

## PRINCIPAL'S REPORT

Welcome back to Term 3, I hope all students and families enjoyed the holiday period. I appreciate the efforts of the many parents who attended Parent Teacher night at the end of last term. I would encourage those parents who were unable to attend to contact individual teachers or Year Advisers if you have any concerns regarding your child's report or current progress. All reports are available on the parent portal. Please

contact the school office if you have any issues accessing the report.

### SCHOOL DEVELOPMENT DAY

On our first day back this term, all teaching staff were involved in a day of professional learning. The focus of the day was on developing strategies to engage



students and enhance learning.

### ANTI-BULLYING POLICY

It is important that our school community is aware of the strong stand we take against bullying and how it is dealt with. Measures are in place and are reinforced to minimise bullying and to support any student who may suffer from it. Fortunately, the vast majority of students here respect those around them and enjoy the safe harmonious environment that we foster at the school. It is extremely important however, that you contact us, (your child's Year Adviser in the first instance) if you think your child may be a victim of any form of bullying or harassment.

Chester Hill High School takes a very strong stand against bullying of any kind. Bullying is not acceptable and will not be tolerated. Bullying has no place at Chester Hill High School and directly contravenes our welfare policy and every student's rights to 'feel safe and secure' at school.

### CHESTER HILL HIGH SCHOOL

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Bullying behaviour can be:

- Verbal eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- Physical eg hitting, punching, kicking, scratching, tripping, spitting
- Social eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- Psychological eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.
- Cyber eg SMS messaging, inappropriate email messages, online bullying, abuse of chat rooms and mobile phone cameras

### Whole School Strategies

- Year Advisers, Assistant Year Advisers and Head Teacher Wellbeing are available to actively discuss bullying incidents and how to best manage specific incidents.
- The school regularly reinforces its anti-bullying message at school assemblies and community forums.
- Staff are regularly trained and receive awareness raising information regarding bullying.

Students must:

- Refuse to be involved in any bullying situation.
- Report the incident or suspected incident to a teacher and help break down the code of secrecy.
- Not encourage any form of bullying.

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Safe  
Proud  
Inclusive  
Respectful  
Inquisitive  
Trustworthy

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### The School recommends that parents:

- Keep open lines of communication with your child.
- Advise your child to always report bullying, ideally let them report it and deal with it themselves. Do not hesitate however, to contact the school if you feel the situation is serious enough or the bullying problem has not been resolved quickly.
- Always reinforce to your child that bullying of any kind is not acceptable.

### INFORMATION EVENINGS – SUBJECT SELECTION

Our subject selection evening for Year 10 and 8 students will be held on Monday 26 August. We hope these opportunities provide a good starting point for making wise course decisions. I would encourage both students and parents to contact Head Teachers or Year Advisers if any additional information is required or if you have any further questions regarding course choice.

Individual Student Counselling – Tuesday 3 September – Year 10 Parents are invited with their son or daughter to attend an individualised interview with an experienced member of staff to ensure that their final subject selection is appropriate and will meet the student's needs, interests and abilities. I would strongly urge you to keep this day free so you can attend this important interview.

### Year 12

This is a critical period for Year 12 and their last full term of secondary schooling. In weeks 4 and 5, students complete their Trial HSC which will provide excellent experience and important feedback as to their current progress. We will be consistently reminding Year 12 of the school's expectations in terms of effort, application and attendance in this crucial term, including the role modeling they provide for the rest of the school. The key messages to Year 12 include staying focused on achieving their personal best and planning strategically in the execution of a consistent revision program. The majority of students are working very well, with many currently working overtime to complete their major works. This period can cause a degree of stress for some and it is very important students keep a balanced approach via the maintenance of sensible sleeping patterns, a healthy diet and regular physical activity. If you have any concerns regarding your son or daughter's last term of school, please do not hesitate to contact us immediately.

I would like to personally wish every student in Year 12, the very best for their trials.

Best wishes for a happy and successful Term 3.

**Ms M O'Harae**

**PRINCIPAL**

## IEC REPORT

Term 3 at the IEC started with a record number of new enrolments. We have welcomed over 50 new students from a variety of countries. The IEC has been a hive of activity with all these new additions. Also, the many programs currently running have seen students engaged in their learning and language development.

In week 3, 18 Chester Hill IEC students travelled to Pymble Ladies College to participate in an all girls swimming program. The five day program was led by Year 10 students as part of their Service Learning Program. The 18 students learned basic swimming skills like floating, breathing, entering and exiting the pool, kicking and diving to the bottom of the pool. All 18 students successfully completed the Water Confidence Course led by the PLC students. On the last day our students challenged themselves by jumping into the deep end of the 50m swimming pool from the 1m and 5m diving boards! Throughout the week our students were eager to learn and improve their skills in the water. The girls had an amazing time with the PLC students and truly appreciated this special experience.



In conjunction with the swimming program, Pymble Ladies College also participated in a Literacy Enrichment Program. In week 3, a group of PLC students drove down to the IEC to assist students in the classroom in a

variety of literacy tasks. Having an opportunity to engage with native speakers was a great opportunity for the students at the IEC to improve their communication skills.

On Thursday, August 3, a group of 26 students arrived from the Canton region of China to participate in a five day study tour. In this time, the students were integrated into classes and had the chance to engage with the language and the learning styles of Australian classrooms. They were welcomed by this term's Student Leaders who showed exceptional leadership skills in their attentive monitoring and support. It was a valuable experience that saw meaningful communication between the hosts and the guests.

A range of other programs have kicked off this term which aim to develop interpersonal communication skills as well as language proficiency. These include, the Public Speaking Program, the Optus Interact Program, Creating Chances and also the after school boxing group.

Many thanks,

**Mr O'Campo**



# LIBRARY REPORT

Dear Bookworms,

Guess what?! It's time to select your latest reading! And the even better news is that we have a tonne of new books for you to choose from! So come on in, return those over due books, and borrow some new material to entertain you this term.

There's something for everyone!

Happy reading,

**Ms Miller**





## TAFE YES PROGRAM

Eleven students from Year 10, 11 and 12 were chosen to participate in the TAFE YES Program for Weeks 9 and 10 of Term 2.

### Student thoughts:

I enjoyed the practical experience. I learnt a lot of new things. I noticed I got better at the cutting with each day. It gave me the idea to do this in the future as a career. **Ahmed Chamma**

The TAFE teacher was wonderful. We loved the course. We learnt about all the hygiene in the workplace and hair care. We were really interested in the hair colour and hair treatment lessons. We got to do treatments in our hair which were fantastic. **Sedra Kassar** and **Zahraa Alhasan**

I got sick during the course and missed 2 days. When I returned I felt I missed out on a lot. I would like to do this as a side job in the future. I was complimented by the teacher on how quickly I was learning the skills. **Nabel El-Sayed**

I was happy to have this opportunity to learn the basics in cutting and barbering. I would like to open up my own business in Barbering in the far future. **Adam Akkouche**

I learnt how to cut hair having had no experience and no previous knowledge. It wasn't as easy as I thought it would be. The hardest thing was to balance the comb and

scissors to do the "scissors over comb". It was very hard to cut hair all one level. **Sam Maaliki**

It was good to see what TAFE is like. The teaching salons were well resourced so that we could practice and learn. This is a career I want to pursue, so it really helped me. **Mokhalad Al-Ajwadi**

Thank you also to **Ms A Smith** and **Mr J Bullen** for their supervision and support.

**Mrs Patrizi**



The students completed an introductory course in Barbering. We thank the TAFE teacher Teresa and the staff for organising this authentic vocational learning opportunity. The students are congratulated for attending punctually every day and applying themselves with diligence to the course and successfully completing it.



## HISTORY FACULTY UPDATE

History students at Cheso have had a great start to Term 3. Year 11 Ancient History students put on show their creative and critical analysis skills by producing their own museum exhibition entitled 'Who Owns the Past?'. We saw some great recreations of artefacts – Rosetta Stones, Koh-I-Noor Diamonds and Easter Island Moai were popular choices. The students' creativity was matched by some sophisticated historical research. What a great group of ancient historians we have in Year 11!



Over the coming weeks students in Year 8 and 10 will be making decisions about subjects for next year. The History Faculty have a number of subjects on offer for students. Studying History is not only fascinating and a great way to understand our own world, but it will help students build a range of transferable skills such as critical thinking, research

and effective communication. Year 8 students will have the opportunity to choose History Elective in Year 9. This course is a thematic study of contact, conflict and the spread of ideas between the East and West. We focus on the Middle East and the long succession of empires that have fought for control of this region. Year 10 students can choose Ancient or Modern History as part of their HSC course. In Ancient History, you will study ancient Egypt, Assyria, Persia, Greece and Rome. In



Modern History you will study JFK, Cuban Revolution, WWI, Civil Rights in the USA and Russia and the Soviet Union. We also offer Year 9 Law and Order and HSC Legal Studies. We look forward to welcoming students into these specialist classes taught by our expert and passionate Cheso History teachers!

**Ms Christian**

## RUN BEYOND 2019



It is with great excitement that The Run Beyond Project is about to commence in Term 3, with its fourth cohort of Cheso students.

This program uses running as a mechanism to develop important skills, with a particular focus on goal-setting,

commitment and resilience capabilities.

Students train each week in preparation to complete a goal race, which will be at November's Central Coast Fun Run. They also devote time to learning how the skills used to help them reach this goal, can be applied beyond the finish line, and beyond the context of running, to all areas of their lives.

The Run Beyond Project began at Chester Hill High School in 2015, and has since been implemented in 11 schools. Earlier



this year a Teacher Training Day was held at our school, where teachers learnt how to implement the program in their own schools. They also had the opportunity to meet our 2018 graduates, some of whom will be mentoring our 2019 cohort.

**Mr Criniti**



## YOUTH CLIMATE JUSTICE SUMMIT

Student Representatives from Chester Hill High School attended the two-day Western Sydney Youth Climate Justice Summit. A number of schools, both private and public, from across NSW were present at the event. The objective of the summit was to bring together youth leaders in Western Sydney who are concerned about issues of climate justice and to explore ways that we can be advocates for change.



The event was run by the Australian Youth Climate Coalition (AYCC) in conjunction with the Canterbury-Bankstown Council. We were inspired by their many young volunteers and guest speakers who participated in the running of the event, as they shared their stories of what led them to become passionate about climate change.

Ultimately the purpose of the event was to give students experience in the planning, preparation and implementation of a Climate Justice Roundtable. Roundtables are an effective way to generate a balanced voice on important issues from those most affected by them. The CHESO team worked well in the planning sessions, impressing our support leaders with our ideas.

We also learned a lot of cool facts. For example, did you know the ocean is the largest carbon sink or that the 1 degree rise in global average temperatures since the Industrial Revolution is responsible for 50% of coral bleaching?



The event culminated with a real-life rally held outside the Petersham Town Hall. Students held their personally designed placards as we chanted in front of the passing traffic and media filming the event. **Mariama Bah** and **Zeenat Razak** were selected to share their own personal narratives on what climate change means to them. Both students delivered inspiring speeches including Mariama's catch phrase "We are all connected and we are all affected by climate change".

**Written by Cardin Trieu**

**Edited by Ms Smith**

## VOLLEYBALL

**Jamshid Mirzaei** and **Abdullah Al-Badry** of Year 9 have been selected as state representatives for the U15s NSW volleyball team! They are a part of a team who will be participating in the national championships in Canberra during the September/October school holidays.



They have already played State cup earlier in August against other junior teams in NSW and the ACT and won gold.

Congratulations on another Cheso first and we wish them well for their upcoming training and tournaments.

**Ms Poon**



## JAPANESE SUSHI EXCURSION

On Friday, 9 August, students from Year 8 had the opportunity to participate in a sushi making incursion with Chef Hideo Dekura. Hideo Dekura is an experienced Japanese culinary chef, who has written several Japanese cooking books and opened a culinary studio in Chatswood. Chef Dekura first demonstrated how to make a flower sushi roll using beetroot flavoured rice, then showed students how to create an inside-out sushi roll. The Year 8 students then went to their own cooking stations with their ingredients and bamboo mats to roll out their own sushi rolls. Each sushi at the end looked delicious and beautiful, and for other students this was their first time tasting sushi. It was a fun and valuable experience that enabled students to learn about aspects of Japanese culture and cuisine.

**Ms Sobrovega**



## HIGH ACHIEVERS' MORNING TEA

I would like to extend my congratulations to all the recipients of the High Achievers' Morning Tea who demonstrated a high standard for their subject outcomes in Semester 1. I was fortunate to be able to take part in the High Achievers' Morning Tea for Term 3. I viewed many smiling faces and proud looks from parents and caregivers who were able to attend. This morning tea recognises the efforts and determination of students who have a respect for learning, who are likely to promote an inquisitive nature towards knowledge, and are able to demonstrate their learning across a majority of their subjects at Chester Hill HS for Semester 1.

For students who have ambitions of being at the next morning tea, I would recommend asking your teachers questions, taking part in the homework study centre after school on Wednesdays and Thursdays at the CHHS Library, and regularly revising content from your workbooks so you can recall information on your subjects' content without the assistance of your workbooks. I wish all the students of Cheso good luck and academic success for the remainder of the year.

**Mr Trovato**



## YEAR 7 & 8 DEBATING

Year 7 and 8 debating has officially begun this term! We've had a great start with both teams succeeding in their debate against Sir Joseph Banks High School. **Mrs Richards** and I were incredibly proud of the students as they asked questions and sought feedback following the debate. The teams then went head to head for Round Two, with the Year 8 team claiming victory. It is important to note, that the Year 7 team made it difficult to select a winning team as their persuasive speaking skills shone through. Best of luck to both teams for Round Three!

Students involved:

**Zeenat Razak** (Year 8)

**Lyn Suleiman** (Year 8)

**Mariama Bah** (Year 8)

**Ranim Saleem** (Year 8)

**Nathan Quach** (Year 7)

**Yanru Yu** (Year 7)

**Ainsley Eastwood** (Year 7)

**Krystal Khaov** (Year 7)

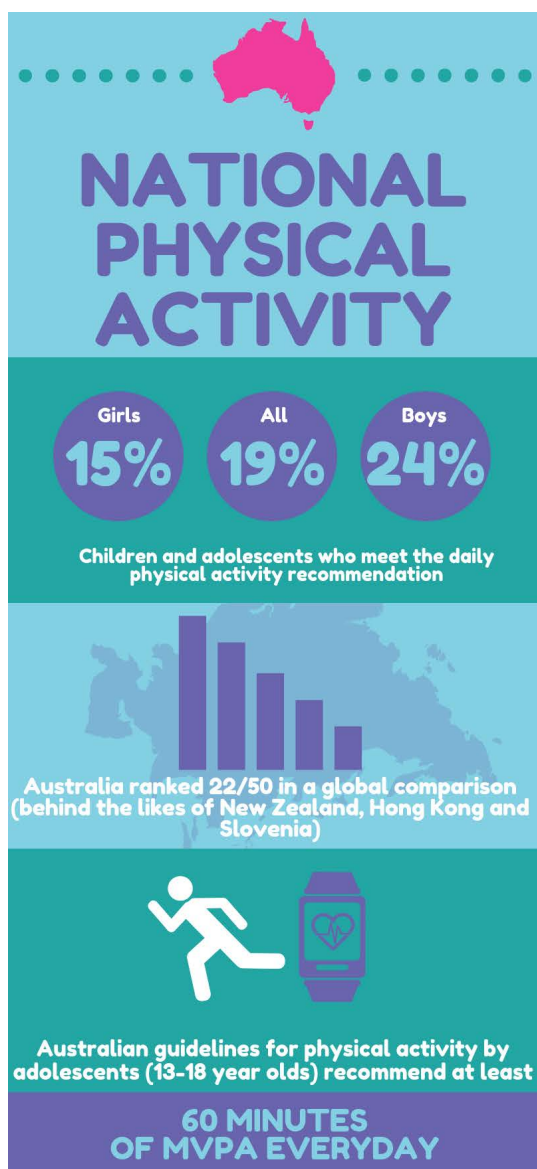
**Miss Hijazi**



# PHYSICAL ACTIVITY 4 EVERY1

Physical Activity 4 Every1 (or PA4E1) is an innovative whole-school physical activity program designed to support NSW secondary schools. The aim of PA4E1 is to increase physical activity and promote a healthy weight among adolescents. Currently, adolescents are very inactive. Chester Hill High School is an ideal environment to promote physical activity in young people as we have the curriculum, facilities, resources and access to adolescents to help them be more active. We are currently in our second year of running this program at Chester Hill High School, and have witnessed an increase in physical activity levels in many of our students. Should you have any queries about this program, please do not hesitate to contact **Mr Bratic** in the PDHPE Faculty.

**Mr Bratic**



**National guidelines recommend that young Australians do 60 minutes of physical activity every day! The best type of activity to get the heart racing and makes them huff and puff**



**Information on our physical activity program...**

**Active kids do well in class!**

Research shows....

- Kids who are active... and eat well!
- Do better in class!

This is why our school has introduced the PA4E1 program.

**Physical Activity for Everyone (PA4E1)**

Our school is now part of PA4E1. This will help us in our aim to increase student physical activity levels. Some ways we will do this are:

- More activity in our PE lessons
- Creating physical activity plans
- Resistance training at our school
- More activities during our breaks
- More information sent home
- More links with our community

For more information, visit: [pa4e1.hnehealth.nsw.gov.au](http://pa4e1.hnehealth.nsw.gov.au)

**Did you know?**

- The Government recommends kids do at least **60 minutes** of moderate-to-vigorous activity each day.
- This is activity which makes kids huff and puff!
- Sadly, only **1 in 5** kids meet the guidelines!\*

\* NSW SPANS Survey 2015



## Chester Hill High School Calendar of Events - Term 3 - 2019



1A	Monday	22.7.19	* <b>School Development Day</b>
2B	Monday	29.7.19	* Year Meetings
	Wednesday	31.7.19	* Year Meetings
			* <b>Mathematics Competition</b>
			* UNSW Aspire Parent Meeting 9.15am to 10.30am (Childcare provided)
3A	Tuesday	6.8.19	* <b>Regional Athletics - Campbelltown Athletics Centre</b>
	Wednesday	7.8.19	* <b>Regional Athletics - Campbelltown Athletics Centre</b>
			* <b>High Achievers' Morning Tea Years 7-12 (9.00am)</b>
			* UNSW Aspire Parent Meeting 9.15am to 10.30am (childcare provided)
4B	Monday	12.8.19	* <b>Year 12 – Trial HSC Examinations continue</b>
	Wednesday	14.8.19	* Year 10 Market Day
			* UNSW Aspire Parent Meeting 9.15am to 10.30am (childcare provided)
			* <b>NEWSLETTER AVAILABLE ONLINE</b> <a href="http://www.chesterhillhighschool.com">www.chesterhillhighschool.com</a> - click on news - then newsletters
	Thursday	15.8.19	* Year 10 Market Day
	Friday	16.8.19	* Year 9 Luna Park Mathematics Excursion
5A	Monday	19.8.18	* <b>Year 12 – Trial HSC Examinations continue to 23/8</b>
	Wednesday	21.8.19	* <b>COMMUNITY FORUM MEETING (6.00pm)</b>
			* UNSW Aspire Parent Meeting 9.15am to 10.30am (childcare provided)
	Friday	23.8.19	* Prefect Elections
6B	Monday	26.8.19	* <b>DECISION TIME (Yrs 8, 10, 11 Bridging Subject Selection)</b> (Year 8 - 4.00pm-5.00pm) (Year 10 & 11 Bridging 5.30pm-6.45pm)
	Wednesday	28.8.19	* UNSW Aspire Parent Meeting 9.15am to 10.30am (childcare provided)
7A	Tuesday	3.9.19	* <b>YEAR 10 DECISION TIME INTERVIEW DAY - Parents/Students</b> (1.00pm+) (selected students and appointments)
8B	Monday	9.9.19	* VALID Science Test - Year 10 - all week
	Tuesday	10.9.19	* Year Meetings
	Wednesday	11.9.19	* Year Meetings
	Friday	13.9.19	* <b>Zone Gala Day - Year 7</b>
9A	Monday	16.9.19	* <b>YEAR 11 PRELIMINARY EXAMS commence</b>
	Wednesday	18.9.19	* <b>NEWSLETTER AVAILABLE ONLINE</b> <a href="http://www.chesterhillhighschool.com">www.chesterhillhighschool.com</a> - click on news - then newsletters
10B	Monday	23.9.19	* <b>YEAR 11 PRELIMINARY EXAMS continue to 27/9</b>
	Thursday	26.9.19	* <b>YEAR 12 FAREWELL ASSEMBLY – Hall (10.00am – 11.30am)</b>

Last Day Term 3 – Friday 27.9.19 First Day Term 4 – Monday 14.10.19  
Please Note: Dates/Times correct at time of publication

**\*\* School Uniform is compulsory.** School Parent Committees, the School Community Forum and staff all believe that school uniform enhances the school's image with the community and gives our students a sense of belonging and pride. All uniform is to be worn as designed, and not altered in any way.

**\*\* MOBILE PHONES - must be switched off and in school bags at all times whilst on school premises or excursions.**