-along

In week 4 Mrs Kirkpatrick and Mr Call did our last online cook-along with Year 7. It's been a lot of fun and we've enjoyed all the recipes we made. My favourite was making cupcakes and hearing all the different things everyone was putting into theirs – blueberries, choc chips, apple! Our last recipe was an oat and coconut tray bake. A huge shout out to Emily, Victoria, and Brodie, who helped us to cook up a big batch which we then shared with all the staff who were back at school.

3 DAY EVENT
18TH - 20TH NOVEMBER

ZERO & REWARDS CARD HOLDERS

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*Offer available in-store & online, ends midnight (AEDT) 20/11/21. Must use Zero or Rewards card to receive discount. Excludes Gift Cards & schoolwear in-loy. Cannot be used in conjunction with any other offers, no stackable.

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COMMUNITY CARE



COMMUNITY NEWS Continued

Attention: Australian National University Extension Courses for Prospective Year 11 Students 2022 Applications Now Open

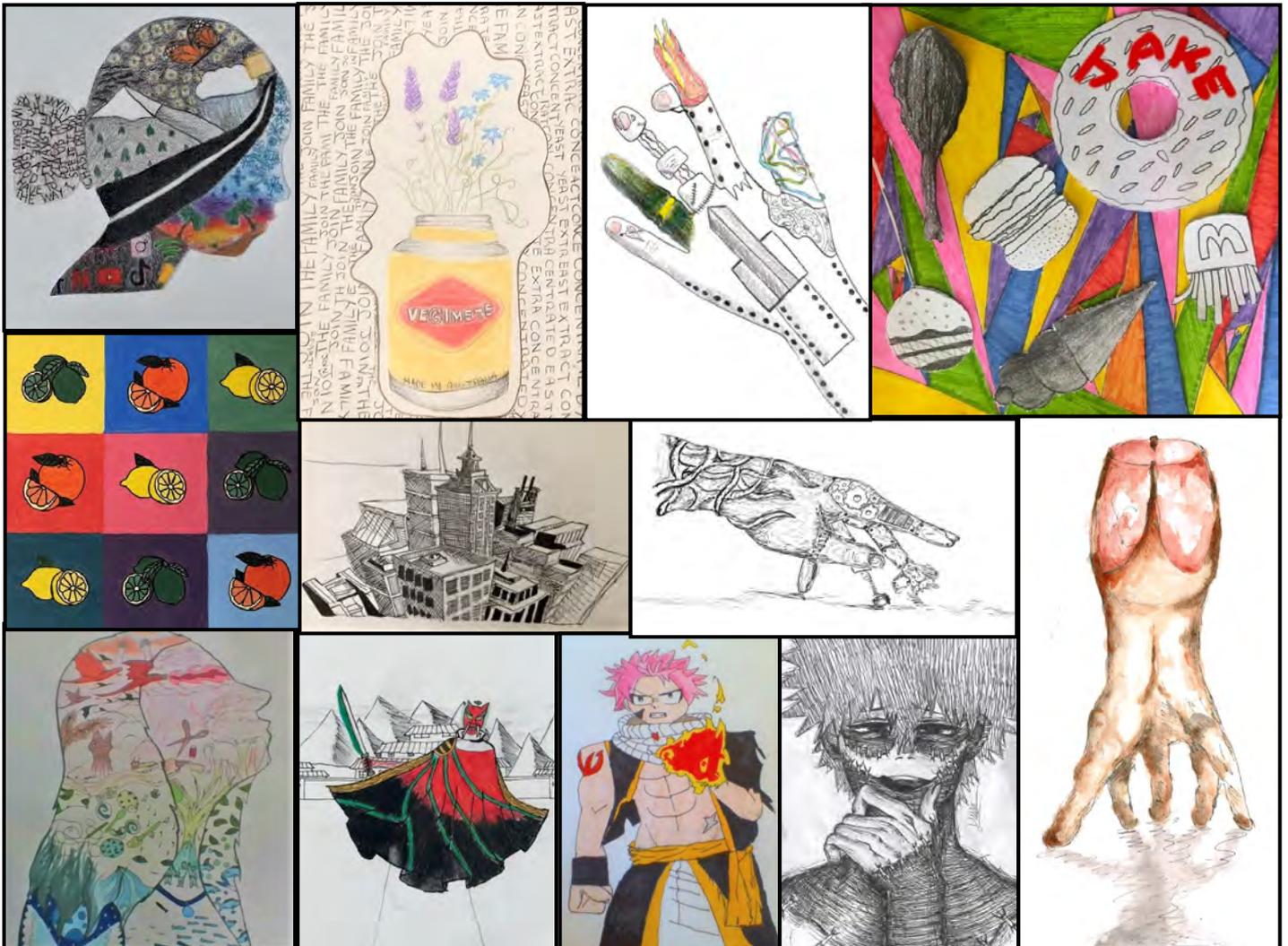
Applications for ANU Extension courses are now open. These courses are available to prospective Year 11 students in 2022 (current Year 10 students).

Applications close 13th February 2022, however we strongly encourage early applications.

Further information about the program and available courses for 2022 can be found on the ANU Extension website. <https://extension.anu.edu.au/> Prospective students can also submit an application on the website homepage. [Submit an online application](#) For enquiries, use the [Contact Us](#) tab on the website homepage.

ARTS & LANGUAGES

Students in the Arts Faculty are continuing to produce some outstanding work as we head towards the end of the semester. Unfortunately, we have not been able to hold our annual Arts and Technology Showcase this year and, as such, students have missed out on this exhibition opportunity. You can, however, see examples of recent student work at our online gallery <https://sites.google.com/ed.act.edu.au/canberrahighartgallery/home>. We look forward to the return of public performances and exhibitions in the new year.





LIBRARY

Spooky Library Fun



SOSE

High Achievement in Geography - Congratulations to Year 9 Student Emily

Each year the SOSE Faculty provides Canberra High School students with the opportunity to participate in national competitions in geography and history. These competitions challenge students and their knowledge and are a great way to extend their SOSE skills beyond the normal curriculum.

In March 2021, a number of students participated in the National Geography Competition. The competition is tailored to Year levels with Year 9 students attempting a combined Year 9 and 10 series of geography questions.

This year, due to COVID Lockdowns in the ACT, the results were delayed. After receiving the results in late October 2021, the SOSE faculty is pleased to announce that students from Canberra High School received 5 High distinctions (Rachel Y10, Jessica Y10, Sonia Y9, Suvir Y8 and Olgierd Y8) and 3 Distinctions (James Y8, Zara Y9 and Emily Y10).

Emily, in Year 9, received an Outstanding Achievement and was placed in the top 1 percent of all students in Australia. This is a wonderful result for Emily considering the combined questioning regime in the competition. Well done Emily.





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

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.

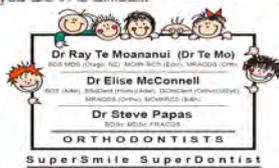
AWARD 2 – ACADEMIC AWARDS \$400 each Awarded to:

- 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.



Just a hop skip and a jump away come and visit.

Belconnen
Unit 44
21 Wiseman St,
Macquarie ACT
Tel: 6251 0663

City
Suite 1, Level 6
17-21 University Ave,
Canberra City ACT
Tel: 1900 767 553

Dr Michael Hyde

Over 25 years of creating perfect Canberra smiles, and is a leader in Australian Orthodontics. One of only 7 orthodontists in the world to successfully complete the prestigious fellowship exam by the Royal Australasian College of Dental Surgeons. For the past 8 years has taught the next generations of orthodontists at the University of Sydney.

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.

www.supersmile.com.au

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@canberrahs.act.edu.au.

The newsletter can also be downloaded from the Website.

www.canberrahs.act.edu.au

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

Front Office Hours: 8 am to 3.30 pm Mon—Fri.

Payment Hours: 8:15 am to 2.30 pm