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 AUGUST 2009

Term 3 Issue 1

Relieving Principal's Message

Flag Day Ceremony

Chester Hill High School's 13th Annual Multicultural Flag Day was celebrated in three separate presentations over two days at the end of last term. The whole school together community came for this magnificent event and it was wonderful to see students, teachers and parents working together to create an event which has become renowned across the district and region. This ceremony was also Mrs Field's 10th Anniversary as 'the boss' of Flag Day. Thank you to Mrs Fields and Mr Brown for their overall organization and coordination of Flag Day.

There were too many highlights of this magnificent event to mention them all but some included: the student address presented by **Razia Ebrahimi** of Year 11, the presentation of the World Refugee Day Banner made by our **IEC students** led by **Mrs Liau,** the multimedia presentation **"From Little Things Big Things Grow"** developed by our **Video Production Team** led by **Ms Manion,** the many dance groups and the special dance finale organized by **Ms Scarce and Mrs Clarke** and the musical items and singing coordinated by **Mr** Nguyen and Ms Arnold.

The <u>Multicultural Lunch</u> was a smorgasbord of delicacies from around the world. Thank you to our families for their contribution to this delicious feast.

Her Excellency Professor Marie Bashir AC CVO, Governor of New South Wales and her husband, Sir Nicholas Shehadie AC OBE were our guests again this year and the school has received a letter from the Governor, thanking and congratulating the school community on another successful Flag Day.

Arabic Youth Quiz 2009

Omar Zreika, Heba Zreika, Mariam Al Mowail and **Mohamed Karaali** supported by **Mrs Chmali** and **Mr Elakkoumi**, came a very impressive 2nd in the 2009 Arabic Youth Quiz.

Congratulations!

Bastille Day Café

Mrs Mateus and the students studying French held a very successful Bastille Day Café in the first week back after the holidays for the school community in the library. The atmosphere created was very "French" and a lot of croissants and French pastries were consumed.

Year 10 Elective Music Concert

For the first time at Cheso, Year 10 Elective Music students performed items for parents and fellow Year 10 students in the hall. Thank you to **Mr Nguyen** and **Ms Arnold**, our two Music Teachers, and the Year 10 Music students for a wonderful program of performances. The depth of talent at Cheso is amazing.

Curriculum Evenings

There was an Alternate Pathways Meeting on Wednesday 12th August at 4.30pm for parents and students thinking about alternative educational pathways, apprenticeships, traineeships, joining the work force etc. It was good to see students and parents discussing the different issues raised by the guest speakers. Thank you to Mr Kerr, Ms Sharma and the Learning Support Team for organizing this event.

Decision Time Evening with a session for Year 8 students going into Stage 5 and the School Certificate followed by a session for Year 10 students going into Stage 6 Preliminary and HSC Courses will be held in the school hall on Monday, 24th August. Parents and students are encouraged to attend these very informative presentations.

Digital Education Revolution or DER

Over 30 Year 9 Teachers have been issued with their laptops so far. Staff have been exploring the many applications for enhancing student learning using laptops in the classroom and will be attending professional learning workshops to plan programs of work using laptops in each subject area.

Year 9 students will be issued with their laptops soon after they arrive in the school (later in term 3 or early term 4).

Mr Rosewall is coordinating the DER and Laptops 4 Learning at Cheso if you have any questions.

Year 12 Trial HSC

The Trial HSC is on during weeks 3 and 4. This can be a stressful time for Year 12 students both at home and at school. Please let us know if you have any concerns by contacting the Year 12 Adviser, **Mr Kerr** or **Mrs Fields** (Head Teacher Welfare).

Staffing News

Mrs Fay Corish, President of the School Council and P&C, has transferred from her position as School Administrative Manager at Chester Hill IEC, to Berala Public School after 7 years at Cheso. We wish her all the best at her new school and thank her for her wonderful contribution to our school over the years. Of course she continues to work tirelessly for Cheso as President of the School Council and P&C.

Congratulations to **Mrs Mazzolini**, Chester Hill IEC Deputy Principal, on her new appointment as Deputy Principal at Doonside High School from term 4.

We welcomed **Ms Kivilcim** to the English faculty, replacing Mr Graham who retired last term and **Mrs Corcoran**, relieving as the Careers Adviser, replacing Mrs Berzins currently on long term leave.

Also we welcome back **Ms Pinto** in Industrial Arts and **Ms Sepulveda**, the Head Teacher Mentor, from maternity leave.

While **Mrs Casey** is on leave for the first four weeks of term 3 enjoying a family reunion, I am relieving as Principal, **Mrs Mateus** is relieving as the Deputy Principal and **Mr Kerr** (weeks 1 and 2) and **Ms Vermiglio** (weeks 3 and 4) are relieving as the Head Teacher Administration and Learning Support.

Mrs Narelle McNab Relieving Principal

Bastille Day Café

My sincere thanks to all students who helped make the Bastille Day Café such a success. Thank you to the students who prepared posters, set up the Library, served on the day and helped to clean up.

Thank you to all the staff in the school and at the IEC, but especially to the Library staff who worked

tirelessly all day and for allowing us to use the venue for the day. Thank you to the office staff for their support and to **Ms Sweedman** for her artistic flair.

Thank you to the teachers and classes who came up during their lessons. I'm sure a great lesson in French Culture was had by all. Everyone behaved beautifully and thank you to all the students for their outstanding behaviour on the day.

Thank you also to the parents who came along and supported the event and their children. You are always welcome to participate in school events.

Overall the day was a huge success and another great example of the Cheso Team working together to make things happen.!!



Bonjour, on Friday the 31st of July Chester Hill High School celebrated Bastille Day. This year was a great success. It was a great and fun day for us to pretend to be waiters serving our teachers and other students.

Even though, we had no lunch breaks and we

Novre Bastille Bay Cafe!! Bay Cafe!!





were working all day it was still fun.

Thank you to all the students and teachers for coming up to the library and participating in the day. Thank you to Ms Gabriel for letting us use the library and a big thank you to **Ms Mateus** for making Bastille Day Café happen.

by Cassandra Pendino Year 8C

Bastille Day Café

On the 31st of July the French Department and the French Students held a day called Bastille Day Café. Bastille Day is the French National Holiday on the 14th of July. We celebrate it at Cheso as part of our French studies.

At this magnificent event the students that do French in the school spent 2 periods setting up and decorating the library to turn it into a French café, the end result was beautiful. On the day all the customers swarmed in

eating French pastries and drinking hot chocolates and cappuccinos. The teachers also attended at recess and they had animated conversations and each faculty had their own table.



During 3rd period the song "You promised me " came on in French and **Angela Martinovic**, **Christina Nguyen**, **Bien Nguyen** and myself, we danced using our trays, they called the dance the tray dance. At one point even **Ms Mateus** joined in but without the tray. It was really fun.

At the end of the day we helped pack up and put the library back in order. We also got some free food from the leftovers. We were very happy about that.

A huge

THANK YOU to Ms Gabriel, the librarian teachers and Ms Mateus for making this day possible.

by Tony Pham Yr 10





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Bastille Day 2009 Student Helpers

YEAR 8	
DOAN, Tony	F10
GALICIA, Kelly	F8
LE, Stephanie	G5
LUALUA, Katarina Kiriwai	G6
MAI, Andrew	G8
NGUYEN, Wendy	H8
PENDINO, Cassandra	H7
WELSH, Harrison	M6
YEAR 10	
HENDERSON, Chonte	G5
LAY, Eddy	G6
PEARSON, Madelin	Choir
PHAM, Tony	H7
POGLIACOMI, Roy	H8
RAMADAN, Dalel	M1
SEBARUTH, Sherena	M8
WOODWARD, Aaron	M8

YEAR 11	
CHEN, Lawrence Yu Hao	F5
ELAHMAD, Ghaissa	F7
NGUYEN, Thanh	SRC2
PATELIS, Zoe	H6
TRAN, Lisa	M2
NGUYEN, Christina	SRC1
CHEIKO, Sam	F5
MARTINOVIC, Andjela	G8
NGUYEN, Bien	H4
OMAR, Zreika	M8
SINGH, Raani	M5









Positive Behaviour for Learning

To assist students to display the positive behaviours which are contained in our values statement:

I AM A SAFE, RESPECTFUL LEARNER WHO BELONGS AT CHESO

we held raffles over Term 2. Students were given a ticket by their teacher or from other members of the Cheso staff. These were then placed in a box and drawn at Assembly on Monday morning each fortnight. Congratulations to the following students who won JB vouchers:

Vanessa Hoang - 7A - SAFE Widad Nahhas - 9G - RESPECT Ahmad Al Salim - 11 - LEARN William Tran - 7D - BELONGS

Over Term 3 we will continue to promote positive behaviour with more raffles.

PB4L Team

Music / Drama Night 2009

At **Mr Nguyen's** suggestion we are having a more formal flavour this year - the dress code is black tie with a James Bond feel. Our students in the Performing Arts subjects just love dressing up!

As always, the performances vary from the comic with **Jessica's** "Elizabeth" (from Drop, Dead, Fred) to **Alison's** Cressy the tragic heroine of "Radiance" by **Louis Nowra**. **Alex Thacker** has chosen Stephanie from a **Nick Enright** play, in which she realises her own potential and **Alex Zelada** shines as Mary-Jane and anorexic with a humorous view of that frightening disease - her story based on fact, with a successful outcome, so inspiring.

The group performances depend on trust and respect and a lot of collaboration and as Drama comes from conflict, this year there has been plenty of that, so what we're expecting should be a lot of fun. In anticipation of a great night.

Ms H. Forbes

100 Faces, 100 Stories

This program is well underway for its second year running. The students from the IEC and the High School are working very hard on their stories and artwork which will ultimately "tell" their story. So far we have had the launch of the program at Cheso and went on an excursion to the Optus "Hub" where students planned their stories and artworks with their mentor. The students were part of an intensive workshop at school where they spent uninterrupted time on the story and artwork. This was a very productive day for all students and nice to have a connectedness with the IEC students. During week 4 we will be having another intensive workshop before the mentors revisit Cheso for our final session.

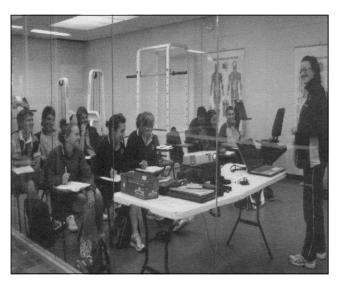
Ms D. Goodwin

PD.H.PE. Year 12 Excursion

On Monday 3rd August, Year 12 PD.H.PE. went on an excursion to Sydney University Sports and Fitness Centre, to experience 2 of our HSC modules presented by Kate Gould. These include both practical and theory components, looking at Factors Affecting Performance and Improving Performance. We all got up early to catch the train from Chester Hill to Redfern, we then walked from the station to Sydney University. During our first module we were shown how to take blood pressure and discussed the various energy systems. Chris, David and Wayne participated in a test to assess the changes in their systolic and diastolic blood pressure, Wayne and David were on bikes while Chris was on the arm crank. We then split into groups to create training programs for specific sports. All of the class participated in the Wingate Anaerobic 30 second power test after which **David** brought his breakfast back up. When that was done we had lunch at the University cafeteria for 30 minutes and then we came back for the second module. **Victor** and I then did a 12 minute VO² max test on the bikes and the class graphed our results. We discussed the steps involved in making a resistance training program and the advantages and disadvantages of using free weights and machines. After that we went down to the baseball field, we used speed chutes and sleds to apply resistance and run relays. Afterwards we took a tour of the gym and then walked back to Redfern station and caught the train home.

It was both an exciting and interesting day, as we have a small class of 9 we had a more individualised and personal experience. I think that I can speak for the whole PD.H.PE class when I say, it was an enjoyable and memorable day and we thank **Mr Ryan** sincerely for taking the time to organise this excursion for us. Thanks Sir!

by Rachelle Allen



CAREERS NEWS

There is a lot happening this term especially in regards to Year 12 students as they have their trial HSC and are considering their future career paths and Year 10s are making subject selections.

For Year 12 students, all the universities have open days for prospective students. These open days have generally been scheduled for Saturdays or late afternoon and evenings so that students and parents can attend. If you are interested in attending an open day check the notice board outside D1, access the website for the specific university or speak to the careers adviser.



Some universities offer Early Entry to specific courses so students are encouraged to once again check the website of their preferred university to be sure that they meet the eligibility criteria and apply in time.

Scholarships are also being offered by the Commonwealth Government, State Government and tertiary institutions so please check with the careers adviser or the university of your choice.

Year 12 are reminded to refer to their UAC guide for courses that may have an early closing date. Those students who are planning to study Pharmacy or Veterinary Science at the University of Sydney are also

reminded that the completion of the STAT test is mandatory for these courses.

All students are reminded that if they intend to continue with their studies they will need a Tax File Number (TFN) when they enroll in their courses. If you do not have a TFN your enrolment can be more complicated and obtaining a TFN will take much longer at the beginning of the academic year. If you do not have a TFN come and collect an application form from the careers adviser.

There are many students who will be hoping apprenticeship proceed to an or to employment on leaving school. If you are a student who wants an apprenticeship but is uncertain about how to go about this you may have a number of options open to you. and about Please come see Pre-Apprenticeship Courses and the Get Skilled apprenticeship programs.

If you have any concerns about your future career, accessing information about careers or which subjects are prerequisites for university courses please come and speak to the careers adviser. If the door is open then I am available for a chat or to make an appointment for us to discuss your concerns.

Mrs H. Corcoran (Rel. Careers Adviser)

SPORT OF THE MONTH

KARATE and SELF DEFENCE - September Are you aged from 8 to 60 years old?

The Japanese Academy of Martial Arts, in partnership with Bankstown City Council, are giving people **aged 8 to 60** a chance to "Come and Try Karate and Self Defence" in **September 2009**, completely **FREE of charge.**

Sessions are taking place at The Japanese Academy of Martial Arts, 144 Tower Street, Panania on:

Tuesday 1st September - Thursday 3rd September - Tuesday 29th September All from 6:30pm - 7:30pm

Everyone who registers and takes part in a "Come and Try Karate and Self Defence" session in September will receive a FREE Active Bankstown Gift.

So what are you waiting for, tell your family and friends and come join in the fun!

For a FREE brochure or more information please visit www.bankstown.nsw.gov.au or call Council today on (02) 9707 9641.

Parenting Programme Term 3, 2009 Fairfield

Engaging Adolescents

7th-21st September 2009 Mondays 7pm-9pm Family Relationship Centre Level 1, 8 Jacobs Street Bankstown

This 3 week course will help parents develop greater confidence in parenting their adolescent by understanding how adolescents function, developing strategies for effective communication and promoting socially appropriate behaviour.

No childminding available for this course.

\$10 per person per session (concession/ unwaged free). For bookings or enquiries, phone CatholicCare on **9725 7077.**



"Children need two things roots and wings"

Chinese Proverb

Brief Stories and Parent Tips Smoke free cars

A reminder that it is now against the law to smoke in a car with a child under the age of 16. Children are particularly susceptible to the negative health effects of passive smoking. Exposure to second-hand tobacco smoke by children can lead to an increased risk of asthma, lower respiratory tract infections such as pneumonia and bronchitis, coughing and wheezing.

A **\$250** on the spot fine applies to the driver and any passenger who breaks the law and this will be enforced by NSW Police. More information including fact sheets in languages community is available at: www.health.nsw.gov.au/publichealth/ healthpromotion/tobacco/smoke free cars.asp

For support to stop smoking call the Quit Line on: **13 78 48**.

Snap happy

With digital cameras, it's now so easy to share photos with family and friends online. But how do you control where they end up and how can you remove material once it's out there?

The latest issue of Click, the department's guide to technology for parents, has some



STRENGTH IN UNITY, EXCELLENCE IN EDUCATION

great advice on keeping your family's photos safe from prying eyes and some simple ways you can ensure the privacy of people in the photos, especially children. Read the full story at: www.schools.nsw.edu.au/click

Go green with nude food

Did you know that each child produces approximately 30 kilos of waste per year from their school lunch alone? And imagine this amount multiplied by the number of children in your child's school!

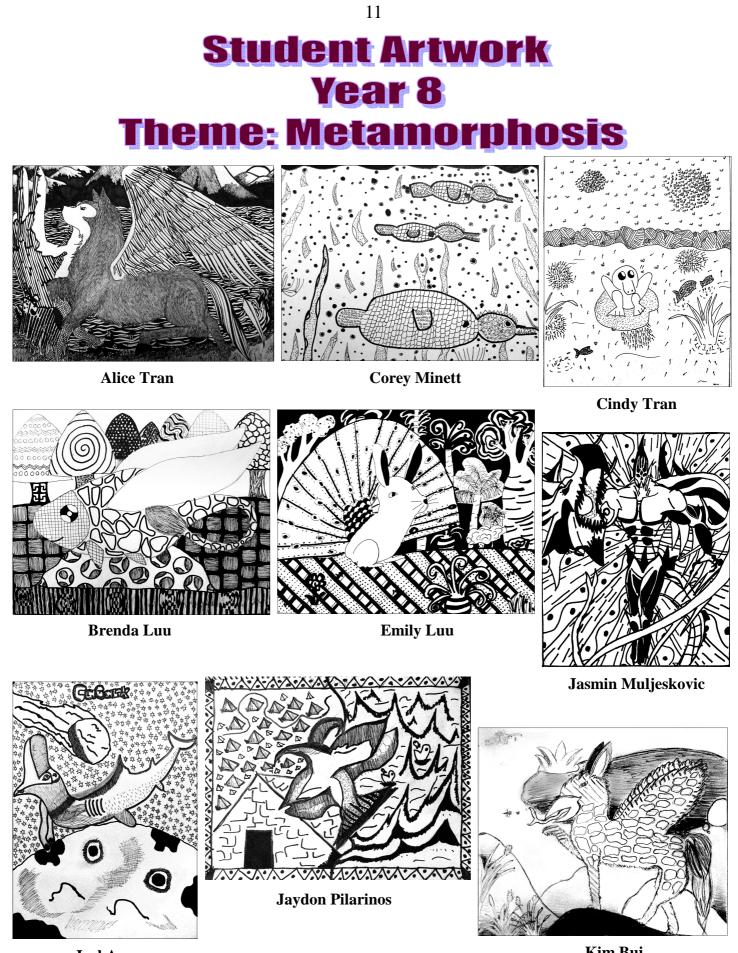
The latest edition of School Parents ezine is full of ideas on how to go green and how to make a "nude food" lunch box for your child. Nude food is not only low on waste or makes no waste, it's not processed and therefore it's healthier and cheaper.

A nude food lunch uses:

- Paper wrap, brown paper recycled bags but no plastic bags or aluminium foil
- Reusable containers that get taken home and washed
- Lunch boxes that have lots of separate sections
- Reusable forks and spoons
- Drink bottles with water that can be used each day.

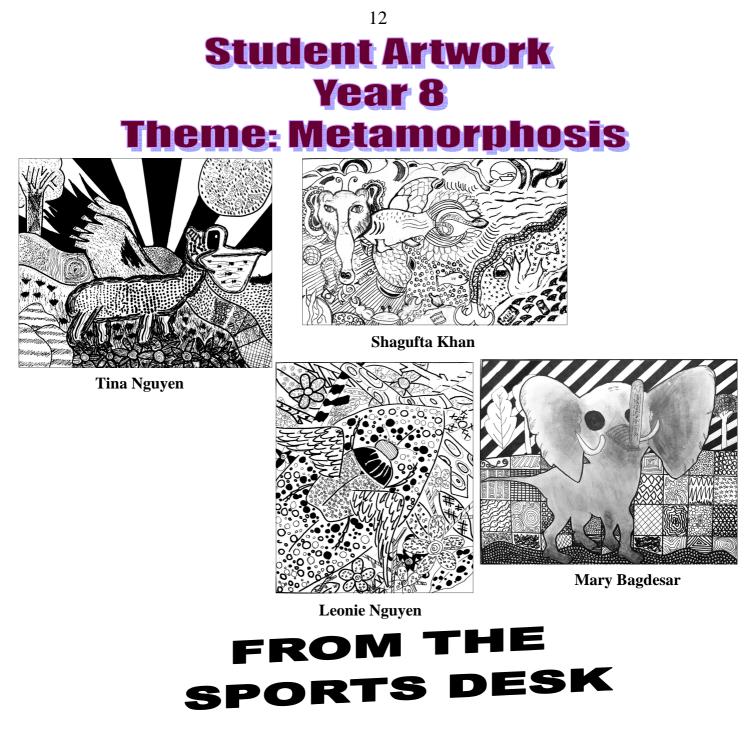
Find out more at: www.schools.nsw.edu.au.ezine





Joel Azar

Kim Bui



Term 3

With the last of our carnivals done run and won we change our focus to preparing for our final few knockout games, AFL carnival, Year 7 Gala Day and our weekly grade sports in the Bankstown zone.

Students are excited about new sports !

Term 3 has seen the introduction of two new sports at Chester Hill. Boxercise and Cheso Fitness have been very popular across all year groups. With the great work of our teachers **Ms** Scarce, **Mrs Lykouras**, **Ms Drakakis**, **Mrs Reynolds**, **Ms Zhao**, **Ms Chan**, our students have had exposure to activities which can improve cardiovascular fitness, strengthen muscles and improvement coordination. Whilst the student have only had a basic introduction to both sports, there has been nothing but praise from the teachers who have set programs to encourage the students to challenge themselves and being active.

Regional Athletics

The regional athletics carnival was held on the 10th and 11th at Campbelltown Athletics Centre. We had a number of students compete over the two days with pleasing results.

Matthew Timson 1^{st} U15 1500m walk Matthew Timson 3^{rd} 15yrs 1500m Damian Kotevski 1^{st} 16yrs Boys Javelin Melek Yilmaz 3^{rd} 12yrs Girls High Jump Melissa Swan 3^{rd} 15yrs Girls Long Jump Stephanie Ambrose 3^{rd} 15yrs girls Javelin

Congratulations to all of our individual athletes and relay teams who participated of the two days of the championships.

Gala Day

Week 7 – September 11 2009

A new date has been set to hold our first gala day for 2009 to be held against Bass High and Condell Park High School: the sports are:

- Basketball Bankstown Basketball Stadium
- Newcomb ball Bass High School
- Touch Football The Crest
- T-Ball Bogabilla Reserve

Our teams will be the same as the ones chosen during term 2.

Good luck to all yr 7 students and enjoy your day.

Term 2 Winners

League 7's Snr Girls Volleyball Jnr Girls Volleyball Snr Girls Soccer Jnr Girls Soccer Jnr A Touch Football Jnr A Mixed Netball

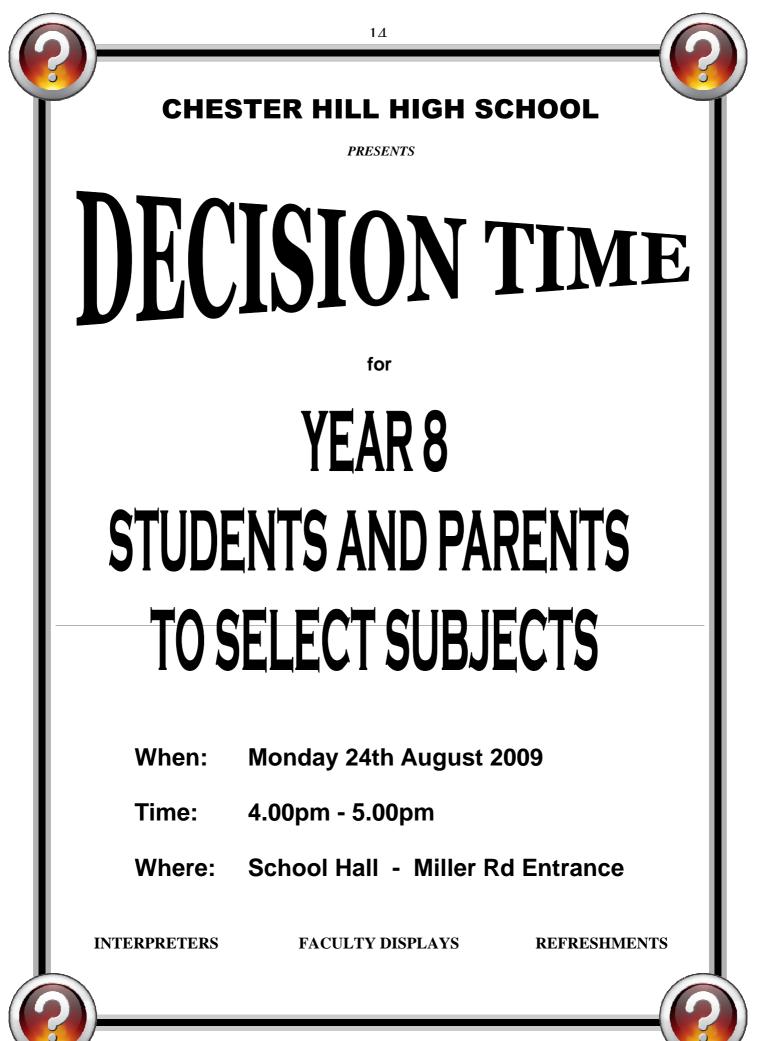
Congratulations to all of our winners and I am sure we would have had more if there was an opportunity for our teams to play in semi finals or finals. Thank you to all of our students who played in our grade teams during Term 2.

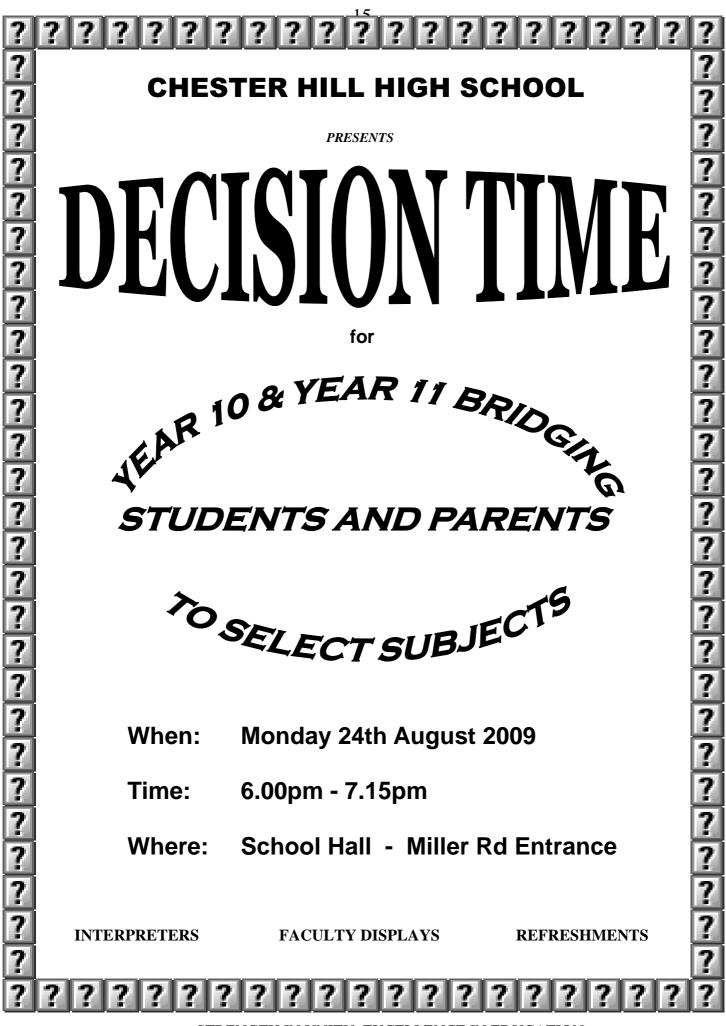
AFL – Sydney South West Shield

This year we will be entering four boys teams and four girls teams in the Sydney South West Shield to be played at Greenway Park, Carnes Hill.

The boys games will be played on 31^{st} August in the U13 & U15 age divisions and the girls will play on September 7th in year groups comprising of year 7, 8, 9 students & year 10, 11, 12 students.

Mr Charouk has been training the students during lunch times to prepare for the games and there is no doubt our teams will do well again this year.







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WELCOME TO THE 4TH EDITION OF

Helping Mums and Dads with school life

In this edition you'll find:

ISSUE #4

- · how to protect your family from whooping cough
- hints on a smooth start to high school
- tips for going green
- how to make a no-waste lunch
- a method to boost your child's reading confidence
- talking to your child about ethics
- helping your child with public speaking

and a lot more information to help Mums and Dads with school life.

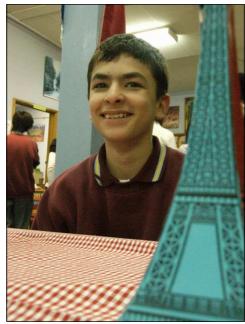
www.schools.nsw.edu.au/schoolparents













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Bastille Day Cafe













What's Happening in IA August 2009









What's Happening in IA August 2009

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