



# CHESSO NEWS

CHESTER HILL HIGH SCHOOL  
KENWARD AVENUE  
CHESTER HILL 2162

TELEPHONE: 9644 1099  
FACSIMILE: 9743 7174  
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<http://www.chesterhillhighschool.com/>

## Term 1 Issue 2

### Principal's Report

Welcome to our second newsletter for the year, coming to you at the end of Term 1 as Mr Miller, representing the Department of Education and Communities (DEC), jetted off to China.

While Term 1 has been very busy for staff and students it has been a successful term. Some of our achievements have been:

- Over thirty families attending our community forum meeting in Week 5.
- Our Year 7 Welcome BBQ and Naplan discussion was well attended in Week 8.



- Over 70 families attending our Year 6 open afternoon in Week 6.
- A well organised and well attended

School Athletics Carnival in Week 7, where the winning house was **Glenn**.

- Our Leadership Assembly in Week 6 where our School Leaders, were recognised by their peers for 2015, and then attended their Leadership Conference.



- School Photography Day.
- Our new Learning Centre for Year 12 is now operational.



STRENGTH IN UNITY, EXCELLENCE IN EDUCATION

Currently Year 12 are in their HSC mid-course exams which conclude at the end of the week while the other years are completing their assessments and course requirements.

After the holidays in Week 3, Term 2, it will be Year 11's turn to have their mid-course exams while Year 7 and Year 9 will be involved in Naplan.

Just a reminder to parents that the Dental Hygiene Van is now in the school and this is



providing a free service for students to have their teeth checked and cleaned. There is still time, if you have not done so, to send in a permission form to the office if you would like your child to participate in the program.

I would like to take this opportunity to wish our Cheso families and Staff a lovely Easter with family and friends. And to our student body, a safe, relaxing holiday and come back ready to start school on Tuesday 21<sup>st</sup> April.



Happy Easter

**Mr P. Rosewall**  
Deputy Principal

## Year 7 Cheso Clean up Day

Each year, Chester Hill High School holds a day where students are encouraged to clean up the school environment. We refer to it as a contribution not only to our school, but also Clean up Australia Day. On the Monday, 9th of March, we were gathered to maintain the



school grounds. The staff and SRC supported the event and led the Year 7 students to a fun day of preservation and hygiene. Thanks to the success of Cheso Clean up Day, our school surroundings are now cleaner and safer. With less rubbish and an awareness of cleanliness and sustainability of the environment, Chester Hill is a great example of how the land we live in should be seen wherever we go. We'd like to thank everyone who got involved and partook in the occasion. Let's remember to keep the school environment clean and also Australia itself. It really does make a difference.

SRC School Publicity

Photographer: Abdallah Sukarieh





## SRC Conference 2015

On the 6th of March the SRC held a conference at Fairfield RSL Club. We met barrister **Daniel Petrushnko** and high school teacher **Samantha McKenzie** who spoke to us about the opportunities they received as leaders at their own high schools. They spoke about how they thought that you should never throw your education away. The SRC also did team building exercises where we had to lead and cooperate with each other to reach our goal. In the end we learnt a great deal about teamwork and leadership.





## Sydney South West Knockout

### Girls Touch Football Competition 2015

On Friday the 13<sup>th</sup> March, our girls touch team played Birrong Girls High School on our school oval. It was an intense game with Chester Hill HS dominating to eventually win 9-4. The girls showcased an array of skills with tries set up and scored by **Taylah Bailey, Rhonda Kraini and Laila Sankari**.

The successful first round win allowed the team to compete at the Central Venue which was held at Minto on the 20<sup>th</sup> March. The team placed 3<sup>rd</sup> in their pool which was an outstanding effort considering the hot and humid weather. The whole team should be commended on their excellent behaviour, sportsmanship and commitment to the game. **Ms Langmack**



Touch Football Team Members

	Name	Year
1	Brodie Li	11
2	Laila Sankari	11
3	Taylah Bailey	10
4	Marwa Sbeit	11
5	Safa Sbeit	11
6	Rhiannon Minett	11
7	Shelley-Anne Ahipene-Ruru	10
8	Shania Ahipene-Ruru	11
9	Leanne Tamer	11
10	Christine Ecaldre	10
11	Hunny Cuthbert	10
12	Britney Bouth	10
13	Rhonda Kraini	10
14	Dima Elkheir	11
	* Saba Zreika	11
	* Khaled Mariam	11
	* Manel-Tamara Toki	11
	* (Sport Coaching Assistants)	





## **VOLUNTEERING IS FUN AND REWARDING**

Four of our students have been volunteering as mentors at the **Chester Hill Roundabout Centre** for the past 8 weeks. These amazing young people have been mentoring younger infants and primary aged students and helping them learn to cook and do basic food preparation.

The program is a **Children's Cooking Course**, targeting children 7 – 12 years of age, to teach them lifelong skills in basic food preparation. They make their own food, such as hamburgers, nachos, pancakes, chicken wraps.....among other things. The food is delicious and healthy!

Every Wednesday afternoon this term, instead of going home after school, **Fatima Amiri (Yr 10)**, **Dee Elle See Doo (Yr 10)**, **Say Ka Baw Lwe Kyi (Yr 10)** and **Jessica Nguyen (Yr 9)** have gone to the Roundabout Youth Centre. From 3.30pm to 5.30pm they help Jayne and Donna, who are trained in Hospitality, as they demonstrate and guide the young students through a variety of recipes. The Cheso girls work with 3 or 4 students each and help them with tasks such as cutting food safely, mixing and blending, frying or grilling meat and presentation of the final product. A rapport has developed between the young ones and our students and that has been a great pleasure to see.

There is a great sense of achievement when the recipe of the day has been completed and our students have helped these young people gain skills and confidence. Of course the Cheso girls also get to enjoy the food that has been prepared!

From my perspective, it has been really lovely to see the commitment of our volunteers and their willingness to help others in such an unselfish way. I feel very proud to be associated with such giving young people. This is a wonderful partnership with our community as well as an opportunity to add community involvement and volunteering to a **resume!**

If you are reading this and thinking that **you would like to volunteer for this program for Term 2** please come and see me in the Senior Learning Centre. You need to be in either **Year 9 or 10** and be able to make your own way home. The Chester Hill Neighbourhood Centre is next to Sefton Railway Station.

**Mrs Corcoran**

(Transition Adviser)





## A Visit To The 'Little Snail'

The Students in the Year 10 French class had the opportunity to try some French Cuisine on their latest French excursion.

We all went to the Little Snail Restaurant at Darling Harbour. It was a fantastic day. There was a quick tour of the city including the stunning Queen Victoria Building at Town Hall with its amazing clocks



and we even had a chance to check out some of the stores, like the Dr Seuss store. The atmosphere at the QVB was awesome and we all wished we had money to spend in some of those very expensive stores. Even the toilets were so stylish.

We then walked down to Darling Harbour to the restaurant. It was a beautiful sunny day and we really enjoyed the walk and the city views.



We couldn't believe how classy the restaurant was and the waiters "garcons" spoke French to us as soon as we arrived. It was really cool watching Madame Mateus speaking French to them, we all tried our French skills as well of course.







The best part of the lunch was of course the tasting of the "Escargots" which is the French word for snails. Two of us (**Brayden** and **Julie**) were very brave and ordered a dozen each for our entree. The rest of the students were given the opportunity to try at least one escargot to



see what it tasted like. There was a lot of fun at the table as people freaked out about eating snails, but overall it tasted pretty good and we really enjoyed it.

It was a fantastic experience and really unforgettable. The whole class had a fantastic day and we really enjoyed the whole experience. "Vive les Escargots et la cuisine francaise"



by Year 10  
French  
students



## Seek-A –Skill

Year 11 and 12 Construction students and other students interested in exploring the different trades attended the annual Seek-A-Skill Exhibition at Gipps Road, Sport Complex on 11<sup>th</sup> March. It was a very informative day with a range of trade stalls allowing us to try different skills in the various trades e.g. auto mechanic, chef, fitness, electrical, plumbing and floristry.

Of special mention, a stall was manned by our very own student **Brenden Williamson**.

**Brenden** represented his employer **On Two Wheels, Campbelltown** where he is completing his two year School Based Apprenticeship in Motorcycle Mechanical Technology. The motorcycles that he had on display attracted a lot of questions and admiration from both students and adults. **Brenden** enjoyed sharing information about his passion for motorbikes and his wonderful opportunity of completing his SBA with **On Two Wheels** whilst completing his HSC.

**VET (Vocational Education Training)**





## **Athletics Carnival 2015**

Chester Hill gathered together at the Crest Athletics field on Thursday the 12<sup>th</sup> of March for the annual school athletics carnival for 2015. The weather was great with plenty of warm sunshine. The students supported the carnival with excellent attendance and fantastic participation in many events. Unfortunately, the inner field was closed for repairs and we did not run the javelin or discus this year. Students may enter these events by nominating themselves for the Zone Carnival. The highlights of the carnival were the Year 12 events which were colourful and entertaining, the champions of champion's 100m races and the many relay events which ran at the end of the day. Special mention must go to all of the staff who worked tirelessly to complete the program of events and the BBQ and canteen operators who supplied lovely food. And finally, to the athletes who had a go even if they didn't win, it's not about winning but about trying something new and enjoying it. Well done.

Congratulations to the following students who are the Age Champions for 2015 Athletics:  
**Gay Ku Moo, Justin Pak, Ahmed Ayad, Andre Kotevski, Steven Glasovac, Natalie Hamad, Ashlyn Smith, Taylah Bailey, Shantae Phan and Christine Ecaldre.**

The results of the house competition:

- 1<sup>st</sup> Glenn**
- 2<sup>nd</sup> Hillary**
- 3<sup>rd</sup> Murdoch**
- 4<sup>th</sup> Florey**



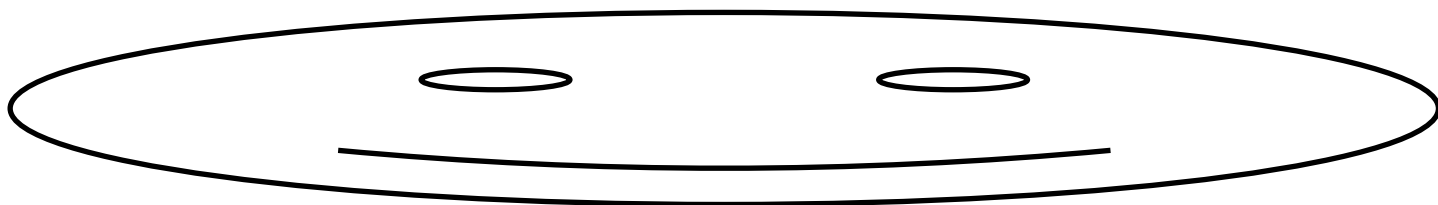
Thank you to the house captains who worked with the house representatives to increase the numbers competing in the events.



**Mrs S. Lykouras, Mr J. Bullen**



## **Athletics Carnival 2015** (continued)



### Girls Soccer CHS Knockout

The first round of the CHS girl's soccer will be run at school on the Friday 24<sup>th</sup> of April at 11.10am. Chester Hill will verse Robert Townson High School. The girls have been selected after trialling at lunchtime. Good luck and remember to bring shin pads and boots or sports shoes on Friday of Week 1, Term 2. Try to continue some fitness training in the holidays so we can go on to the second round.

**Mrs S Lykouras**

### Sport Fitness Recreation (SFR)

Students in Year 11/12 SFR are busily trying to find work placement positions in the sport coaching field. They must do 35 hours of coaching or assisting a coach in any sport. If anyone in our community can offer a place whereby Year 11/12 students could assist or coach a junior team on the weekend or after school please contact Mrs Lykouras or Mr Jones. Any help would be greatly appreciated.



## The Stroop Test

How flexible is your brain?

Give it a 5 second test:

quickly identify the colour of each of the words (don't read them).

Say the colours out loud:

How accurate were you? How long did it take? This task, called the Stroop Test, is much more challenging than it first appears. It's much harder to identify a colour when it's different from the word than it is to identify when the two match. This challenging test relies on two key cognitive skills, response inhibition and selective attention.

### How your brain processes the Stroop Test

Because most people's automatic response is to read a word, the Stroop Test is a classic test of response inhibition. This skill involves responding quickly while avoiding incorrect impulses that may interfere with accomplishing goal-driven tasks. Response inhibition is associated with the brain's executive function, and brain imaging studies have found that performing the Stroop Test activates brain areas involved in executive function, such as the dorsolateral prefrontal cortex.

The Stroop Test also challenges selective attention, or the ability to choose which stimuli to focus on and which to ignore. The mental flexibility required to switch between multiple stimuli is essential: without good selective attention, it can also be easy to make errors.

BLUE

GREEN

BLACK

YELLOW

GREY

RED

**Brought to you by the Learning and  
Support Faculty**





# Chester Hill High School

## Calendar of Events Term 2 - 2015



Week	Day	Date	Event
1A	Monday	20.4.15	* <b>SCHOOL DEVELOPMENT DAY</b>
	Tuesday	21.4.15	* Students return to school
2B	Monday	27.4.15	* ANZAC Ceremony
	Wednesday	29.4.15	* Year 7 Excursion - Australian Museum
	Thursday	30.4.15	* <b>SCHOOL CROSS COUNTRY - Recess +</b>
3A	Monday	4.5.15	* YEAR 11 EXAMS Preliminary Half Yearly Assess Period Commences
4B	Monday	11.5.15	* YEAR 11 EXAMS Preliminary Half Yearly Assess Period Continues
	Tuesday	12.5.15	* NAPLAN 12/5 - 14/5
	Wednesday	13.5.15	* NAPLAN 12/5 - 14/5
			* <b>NEWSLETTER AVAILABLE ONLINE</b> <i>www.chesterhillhighschool.com - click on news - then newsletters</i>
	Thursday	14.5.15	* NAPLAN 12/5 - 14/5
5A	Monday	18.5.15	* <b>ZONE CROSS COUNTRY</b>
	Wednesday	20.5.15	* Year Meetings
			* <b>COMMUNITY FORUM MEETING (6.00pm) (All parents welcome)</b>
	Thursday	21.5.15	* Year 8 English Excursion - Theatre
6B	Monday	25.5.15	* <b>YEAR 12 PARENT/TEACHER NIGHT (4.30pm-6.00pm)</b>
	Thursday	28.5.15	* Year 10 Mock Interview Day
8B	Monday	8.6.15	* <b>PUBLIC HOLIDAY - Queen's Birthday</b>
	Thursday	11.6.15	* <b>MULTICULTURAL FLAG CEREMONY - (9.45am and 12.45pm)</b>
			* <b>REGIONAL CROSS COUNTRY</b>
	Friday	12.6.15	* <b>MULTICULTURAL FLAG CEREMONY - (11.15am <u>tickets ONLY</u>)</b>
9A	Wednesday	17.6.15	* <b>NEWSLETTER AVAILABLE ONLINE</b> <i>www.chesterhillhighschool.com - click on news - then newsletters</i>
	Thursday	18.6.15	* Year Meetings
10B	Wednesday	24.6.15	* <b>ZONE ATHLETICS</b>
			* <b>PARENT/TEACHER NIGHT YEARS 7-11 (4.00pm to 7.30pm)</b>
	Thursday	25.6.15	* <b>ZONE ATHLETICS</b>
	Friday	26.6.15	* Last day of Term 2

**Last Day Term 2 – Friday 26.6.15 First Day Term 3 – Tuesday 14.7.15**

Please Note: Dates/Times correct at time of publication

**UNIFORM SHOP**  
**School Hall**

**Monday - 8am to 12pm      and      Friday - 12pm to 4.00pm**