



Canberra High School
— ESTABLISHED 1938 —

Canberra High Times

Term 1,

Friday, 18 February 2022



FROM THE PRINCIPAL

Dear parents and carers,

Welcome to the 2022 school year at Canberra High School. The start of the year has been very successful and I would like to thank all parents for their support during this busy period. Already it is week three and there have been a number of very successful events.

The first day of Year 7 was a great day for the incoming students and it was fantastic to see all the students start with such a positive attitude. The day was spent getting to know the school and meeting with their different teachers. They were well supported by the Year 10 LEAD students who ensured that all students were able to find their classes and work their way around the school. To welcome the year 7's and celebrate the first week of school we had zooper dooper Friday and dressed in House colours. Although the weather was a little chilly the ice blocks were well received.

This week, our Year 7 students participated in our CHS at School camp as a result of COVID cancelling the year 7 Jindabyne camp. The at school camp was a huge success with students rotating through a range of activities to help with teamwork, getting to know people and resilience building. Ms Beattie and I had a great 2 days joining in with students as they participated in a range of activities but particular highlights were the Minute to Win It challenges and bracelet making challenge. We were particularly impressed with the teamwork and cooperation that was so evident in the initiative's challenges where students worked together to solve a number of problems. I would like to thank Cameron Betts and Rachel Colbert for their overall organisation and the staff and students who gave up their time to support the at school camp.

On Thursday 24 February is Meet with the ACE teacher from 4:00-6:00pm online. This is an opportunity for you to find out how your child is settling into the school year. Bookings to participate in this event can be made via PTO. Our school's wonderful media team is also compiling a 'get to know you' video of all the teachers at our school that you will be able to watch at your leisure to help familiarise you with our teachers and the areas they teach in.

An exciting new purchase in our STEM area is our new laser printer. The laser printer enables students to craft intricate drawings and designs that are quickly and efficiently executed by the printer. This is a fabulous addition to our STEM area.

The P&C meeting and AGM is to be held on Tuesday 22 Feb, 7:00 at the Southern Cross Club. I would certainly encourage parents to be a part of the Canberra High P&C who continue to support a range of educational programs offered by the school. The Canberra High School P&C are a very supportive group in the school community and would welcome new members to their meetings.

Diary Dates:

Tue 22 Feb P & C AGM 7.00pm
Canberra Southern Cross Club, Jamison

Thurs 24 Feb Online Meet ACE Teacher 4-6pm

Tue 22 March Y7 immunisation
HPV dose 1

Wed 23 March Y 8 immunisation
Catch up HPV dose 2, dTpa dose 1

Parent School Board
Representatives;

Daniel Stewart
Fern Hyde
Valessa Basic

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

Phone 02 6142 0800 • Fax 02 6142 0806

Ngunnawal Country

Address Bindubi Street Macquarie ACT 2614

Email info@canberraahs.act.edu.au • Web www.canberraahs.act.edu.au

ABN 16 237 342 597





PRINCIPAL Continued

Canberra High School would like to also take this opportunity to welcome Katriina Mueller who is our new acting canteen manager. Katriina has worked alongside Cindy Lee Tha, our previous canteen manager, for a number of years and is looking forward to the challenge of manager. Katriina has already made a few changes to the canteen menu and has many other exciting things in store. To check out those changes please go to <https://www.flexischools.com.au/>. I would also like to thank Cindy Lee for her work in the school canteen for the last 10 years and her involvement in the school community. Cindy Lee will certainly be missed by staff and students but we wish her and her family well.

Year 10 parents and carers will have an opportunity to learn more about the requirements for the ACT Year 10 Certificate and school plans for 2022 at the Year 10 Information Evening which is being rescheduled due to COVID. We will provide more information about this evening and the colleges in attendance when we are able to set a date. The year 10 ACE program this term is exploring pathways beyond school and will support and facilitate students' questions about college.

On Tuesday 22 February and Tuesday 1 March, all of our students will attend Cybersafety sessions explaining how important it is to be aware of their digital reputation and the steps needed to ensure that they operate in this area safely. This is a very important topic and one that parents and carers need to ensure that they are supporting their child in as they navigate in this space. Following Cyber Safety presentations across the school, we organise a parent session facilitated by the Australian Federal Police (AFP). This parent session informs parents on how they can support their children at home to develop safe practices using and accessing digital media. Due to Covid 19 restrictions parent sessions are currently not occurring. These are circumstances beyond our control, however, we still feel it imperative that this information is shared with our parent community. This information will be shared in a slightly different format this year. The AFP, through 'Think U Know' have provided schools with a link (below) for parents to access. We hope that you find this helpful and informative. If you would like further information, please contact the school and ask for Lorelie Choy. <https://www.thinkuknow.org.au/for-parents-and-carers>.

We have a number of new staff faces to welcome to the Canberra High School Community, Daniel Gordon, Gabby Summerville, Mel Timpson and Roisin Lafferty in SOSE, Kelly Gooch, Naomi Evans and Lachlan Terry in SHAPE, Richard Lock and Gavin Scales in Maths, George Zanga, Tim Hartgers and Jeremy Cauduro in Technology, and Emily Fisher in Science.

I would like to thank you all for supporting us in a great start to the year.

Samara Chisholm

COMMUNITY NEWS

Admin :

Students leaving early—To assist staff in arranging for your student to leave on time, please contact the front office first thing in the morning via email, phone or note to advise the time your student needs to leave. Please ask your student to collect an early leavers pass in the morning from the front office.

Students arriving late—Year 7 & 8 students please go to the breezeway prior to 9am to sign in. After 9am please go to the front office. Year 9 & 10 please go to the sign in window at the front office.

Student absences—please advise the ACE teacher via email or front office via the absence line 0261420810 or email info@canberraahs.act.edu.au

Canteen recess and lunch —orders can be made via website www.flexischools.com.au prior to 8am. Students can also make purchases at recess and lunch from the canteen. Payment via cash or flexischools when linked to student ID cards.



COMMUNITY NEWS

P&C Matters

Hi CHS families, and especially all our new to Canberra High families. Welcome to Canberra High 2022!

Your P&C is a great way to stay informed, share ideas and be involved with our school. At Canberra High the P&C contributes to the school and students through the second-hand uniform store, canteen, fundraising, events and more. All Canberra High families are automatically part of the P&C. We are looking forward to the opportunities this year will bring!

Next meeting...Our **first meeting** for this year will be the **Annual General Meeting (AGM) on Tuesday 22nd February** (Week Four), to start at 7pm at the Canberra Southern Cross Club, Boardroom, Jamison.

At the AGM there will be reports on school and P&C activities and all committee roles will be open for nomination. We will be looking to fill P&C executive roles (president, treasurer, secretary), coordinator positions (canteen, events and fundraising, uniform store) as well as general committee members. Please note all positions can be shared. Some long-standing members of the P&C will be leaving, so we are keen to see new faces and hear fresh ideas.

Immediately after the AGM the new committee will convene for a short general meeting. We look forward to you joining us.

Did you know...

The last two years have been challenging, and continue to be, in terms of fundraising and other activities, however the P&C has endeavoured to support projects whenever possible, including:

- portable Bluetooth soundbox creation project for students (2021)
- end of year student awards in recognition of community contributions
- photobooth for the Year 10 Formal (with Container Deposit Scheme funds)
- 'virtual suggestion and Q&A box' for families during online learning (2020)
- thank you gifts for teachers and staff such as on World Teachers Day and for those who attended the Year 7 Camp.

We have coordinated fundraisers such as a Bunnings BBQ, cherry drive, Entertainment Books, mango drive and community partnership programs with Grill'd and the Canberra Southern Cross Club – further information below. Last year we were particularly proud to have helped the school source \$37,502 in federal and ACT government grants for a range of projects that include the development of an Indigenous Garden; parent engagement activities and resources such as information forums, social events and gatherings; additional parent/teen and teacher resources for the library; and an electronic scoreboard for the school gymnasium.

Heartfelt thanks to all the parents, staff and students who volunteer their time and energy to make these things possible!

To receive general information about the P&C register your email here: <https://www.chs.pandc.asn.au/>





P & C COMMUNITY NEWS Continued

Personal message from a parent...

"Being an active part of the P&C at my son's school has always been important to me. I like to feel that I'm supporting the people who are trying to give him the best start in life they can. I enjoy the connection to the Principal and being able to hear firsthand what's going on in the school as my son is not always very forthcoming with information. Starting high school was strange as we came from an out of area school and I didn't know many parents. There were no groups of parents hanging around at drop off and pick up and so I wasn't sure how to make connections. P&C meetings have been a great way to meet other parents and form a support network to get you through the high school years. I started going to meetings just to listen, then I helped at a few events and later organised some fundraisers and became Treasurer. You can do as much or as little as you like. I would thoroughly recommend it to any parent."

Canberra Southern Cross Club partnership





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/zdxib9k0ti0h33/>




Kind regards
Lisa Biddiscombe
Canberra High School P&C President (outgoing)

COMMUNITY NEWS

Return and Earn—ACT Container Deposit Scheme

If you have any empty cans or bottles that you would like to donate to the school P & C fundraising scheme, please use the drop off QR code or phone number below. Thank you for your contributions.

YOUR PROFILE	
DROP OFF CODE:	
	0261420800
	4 Bindubi Street Macquarie 2614
	treasurer@chs.pandc.asn.au

YOUR PROFILE	
DROP OFF CODE:	
	0261420800
	4 Bindubi Street Macquarie 2614
	treasurer@chs.pandc.asn.au



COMMUNITY NEWS Continued

CHS Youth Support Worker Update - Skateboard Artwork Design Group

The skateboard creative artwork design group was recently completed by a small group of year 9 students, as pilot program, where students expressed an interest in artwork, spray & hand painting & skateboards where they were responsible for coming up with a suitable artwork design that could be transferred to the underside of a blank skateboard deck. These boys received the opportunity to experiment with various painting methods to showcase their design (see pic attached) as well learn how to apply deck grip to the top half of the skateboard.

All the students opted to use the creative/abstract method of paint flicking to come up with their design, along with clear coating their final work. The following students in Year 9 were involved: - Cooper, Fletcher, Brandon & Marco, (not pictured).

As this was the initial pilot program, I'm pleased to announce that the program will continue to be run throughout 2022 as we have been able to secure additional funding for more resources, allowing for another 20 students to participate in the program throughout the year.

Youth Support Worker

Paul Simmons



Immunisation Dates for your Diary

Year 7 Tuesday 22 March—HPV dose 1

Year 7 Thursday 3 November—HPV dose 2, dTpa dose 1

Year 8 Wednesday 23 March—Catch up HPV dose 2, dTpa dose 1

Year 10 Thursday 28 April—Meningococcal dose 1

Year 7 Camp Refunds

For those Year 7 parents and carers that have requested refunds for their year 7 Camp payments, thank you for providing your bank account details. It is taking some time to process the numerous requests, and we thank you for your patience while staff work through them. If you would like a refund but have not yet notified the school, could you please contact the front office 02 6142 0800 with your bank account details. Thank you

COMMUNITY NEWS Continued

Cyber Safety for Parents

Following Cyber Safety presentations for students, we organise a parent session facilitated by the Australian Federal Police (AFP) and the ThinkUKnow team. Due to Covid 19 restrictions parent sessions are currently unavailable. These are circumstances beyond our control, however, the link in this newsletter will provide our parent community with relevant information to support young people at home.



The Directorate has advised that schools provide parents with information that can be accessed online. Parents are invited to make contact with the school at any point to seek further support or advice on Cyber Safety.

We strongly encourage parents to be involved with how they can support their children at home to develop safe practices using and accessing digital media.

The AFP, through 'Think U Know' have provided schools with a link (below) for parents to access. We hope that you find this helpful and informative.

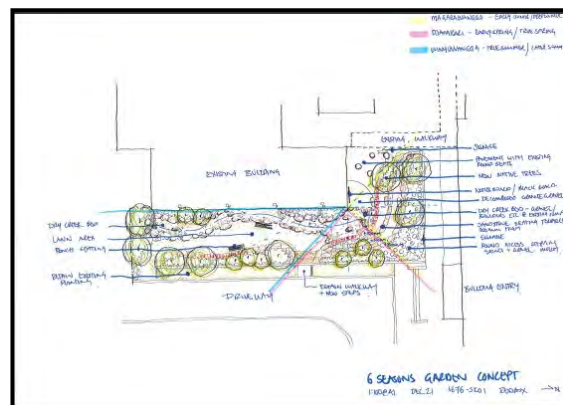
If you would like further information, please contact the school and ask for Lorelie Choy.

<https://www.thinkuknow.org.au/index.php/resources-tab/parents-and-carers>

Indigenous Garden Update and Appeal for Help.

Firstly I would like to thank Justin and Olivia from Redbox Design Group who completed the design for our new indigenous garden late last year. The design, as well as the consultation they carried out with staff and students, was free of charge and we really appreciate the work and the thoughtful design.

The garden is based on the Six Seasons that the first nations people of this area lived by and Tyronne Bell has allowed Canberra High School to use the concept. We will work with Tyronne more during the year to ensure that we further embed Ngunnawal ideas of land and resource use, cosmology and culture into our curriculum and make the best use of the garden for teaching and recreation.



The design uses the natural swale on the site to create a dry creek bed which ends in a waterhole arrangement near the amphitheatre-style seating. It is also divided into the 3 main seasons of winter, summer and spring so the plantings will highlight the resources used by the first nations people during these times of year. Karen Barnes and I have already planted the local plants donated by Greening Australia and most have done well over our wet summer.

It is time now to appeal to the CHS community for the next step which is to start the hard landscaping. The path on the right will be made by the Building and Construction students as part of their course but we would love it if CHS families with access to landscaping equipment could help with levelling out the dry creek bed and terracing our amphitheatre and placing the sandstone rocks for the seating.

If you are able to help you can contact the front office 61420800 or me directly, ilona.horvath@ed.act.edu.au.

CALLING LANDSCAPERS

If anyone has expertise we would appreciate some help.

The Indigenous Garden needs some terracing and placement of sandstone logs. Because these jobs require specialist equipment our building and construction students are unable to do them.

If you can help out at all please contact ilona.horvath@ed.act.edu.au or the front office on 6142 0800.



COMMUNITY NEWS Continued

While COVID might have caused some delays in their delivery, there is nothing stopping the CHS Class of 2022 looking sharp in their Year 10 polo shirts! This year's shirts feature an original artwork from Tia and it looks amazing! Tia's artwork is not only beautiful, but also full of meaning. Here is Tia explaining the inspiration and meaning behind her amazing design.

Connection

"In a world where basic human connection has been lost and I reflect on who I am in this moment, my drawing represents 'Togetherness' and 'Community'.

My Dreaming is built on connection. Connection to the land, the flora and fauna and to each other. It is the foundation of all that we are and all that we do. We are guided by our Ancestors and the spirits of those who came before us. We are our People and our land. We are one.

The upside down 'U' shapes around all 3 circles represent people. The larger ones are adults and the smaller ones are children and babies. They represent our loved ones, as well as complete strangers. They represent those who make up our communities.

The 2 smaller circles at the top and bottom of my drawing, represent our smaller communities. Our homes, our schools and workplaces, our sporting communities, places of worship etc. All the things that make up who we are.

The larger circle in the middle represents us all coming together and being together as one. It represents connection. It shows that while we all have our separate lives, different beliefs and values and come from all walks of life, we are connected. We all play a valuable role in our communities and are all part of a bigger picture.

The symbol in the centre of the middle circle represents family. Both our blood relatives and those who we choose to call family.

The sun and the moon in the centre of top and bottom circles represent day and night. They represent worldwide connection and the human race.

The symbols going between all 3 circles that look like footprints, represent human tracks. They show us walking between our communities and back to each other. They show the various paths we walk through throughout our lives and the connection that remains. We....are...one."

Tia
Barkindji/Ngiyampaa



Road Ready 2022

Canberra High School will be providing the Road Ready program in Term 2 and Term 3 this year for Year 10 students. There are a few spots left in Term 3 so if you have not returned your note please do so as soon as possible.



Mr Hain



COMMUNITY NEWS

Rapid Antigen Tests (RATs)

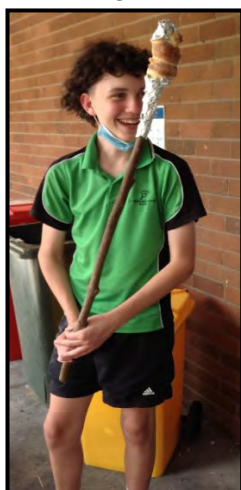
- If your child tests positive with a Rapid Antigen Test (RAT):
 - they should isolate for 7 days and follow the guidance on the COVID-19 website, and
 - register their positive RAT result with ACT Health using the online form, and
 - tell your child's school if your child was at school during the time they may have been infectious.
- Registering a RAT result using the online form means ACT Health can contact you and provide further information and support if required.
- If your child has tested negative with a RAT but has ongoing COVID-19 symptoms, they should have a PCR test. If the PCR test is positive, they should follow the guidance for people with COVID-19. If the PCR test is negative, they may return to school when they are well.
- Household (high risk) contacts
 - If your child is in quarantine because someone in your household has COVID-19, they cannot attend school during the quarantine time period. They are required to quarantine as a household (high risk) contact.
 - As a household (high risk) contact, it's important that your child stays in quarantine for the full 7 days, even if they have returned an initial negative COVID-19 test during this time.
 - Once your child has completed their quarantine period, they can return to school, if they: o do not have any symptoms of COVID-19, and o have had a negative exit quarantine test. Information about children and COVID-19 is available on the ACT COVID-19 website

A snap shot of staff working to deliver RATs to students.



INTERNATIONAL CUISINE

The International Cuisine class had a great time learning how to make damper on a stick and how to cook the damper using the fire pit.





ARTS & LANGUAGES

It's been a wonderful start to the new year for our Performing, Visual and Media Arts students. All students are busy working on their first projects and it's great to hear the band classes rehearsing their new music scores. We have started a new course for Year 10 students called Photomedia Industry Studies. Students in this class will be producing promotional media for the school and are currently working on a series of videos about each of the faculty areas at Canberra High. These videos will especially help new parents by introducing them to some of the staff at the school and a little peak into a range of classroom spaces. Our online gallery will return soon with new student work, and will also include the performing arts this year as we expand the reach of this great showcase of student work in the Arts.

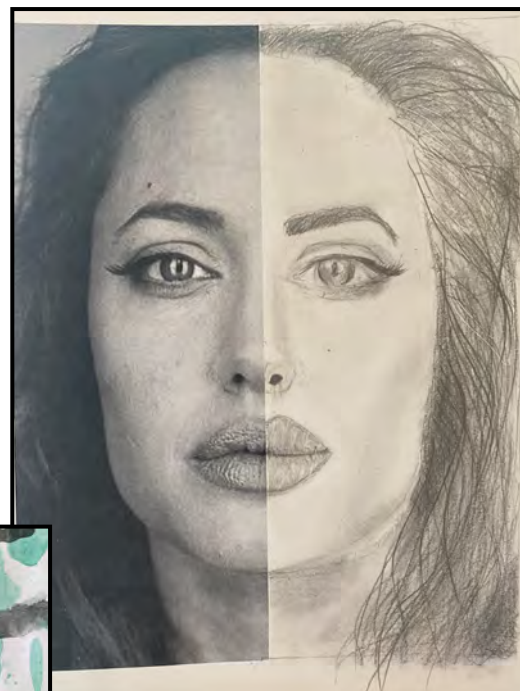
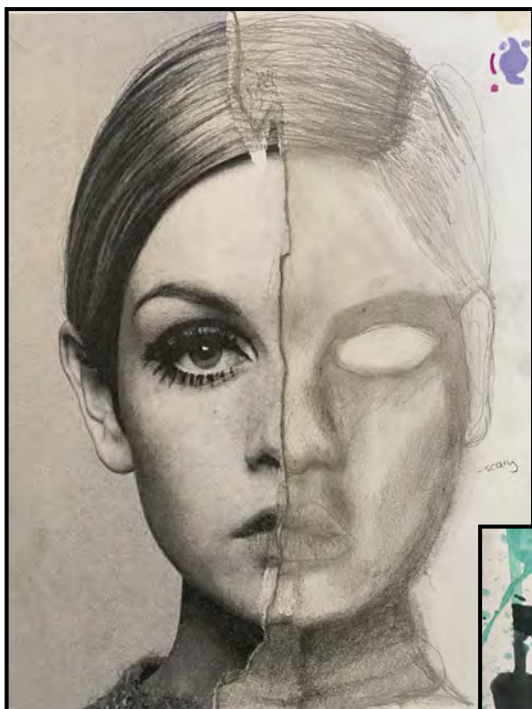
Andrew Kay

Executive Teacher – Arts and Languages

Year 8 Visual Art

Students in Year 8 Visual Art are currently exploring the elements and principles of design. They have been experimenting with a range of mediums and techniques, expressing their ideas through their usage of different design elements. Split Face Drawing and Water Colour Dripping Zentangle are the two tasks that students find most challenging but also exciting. There has been some delightful success evident in students' work, demonstrating their great synthesis of ideas with skills. I am looking forward to their further achievements in visual art.

Ms Zheng





ARTS & LANGUAGES

Mandarin

The Mandarin students all had a busy but exciting first two weeks. We were so lucky, in a way, to start the school year with Chinese New Year celebration. Students participated a range of activities in and out of classroom, e.g. lion dancing, dragon dancing, paper cutting, etc.

Just a heads up, there will be a series of competitions happening throughout the year, thanks to the Chinese Network. The proposed events are kite festival, shuttlecock competition, speech competition, mid-autumn festival, porcelain plate making.

Stay tuned and please encourage your child(ren) to have a go when there is an opportunity.





MATHS

Mathematics

All students at Canberra High (with the exception of students on individualised learning programs) cover the same topics as each other. They must ensure they are ready to learn in Mathematics, this includes coming to class with the following items: Mathematics exercise book, pens and pencils and scientific calculator (these can be purchased from the school front office). Students should also bring their Chromebook as instructed by their teacher as they all have a logon for the online program Mathspace. Students should share their logon information with parents so they can see assigned tasks. All students have access to online resource hubs which contains support and extension materials to help with learning.

Mathematics Extension

Students have access to extension activities within the classroom. In addition to this, each year, enthusiastic/motivated students at Canberra High School are given the opportunity of participating in different Mathematics programs offered by the Australian Mathematics Trust. Students are encouraged to enter one or more of the Mathematics Enrichment programs. Notes are available from your child's teacher and on google classrooms. The first program, the 4 week Mathematics challenge is starting soon, with notes due back by March 4. Students who are completing Mathematics inspire need to do at least one of these programs.

Should you have questions about the above, please contact your child's teacher in the first instance who should be able to assist.

SHAPE

Students in SHAPE have started the year with lessons focussing on SMART goals and how to improve fitness. We are excited to support our students taking their first steps towards reaching their goals and working with them to implement their strategies.

There are a few changes in the SHAPE area this year in terms of the calendar and procedures:

- In terms of students getting changed in SHAPE uniform, we are delaying this expectation until further notice due to COVID restrictions.
- Our School Carnivals that were in the school diary for this term have been postponed due to the COVID climate. We are working to reschedule our Athletics and Swimming Carnivals in semester 2.

We are confident of competitions and carnivals coming back in the near future and we will endeavour to get this moving again as soon as possible.

Classes are all working in accordance with their unit outlines and we trust that if there are any questions about this that you will contact the teacher of your child or myself.

Information is going out to students very soon about representative School Swimming events, please ensure your child makes contact with Mr.Mikk if they are interested in finding out more details about this.

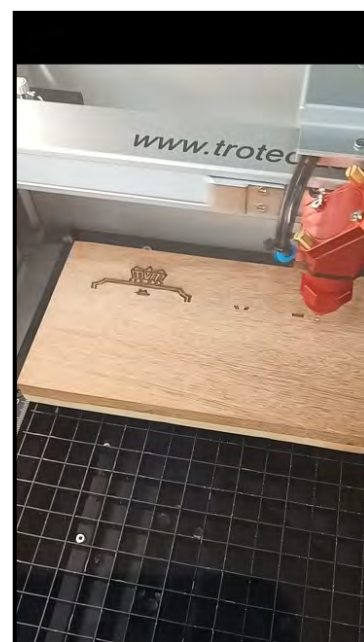
Kelly Gooch will be our Sports Coordinator this year. She will be communicating with students soon to keep them up to date with revised dates of competitions after this information is updated. Please remind your child to keep listening to daily notices so that they are aware of upcoming events and trials.

The Athlete Development Program (ADP) will be coordinated by Naomi Evans in the SHAPE team. The start of this program has been delayed until the beginning of term 2, however we will ensure that the same amount of sessions will take place as were originally planned.



TECHNOLOGY

Over the break Canberra High School took delivery of a new laser cutter/engraver. George Zanga, Paul Kinsella, Tim Hartgers and Michael Earl attended a Professional Learning day during the school holidays to learn how to use the new laser cutter. Staff are very excited about the new purchase and are looking forward to incorporating the use of this emerging technology in a range of classes and applications around the school. We look forward to showcasing some of the work produced using the laser cutter in future newsletters.



Year 7—First Day at Canberra High School





Year 7 Activities





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.

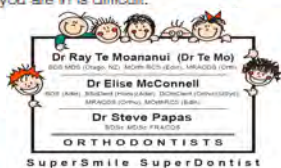
AWARD 2 – ACADEMIC AWARDS \$400 each Awarded to:

- 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@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.

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

Payment Hours: 8:15 am to 2.30 pm