Cumberland High School

Excellence in Education

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2019 Minister's and Secretary's Awards for

Excellence



Important Dates & Events
2019, TERM 3

Mon 21 Oct – Fri

8 Nov Mon 28

Oct

SEPTEMBER			
Mon 2 Sep	Year 12, 2020 Information Night		
Tue 3 Sep	P&C Meeting 7pm		
Wed 4 to Fri 6 Sep	Year 11 Camp (3 days)		
Tue 10& Wed 11 Sep	MAD Concert Performances		
Wed 25 Sep	Year 12 Formal		
Fri 27 Sep	Year 12 Graduation Day		
Fri 27 Sep	Last Day of Term 3		
<< Holidays >>			
OCTOBER			
Mon 14 Oct	All Students return - Term 4		
Tue 15 Oct	Year 7 Vaccinations (#2)		



Above: The Hon Sarah Mitchell MLC Minister for Education and Early Childhood Learning presenting Elinor Bickerstaff-Westbrook

and Jack Roser with their awards.

attending the ceremony.

Below: Thank you to our student ushers for





HSC Exams (3 weeks)

Year 10 Exam Week

Sharing Proud Moments

Congratulations to our outstanding student leaders Elinor Bickerstaff-Westbrook and Jack Roser who were both recognised at the Minister's Awards for Excellence in Student Achievement Ceremony on Tuesday 27 August. These students have excelled across academic excellence, sporting, cultural, community and leadership in their secondary years. We were also very privileged to have ten students from our school act as ushers for this very prestigious event!

Congratulations to our Year 12 students who have just completed their Trial examinations. Their conduct was exemplary and we hope that the remaining four weeks are their best four weeks at Cumberland High School.

Our Year 11 students are currently completing their final Preliminary examinations and again they have been exemplary. We wish them the very best of luck as they receive their results and develop a positive action plan to ensure success as they prepare for the year of the Higher School Certificate.

Our school continues to provide outstanding enrichment leadership opportunities for our students and today was no exception as we celebrated our writing finalists at the Ginko Celebration together with Carlingford West Primary School and James Ruse Agricultural High School. All of our Year 7 students engaged in a nature walk with renowned Australian author, Dr Bernard Cohen and then engaged in the craft of writing workshops. The students produced outstanding creative pieces and the finalists were acknowledged today! Special guests Minister for Parramatta, Mr Geoff Lee, Director Educational Leadership, Mr Steve Freeborn and renowned author Dr Bernard Cohen also attended. Congratulations Year 7!

Ms M Pikoulas Principal



Above: Year 12 Class of 2019















Cumberland High School WINS Metro Minds Challenge!



Husain Alhashemi, Jun Jo, Mason Zhang, Nihar Kadkol and Aditya Agnihotri and myself presented at the International Convention Centre on August 15 in front of an executive audience to pitch our idea of JUMP Smart Sensors.



The Sydney Metro Challenge was a challenge aimed at Year 9 and 10 students to think and innovate a new idea for the new Sydney Metro. Team Jump took up this challenge and developed a physical prototype, a powerpoint and a concept brief explaining the basis of the JUMP Smart Sensors, optical fibre system. This was then presented through a video pitch which was recorded and sent through to the Sydney Metro Challenge organisers.



After a week's wait, we discovered that we had made it to the final stage of the Sydney Metro Challenge competition. We then presented our pitch in front of a board of executive members from Sydney Metro who were interested greatly in both our idea as well as Sefton High School's, the competing school, idea of Wayfaring.



Saisriman Tadepalli, Year 10

On behalf of Husain Alhashemi, Jun Jo, Mason Zhang, Nihar Kadkol, Aditya Agnihotri & Ms Czislowski









Above (left): Ms Czislowski and "Team Jump": Saisriman Tadepalli, Nihar Kadkol, Mason Zhang, Husain Alhashemi, Jun Jo, Aditya Agnihotri

Above (right): "Team Jump" with our prototype.





Year 7 - Estimating distances using step length

On the 11th of August, when we had a change in the normal math lesson, we were challenged to estimate the distance of different places using our step length.

First, we needed to calculate our step length. What we did was count how many steps it took to walk 100 metres. We used that number to estimate our step length.

After we calculated our step length, we could estimate the distances and perimeters of places around the school by counting the number of steps it took us to walk that distance.

We calculated the perimeter of the tennis court, basketball court and the length of the oval. In the end, we came back to class to share our answers and see which people were the most accurate in the place we estimated. The closest person for each place was awarded a merit award.

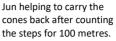


Above: Class 7 Emerald measuring the perimeter of the basketball courts and counting their steps.

We definitely enjoyed the class because it was much more fun than just sitting in class. Hope we do something like that again soon.

Written by Emma Ralla and Isioma
Oba from 7 Emerald







Linear relationships

Year 8 has started to investigate linear relationships and how equations link two variables that gives a straight line when plotted on a graph.

Using an online program called Geogebra Year 8 investigated how changing different parts of an equation affect the line created. They were then able to predict how changes to the equation would affect the steepness, direction and y-intercepts of a graph.



We discovered that the number in front of x which is called the 'co efficient' determines how steep the line is. This is called the gradient.



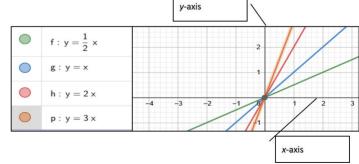
Year 8 also found out that by adding or subtracting a number at the end of the equation would shift the line up and down. This number was also where our line intercepted the yaxis.

Finally we found out that if the gradient was a positive number the line would go up when going from left to right while if it was a negative number the line would go down from left to right.

Knowing these things makes equations easier to draw and recognise.

By 8 Red and Ms Frew







Maths Consolidation

Each and everv week Cumberland High School, Maths Consolidation sessions are run. With sessions happening both before and after school on Thursdays, there's bound to be a session that everyone can attend.

The morning session runs from 8:00am to 8:30 before school and an afternoon session runs from 3:00pm to 4:00pm after school.

Students can get one-on-one help from Cumberland's Mathematics teachers.

Maths Consolidation sessions are flexible, with students able to tailor their time in the classroom to suit their specific needs. Some students see Maths Consolidation as:

- A guiet environment to make a start on homework
- Opportunity to work with teacher to clear up any misconceptions
- A chance to have a quick chat with someone about homework problem that has them stumped

Students of all years and levels of Mathematics are welcome. No bookings or registrations required, and importantly - it's free.

More and more students are taking advantage of this opportunity to further their understanding or get some extra help in Maths.

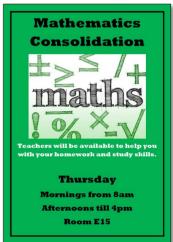


Above: Students attending a Maths Consolidation session.

If you haven't been yet, we encourage you to come along and give it a try!

Mr G Bell **Head Teacher Mathematics**











- 1. The odometer on a car reads 2722km. What is the least number of kilometres that must be travelled before the odometer next shows a number with three digits that are the same?
- 2. What is the only number that, when spelled, has its letters in alphabetical order?
- 3. What's the expanded expression for the volume of a deep-pan pizza with radius "z" and depth "a"?

The first student to see Mr Bell with correct answers for all three questions will receive a prize!



Chess Competition...

The chess competition was a great success this term. During the group stage, competitors were happy playing their friends and accumulating points to get into the semi-finals. Dylan Ek, a rising star and name to look out for in future years of the competition, made it into to the semi-finals after having had a nail biting start to his group stages.

In the end, Lucas Echegaray (Year 11), rose as the 2019 Cumberland Chess champion and I look forward to presenting a trophy for his achievement in a future assembly.





The chess competition is one of the highlights of my year 7 journey. Every student was determined to win and it was an amazing experience. Along the way I made new friends and strengthened relationships. I encourage every student, even if they only know a bit about chess, to play next year.

Dylan Ek Year 7 Student





Above: Chess competition in action!!

Multicultural Sports Competition...

This is an annual competition that we continue running in memory of the former teacher Mr Vivek. The current trophy has only one plaque left on it reserved for the winning team of this year. Students are currently registering their teams before the competition begins in Week 8. Last year the winning team was "ABCDE F.C". Who will take the title this year?



Duke of Edinburgh...

are proud facilitators of the Duke of Edinburgh award. This is an international award gives international that accreditation to students' experiences. Year 9 are currently invited to join the Bronze award which involves learning new skills, performing physical recreation, service to the community and adventurous journeys. For more information please contact Mr Prentice in the Mathematics staffroom.







Math Subject Selections 2020...

At Cumberland High School, all students must study Mathematics in years 11 and 12. Our year 10 students have nominated their preferences for Mathematics in 2020 from the following options:

- Mathematics Standard 1
- Mathematics Standard 2
- Mathematics Advanced
- Mathematics Extension 1 (off timetable)

Most students will be choosing between Mathematics Standard and Mathematics Advanced.

Mathematics Advanced is generally suggested for students looking to study health sciences or Engineering at university. However, it is not often a prerequisite, so interested students should do their own research.

Mathematics Advanced is heavily weighted towards the study of Calculus (the mathematical study of change), which requires a very strong foundation in algebra and equations. The Mathematics Standard courses are more concerned with real-world examples and case studies compared to Advanced.

In term 4, year 10 students interested in completing Mathematics Advanced will have the opportunity to sit an entrance exam to determine their readiness

for the challenges of the course. Students who can't yet demonstrate the required skills to succeed in the course will need to attend Maths Consolidation sessions before or after school on Thursdays. They will have a second opportunity at the entrance exam in term 4.

Students unable to meet the requirements of the entrance exam will need to complete a booklet over the summer holidays to ensure that they are fully prepared for the challenges of the Advanced course.

Students with any questions on their Mathematics subject selection should speak to their teacher.



6 Tips on how to study for Mathematics...

First of all, there's no one right way to study Mathematics. These tips are aimed at getting students thinking about different things that they can do to improve their understanding and ultimately, their results. While these tips were written by Mathematics teachers, the principles apply to all areas of study.

1. Take good notes.

At a minimum, write down everything that your teacher puts on the board. Your teacher will also provide explanations throughout the lesson. Try

to get these down too. Drawing diagrams and annotating your work are excellent ways of retaining the information delivered.

- 2. Ask questions.
 - If you don't understand something, ask your teacher. Also, be sure to listen when others ask questions.
- 3. Practice, practice, practice.

 Mathematics is not a spectator sport. The only real way to learn how to do problems is to work through them. The more you work, the better you will be for exam time.
- 4. Seek Help.
 - Your the teacher in classroom should be your first stop if you're looking for help with your Maths. In addition at Cumberland, also offer Maths We Consolidation sessions before and after school, as well as MathsOnline for additional explanation and practice. Take advantage of these extra resources on offer!
- 5. Don't forget your textbook.

 Not only is it important bring all equipment (textbook included) to every class, but if you have a problem with a particular topic, often your textbook will contain examples related to the spot that you're stuck on.
- 6. Persevere.

You may not instantly "get" everything that goes on in Maths Class. There are plenty of topics that you need to work at before you completely understand. Just like so many other areas in life - practice makes perfect.

Mock Trial Success 2019



It has been an unbelievably successful year for the Cumberland High School Mock Trial team in 2019. All the hard work lunchtimes, after school, at weekends, in the holidays on and on staff development days paid off with 6 victories from 7 trials. Making it to the Round of 32 in the Law Society Mock Trial competition was an absolute highlight. Prior to that, making the first elimination to round (final 64) was a major achievement. Winning Wauchope Mock Trial is also always a high point! The team's victories were against Northmead CAPA, Riverside Girls, The Kings School, Marsden, Wauchope and St Gregory's Campbelltown. Sadly, the bowed of team out competition to Loreto, Kirribilli.



Witness Dev in the witness box whilst Court Officer. Ilham watches on



Court Officer, Ilham, swearing in Witness Taylor



Above & Above Right: Revisiting some of the earlier Mock Trials, Vs Kings and Vs Riverside.

Cumberland's 6 out of 7 victories is a phenomenal performance which should not be underestimated!! Our team consisted of:





Team member	Year	Role/s
Taylor Barrientos	10	Witness
Harry Choi	10	Court Officer/Solicitor
Dev Chopra	11	Witness
Rachel Harkin	10	Barrister & team captain
Adwithya Puri	11	Barrister
Ilham Saeedi	10	Court Officer/Magistrate's Clerk
Vedant Trivedi	10	Court Officer/Magistrate's Clerk

The team is very appreciative to all of our supporters, both staff and students, whose support during this very long extra-curricular campaign was vital.

Our Year 11 boys won't be able to compete in the Law Society competition next year but will be able to assist with mentoring.

Bring on Mock Trial 2020!

Mr K Thomas Mock Trial Coach





Our legal team of Aditya (Barrister 1), Harry (Solicitor) and Rachel (Barrister 2) in action during our last trial

ACADEMIC ATTAINMENT STUDY SKILLS TIP FOR AUGUST:

THE IMPORTANCE OF QUALITY SLEEP FOR STUDENTS



Sleep is crucial not just for physical and mental wellbeing, but for the consolidation of learning, and to ensure you perform in all your endeavours in peak condition. The absolute last resort should be to sacrifice sleep time in order to get things done.

How much sleep is right for you? This is tricky as everyone is different. Some lucky people need only 6 hours a night, most people need about 8 hours and some people need 10 hours!

How quickly do you fall asleep at night? If you fall asleep instantly that can be a sign you are not getting enough sleep, it should take 10-15 minutes to fall asleep.

How do you feel when you wake up in the morning? If you feel tired and sluggish then that can also be a sign that you need to get to bed earlier.



IMPROVING THE QUALITY OF YOUR SLEEP.....

- Avoid caffeine (cola drinks, coffee, energy drinks and chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
- Try and have a half hour to an hour before you go to bed without computers, TV, phone or any electronic devices or homework or chatting to friends. If you can't do that, at least put the devices on night mode or turn the brightness down.
- Set up a relaxing 'wind-down' routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!



- In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain. Being exposed to lots of natural light during the day will also help the body produce the melatonin at the right time for a good sleep cycle.
- A healthy breakfast will help to kick-start your body clock for the day.

Learn more about lifestyle habits of successful students at:

www.studyskillshandbook.com.au

Mr K Thomas

HT portfolio: Academic Attainment

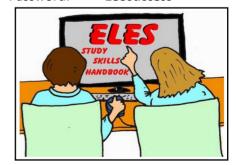


STUDY SKILLS HANDBOOK

Our school's subscription details are: www.studyskillshandbook.com.au

Username: c
Password: 1

cumberlandhs 183success



Young Women's Leadership Seminar



On Thursday 5th June, Claire Paterson, Merjan Onus-Ehsani and I went to Parliament in Sydney. It was a bit of a cold start (and very early!!!) Yikes!

The seminar started off with a talk from Nina Earl, a science Curator and Communicator who in 2018 participated in the Homeward Bound Expedition to Antarctica. She gave a compelling talk that showed her journey to become a leader.

I would like to share the four ideas that she felt were important to becoming a leader:

- 1. **Take the plunge** the first step is always the hardest
- 2. **Have Integrity** Be the best you!
- Never Give up Especially when things get really really bad
- 4. **Believe in Yourself** Even when no one else seems to

We got to meet three female parliamentarians - one in lower house and two in upper house. The two younger ones were quite illuminating with their journey and able to relate to the students; basically, there is no trick or guideline, you just need to set your goals and follow through on them.



Above: Claire Paterson, science curator Nina Earl, Merjan Onus-Ehsani

We even got to witness in the upper house a division; where a bell rang continuously, and many members 'ran' in to make their decision. Interesting.

In the lower house we got to hear a Member of Parliament speak about nothing for 20 minutes - it is quite amazing how they can do this and keep everyone engaged.

Mrs H Bastock Teacher



Above: Merjan Onus-Ehsani, Mrs Bastock and Claire Paterson





The day overall was very inspiring.

Getting to go into the chambers and watch the way the men and women worked together was interesting and inspiring. Seeing the chambers in session was also very interesting as not many people know what the local government looks like.

I also liked being around other girls from different schools who had the same leadership interests. I was really encouraged upon hearing the type of questions that they asked the parliamentary women during the panel.

On the whole, the conference definitely enhanced my views on women's leadership and my potential as a girl aspiring to one day be a leader.

Library News

Students have chosen "Mystery and Suspense" stories as the genre for our next library display. The next most popular genre was Fantasy books. Many students have asked for a display of books written in the style of "Diary of a Wimpy Kid."

This term we have sent nine boxes of old and unused books to become part of a new school library for a school in Sri Lanka that has no books for their students to read.

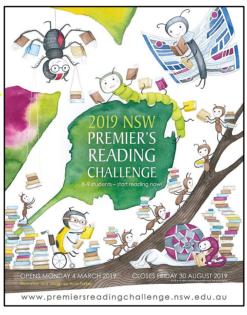
Just a reminder that the **Premier's**Reading Challenge CLOSES TODAY

30th of August and all online student records must be completed TODAY.

Mrs K Alexander
Teacher Librarian











Above: Claire Paterson and Zahli Stewart with some of the Year 7 students from the lunchtime group they led on "Organisation Tips for School Success"



PUBLIC LIBRARY STUDY SPACES

Parramatta: Young Adult Study Space (years 10-12) Youth workers available to assist with study Mondays, 30 September, 14, 21, 28 October, 3:00pm - 6:00pm.

Tuesdays 1, 8, 15, 22, 29 October, 3:00pm - 6:00pm.

Thursdays 3, 10, 17, 24, 31 October, 3:00pm - 6:00pm.

Thursdays 3, 10, 17, 24, 31 October, 3:00pm - 6:00pm.

Epping: Free study space for HSC students below Epping Library in the Leisure & Learning Centre August 12 - September 27, Monday to Friday, 4:00pm - 7:00pm.

September 30 – November 1, Monday to Friday, 1:00pm – 5:00pm.

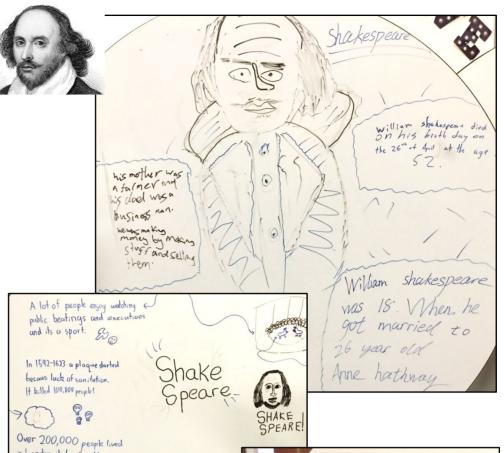
Castle Hill: The library will open exclusively for HSC students Sundays, 9.30am – 1:00pm for 4 weeks prior to the HSC on 29/9, 6/10, 13/10 and 20/10.

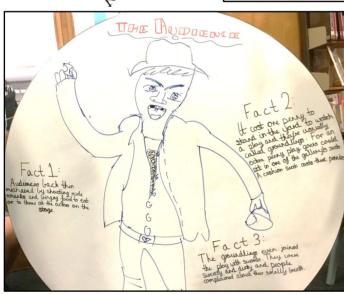
Library News

Shakespeare Research

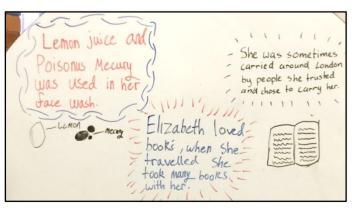
Year 7 have been using books to research some background information about Shakespeare's life and times to support their English unit on "A Midsummer Night's Dream". Some students have created amazing work on the whiteboard tables to share with the rest of their This work will also displayed be displayed on the digital signage screen in the Library.

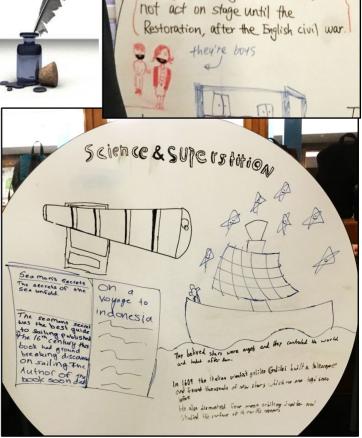






in London, it by far the largest city in the kingdom





There were no actresses

Women's roles were played by men/boys. Women did

The Faculty of Arts MADS Combenance High School

Come and see Year 7 + 8 form a large choir!

Our ensembles will be performing: Concert Band, String Ensemble, Rock Bands, Vocal Ensemble, Dance and Drama Club.

Soloists will be highlighting the individual talents of our students.



Art and Photography works will be on display.

<u>Tuesday 10 September 2019 7PM</u>

<u>Wednesday 11 September 2019 7PM</u>

Tickets Available from the Front Office & at The Door Children/Students/Concession \$5 Adults \$10 Family (2 adults, 2 children) \$25



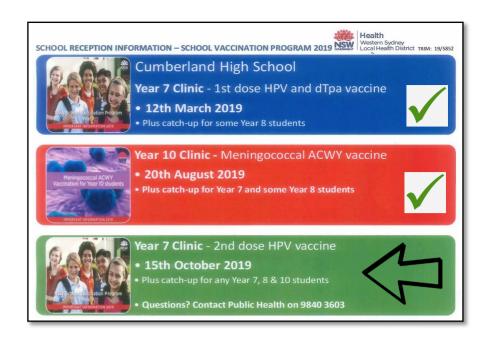
NSW SCHOOL VACCINATION PROGRAM 2019

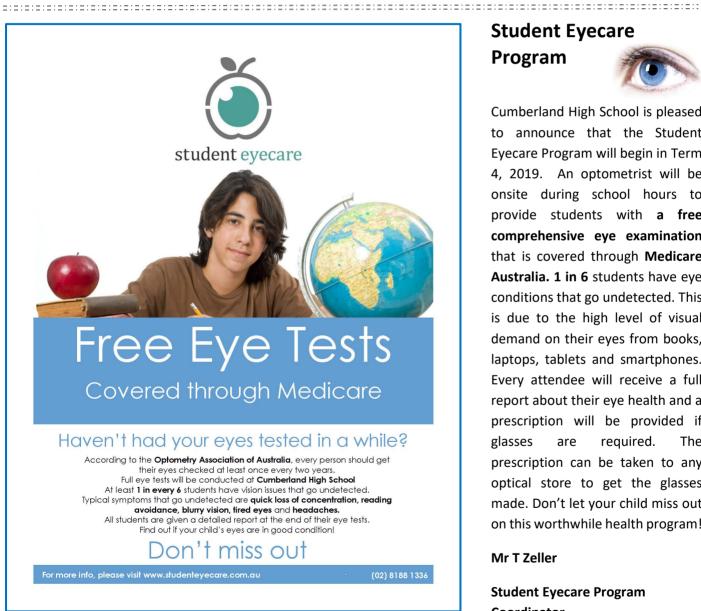


Just a reminder that Year 7 students have their second dose of HPV vaccine on Tuesday 15th October. Any Year 7, 8 & 10 students who need catch-up vaccinations can also attend on this date.

Vaccination packs can be collected from Sarah in the front office.

Ms S King





Student Eyecare **Program**

Cumberland High School is pleased to announce that the Student Eyecare Program will begin in Term 4, 2019. 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. prescription can be taken to any optical store to get the glasses made. Don't let your child miss out on this worthwhile health program!

Mr T Zeller

Student Eyecare Program Coordinator

COMMUNITY NOTICES



15 September Mike Hallam Hot Six
20 October Bridge City Jazz Band
17 November Carolyn Packer's Stompin'
Rhythm Aces
16 February Geoff Power Jazz Band
15 March Greg Poppleton Jazz Band
19 April Riverside Jazz Band
17 May Zenith Jazz Sextet

Bookings: www.jazzatthepines.org.au

\$22 ADULTS

\$18 CONCESSION

\$45 FAMILY



Relax With Live Jazz

and bring a picnic lunch to enjoy under the majestic pines of historic Roughley House.

Free tours of historic Roughley House (circa 1856).

Afternoon tea available.

Bookings

Web: www.jazzatthepines.org.au

Phone: 02 9651 4411

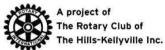
Email: info@jazzatthepines.org.au

Tickets available at gates. Entry opens at 11:30am



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Dural Visitor Information Centre, Roughley House and The Pines. 656a Old Northern Road, Dural.

Come and enjoy live jazz music under the trees!







We support non-profit, local community activities and events in our newsletters.

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