As we embraced new adventures at the beginning of Term 4 we also farewelled the fabulous Ms Oliveux. Ms Oliveux has served Cumberland High School with excellence for twelve years. Her outstanding leadership, strong community partnerships and extraordinary commitment to students, staff and families has inspired and enabled incredible growth across our entire school community. From coaching sporting teams and providing outstanding leadership for our Wauchope challenges, to making a difference in the lives of young people who looked to Ms Oliveux for guidance and nurturing, our departing Deputy Principal has certainly left her mark on the Cumberland High School family! We will miss you Ms Oliveux and we know that you will continue to inspire in your new school! Thank you and good luck!
The Higher School Certificate

The Higher School Certificate exams are drawing to an end and I would like to express sincere gratitude to our Presiding Officer and the HSC supervising team for their outstanding leadership and support during this period. Our students felt extremely supported and all exams were conducted with the utmost professionalism. Thank you Mrs McLean and HSC Team! Congratulations also to our fabulous Year 12 cohort for their exemplary conduct! We eagerly await our students’ results and we wish Year 12 the very best of luck in their future!

World Teachers’ Day

Mr Pillay and the Café Catering Team provided a delicious breakfast for all staff as we celebrated and acknowledged the outstanding work of teachers around the world – and more specifically for our context – the outstanding work of the teachers at Cumberland High School. As Principal, I am inspired by the passion and commitment of our staff; proud of their genuine care and investment in our children and enthused by their determination to carve out more and more opportunities for our students to thrive! Thank you teachers for all that you continue to do in support of our school community!

Community Mentoring Celebration

A massive thank you to Ms Leanne Carroll and Ms Sarah King for continuing to lead the Community Mentoring Program with such energy and dedication. It was truly magnificent to see our Community Mentors and Year 11 mentees reflect upon the growth and positive impact that this program has had and such a treat to have Shaun Younger with mentor Ms Narelle O’Neill provide all the catering for our celebratory breakfast! Absolutely fabulous!

Enrichment and Leadership

Our fabulous Year 7 leaders with the wonderful Mr Pillay participated and impressed community leaders and politicians at the United Nations Youth Conference this week. Our student leaders provided wonderful insights and made positive contributions that will impact planning in Parramatta.

Ms Hoppe, our dynamic SRC Coordinator and the SRC leadership team participated in the SRC Leadership Conference at Macarthur Girls High School. Again, a wonderful opportunity for our leaders to network and develop plans for impact in our community.
 SRC nominations are currently open and I strongly encourage our exceptional students to explore the possibilities of being a leader at Cumberland High School.

Our Year 7 and Year 10 English students have also enjoyed the *Poetry In Action* incursion exploring the way in which language enriches our lives! Equally, our Ginko finalists also enjoyed a writing enrichment opportunity with Dr Bernard Cohen together with the other finalists from James Ruse Agricultural High School and Carlingford West Primary School.

**Assessment**

As students prepare for the final exams, it is very important that students reflect upon the study skills workshops from earlier this year and ensure that they implement some of the strategies to assist in exam preparation and ultimately exam success.

We also enjoyed another Report Conferencing session for Year 11/12 reflecting on the final Preliminary reports and setting specific goals for the Higher School Certificate course!

**Staffing Matters**

As the fabulous Ms Oliveux has departed, Ms Bovill will be Relieving Deputy Principal until the end of year. Ms Wolfe will be relieving as Head Teacher Learning Design and Wellbeing; Mr Lal will be relieving as Head Teacher English until the end of year and Ms Nowakovski will be relieving for Ms Csizlowski who is currently on leave.

For the next two weeks, as I embrace a leadership scholarship opportunity studying at The University College of London, Ms Ashton will be Relieving Principal and Mr Condell relieving as Deputy Principal. Ms Abbott will be Relieving Head Teacher HSIE.

I look forward to sharing with you insights from the London College leadership experience upon my return!

In the weeks that follow, we are delighted to acknowledge more than 190 student leaders at the Leadership Assembly where we recognise and celebrate outstanding student leadership.

We are also very excited about hosting the COSFEST film festival with our partner primary schools, opening with a Red Carpet extravaganza! Come along and enjoy our movie magic!

Ms M Pikoulas
Principal
A HUGE thank you to our community mentors and participants for another great year of collaboration and leadership.

Ms King
Mentoring Coordinator

Above Frame: Danial & Chrys; Zahli & Carolyn; Dev & Anup; Ronald & Andrew; Sarah & Jodie; Yash & Stephen (Centre); Simon, Michael & Bradley; Gordon & Alison; Hana & James; Zashaal & Tim; Bianca & Andrew; Shaun & Narelle; Maddison & Peter.
Year 10 Design and Technology

This semester, Year 10 Design and Technology students worked in teams to design and create their own original board games. The students used Adobe Illustrator to design their games. This project allowed them to develop technical knowledge, artistic skills and most importantly the ability to communicate with each other in teams. These skills are in high demand by Industry.

Game titles and student teams:

“#Social” – Abirami, Hayley, Jessica.

“School Survivor” – Charlotte, Natalie.


“Chance” – Locky, Peter, Maison.

“Don’t be a Scaredy Cat” – Vivian, Jocelyn, Kathleen.

“The Last Pharaoh” – Farnia and Mohammad.

….. Student Diary …..

“Making a board game was a board game in itself. There was success, there was frustration. But we all had the determination to cross the finish line picking up knowledge along the way.”

by Kathleen Birrell
(pictured right, front)
YEAR 9 GRAPHICS TECHNOLOGY

This year students have been introduced to a range of hand and computer-generated design communication styles. In Term 3, they refined their Computer Aided Design (CAD) skills through the design and development of a full scale 3-dimensional model of a household appliance; in this case a toaster. In addition to the model, students had to research toaster styles, comparing traditional and contemporary styles, investigating what toasters are made of and how they work. Some students extended themselves by creating power cords for their toasters, and in one case modelling part of a kitchen (as well as a plate of toast!) to help communicate their concept.
**Year 7 - Engineered Systems**

Students began their study of Engineered Systems by examining the role of engineers in technology, before designing and constructing an electrical circuit for their ‘Wacky Wire’ game. In this unit students also had the opportunity to learn some elementary woodworking skills to create their timber bases. The results are varied and interesting, with some very challenging games!
Year 7 Technology
Mandatory – Materials Technologies

Students have explored a range of technologies and materials used historically and currently in the production of fabrics and textiles. They have investigated a range of natural and manufactured fibres used to produce clothing and products. This study includes learning about how natural fibres were used to make practical items by the Australian Aboriginals and other cultures from around the world. The Year 7 students have made their own loom and used it to weave a decorative item using a variety of coloured yarns.

Elson and Annie (below) were so enthusiastic about this project they took them home to work on in their own time with fantastic results!!
8Technology

Mandatory

Environmental Studies

We have seen the year 8 students make their creative eco-house models showcasing green initiatives such as energy saving devices, alternative energy products and climate controls this year. But this semester we saw Oliver design and produce a greenhouse model of exceptional quality. The standard of work displayed in his house is way beyond Year 8 expectations. We are very proud of Oliver and his talents and look forward to his original and inventive ideas in his Engineering classes next year.

Year 10 Engineering

This semester, Year 10 Industrial Engineering students studied alternative energies. They were required to construct a wind turbine that could supply power to a house. Students developed skills in CAD but more importantly developed knowledge and appreciation of sustainability and showed that it was possible to minimise environmental impacts by reducing greenhouse emissions using alternative energies.

..... Student Diary ..... 

“In Semester 2, Year 10 Engineering had the opportunity to engage themselves in a creative STEM project involving the production of a scaled windmill model that would work under certain circumstances. Our class produced a range of windmills, including three amazing models designed and developed by Aditya, Mason and Alexander. It was a great experience and we would like to do this again”.

By Saisriman Tadepalli
YEAR 10 INDUSTRIAL TECHNOLOGY - TIMBER

In June, Ms Czislowksi and Ms Nowakowski accompanied the Year 10 Timber class to the Timber Tools and Artisan Show (previously the Working with Wood Show). The purpose of the trip was to expose students to industry suppliers, vendors, timber varieties and hardware. In addition to this, students enjoyed involving themselves in pyrography (wood burning) workshops, making chopsticks using hand planes and playing music on traditional drums.
YEAR 12 HSC DESIGN & TECHNOLOGY - TIMBER

Dylan Azad – Fridge Seat

Dylan came up with an innovative idea of converting a racing car style office seat into a portable fridge and snack bar. This idea came to him while studying at his desk in his room. He thought to himself that when he wants a drink or snack from the kitchen he gets distracted by whatever is on TV. So his idea was born for his built-in food and snack bar.

The 12 volt fridge is installed on one side of the seat and is powered by a rechargeable battery cleverly hidden in a recycled car console installed on the other side of his seat platform. Dylan spray painted all the parts black to give it a uniform professional finish.

Anyone who sees this seat immediately wants to sit in it to check out the fridge and snack compartment!

Edison Ruan – Foldable Wallet

Edison’s project was inspired by his need for a new wallet. But he did not want just any wallet. Edison wanted a wallet that was different to others available on the market. He then proceeded to teach himself leatherwork skills in order to hand stitch his leather wallet. This wallet is certainly different from those available on the market. It has a unique method of opening and accessing notes, cards and coins. You simply flip open the different sides to access different sections of the wallet. Edison also hand stitched in a zipper for the coin purse section. A fine looking product!!!

Shahhid Hamidi – Designer watch prototype

Shahhid has been collecting watches for as long as he can remember. For Shahhid, watches are more than keepers of the time, they tell the personality of the person wearing them. So it was not surprising that he wanted to make a watch for his major project.

As making a real watch was not a realistic goal at this stage he settled on making a prototype from modelling clay. This was no small achievement as Shahhid has to teach himself how to sculpt clay. Many hours were spent perfecting his model. This watch face was complemented by a real watch band and set of very small hands. His fine motor skills were also very much in evidence in the hand painted Arabic numerals on the watch face. Shahhid has already lined up a watch maker to make a real watch based on his prototype!
Jack Walsh – Portable Game System
This is definitely one for the gamers! Jack has used his creative thinking powers to innovate on existing products namely the Gameboy and Playstation Portable. He has combined his knowledge of gaming with his interest in improving existing products. Jack has used the principle of near field communication (NFC) similar to that used with the Opal card which uses the NFC system to send data, to develop his NFC cartridge handheld game system. So his concept showcases a new way of sending data using an NFC chip. Jack also designed his own game case and made it using 3D printing. A great innovation for gamers on the go!

Johnathan Japardi – Convertible concept kitchen
Johnathan has stated he has a passion for cooking and using technology. These interests of his inspired him to come up with the idea of a convertible kitchen. A most innovative concept with the major appliances housed in a floor to ceiling cylinder. Then you simply “spin” the unit to the appliance you wish to access. What a great idea for a small space or unit. Or just a cool new way to access your fridge or oven or microwave. I definitely want one of these!

Areeb Ansari - Micro-cleaner vacuum attachment
Areeb considered a range of very interesting and innovative ideas before deciding on his vacuum attachment. He had tried to clean the dust from his keyboard at home with the household vacuum cleaner but the attachment could not get into the small gaps between the keys. Hence the idea for his “micro attachment was born.

Areeb recycled parts from old vacuum cleaners in his quest to find the best solution for his problem. He experimented with various sizes and shapes of old pipes, hoses, tubes and vacuum heads. The final product a hybrid of many parts. He printed a vinyl logo depicting yellow hexagons and attached it to the product after painting it black.

I am still waiting for him to swing by the TAS staff room and test it out on our dusty keyboards!
Ali Sheikh – Music activated led lights
Ali has combined his interest in Arduino coding with his love of bright lights and music as the motivation for his project. This involved Ali in writing the code to enable his idea to work. He then used an Arduino chip and Arduino board to enable the code to convert the analogue sound waves produced by the music, into the digital data, which in turn determines the number and colour of the LED strip. For those of us who need further explanation, it simply means Ali has developed a system for playing music and it in turn activates a series of colourful flashing and pulsating lights in response to the beat of the music.

AJ Corona – Portable basketball hoop
AJ has always had a great love for the game of basketball. He loves the game so much he wanted to be able to take it with him wherever he goes, family outings, parties, nights at home.

AJ choose plywood as the material to make a carry case in which to contain the scaled down basketball hoop and whiteboard for scoring. He made a clever system to hang the open case converting it into an instant basketball game.

When you finish playing, you simply close the case and it is easy to transport to your next game.

Vinit Parmar – Honeycomb wall display
Vinit wanted to build something he could hang on the wall in the entrance hallway to his home to display photos, ornaments and hang up bags, hats and coats. Vinit wanted a stylish looking display unit that would fit comfortably into the narrow hallway. So he investigated different shapes he could make his unit and decided upon the honeycomb pattern formed in beehives to inspire the design for his cabinet. All he needs now is to attach it to his wall and get his family to start using it!

Congratulations to all our creative HSC Design and Technology students on your fabulous work!

TAS Teachers
YEARN 9 - TIMBER

Students from Year 9 learnt woodturning skills using the lathe and used their newfound skills to create cheeseboards! Other skills learned throughout this project were creating biscuit widening joints to join two boards together to make a wider one, and cross halving joints to form the stand underneath. To decorate the cheeseboards students used pyrography, or wood burning, techniques using their own creative designs.

Ms Nowakowski
TAS Teacher

Library News

Congratulations to the many students who participated in our annual “X marks the Book” Library challenge. Students followed the cryptic clues to find the X’s hidden in 30 of our library books. Rachael Edmonds and her team found an amazing 17 X’s to win the book of their choosing.

This term students have had the opportunity to choose the library books displays. The “Action” book display has been very popular with student borrowers. Please encourage your students to keep on reading, as regular reading will result in improved academic success as well as many other psychological health benefits.

I would also like to commend all our amazing students who have respectfully kept their voices to a whisper while our Special Provisions Year 12 students have sat their HSC exams in the library.

Mrs K Alexander
Teacher Librarian
SRC Update....

On Thursday the 12th of September, 2019 (towards the end of term 3), Cumberland High School, alongside Australia, celebrated R U OK? Day, which aims to support people through life’s ups and downs by trusting the signs and asking people if they are going through any such struggles. On this day, the Cumberland High School SRC held several events to remind students of this day and to ask one simple question that could mean the world to someone; “Are you okay?”

Earlier on in the week during the extended Tuesday Home Room, students participated in a PBL Presentation about R U OK? Day and created an anonymous R U OK? Day themed message to someone else, which were placed all around the school, for students to move around and read.

Upbeat music was played over speakers at the basketball courts, to create an energetic and uplifting mood for the event. Finally, a basketball competition was held throughout lunchtime, and a huge thank you to Mr Kwan for helping to referee the competition.

R U OK? Day at Cumberland High School in 2019 was amazing and definitely one to remember. The engagement was positive, the atmosphere was electric and most importantly, everyone involved had fun and supported the importance of so significant a day which reminds us all that we all have our struggles to face, but by simply asking ‘Are you OK?’, you can make it easier for someone to face whatever they are troubled with, allowing them to seek support and guidance when needed.
At the end of Term 3, we had a small farewell breakfast for Ms Bower, who is on leave for this term. She had been the SRC Teacher Mentor for a long period of time at Cumberland, and her passion, dedication and enthusiasm for the group assisted in enabling the SRC to be successful in implementing many fantastic initiatives throughout the years.

Most recently, on the 17th of October, a group of 11 students from years 7-9, as well as the SRC leader Ms Hoppe, went to observe question time at the NSW State Parliament in the city. The day was very interesting as we learnt a lot more about the parliamentary system, as well as the people within it. Cumberland, Arthur Philip and Catherine McAuley High Schools where all invited by Dr Geoff Lee, the current member for the Parramatta area.

Many interesting people were there, such as the NSW Premier, the Deputy Premier and the Opposition leader, who all answered questions pertaining to the current subjects in our state at the present time, including the northern NSW fires, the HCCC and the Light Rail. All of these questions were then answered through a lively discussion, all sanctioned by the speaker.

Once we left the Lower House, Geoff Lee came to our room to discuss many questions asked by the schools from our area. Very helpful information was given about the closing of the Carlingford train line, as well as the implementation of the Light Rail. The Line will be closed on January 6th, and the implementation will take two-two and a half years of work. This opportunity was very eye-opening to all attendees, and I hope that many students get to experience this in the future.

Written by SRC students, Rowan Chate and Samuel Meguerditchian
ACADEMIC ATTAINMENT

STUDY SKILLS TIP FOR NOVEMBER:
How To Stay Positive as Exams (or any challenging situations) Approach...

It can be difficult to stay positive or “be up” as exams approach. The more important we perceive the exam to be, the more stress we may feel. While feeling some stress can be positive and motivate us to study, we all have a tipping point. When our stress levels reach our personal tipping point, this higher level of stress can lead to inaction, where we avoid doing the work necessary to be prepared and as a result feel even more overwhelmed. If not dealt with, the stress can build and lead to anxiety and depression.

The key to being positive and managing negative emotions such as anxiety and feeling depressed in any pressure situation, including exams, is to “fuel up”. It goes without saying that if we are exhausted, tired, stressed, depressed etc. it is very difficult if not impossible to deal with the pressure of exams. “Fuelling Up” is about boosting wellbeing factors in your BODY, MIND and EMOTIONS.

1. BODY: 

Put your health first and eat healthily, exercise regularly and get enough sleep. We all know what to do, but we need to make the decision to prioritise our own well-being. Without the right fuel you will feel exhausted and depleted and it is very hard to be positive when you aren’t feeling your best.

2. MIND:

To think more positively, challenge your perceptions. Write down your top 5 fears and worries. What’s the worst thing that can happen? How valid are these fears? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it, but if it can be changed, take action.

3. EMOTIONS:

To help yourself feel more positive, every day think of 3 good things that happened that day and how they made you feel. Also take the focus off yourself and do 3 simple but deliberate acts of kindness every day. It might be a kind word, a compliment, helping someone or simply surprising someone with a kind act. You will be amazed at how making other people feel better lifts your mood as well.

Mr K Thomas
HT portfolio: Academic Attainment

STUDY SKILLS HANDBOOK
Our school’s subscription details are:
www.studyskillshandbook.com.au
Username: cumberlandhs
Password: 183success

Mr K Thomas
**HSC Hospitality Excursion to Sydney Tower**

Year 12 VET Hospitality students visited Sydney Tower for a behind-the-scenes tour of the venue and a buffet lunch. Students learned about the inner workings of this iconic building, visiting the basement kitchens and the catering venues up in the tower. This experience is one of many that have helped prepare our students for work in the hospitality industry!

Ms Neale & Mr Pillay  
Hospitality Teachers
Student Eyecare Program starting in Week 5, Term 4, 2019

The Student Eyecare Program will start in week 5 of this term. An optometrist will be onsite during school hours to provide students with a free comprehensive eye examination that is covered through Medicare Australia. 1 in 6 students have eye conditions that go undetected. This is due to the high level of visual demand on their eyes from books, laptops, tablets and smartphones. Every attendee will receive a full report about their eye health and a prescription will be provided if glasses are required. The prescription can be taken to any optical store to get the glasses made. Students can still return their forms to participate in this worthwhile health program!

Mr T Zeller
Student Eyecare Program Coordinator

Chess Champion!!

A big congratulations to Year 11 student, Lucas Echegaray, who has won the 2019 Chess Championship.
Interview with Joshua Singh, NSW Junior volleyball player, U15s

Joshua, when and why did you first start playing volleyball?

I started playing volleyball at the end of year 7. My volleyball journey started when I chose it for grade sport.

Why did you come to Cumberland High School?

I came to Cumberland High School when my parents decided to move house.

How did you feel about beating Wauchope in volleyball this year?

The interschool games against Wauchope was an amazing experience. It made me very happy to know we beat them in volleyball for the first time in years.

What is your best skills as a volleyball player?

In volleyball, I specialize in setting as my position is setter.

What do you get out of coaching the junior boys here at Cumberland?

I believe my leadership skills have improved from coaching the junior boys team at Cumberland.

What was/were the best thing(s) about representing the winning New South Wales under 15s at the junior Nationals in Canberra in the recent holidays?

The best thing about participating in the Nationals was the overall experience that I got from it.

Do you think your future will involve a career in volleyball?

Unfortunately, to play volleyball professionally you’re required to be at least two metres tall in Australia. Still, know this, volleyball will always be my favourite hobby.

Do you think anyone can play volleyball?

Anyone with motivation or dedication to the sport can play volleyball.

What are your interests other than volleyball?

My other interests are music, TV shows and movies.

Do you have anything else to add?

Yes, I would like to thank everyone for supporting me during my volleyball journey.
Last term in Week 7, students from Year 7 attended a Farm Mobile Classroom Incursion.....

Technology Mandatory Stage 4

Our Stage 4 Mobile Dairy classroom has been developed to help teach the Technology Mandatory Agriculture and Food Technologies context. Students will explore how a dairy farm is a managed environment investigating the innovative and sustainable ways it produces a food: MILK!
TE4-5AG, TE4-6FO, TE4-10TS , TE4-1DP, TE4-2DP, TE4-3DP, TELS-1DP, TELS-2DP, TELS-3DP, TELS-4DP, TELS-6AG

Food Technology Agriculture

Our incursion gives students hands-on experience with animals and producing a food product while learning the appropriate use of technology within the industry from on-farm to creating food products.
COMMUNITY NOTICES

Experience Excellence at
Cumberland High School’s

2020 Open Evening
MONDAY 24TH FEBRUARY
5:30PM – 8:00PM

Cumberland High School
183 Pennant Hills Road, Carlingford NSW 2118
(Entry via Dunmore Avenue)

Cumberland High School provides
an extensive range of academic and
vocational opportunities delivered
by our professional, experienced
and highly committed teachers.

Further Enquiries P: 02 9871 7718 www.cumberland-h.schools.nsw.gov.au,f Cumberland High School – Official

TEXTBITES
JOIN OUR TEXT MESSAGING STUDY

We want to find out if the
TEXTBITES program can help
improve your health through
support with physical activity;
nutrition and wellbeing via text
messages to your mobile phone.

We invite you to participate if
you are aged 13-18 years, above
a healthy weight and own an
active mobile phone.

For more information please
contact us directly on
0412 961 432 OR email
warc.textbites@sydney.edu.au

This research project has been approved by the Sydney Children's Hospital Network Human Research Ethics Committee

#COSFEST 2019
WEDNESDAY 20 NOVEMBER
Movie Night
All finalists are invited to attend from
5:00pm for refreshments and photos

Cumberland High School
183 Pennant Hills Road, Carlingford

Viewing and awards for Kindergarten to Year 2:
5:30 – 6:15pm

Viewing and awards for Year 3 to High School:
6:30 – 7:30pm

RSVP by Friday 8 November to Erica Smith
P: 9871 7718 E: erica.smith20@det.nsw.edu.au

Cumberland High School Newsletter
Issue 9 – 08 November 2019