

Cardiff Connection

Celebrating Excellence, Opportunities & Success



September 2013

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From the Principal

Term three has again been an opportunity for our wonderful students to excel. Student success in sporting, cultural and academic activities have littered the last month.

Most importantly, Cardiff High School has completed a rigorous selection process to determine the Student Leaders for 2013 -2014. I wish to formally thank the outgoing Year 12 Student Leaders for their efforts over the year plus their contribution in the short listing and interview process of their replacements. Each and every nominee presented to their year group and staff with the elected Captains being Shanae Tuck and Stephen Radcliffe, with Ashleigh Carter and Luke Austin receiving Vice Captain positions. All nominees performed quality speeches and the closeness in the voting indicates the suitability of all candidates for leadership roles around the school. Students and Parents should be proud of their efforts.

Further achievements include:

- Cardiff has participated in this year's ME program providing students with opportunities in robotics and 3D printer constructions. Guest speakers and engineers provided the expertise for the group activities. Hayden Wilson, Ashley Link, Sam Tuxford and Tyler Cunningham from Year 10 represented the school at the electric push bike competition at Cameron Park raceway. The boy's efforts gained them a creditable position amongst tough competition.
- Bernice De Jager achieved gold as a member of the 4 x 100m relay team at the International Children's Games which were held in Canada.
- We have run a Yr9 leadership day which included workshops and then tagged it into a visit from the local primary schools, using it as a transition opportunity.
- NAIDOC week was celebrated and our indigenous students proudly represented the school and their culture by marching and playing at half time in the Knights "reducing the gap weekend" game.
- SCOPE for Yr8 was completed with Mr Glassop and the team interviewing and grading students on assessment work.

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- Our Open Volleyball team participated in the State titles in Sydney, performed well but came up against eventual winners in knock out rounds.
- Outside agencies have been providing welfare opportunities to our students – Year 7 and 8 had resilience programs run, Shine, Strength, and Rush activities have been delivered to whole groups and specific needs groups.
- Girls Rugby- the inaugural CHS Girls rugby team was created by super coach Paul Myers. This team participated in trials at Raymond Terrace with three girls (Teagan Barry, Caitlin O'Neil and Tulia Palozzi) selected for Northern NSW representation.
- CHS GATS projects were delivered over two Monday nights. The quality of the presentations has improved with awards + trophy handed out last Thursday at a luncheon. The amount and quality of films has led the English faculty to investigate a short film competition as a standout production.
- Yr 10 and 11 students are taking up opportunities for Work Experience with a new Cardiff High School Careers website starting shortly.
- Joshua Turnbull Yr10 was recognised by the Whitlam Institute for his writing talents.
- Wez Aberhart was recognised for his efforts in Star Struck 2013.
- James Broderick was selected as a Newcastle lawn bowls representative.
- Amie Wilson has been selected to represent New South Wales at the Darts Australia Junior Championships in January 2014.
- MADD night was again an outstanding success. The talent on display in drama, film, dance and music was truly amazing and provided entertainment to a sell-out crowd. The students then backed up for a matinee performance for our feeder primary schools enabling the Yr6 students to see the extra- curricular activities enjoyed by High School students.

How do we fit it in?

As always I am grateful for the dedication and drive of my wonderful staff who go beyond the classroom to provide support and opportunities to our students. This is the culture of Cardiff High, fully supported by parents and the wider school community.

Mr Steve Trayhurn

Rel. Principal

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Dates to remember

September 9	Yr 10 Geography Excursion - Stockton Beach
September 9 - 13	Yr 11 Exams
September 11	P&C Meeting - 7pm in the Admin. building
September 12	YAKKA Day
September 13	Yr 12 HSC Music Performance Exams
September 18	Yr 12 Graduation - 7pm in the school hall
September 18 - 20	Yr 11 Crossroads
September 20	Last day of Term 3
September 23 - October 6	School Holidays
October 7	Public Holiday
October 8	Term 4 begins - ALL STUDENTS RETURN
October 14	HSC begins
October 15	Yr 12 2014 BOS Evening - 7pm in the school hall
October 23	Yr 10 Romeo and Juliet excursion
November 4 - 8	Yr 8 Exams
November 11 - 15	Yr 9 and 10 Exams
November 13	P&C Meeting - 7pm in the Admin. building
November 14	Yr 12 Formal - Fort Scratchley
November 18 - 22	Yr 7 Exams

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P&C News

Earlier this year, P&C provided funding for the purchase of mortising machines for the Industrial Arts Department.

At the last P&C meeting, Mr Trayhurn very proudly showed off some exceptional woodworking projects made by students.

We are not talking door stoppers, but exquisite furniture items! It never ceases to amaze, the talent of Cardiff High students, whether it be academic, artistic or sporting.

Thanks to the teachers who invest their time and encouragement to promote student efforts.

P&C next meet on Wednesday 11 September 2013 at 7.00pm in the administration staffroom.

Regards

Kim Knight

President

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EmpowHER Girls Program

This term fifteen Year 8 Girls were involved in a program run by the Wesley Mission called EmpowHER. The students were able to engage with Youth Worker Alison Fitzgibbon and two American exchange students, Charlie and Jen.

Topics over the four weeks included self esteem, youth services, body image, communication and relationships. The students, through discussion and practical activities, were able to develop management strategies to cope and deal with stress, anxiety and cyber bullying.

I would like to say thank you to Alison and the Wesley Mission for the time, effort and care they have extended to Cardiff High School. Bon voyage to Jen and Charlie and we wish them all the best in their chosen career path.



Kara Osborne

Girls Adviser

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Year 8 DARE Program

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Over the last 8 weeks a group of Year 8 boys have been engaged with Youth Workers from Wesley Mission. Over this time they have discussed and participated in many topics such as The Man, Your Dreams and Goals, Team Work and How To Treat Respectfully The People In Your Life.

The group went to the Silver Dolphin for their graduation. The mentors for this program Peter, Craig, Dean and Jordan had an amazing presence amongst the group and shall return for the next group which starts the 28th of August and will go for eight weeks.

Some of the students have volunteered themselves to assist as mentors for the next group which displays the leadership skills and determination they have to share the experience to others.



Thanks Year 8 Boys and a big thankyou to the mentors and looking forward to the next group.

Mrs Osborne
Girls Adviser

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Your Dream

On August 14 Year 7 and 8 students at Cardiff High School were fortunate to attend a presentation called Your Dream organised by RUSH. RUSH is a mentoring service that offers one to one mentoring programs to students at this school. The presenters were Darren McMahon and Matt Purcell.

Darren spoke about how to come up with your Dream – by writing it down, telling someone and starting to live the dream. He spoke about his life and that from a young age his Dream was to help as many adolescents as possible to reach their dream.

Matt came to sing the songs he has written which speak about his Dreams and can be found on You Tube. Matt runs his own business at Warners Bay called The Green Room. This business provides music mentoring programs for students.



Mrs K Osborne
Girls Adviser

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Science News

Science Week Celebrations

The 12-18th of August was Science Week. The 2013 National Science Week theme for schools was 'A Century of Australian Science'.

'A Century of Australian Science' provided the opportunity to celebrate the contribution of scientists from across our nation and to highlight the people, including a remarkable number of Nobel Prize winners, whose research and discoveries have helped transform the way we live.

As part of Science Week and in conjunction with the ME program, Cardiff High School celebrated Science Week by holding the schools inaugural Science and Engineering Challenge Day. All Year 7 students were removed from their regular classes on Friday 16th August to take part in this day. As part of the celebration they all received a FREE BBQ lunch (2x Sausage sandwiches, drink and an ice block).

There were three guest speakers on the day who stayed behind after their presentations and became involved in the various activities with the students. Ex-Cardiff High student Sarah Eyre spoke about school to science at University. A very interesting engineer by the name of Simon Bull spoke about his journey from school to being an engineer and some of the interesting activities that he has undertaken. The third guest presenter had a lot of interest when he presented and demonstrated a life like robot that chased and kicked a small red ball across the stage.

The students then were challenged to use their Science and Engineering skills to solve a range of challenges. There was the boat made from straws, tape and cling wrap, the rubber band car, paper furniture to hold up Mr James heavy teddy bear, a glider made out of meat tray material, and from the University of Newcastle the leprechaun canon and minipult.

It was a fantastic day enjoyed by all who attended. The feedback from the staff, students, guests and year 9 and 10 students who supported the Year 7 students was all positive. A big thank you to all staff and students who were involved in the days activities. Thank you also for the support from Terry Burns and Sarah Firth from the University of Newcastle and to Mrs Link for assisting us to make contact with our presenters and to Jessica Buttsworth who supervised and supplied the resources for two of the activities from the University.

The aim of the day was to provide students with the opportunity to participate as part of a group to learn first-hand about the Science and Engineering behind things that we take for granted every day. It was an opportunity to have fun and learn in a setting outside of the class room. It was our way of celebrating Science Week 2013 at Cardiff High School.



CHS involvement in the EV Prize competition

The Hunter Valley Electric Vehicle Festival is delivered each year by a range of supportive Hunter organisations and businesses lead by the Tom Farrell Institute for the Environment at the University of Newcastle.

All you have to do is build a vehicle that can outlast your competitors in a battle of attrition around a tight and twisty race circuit. On the way you learn about teamwork, electric vehicles, building stuff, thinking like an

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entrepreneur and how to push the boundaries in vehicle design.

There is a highly competitive single seat division in the schools division. Cardiff high School again entered into the schools competition this year after our success last year. It was a great experience watching the guys' problem solve and put together another vehicle for this year's competition.

It was exciting to hear the announcement of the positions Cardiff High in 8th place 10 minutes later in 6th and so on until 10 minutes to go and Cardiff is in 3rd place and on the lead lap. The fourth and final rider is on and all is on track for a podium finish. The Cardiff contingent of Mr James family and the parents of the riders stand and approach the fence and become much louder in urging the boys on. About three to four laps to go the bike is spot on in lap times just under the 2 minute mark by rough calculations (glances at the watch between glances of our team silently cruising by). Hayden comes over with a grin from ear to ear asking "How was that sir?" to then learn that the bike, that he had not a couple of minutes go handed over in a strong position to win, had just stopped. It was obvious that it was a shock and a disappointment for all of us.

But from it there has arisen a new passion and drive to improve on this electric vehicle. In post-race discussions that followed new strategies and plans have been made and the boys have started on their new and improved vehicles for 2014.

Some schools had up to five vehicles on the track due to the interest and support from the students and the families and local community businesses. There were teams that had sponsors like local companies and teams that had spare parts due to community donations of up to 25 bike frames and parts ranging from rusty choppers to racing bikes. You could see involvement from many different faculties each with their own expertise. To be more successful in this event we will need to tap into these potentials that our great community possesses. I urge you to offer whatever support you can to this great cause next year and come and enjoy the ride as the spectators did this year.

Well done to Hayden Wilson, Ashley Link, Samuel Tuxford and Tyler Cunningham on their efforts this year. If there is any students who wish to be part of our teams entering into next year's event then please come and see Mr James, we would love to have new members join in.



Upcoming Assessments

Year 11 end of year courses are fast approaching and their yearly examinations will be held in Term 3 Week 9 as per the exam time table handed to all students.

Year 10 needs to be revising all of the Stage Five work in preparation for their Stage Five examination held in Term 4 Week 4. This will include all of the work covered in Year 9 and Year 10 including scientific skills. Students have been emailed a copy of the all of the outcomes covered to help with their preparations for the examination. This will be supported with work in class leading up to the exam.

Year 9 will be developing their ICT skills and creating a Microsoft Access data base through Term 3 Weeks 8-9.

Year 7 & 8 still has class based assessments as instructed by their classroom teacher(s).

Stuart James

Head Teacher Science

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PDHPE News

Term three has been a very busy time for PDHPE. We have been fortunate to have had two PDHPE Interns with us for much of the term in the guise of Miss Fairhall who has worked with Mr Welch and Miss McDonald who has worked with Mr Maher. Both have proven to be capable teachers and we look forward to seeing them back at our school in the future as they begin their teaching careers.

Term three also sees the end of both the Preliminary Course and the HSC Course. No doubt there has already been mention of the high expectations that we all share with and for our Year 12 students and we wish them all the success they deserve as the Higher School Certificate Exams commence in early term four. Our Year 11 students will be sitting their Preliminary exams in the second last week of term and we encourage them to apply themselves to their studies and fit in all the time that they can to revise their work in preparation for these exams.

Students in Years 7-10 have been progressing well and we have had a term in which our major excursion for the year has occurred – the Ski Trip. Mr Robinson, Ms O'Donnell, Mr Welch, Miss Soley and Mr Maher braved the ten hour bus trip with 49 Year 9 to 11 students to our accommodation at Berridale and the resultant three days of skiing at Perisher Blue resort. We were indeed fortunate to not only have some exceptional students on the trip but to also have over 40cm of snow fall whilst we were there, making the second and third days of the ski trip absolutely sensational. Thankfully (and luckily for two boys who arrived back at the bus late on the third day) there were no major injuries and we have already made bookings for the 2014 ski trip. Students in Year 9 and 10 PASS classes next year will be able to look forward to this trip happening in mid-August next year – so start doing those extra jobs to save up some money for the trip!

Often, we will mention on assemblies outstanding achievements by students in the area of sport. This time is a little different. In August this year, Mr Swadling was selected in the Australian Trampoline team to compete in the world championships being held in Bulgaria in October/November of this year. As trampolining is an Olympic sport, this augers well for Mr Swadling in the lead up to the 2016 Olympic Games. We wish him well and hope that he is able to hit his targets for these world titles. Those students that have been doing trampolining for sport are well aware of the passion and skills that Mr Swadling has in this sport – it is incredible to see him in action.

With the warmer weather upon us, we do remind students that they do need to have a change of clothes for practical PE lessons. Ideally, this is the school sports uniform. We seek your support in ensuring that your child has the correct uniform for PE lessons and if they don't that they present their teacher with a note explaining this and have with them a suitable change of clothes for PE. I would encourage students to bring water bottles, hats and sunglasses should they wish when participating in such lessons outside.

As ever, should you wish or need to discuss matters relating to your child and PDHPE, please do not hesitate to contact us through the front office at school.

Mr Craig Maher

HT PDHPE

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Trampolining Championships

I had the pleasure of coaching Dylan Sinclair and Blake Williams at the CHS State Trampoline Championships held on the Central Coast. Dylan Sinclair represented in the 12yrs boys event and performed incredibly well coming home with a silver and a bronze medal. This was a very pleasing result as the competition was much harder than what he competed against at the regional championships.

Blake Williams represented in the special boys event and had the most fun out of any athlete on the competition floor nailing his forward somersault and managing to win a silver medal in the double mini trampoline event.

This is an excellent result for both boys in their first ever State Championships.

Ty Swadling

PDHPE

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At your local Girl Guide meeting For girls aged 6-18 years

Guides enjoy adventure, games, camping, outdoors, cooking, craft and more

Contact Development Coordinator, Elizabeth on: 4948 8344.

To find out where and when your local units meet contact coastalvalleysgirlguides@live.com.au to find out more.

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RUSH ANNUAL FUNDRAISER
 Changing Young People's Lives

Where: Apollo International Hotel, Charlestown
When: 7–9pm on 7 September 2013
Live and Silent Auctions
Guest Speaker: State MP Tim Owen **MC:** Dan Cox ABC News Journalist
 Canapés served, drinks available | Ticketed entry \$10 per person | Dress semi formal

Book Tickets: RUSH Youth Mentoring Hunter Region
 E mentor@rush.org.au M 0421 973 925

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Healthy Schools, Health Futures

Social Media: Turn it Off! Healthy Schools, Healthy Futures

How many times a day do you engage in social activities online? Have you phoned or sent a text to a friend today? Or perhaps you've been on Facebook, Twitter, Instagram, Tumblr, or Snapchat?

Social media is a great way to keep in touch with friends and family, play games, find out information and learn new things. However social media can also be time consuming and can have a detrimental effect on academic performance. It increases distraction and decreases imagination and creativity. Social media can also present an opportunity for negative online communication through cyber bullying.

There is a time and a place for social media. Often it becomes such a routine part of daily life it is easy to forget what life would be like without it.



So challenge yourself to switch off from social media for just one hour each day. Doing so may help:

- **Improve your concentration and academic performance** – Spending more time being focused on a task without the distraction of social media will establish longer patterns of thinking. For example, turn off your mobile phone while you work on an assessment task, read a book, play an instrument or do something else creative that you enjoy.
- **Re-charge your friendships and family relationships** – Have face-to-face conversations with the people you care about, arrange to meet up with school friends and work together to get homework and assignments done or just enjoy each other's company without the use of social media. This will help you build stronger relationships. Your friends and family will appreciate the time you have put aside to spend with them. It will also strengthen your verbal communication skills.
- **Remove conflict and stress** – Choose not to engage in cyber bullying. Don't bully others and protect yourself from being on the receiving end of cyber bullying. Research shows that people are more likely to make unpleasant comments online than when face-to-face. By reducing the time you spend on social media you also reducing the opportunity for others to involve you in stressful or negative communication.
- **Finally, make goals and support them with your actions** – Being social develops essential life skills. However, achieving your dreams also involves hard work and effort. Switching off from social media, even for a short time each day, gives you some distraction-free time to work towards your goals.



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The library is keeping pets! Our goldfish are important members of the library and provide not only a touch of colour to our décor, but have helped to establish an aquatic resource which allows us to teach students about life in the water.

We would like to add to the educational experience by keeping hermit crab to add a touch of drama. If anyone has a fish tank – working or not – that they could donate to the library, we would be very grateful.

Thanks
Heather Cleary
Teacher Librarian



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 - **Sciences** -Physics - Chemistry -Biology
 - **Maths**
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Cardiff & District Little Athletics Club

Registrations for the 2013/2014 season will be held at our home ground Neegulbah Park, Lawson Road, Macquarie Hills. New athletes require proof of age such as a birth certificate, blue book or passport.

Competition Nights: our first point score competition night commences on Friday 20 September 2013 from 5.30pm.

Tryouts will only be conducted on Fridays 6, 13, 20 and 27 September 2013. No new trialist will be accepted or trial nights conducted after this date. Only new athletes will be allowed to try out for two nights. These two nights can be any two of the 4 dates detailed above. The cost of a trial is \$10 per athlete. A parent must sign the Trialist Form held in the office.

Uniforms: club shirts, shorts, crop tops and bike pants will be on sale during registrations.

Orientation Nights: our season will commence with two orientation nights on Friday 6 & 13 September 2013 from 5.30pm.

Please contact Chris Maggs for further details on 0429 446 521 or cwmaggs@optusnet.com.au

We look forward to seeing you!

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Summer Touch Football

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FINISHES – WEDNESDAY 11TH DECEMBER

JUNIORS AND SENIORS



AGE GROUPS

U/6s,7s and 8s

U/9s,10s and 11s

U/12s,13s and 14s



15yrs and up play in the seniors competition

STARTS – WEDNESDAY 9TH OCTOBER
FINISHES – WEDNESDAY 11TH DECEMBER

JUNIORS AND SENIORS

COST - \$50 Registration and receive a shirt, covers referee's fees.

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