

Cardiff Connection

Celebrating Excellence, Opportunities & Success



November 2013

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From the Principal

Here we are already into November and as the term flies by its time to reflect on Cardiff High Schools successes and achievements.

Firstly, our Year 12 students have been conscientiously approaching their HSC external exams. We hope that they do themselves, their parents and school proud. These same students will be attending school for the last time on the 7th of November to sign out of the school officially. We are expecting all fees paid and have asked for donations of pre loved uniforms to be made on that day.

Year 11 reports have been sent home with these students beginning on their journey towards their HSC. There were some outstanding results plus some indicators that some students require re focussing. I was disappointed at the number of students and parents who missed the Board of Studies preparation for Yr12 night. The information provided was invaluable, it eased the concerns of many who were present and gave insight into common hazards for both students and parents.

Year 10 have been issued with their program of events for the next six weeks. This outlines Scope interviews, 'All my own work' requirements, RYDA driver training opportunities and expectations centred on attendance. Normal classes will be occurring up until the end of year for this year group. Preparation for Year 11, 2014 will also be addressed during this time.

Year 9 Microscope presentations were outstanding. Feedback from executive staff was very positive and the effort students made was pleasing. This will hold these students in good stead for future organisational purposes.

Various fundraising events organised and run by students have been well supported. The SRC raised funds then competed in the "Relay for Life" community activity. Thanks go out to Mr Sowden, Mr Snowden and Mrs Fletcher for their support, and congratulations to those students from all year groups who participated. Year 11 English Studies class and Year 7 have also been actively sourcing funding for their projects.

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Talking about projects, the school in conjunction with the P&C have combined funds and donations to commission the provision of air conditioning for the School Library. This work has begun with the building and construction classes forming and pouring a concrete slab to sit the external machinery on. Work is expected to be finished by week six; it will be the 50th Anniversary gift to the school.

It's so pleasing to see so many wonderful programs and initiatives operating within the school to support the teaching and learning of students. I'd like to thank the dedicated staff and parents who make this happen.

Steve Trayhurn

Relieving Principal

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Deputy Report

It has been very pleasing to see all those students who actively support our school and its community. They display their attitude and commitment to work through their efforts in the classroom, on the sporting fields and in the pride they have in their uniform.

As we read this Year 10 students are gearing themselves up for Scope interviews where they will compare themselves and their work against a standard. We wish them good luck and encourage "Personal Bests" from each student. We will be publishing a timetable for Year 10 in relation to the interview process for Scope and there will be some alternate attendance requirements needed so that this project and that of the Board of Studies (All My Own Work) can be completed before the end of term.

Unfortunately, some students still insist on wearing inappropriate uniform (wrong colour, hoods, too short or rolled up). These students (without notes from parents) are asked to see the Deputy for uniform substitution where pre loved uniforms and safety pins are provided where possible. Please be conscious of this expectation.

Fantastic to see our Year 9 Work Education class involved in Work Experience this term. Reports back from employees have been encouraging and students have dipped their toe into what the real world is like. Typically, shyness and waiting for instructions were some of the feedback; however this will change with maturity and further placements.

Lastly, we encourage students at the end of the school day to make their way home as soon as possible and not to linger around the entrances to the school. The relationship with our neighbours is a good one and we appreciate students who respect the "quiet enjoyment" of the public and keep the area clean.

Steve Trayhurn

Deputy Principal

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- November 4 - 8 Year 8 Exams
- November 7 Year 12 Signout - 11.30am to 12.30pm
- November 11 - 15 Year 9 and 10 Exams
- November 13 P&C Meeting 7pm Admin Staffroom
- November 14 Year 12 Formal - Fort Scratchley
- November 18 - 22 Year 7 Exams
- November 26 Music Night 7pm in the Hall
- November 28 - 29 Year 10 SCOPE Interviews
- December 4 Year 6 Orientation
- December 11 P&C Meeting 7pm Admin Staffroom
- December 13 Yrs 7 - 11 Presentation Day 9.45am in the Hall
- December 18 Lasy day of school for students
- December 19-20 Staff development days

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Attendance

With reports coming out soon it is vital that all parents and carers catch up with any unexplained absences so they do not appear as unexplained on their child's report.

An unexplained absence is any absence that has:

- Not been explained with a returned letter to the roll call teacher.
- Been explained but with an unjustified reason for the absence.

Unjustified reasons include any explanations that pertain to the lack of organisation or general due diligence of the students involved, eg. Sleeping in, missing the bus, forgetting assignments etc.

Unless there are exceptional circumstances or teacher error, the school will not reprint student reports to adjust absence details.

Exemption forms are available from the deputies for students taking leave for holidays, operations or other exceptional circumstances. When approved the leave will not be counted as absences on the student's record.

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P&C News

Our wonderful Annette Salmon has advised that she will be retiring at the end of this year, after 17 years as Canteen Manager.

May I quote part from her letter "the students are a credit to the school and themselves, and have treated

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myself and volunteer help with respect and laughter at times". We thank Annette for her outstanding service, her sense of humour and the care she have given the children over the years.

We wish you and your family a healthy and happy retirement.

We welcome Louise Stewart in the New Year as Canteen Manager and Susan Wilson who will be assisting up to a few days per week.

The next P&C meeting will be on Wednesday, 13 November 2013 at 7.00pm in the administration staffroom.

Regards

Kim Knight

President

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Healthy School Healthy Futures

A Healthy Schools Healthy Futures Message: Recognising Strengths and Acknowledging Improvement



Many students today are faced with a *realm of stressors* in their lives. It can be difficult for them to maintain focus on what teachers/parents/carers consider to be most important- education. Part of this lack of focus could be attributed towards lack of motivation. **Motivation** is developed throughout our lives and can be impacted upon by constant stress such as exams/NAPLAN/assessment tasks and results. It is often those of us who are most **resilient** that can bounce back, re-focus and motivate ourselves for the next lot of tests or challenges.

Often parents/carers and teachers praise students for substantial examination results. Doctor Andrew Martin, one of Australia's leading psychologists, explains that we often ask students for results they have received and immediately follow this with the question of 'what result did the other student's receive?'. This can have a detrimental impact on how **motivated and resilient** a person is- as focus is placed on not failing rather than improvement or success.

Doctor Andrew Martin suggests that we challenge negative thinking- focus on small improvements and congratulate and reward for these. He recommends to **focus on what they can do**/have done rather than what they cannot do/have not done. Encourage them to take **ownership** of their work and results. Essentially- **recognise strengths and acknowledge improvements-** to maintain motivation levels.

By maintaining a **positive outlook** on school work we are allowing young people to believe in their own capabilities, self-motivate and become more **resilient learners**. This will, in turn, hopefully mirror how young people live their lives- when something crops up that is challenging for them – they will face it and bounce back from the difficult situation.

To find out more about motivation and resilience please read the following website/article:
<http://www.generationnext.com.au/2013/06/pushing-the-boost-button-for-our-kids-easier-said-than-done/>



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Over the last eight weeks a group of Year 8 girls had the opportunity to complete the Shine Program ran by Casey, Anna and Mandy. These photos show the girls on their graduation day. Each girl completing the program received a silver bracelet with SHINE written on a charm, a book of knowledge and inspirational posters to put up in their room.

The Aim of SHINE

Shine: For each person to develop an understanding of her own personal worth, strength and purpose and to realise the potential within her to fulfill her desires.

Foundation Concepts

Worth: 'Body and soul, I am wonderfully made'

The focus for these sessions is for each participant to understand for themselves that they are valuable. Their uniqueness is something to celebrate and they have been wonderfully made.

Strength: 'Choose life'

These sessions explore the power of choice and the power that decisions have in shaping a person's future. This is addressed through practical sessions about feelings, convictions, boundaries, decision making and problem solving.

Purpose: 'I have a hope and a future'

Purpose is examined through exploring hopes, dreams and desires. Goal setting, discussions on potential practical activities including a dream collage and to live out a purpose filled adventurous life.



Cardiff High School looks forward to running the next SHINE program to be held at the end of term 4 for the next group of girls.



Kara Osborne
Girls Adviser

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Year 7-10 Wellbeing Program

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On September 17 Bamboo Production came to Cardiff High with a presentation to students in Year 7 to 10. Bec and Emily, actors with this play company for a few years now, suggested two new plays they wrote. The girls play, "Crisis of a Female Kind" was about the issues girls face and how they can take back some of the nasty words that they call one another. Through open theatre the students were able to change the outcome of the play to ensure that a successful outcome was achieved.



The boys play, "Proud to be Me", dealt with issues that boys face and they also had the opportunity to change the outcome of the play to be a success.



The production costs were covered by the student's Wellbeing fee which is part of their school fees.

Thanks to Mel Asmar from Healthy Schools Healthy Futures and Mrs Summerville for their assistance with students in the Library.

Mrs Osborne
Girls Adviser

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Sports News



Congratulations to Bernice De Jager of Year 7 who recently represented Cardiff High School at the NSW All Schools Athletics Championships in Sydney.

Bernice finished third in the 13 years girls 400m then went on to win the 13 years girls Long Jump.

Bernice has now qualified to compete at the Australian All Schools Championships to be held in Townsville in December. Congratulations and Good Luck Bernice.

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	Sizes	Price
S/S Formal Blouse - teal trim	All Sizes	\$38.00
Girls Formal Polo	All Sizes	\$37.00
Tartan Skirt	All Sizes	\$60.00
Girls Formal Shorts	All Sizes	\$44.00
Girls Fitted Pants	All Sizes	\$39.00
Polar Fleece Jumper	All Sizes	\$35.00

BOYS UNIFORM - 7-10		
	Sizes	Price
Boys Formal Polo	All Sizes	\$37.00
Boys Formal Shorts	All Sizes	\$45.95
Boys Formal Trousers	All Sizes	\$39.00
Polar Fleece Jumper	All Sizes	\$35.00

GIRLS UNIFORM - 11-12		
	Sizes	Price
S/S Formal Blouse - black trim	All Sizes	\$38.00
Tartan Skirt	All Sizes	\$60.00
Girls Formal Shorts	All Sizes	\$45.00
Girls Fitted Pants	All Sizes	\$39.00
Polar Fleece Jumper	All Sizes	\$35.00

BOYS UNIFORM - 11-12		
	Sizes	Price
S/S Formal Shirt	All Sizes	\$32.00
Boys Formal Shorts	All Sizes	\$45.95
Boys Formal Trousers	All Sizes	\$39.00
Polar Fleece Jumper	All Sizes	\$35.00
School Tie	One Size	\$22.00

SPORTS UNIFORM - 7-12		
	Sizes	Price
Sports Polo	All Sizes	\$37.00
Sport Shorts	All Sizes	\$32.00
Tracksuit Jacket	All Sizes	\$68.00
Tracksuit Pants	All Sizes	\$46.00

ACCESSORIES - 11-12		
	Sizes	Price
School Sock - white anklet (1pk)	All Sizes	\$5.95
Microfibre Tights - black	All Sizes	\$9.00
Scarf - black	One Size	\$10.95
Leather Belt - black	All Sizes	\$12.00

SALE		
	was	NOW
Girls Fitted Pants	\$62.00	\$39.00
Boys Formal Trousers	\$52.00	\$39.00
Polar Fleece Jumper	\$44.00	\$35.00

SHOES
School Shoes - to be black lace up, able to be fastened, leather school shoes which do not extend over the ankle or have a platform. The leather should cover the whole upper foot for safety. Boots, joggers and sneakers are not permitted.
Sports Shoes/PE Practical - to be predominantly white, and should have laces or velcro straps, and be supportive of the feet during exercise.

PLEASE NOTE

- Sizes available - Primary School: Boys J4 - XS & Girls J4 - L8 / Secondary School: Boys J10 - 3XL & Girls J10 - L20.
- Sizes not carried are available by order, however, production time (usually 90 days) must be allowed, and a 50% non-refundable deposit made upon order.
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Andrew Cornwell MP
Member for Charlestown
PO Box 135 Charlestown NSW 2289
Ph: 4942 1242 Fax: 4942 1060
E: charlestown@parliament.nsw.gov.au
www.andrewcornwell.com.au

Authorised by Andrew Cornwell MP, Suite 4, Level 2, The Forum Complex, 240-244 Pacific Highway, Charlestown NSW 2290. Printed by AustNews.





REGISTERING ONLINE

1. Go to www.alintaapparel.com.au
2. On the bottom right you will see a customer log in box. Click on "register"
3. You will now have the registration page up. In the school field type "(your school's name)" then click "verify" – you cannot enter any further details until this step is finalised.
4. Complete the rest of your details on this page then click "register" at the bottom of the page
5. The system will advise you that your registration is now complete. Click on "continue".
6. You will be returned to the Alinta home page – you can now enter your email address and password into the **Customer Login** section at the bottom right of the page.
7. You will now be in the SCHOOL section of the site (you will notice the school logo on the top right of the page).

BOOKING A FITTING APPOINTMENT

8. To book a fitting appointment, click on "Book a Try".
9. Dates shown in orange on the calendar are days where appointment times are available. Click on your preferred day to view available times to the right of the calendar.
10. Available appointment times will show up white with the words "create booking" to the far right side. Click on "create booking" to choose that time slot.
11. If you make a wrong booking you **MUST** click on "cancel my booking" to then choose another time slot, as you can only book one appointment per person.

VIEWING UNIFORM PRICE LIST

12. On the left side of the screen, you can click "price list" for details of the uniform and pricing.

SHOPPING ONLINE

13. Enter your email address and password into the **Customer Login** section at the bottom right of the page.
14. You will now be in the SCHOOL section of the site (you will notice the school logo on the top right of the page).
15. Click on "SHOPPING" at the top of the screen.
16. Choose which uniform (girl/boy, age group) that you want.
17. To build an order, find the clothing you want to buy, select a size from the drop-down panel, then click "Add to Cart" (below the image of the clothing).
18. You will be transferred to the "SHOPPING CART" screen for each garment. Enter the quantity you want. If you have selected the wrong clothing, click "remove".
19. If you wish to purchase more clothing, click "Continue Shopping". If you have chosen all the clothing you want, click "Checkout" to organise payment.
20. Choose the shipping format you want, then click "Next":
Pickup from school: enter your name and phone number
Home Delivery: enter address and phone number
21. Enter your Credit Card details, then click "Next", and confirm your order by clicking "Continue".
22. An invoice will now be dispatched to your login email address, and the clothing you have purchased will be organised for you, according to your details.

*** you must keep a copy of your ALINTA RECEIPT – the Eway receipt is for your credit card, but the Alinta receipt is for your actual clothing purchase and will be needed for refunds/exchanges and warranty purposes.

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