

# Cumberland High School

## Excellence in Education

183 Pennant Hills Road, Carlingford NSW 2118

Phone: 02 9871 7718 Fax: 02 9872 5381

www.cumberland-h.schools.nsw.edu.au

Email: Cumberland-h.school@det.nsw.edu.au



### Congratulations HSC 2019 Distinguished Achievers



Mr Peter Riordan presenting at our Distinguished Achievers Assembly, acknowledging the achievements of our 2019 Year 12 students.



Fay Bekiaris with Mr Peter Riordan. HSC accelerant! Congratulations Fay!

## Welcome to Cumberland!

We have been back at our fabulous school now for three weeks and we have already enjoyed so many enriching experiences and successes!

We welcomed our Year 7 students and they have settled in beautifully – all 184 bubbly and enthusiastic young learners. Mr Langdon and Mr Wilson, our dynamic Year 7 Year Advisor team are thrilled to have their Year 7 cohort engaged and keen to embark on their exciting six-year journey at Cumberland High School!

We celebrate, for the first time in seven years (due to the growth in our enrolment numbers), the permanent appointment of two outstanding Deputy Principals, Mrs Johanna Ashton and Mrs Matina Shadwick. You all know the fabulous Mrs Ashton as she has served the Cumberland High School community with excellence for the past 12 years as Head Teacher Mathematics and for the past three years as Acting Deputy Principal. What a wonderful appointment! We also welcomed for the first time an outstanding Acting Deputy Principal from Homebush Boys High School. Mrs Matina Shadwick has served the Homebush Boys community with distinction for 26 years and we are thrilled to have her join the Cumberland family. Two exceptional educators leading our pursuit of excellence! It's going to be a great year!

### Upcoming Events for Term 1, 2020

24 Feb	Cumberland High School's Open Evening, 5.30pm-8pm
26 Feb	Zone Swimming Carnival
27-28 Feb	Clean Up Australia Day
2 - 6 Mar	Hospitality work placement Y12 (Mon - Fri)
3 Mar	P&C Meeting 7pm
10 Mar	Year 7 Vaccinations
19 Mar	Market Day
20 Mar	Sydney West Swimming
23 Mar	Term 1 Music Concert 7-9pm
26 Mar	Community Mentoring
27 Mar	Cross Country
30 Mar - 1 Apr	Year 7 School Camp (Mon-Wed)
31 Mar	P&C Meeting 7pm
1 - 3 Apr	Combined High School Swimming (Wed - Fri)
6 Apr	Year 11 and 12 Parent and Teacher Evening
9 Apr	Last Day of Term One

In the first week we welcomed all year groups with an explicit presentation led by our Year 12 prefects outlining very clearly our school expectations. It was lovely to see our student leaders leading the learning at our school.

We acknowledged at the Distinguished Achievers Assembly the fine results of our students and from our very small Year 12 cohort of only 59 students in 2019, 6 students achieving ATARS above 90 with 86 Band 5 and 30 Band 6 results. Our school rank was at 183 and our school was recognized for our sustained growth and excellence by having the very distinguished guest Mr. Peter Riordan, Deputy Secretary Corporate Services, visiting Cumberland High School to gain insights from teachers and students as to how we continue to achieve excellence in education here at Cumberland High School. What a fantastic achievement and what a proud moment for students, family members and our entire school community.

As the Principal of Cumberland High School, I feel so very privileged to belong to a school community that is committed to the attainment of excellence – a school community that is determined to rise above expectation and enable all students to thrive. Thank you for your continued support as we prepare for another brilliant year!

**Ms Mechel Pikoulas**

*Principal, Cumberland High School*



## Congratulations Cumberland High School's HSC 2019 Distinguished Achievers





## FROM THE DEPUTY'S DESK

Mrs Shadwick -



Welcome - Mrs Matina Shadwick  
Deputy Principal Years 7, 9, 11

Welcome to the start of the 2020 school year at Cumberland High School. It is with great excitement and pleasure that I write my very first newsletter as Deputy Principal of the school. I am honoured to have joined the Cumberland High School Community this year and am looking forward to learning, discovering and enriching the many wonderful academic, sporting and extra-curricular activities on offer at Cumberland High School.

A very warm welcome to all members of our school community, particularly to our Year 7 students and their families and also to a number of new students who have commenced in years 8, 9, 10 and 11. In 2020, I will be supporting staff and the Wellbeing Team and focussing on Year 7, 9 and 11 and am eager to get to know the students and their parents, and work together to ensure that every student reaches their potential and every student is known, valued and cared for and connected to our Cumberland family.

A little introduction about myself. I started my teaching career as a Mathematics teacher at Dulwich Hill High School and then took onto a

merit selection position as a Mathematics Teacher at Homebush Boys High School before taking on a promotion as Head Teacher Administration at the same school. I have been relieving as Deputy Principal Teaching and Learning for the past 4 years at Homebush Boys High school and am passionate about

- ❑ Students as individual learners.
- ❑ Educational rigour-effective classroom practices that support explicit teaching and learning strategies.
- ❑ Seeing pedagogy in practise - classroom visits, conducting playground tours, experiencing sporting & co-curricular activity educational environments.
- ❑ Improving teacher quality through collective efficacy.
- ❑ Hearing student, staff, parent hopes/dreams for the year and the next 3-year school plan
- ❑ Promoting our School's Excellence in Education initiatives within the school and beyond.



Some of our new year 7 students



## YEAR 7



I am thrilled with the positive start made by our Year 7 students. My emphasis has been on working alongside Mr Wilson and Mr Langdon (Year 7 Advisors) and transitioning Year 7 into the demands of a new school year, the complexities of a new timetable, new staff members, new faces in senior executive roles, and new assessment schedules.



Mr Aaron Langdon and Mr Josh Wilson  
Year 7 Advisors

Already, I have seen the contributions made by our students at the swimming carnival earlier this term, the Year 7 Peer Support Program and the participation requests for school clubs, and music and ensemble bands programs.

I encourage all students to visit the **Year 7 noticeboard** outside the PDHPE staffroom (top floor Block A) for further information and notices regarding opportunities available for students.

## Year 9 and 11

Year 9 and 11 have received their 2020 Assessment Schedules and Planners and have begun planning for Term 1. I had the pleasure of meeting a few Year 11 students during the Report Conferencing workshops in Week 1 and I am impressed with the maturity and determination to achieve their best. A reminder to all students to wear their Cumberland High School uniform with pride and be aware of the positive image our uniform portrays around campus and in the community.

To all Year 7, 9 and 11 parents- I look forward to meeting you and working with you to support your child's dreams of excellence in pursuit of goals both at school and beyond. Do not hesitate to contact me at school if wish to discuss any matters.

**Mrs M Shadwick**

**Deputy Principal - Years 7, 9, 11**



## FROM THE DEPUTY'S DESK

**Mrs Ashton -**



Mrs Johanna Ashton  
Deputy Principal Years 8, 10, 12

Congratulations to Year 8, Year 10 and Year 12 for a focused start to 2020.

### Year 8

Year 8 students received their assessment booklets on Monday. Mr Condell, as Assessment and Reporting Coordinator, provided a very effective workshop with Year 8 highlighting the benefits of organisation and a well-thought out study plan. Students were encouraged to use their diaries and were also provided with the online links to assist in their study. Each student was provided with an Assessment Booklet, 2020 Planner and flyers outlining all the supports available this year. We have also uploaded all assessment booklets to the Skoolbag App and the school website. As parents, please feel free to access these resources to support your children.

### Year 10

Year 10 students and parents were invited to attend our Year 10 Information evening on Tuesday 11 February. It was wonderful to see so many parents and students in

attendance. We issued our 2020 Assessment Booklet, 2020 Planner and the careers information for our very exciting career development program including the Careers Conference and Work Experience Program. There are so many opportunities and experiences designed for our Year 10 cohort. It is going to be a fantastic year.

### Year 12

Year 12 have commenced their second term of the HSC course. They are focused and working toward completing their second assessment task. Year 12 can be a very challenging year but with positive study habits students are able to minimise stress and achieve their best. AMPing It Up mentoring is in full swing and I encourage all Year 12 students to ensure that they ask plenty of questions so that they are clear about all assessment expectations and requirements.

Our Year 12 Prefects are also very busy preparing for one of their most successful fundraisers for Valentine's Day.

Please remember all the support that we have in place including Maths Consolidation Thursday mornings at 8:00 and Thursday afternoons until 4:00pm in E15, Science Consolidation every Tuesday lunch in G1 and Library Support every Wednesday afternoon 2:30 to 3:30pm.

Looking forward to a fabulous year.

**Mrs J Ashton**

**Deputy Principal - Years 8, 10, 12**



## Welcome from the Learning Design and Wellbeing team

Welcome to 2020 at Cumberland High School. What a fantastic start to the year it has been, with so many exciting opportunities to follow.

We have continued to expand our student enrolments with 184 new Year 7 students being welcomed into our school community. We have been so impressed with the smooth transition to high school that we have observed from our Year 7 students, who have been strongly supported by their Year Advisors Mr Josh Wilson and Mr Aaron Langdon.

We would also like to welcome all of our new families who have enrolled in our school. We hope that you are as excited as we are to share our students' educational journey with you.

This year we are very lucky to have the following staff members supporting our students within the Learning Design and Wellbeing Faculty:

Role	Teacher
Head Teacher	Alison Bovill
Learning Support	Andrew Fahey Sandi Netto Karen Stonnill Leonie Browne Sarah King
Literacy	Alison Bovill Andrew Fahey Sandi Netto
Careers	Angie Sisala
Librarian	Karen Alexander

## Year Advisors and Assistant Year Advisors for 2020:

Year	Year Advisor	Assistant Year Advisor
7	Josh Wilson and Aaron Langdon	
8	Michael Pillay	Madeline Frew
9	Bradley Smith	Thomas Zeller
10	Angie Sisala	Samantha Coster
11	Micaela Abbott	Joyce Back
12	Helen Bastock	Karen Alexander

Year Advisors or their Assistants are generally the first point of contact that you should make if you have any concerns about your child's wellbeing at school. Alternatively, the Deputy Principal in charge of the respective year group is also available to assist.

2020 sees us continue to deliver the school based Year 7 and 8 explicit Literacy program. This program enables students to develop explicit literacy skills which they can transfer across their curriculum studies and improve their performance in all areas of learning. Students are able to develop and extend on their Literacy skills in a supportive, engaging and motivating environment, where they are encouraged to take risks in their writing and extend their writing techniques while receiving explicit feedback on their progress. These essential lifelong skills enable students to successfully engage in school, the work force and in the community.

For the first time this year, Year 7 students have also participated in the Year 7 Best Start Assessments. These online assessments have required students to complete a 30 question multiple choice Reading assessment and a 30 question

multiple choice Numeracy assessment. The results of these assessments are utilised by the classroom teachers and the Learning Design staff to ensure that explicit Literacy and Numeracy lessons are delivered to students that directly meet the individualized needs of our students. It also enables both intervention and extension opportunities to be offered to the students who demonstrate the need.

All students in Year 10 2020 will begin their HSC Journey by participating in the HSC Minimum Standards tests. These tests enable students to demonstrate a minimum standard of Literacy and Numeracy skills that will assist them as they aim towards embarking on the HSC or future employment. Further information will be provided to all Year 10 students and their families when the testing period nears.

For students in Years 11 and 12 who have not yet demonstrated a minimum standard in Literacy or Numeracy, additional opportunities will be made available for you to complete the Minimum Standards tests throughout the year. This year we will have four opportunities to complete the tests, rather than the two, as in previous years. Information for those students who are still required to sit the test will be made available when the test sessions are open.

Our Learning support staff continue to work closely to support our students. This may involve staff members collaborating to plan explicitly differentiated teaching and learning programs, together with

developing quality assessment tasks, as well as working in the classroom to support students. The Learning Support teachers are also available to assist with organisational skills, assessment support or general wellbeing support for our students. Working together to ensure an inclusive learning environment is created for all students is a priority for all of our staff.

The Wellbeing Team will continue to work closely with our students to ensure that all students experience a positive school journey. Wellbeing initiatives will be offered to students throughout the year, including "Brainstorm Production" incursions, opportunities to hear from our Police Youth Liaison Officer and many other exciting opportunities, including camps in Years 7, 9 and 11.

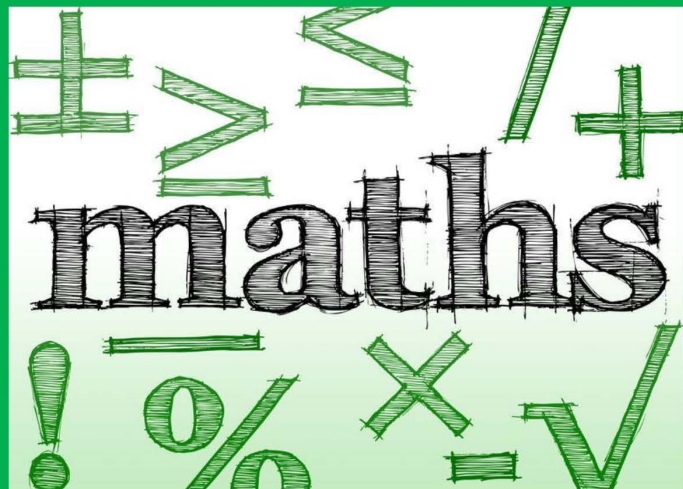
Later this term we will also be collecting data on student learning through the NCCD processes. These processes enable the school to work with the community to ensure that all students are receiving the best possible education that directly meets the needs of the students.

Students are encouraged to visit the Learning Design and Wellbeing faculty in E13 at any time support is required. We are excited to be working with the students to support and extend their learning.

*Mrs A Bovill  
Head Teacher,  
Learning Design and Wellbeing*



## Mathematics Consolidation



**Teachers will be available to help you  
with your homework and study skills.**

**Thursday**

**Mornings from 8am**

**Afternoons till 4pm**

**Room E15**



# STUDENT OPPORTUNITIES & SUPPORT

## Academic Attainment:

Here's to a fantastic year ahead. I have already inducted our new **Year 7 students** with a presentation on how to **best prepare their assignments. AMPing it up! Mentoring** between our staff and Year 12's is continuing. We are continuing with our **Elevate Education** seminars and students/teachers in three Year 11 subjects (Advanced Maths, Biology and Legal Studies) are trialling **Atomie** – which provides videos on course content!

## STUDY SKILLS TIP FOR FEBRUARY – TOP TIPS FOR A NEW YEAR

With the beginning of the new year, it's always a great time to reassess your academic approach. The key to making the most of this opportunity is focusing on the things which will bring the biggest return.

### 1. Simplify Your Organisation System



Every student has an organisation system. True, the definition of "organisation" may be looser for some students than others, but everyone has a way they stay organised (or attempt to).

Maybe you're the "Type-A" student and you have a clearly defined system. You'll know that you're "Type-A" by the file folders you both own and use, the folded socks in your drawer, and all the lists by which you keep track of important information. You probably have a calendar, a planner, and you know exactly which clothing is clean and which is dirty.

But not everyone fits in such a naturally organized world. These students can be called "Type-B."

If you're a "Type-B" student, you're not alone, but organization probably requires more effort. "Type-B" students tend to prefer "piling systems" to filing cabinets. Calendars often seem like too much work, so they'd rather just put everything in their backpacks and find it later. Students on the far end of the "Type-B" universe may even find themselves sorting laundry via the "smell check" method.

Regardless of whether you are a Type A or B student, though, one of the biggest difference-makers this year is your organisation system. Few things will save time and improve academic performance the way an effective organisation system will.

A great organisation system has at its centre one goal: replace your brain.

The more organised you are, the less you have to think. Your organisation system should be simple enough that you don't have to make any decisions about where you put new

assignments, where to find completed assignments, or what to do with graded assignments. You shouldn't have to go through a mental checklist every time you study because your organisation system does it for you.

The fewer decisions you need to make, the more your thoughts and energy can focus on things that matter. Consider these four questions to determine how simple your organisation system is right now:

- Do you have good systems in place to manage and organize both the paper and digital resources for school?
- Do you have a system to make sure that all assignments and due dates are marked on your calendar / planner?
- Do you have a system to focus on what needs to be done today and not just what's due tomorrow?

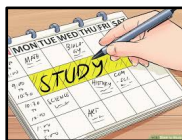
When you can answer each of these four questions without thinking, you'll know that your organization system is simple enough to be a major asset this year.

### 2. Break the "Cram Cycle" Before it Starts

By the end of the semester, students often find themselves overloaded and overwhelmed, having to rely on cramming for final exams to get through to the break. They are exhausted and in survival mode. Thriving academically no longer matters, all that matters is the break at the end.

If you've ever felt this way, you've experienced what we call the "Cram Cycle." Students get busy during the semester, which leads to exhaustion. When you're exhausted, the only thing you want to do is zone out for a bit. After an afternoon of zoning, students are forced to put all their effort into completing assignments that are due tomorrow. We call this "cramming." As students work on only that which is due tomorrow, long-term assignments pile up and create even more busyness, which leads to exhaustion, and the "Cram Cycle" begins to accelerate. Most students only get out of the "Cram Cycle" when the semester ends.

But this year can be different. If you want to stay out of this dreaded cycle, **commit yourself to doing some independent learning at least five days a week**, even when you don't have anything due the next day.



Use every day as a review day, spreading out your study sessions for big tests and projects across multiple days instead of letting them pile up. This approach takes more effort initially to create these habits, but you'll reap the benefits when you're free of the "Cram Cycle" and the stress that follows it come finals season.



### 3. Supercharge Retention with Scientifically-verified Study Strategies

Everyone knows that taking notes is a good idea. Reading your textbooks seem like a great thing to do. And you've probably learned that it's best to have a consistent place to study, one which is quiet, clean, and comfortable enough (but not TOO comfortable).

But what are the strategies that have been scientifically-verified to boost your retention?

One of the best things you can do is to take a break in the middle of your study sessions.



In one study psychologists wanted to find out whether there was any difference in "spacing" a study session (this means to take a break in the middle) or "massing" instead (which means that you hammer it out all at once).



The researchers took two randomly-chosen, equal groups of students, gave them the same amount of study time, gave them the same material, and tested them on the material afterward. The only difference was that one group took a short break in the middle and the other group didn't. The results were incredible.

The group that studied with "spacing" did 50% better than the group that studied with "massing." That means in the same amount of study time, you could potentially boost your retention by 50% by just taking a ten-minute break.

Best wishes for the year ahead!

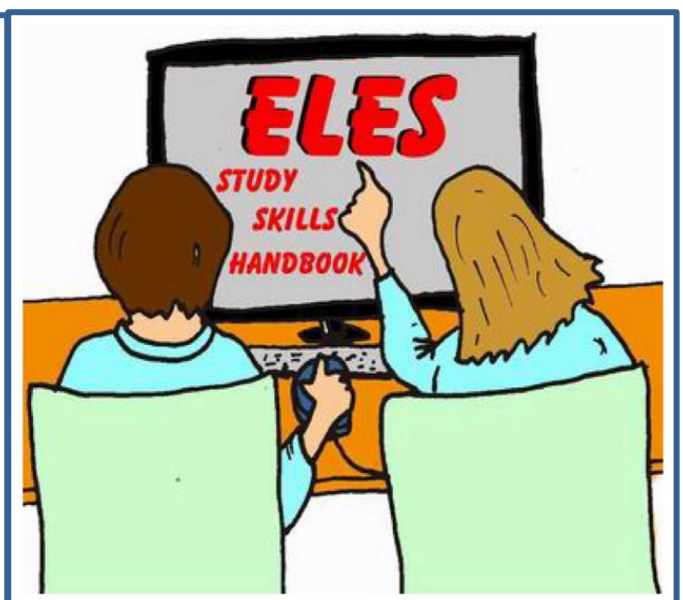
**Mr K Thomas**  
Head Teacher, Academic Attainment

### STUDY SKILLS HANDBOOK

Our school's subscription details are:  
[www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

Username:  
**cumberlandhs**

Password:  
**183success**







## Concert Band

We are thrilled to welcome 10 new members to the Concert Band this year! Students who can play band instruments are encouraged to join the Concert Band. See Mr Andrews for details.

## Instrumental lessons and Hire

Instrumental lessons are available at school for \$40 per week. Instruments are also available for hire for \$130 for the year.



Please email Mr Andrews if you would like any further information.  
[martin.andrews1@det.nsw.edu.au](mailto:martin.andrews1@det.nsw.edu.au)

# THE FACULTY OF ARTS

# MUSIC



## Upcoming Events

Term 1 Music Concert 23/3/20

Music Camp 9-12/6/20

Winter Band Tour 24-25/6/20

## Ensembles Fee

The \$60 fee for all ensemble members is now due. This pays for the ensembles t-shirt and bus travel for Summer and Winter Band Tour. Collect a permission note from the Faculty of Arts staff room.

## UNIFORMS, BUY ONLINE

You can now purchase school uniforms via the **Uniform Shop Payments** link on our school website:

[www.cumberland-h.schools.nsw.gov.au/](http://www.cumberland-h.schools.nsw.gov.au/)

**Uniform Shop Payments** (see screen images below, circled in red)

Then click the link **Online Store** under the Downloads heading to be redirected to Taleb - Cumberland High School Uniform Shop.

Or directly via the Taleb Uniforms website:

[www.taleb.com.au/cumberland-high-school-uniform-shop/](http://www.taleb.com.au/cumberland-high-school-uniform-shop/)



UNIFORMS –  
How to purchase on our website:

A screenshot of the Cumberland High School website homepage. The header includes the school logo, name, and contact information. A navigation menu is visible with the 'Uniform shop payments' link circled in red. A callout box points to the 'Make a Payment' link in the top right corner, with a note explaining its use for school-related payments.

**Cumberland High School**  
Excellence in Education  
T: 02 9871 7718 E: cumberland-h.school@det.nsw.edu.au

MAKE A PAYMENT | ENROLMENT | NEWS | NEWSLETTER | GALLERY

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**Welcome to our school**  
Cumberland High School values our traditions and history while fostering an environment of high academic success and a love of learning.  
Contact us

(NOTE: the *Make a Payment* option on the top of the screen is only to be used for school related payments and payment of school fees)

A screenshot of the 'Uniform Shop payments and Information' page on the Cumberland High School website. The page features a navigation menu, a breadcrumb trail, and a 'Downloads' section with a link to the '2020 Uniform Price List' and 'Uniform Policy'. The 'online store' link in the text is circled in red.

NSW Department of Education | Select Language | Log in

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Home / Uniform Shop payments and Information

**Uniform Shop payments and Information**

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Learning at our school	+
Gallery	+

**Downloads**  
**2020 Uniform Price List**  
**Uniform Policy** (PDF 14 KB)

Uniforms can be purchased via our **online store**, with orders delivered to students in class.  
Cumberland High School takes great pride in its uniform and insists on students wearing the correct uniform at all times.



# NSW SCHOOL VACCINATION PROGRAM 2020

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council for adolescent students as part of the school vaccination program.

This year all Year 7 students will receive vaccinations for Human Papillomavirus, (2 doses – 6 months apart) and Diphtheria/Tetanus/Pertussis (dTpa) throughout the year while our Year 10 students will receive the Meningococcal ACWY vaccine.

Parent information Kits have been sent out to Year 7 students - if you have not received a kit yet please contact the front office. These kits include an information sheet, consent form and a privacy statement. Please return consent forms to the front office by Wednesday 19<sup>th</sup> February.

Year 7 students will receive their first vaccinations on Tuesday 10<sup>th</sup> March.

Attached is a copy of the letter from NSW Health for your reference. (above right)



## NSW SCHOOL VACCINATION PROGRAM – SCHOOL NEWSLETTER TO PARENTS/GUARDIANS

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2020 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Year 10	Meningococcal ACWY vaccine	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to you by your child's school. To consent to the vaccination of your child, parents/guardians are advised to:

- read all the information provided;
- complete the consent form, including signing your name next to each of the vaccine/s you would like your child to receive;
- return the completed consent form to your child's school;
- ensure that your child eats breakfast and has food available to eat on the day of the school vaccination clinic

Parents/guardians who wish to withdraw consent for any reason may do so by writing to the school Principal or phone the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation/Pages/withdraw\\_consent.aspx](http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx).

Students who return a consent form to school but are absent on vaccination day, will be caught up on subsequent school vaccination clinics, during Year 7 or 8 (for HPV and dTpa vaccines) and during Year 10 or 11 (for Meningococcal ACWY vaccine).

**A Record of Vaccination will be provided to each student vaccinated at each clinic. You should ensure that this record is kept for future reference. Please do not assume that your child has been vaccinated if you do not receive this Record of Vaccination. Vaccination records will be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.**

For further information:

Australian Government Department of Health website

<https://www.health.gov.au/resources/videos/getting-your-hpv-dtpa-vaccinations-at-school-what-to-expect>

<https://www.health.gov.au/resources/videos/getting-your-meningococcal-acwy-vaccination-at-school-what-to-expect>

NSW Health website <https://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

Contact Parramatta Public Health Unit on 9840 3603

Public Health Unit  
Cusgers, Building 68  
Cumberland Hospital  
LMB 7118, Parramatta BC NSW 2124  
Tel: 9840 3603 Fax: 9840 3608

## SCHOOL RECEPTION INFORMATION – SCHOOL VACCINATION PROGRAM 2020



### Cumberland High School

#### Year 7 Clinic - 1st dose HPV and dTpa vaccine

- 10th March 2020
- Plus catch-up for some Year 8 & 11 students



#### Year 10 Clinic - Meningococcal ACWY vaccine

- 18th August 2020
- Plus catch-up for Year 7, 8 & 11 students
- Any Year 7 student who was absent or missed returning their consent form at 1st Visit will be caught up through-out the year



#### Year 7 Clinic - 2nd dose HPV vaccine

- 13th October 2020
- Plus catch-up for any Year 7, 8, 10 & 11 students
- Questions? Contact Public Health on 9840 3603

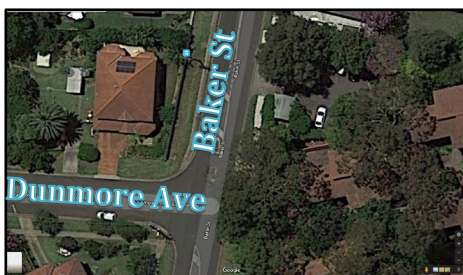
# ROAD SAFETY around Cumberland High School



## ***Baker Street (turning into Dunmore Ave)***

PLEASE ensure that you remain patient if waiting to turn into Dunmore Avenue. There have been several reports of drivers going on the opposite side of the road so they don't have to wait to turn. Please consider the safety of others and abide by the road laws.

**DO NOT** drive on the wrong side of the road to enter Dunmore Avenue or ANY side road....



## ***Bus Bay (Dunmore Ave)***

For the safety of students, their families and staff, please ensure that you are following all road signs around our Bus Bay area when dropping off and picking up students. The Bus Bay area must be KEPT CLEAR during the signed bus zone times.

### **BUS BAY:**

Adhere to the bus zone times and please keep the turning circle clear.



## ***Pennant Hills Road***

Pennant Hills Road is a main road and students should cross at the lights for their own safety.

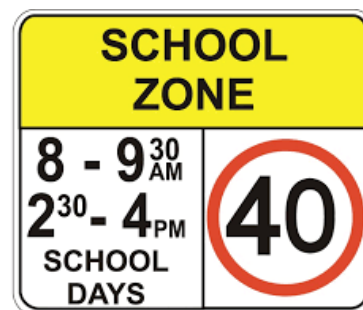


## ***Carlingford School Zones***

There are many schools around this area. Please be alert while driving through school zones, put your phones away and travel at 40kmph.

***Let's do the right thing and keep everyone safe.***

***Thank you***





## Library News



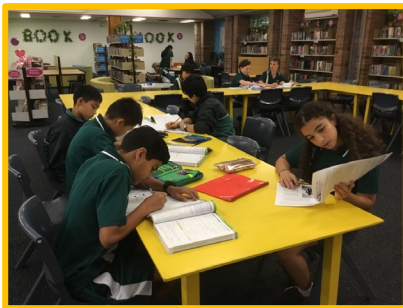
For Valentine's Day the students were invited to go on a *Blind Date with a Book*. Many students enjoyed selecting from the beautifully wrapped up books. These books had a short description on a heart shaped note attached to the wrapping paper.



*Blind Date with a Book* Dislav >



**Year 7 English Classes** have had fun learning about where to find things in the library through a search challenge. They have also had time to browse through the fiction collection to select an appropriate book to borrow. Many of our new students are taking advantage of the library facilities during their free time.



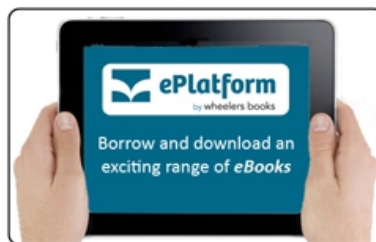
Some Year 7 students studying after school on Wednesdays when the library is open from 2:30pm to 3:30pm.

Students will soon be able to use their 2020 photo ID Cards for student printing and photocopying. The card will work like a "pay wave" card allowing students to pay for the printing/photocopying from money that has been loaded onto their **printing account**. All year 7 students have had \$10 added to their account. Students may top up this amount by paying at the front office and then taking the receipt given to Mrs Alexander in the Library.

# VR!



**Virtual Reality** has come to Cumberland High School, as we have loan of a Department of Education Stemshare Virtual Reality Immersion Kit this term. Students and teachers have greatly enjoyed trying out this new technology which provides our students with a virtual learning environment. Pictured (above) is one of our students testing out the setup and showing Mrs Alexander how to use the controllers to navigate a virtual Google Earth.



### ***How to borrow/download eBooks on mobile devices***

Go to App store and download **eplatform by Wheelers**. Choose Cumberland High School from the list of schools. When you download a book you will need to **login using your normal DET username and password**. There are over 1000 popular fiction titles for you to read 24/7. You may borrow 2 eBooks for 14 days and reserve eBooks that are not yet available for download.

Alternatively you may access the eBooks via:

<https://cumberland.wheelers.co/>

**Mrs K Alexander**  
Teacher Librarian

## Grade Sport News....

### Girls Volleyball - Round One Knockout Winners over Arthur Phillip High



It was our absolute pleasure to beat Arthur Phillip High in Knockout Volleyball (Round One) in their first ever knockout match in their brand new hall. To be fair, it was a very competitive match and we thank our hosts for their hospitality. We are also very jealous of their brand new stadium.

Our girls were sensational. They came back from 10-3 down to level up the scores at 18-all, but we narrowly lost the first set. From then on, the Cumberland girls took control and won the 2nd, 3rd and 4th sets to take the match 3-1 and advance to Round 2 of the knockout.

The set scores were:

SET	Cumberland	Arthur Phillip
1	21	25
2	25	18
3	25	22
4	25	19

It was fantastic to have Pamela and Eleanor make their debuts and learn a lot. The passing from Mikaela, Julia, Aisleen, Jocelyn and Ljubica was amazing. Some of the serving was extremely powerful. Zenae, Aisleen, Ljubica, Jocelyn and Anna were exponents of this skills.

At one stage, Ljubica served an ace and Jocelyn served the perfect serve, which hit the net and dropped straight down on the other side. Pamela and Aisleen set extremely well. Anna, Ljubica, Jocelyn and Zenae spiked well. Eleanor, Manisha and Hannah played well despite limited opportunities and are looking forward to more court time next time.

Whilst I thought all of the girls played extremely well, and were well captained by Ljubica and Jocelyn, my player of the match award goes to Aisleen!

Bring on Round 2!!! In the meantime, our focus will shift to training the boys for their round one fixture against James Ruse, away.

Thanks are extended to Ms Stonhill for driving the girls to the venue and to Mr Kwan, Mr Simmonds and Mr Chan for being the audience. Liz and Sarah kept score, whilst Dylan, Blake, Lennie and Naman officiated. Thanks for your support guys.

**Mr K Thomas**  
**Volleyball Coach**



Cumberland High School – Careers Corner Symbaloo Page  
Links to career development web resources to help students of Cumberland High School explore their future career aspirations

<https://Tinyurl.com/CareersCorner>

or <https://cumberlandhighschool.symbaloo.com/home/mix/13ePBJ0Q5R>

CHS Links

Career Exploration Sites

Career Quizzes

Early School Leavers

Job Search Engines

Casual Jobs – Popular Employers

Volunteering

Information for Working Certificates

Information to help you choose a university

Information for International Students

TAFE

Industry Specific Sites

Universities - Sydney

Popular Universities – Course Guides

Universities – Regional NSW/ACT

Popular Private Colleges

Popular Universities – Early Entry Schemes

Popular Universities – Pathway Courses



## 2020 Careers Events

We have another exciting year planned with a number of Careers events and opportunities for students.

The year 10 Careers program will begin with Careers lessons in term 1, Careers Conference, subject selection and Work experience in term 3.

Year 11 and year 12 students will participate in small group career exploration and planning meetings with the Careers Advisor during the year, and year 12 students will have a chance during term 2 to hear from and meet with representatives from universities, TAFE, private colleges and employment providers.

As always, students are encouraged to make an appointment with our Careers Advisor, Ms Sisala, in the careers office to talk through their career aspirations, anxieties or questions.

## Careers Notices

### UTS Science Work Experience 2020 Now Open

Autumn: 18-24 May 2020

Spring: 12-18 October

Imagine doing real hands on work in forensics, environmental, biological, medical activities at UTS in:

- joining tertiary students in their experimental work
- performing experimental work under the supervision of technical staff
- working with scientific equipment

Speak to your Careers Advisor as soon as possible to check this out:

<https://www.uts.edu.au/about/faculty-science/partners-and-community/outreach-and-community/work-experience-years-10-and-11>

### Apply Now - Experience in 2020 a week as a Marine Biologists - UTAS Marine Discovery Scholarship

This predominately field-based unit consists of 5 days on picturesque Maria Island on the Tasmanian East Coast. The unit is open to 24 students and is designed to engage, challenge, excite and inspire you through a hands-on marine science program. It will encourage you to

explore issues threatening biodiversity as well as the productivity of the marine system. Climate change, invasive species, pollution, debris and their associated social and economic impacts will be covered. Apply here:

<https://secure.utas.edu.au/imas/study/undergraduate/marinediscoverycompetition>

### NIDA Work Experience Program

What's it like to study at NIDA? What skills do you need for a career in performing arts? In 2020 NIDA offers non-Acting work experience to students interested in design, making, building, sewing, lighting, sound. NIDA's work experience program offers Year 10 and 11 students the chance to spend a week in Kensington, Sydney to observe and, where possible, participate in classes.

Apply: [www.nida.edu.au](http://www.nida.edu.au)

### Medicine – Your Free Guide

Throughout the medical training pathway, medical students and doctors in training will be exposed to many different areas of medicine and then choose a speciality area that is of interest to them. Over 75% of medical students change their first career preference during medical school.

<https://www.myhealthcareer.com.au/medical-career/>

# Careers Notices

## Study Medicine - Deadline updates for 59 Australian university degrees leading to medicine

The new medicine year starts off with a bang – the excitement of medicine entry offers, university orientation and commencement. See the latest listing of deadlines detailing this information for all medical programs in Australia by going to the link below. You can find Study Medicine on Twitter, Facebook or email:

[admin@studymedicine.com.au](mailto:admin@studymedicine.com.au)

<https://www.studymedicine.com.au/>

## Study Medicine and Health at the University of Sydney, admissions pathway and more for 2020

At the University of Sydney, students can choose from the largest range of health degrees of any Australian university. We're world leaders in medicine and health, and our students graduate in demand. We offer admissions pathways, including for double degree medicine and dentistry, and publish guaranteed ATARs for some of our courses. Read our updates for career advisers:

<https://bit.ly/2Mg8twF>

## UCAT Test Dates, Fees and Processes

Candidates taking the UCAT in 2019 for entry to universities in Australia and NZ in 2021 should note these key dates:

Concession Scheme opens Access Arrangements open	3 February 2020
BOOKING OPENS	2 March 2020
Concession application deadline Access Arrangements deadline	4 May 2020 at 5pm
BOOKING DEADLINE	11 May 2020 at 11:59pm
Late booking deadline	18 May 2020 at 11:59pm
Cancellation deadline	18 May 2020 at 11:59pm
Testing begins	1 July 2020
Last testing date	31 July 2020
Results delivered to universities	by early September 2020

All details in full are found here:

<https://www.ucat.edu.au/ucat-anz/dates-and-fees/>

## Charles Sturt University Medicine Information Night

Sydney – Tuesday 24 March

Come and hear all about Charles Sturt University's new Doctor of Medicine. Find out about admissions, UCAT, and rural or Indigenous entry as well as CSU's brand new facilities and Orange campus life. Contact [infoevents@csu.edu.au](mailto:infoevents@csu.edu.au) or 1800 ASK CSU Register:

<https://study.csu.edu.au/med-info-night>

## ANU Applications 2021

Direct applications for 2021 will open in March 2020 for all domestic school leavers. There is no application fee, students will be required to meet the co-curricular or service requirement, and they will apply for admission, guaranteed accommodation, and over 200 scholarships all in one application. For more information:

<https://www.anu.edu.au/study/apply/domestic-applications-anu-undergraduate>

## Defence Forces Nearest to You This Week

**17 Feb – Sydney - Defence Info**

**19 Feb – Sydney – ADFA**

<https://www.facebook.com/pg/DefenceJobsAustralia/events/>

# Careers Notices

## ANU Tuckwell Scholarship - Be on the Mailing List

One of the most prestigious scholarships in Australia. The program has a focus on giving back to Australia and is the only one of its kind that nurtures Scholars to fulfil their broader community ambitions over and above the pursuit of an undergraduate degree.

<https://tuckwell.anu.edu.au/applyng/tuckwell-scholarship-mailing-list>

## 2020 Business Cadetships Program

Under the 2020 Business Cadetships Program, UBS intends to continue to provide cadetship opportunities across the firm in Sydney. Business Cadets study at the university of their choice in Sydney and may select from degree program in economics, commerce, computer science & technology, actuarial studies, mathematics and the humanities.

Applications open 9 March and close 13 May.

Visit [www.businesscadetships.com.au](http://www.businesscadetships.com.au) if you are interested in applying.

## InspirED's HSC Kickstart Seminars at Macquarie University

February

Designed to set you up for success in your HSC year, these sessions will give you a detailed, in-depth understanding of what HSC Markers are looking for, address key content within each core/module and give you access to potential HSC questions and answers/solutions.

Cost: \$25 for 1.5 hours.

Register here

<https://inspired.edu.au/january-february-hsc-kickstart-seminars/>

## The Sydney US & UK University Expo

March 14, 1pm to 5pm

SMC Conference & Function Centre, 66 Goulburn Street, Sydney

Crimson's biggest event for the year. Get crucial advice from recent student admits and speak with world leading admission experts at the US & UK University Expo!

Put the world's top universities like Harvard, Yale, Oxford and Stanford within your reach!

Perfect for students in Years 7-12, parents and teachers, this will be a day that could dramatically change your future. The link to the event is here:

<https://www.eventbrite.com/e/the-sydney-us-uk-university-expo-tickets-93446239217?discount=JOBJUMP>

## UNSW 360 Virtual Tour

Tour through UNSW on your mobile or PC. Explore the different departments and see what University life is like. Imagine yourself enjoying the experience of studying in a tertiary environment and making new friends along the way. Some of the greatest things happening on this planet are being developed in the labs and study rooms at UNSW. Check it out here:

<http://www.360tour.unsw.edu.au/>

## University of Sydney 360 degree tour

Enjoy looking across all parts of the university in any direction you choose. Look at what university life is like across the lecture rooms, activities, research labs, sport and much more.

<http://tour.sydney.edu.au/>

## Charles Sturt Advantage 2020

The Charles Sturt Advantage is back in 2020. Year 12 students can gain a conditional offer to study at Charles Sturt University through demonstrating a variety of soft skills. Applications open 1 June and close on 31 August. Students can register their interest at the link below.

For more information 1800 ASK CSU:

<https://www.csu.edu.au/advantage>



# Careers Notices

## Journalism Micro-Courses

Jschool has added two micro-courses to its suite of journalism-related units - open to senior secondary students. Each 4-week online unit gives a basic foundation with considerable feedback to enable ongoing solo study. The units are Teeline Shorthand Basics and Keys to Journalism. Units are run in April, June, September and December 2020, at \$299 per unit. Call 1300 859 975. Or visit: <http://www.jschool.com.au>

## Cochlear Autumn School of Engineering

20-24 April

For Year 11&12 Students studying Adv/Ext Maths; Physics/Chemistry. Engineering Studies an advantage but not compulsory. 5 Day program visiting 5 x Unis & 5 x organisations. Meet Engineers; Graduates & Uni Students & Lecturers. Learn about opportunities & career paths. DETAILS: limit 4 students per school;

For Regional Students. E: [stemnsw@engineersaustralia.org.au](mailto:stemnsw@engineersaustralia.org.au)

During the day the students will visit the following universities and split into smaller groups for problem solving activities that

range across Engineering disciplines.

- University of Sydney
- Western Sydney University
- University of NSW
- Macquarie University
- University of Technology Sydney

They will visit the following engineering organisations:- (to be confirmed)

- RAAF Richmond (Defence/Mechanical/Electrical/Aerospace)
- Cochlear (biomed/mechatronic/mechanical/materials/sound & acoustics)
- TfNSW
- ANSTO
- Thales

\*Autumn School is not a residential course, however, we have arranged 20 subsidised packages for Regional students. Based across the road from UTS (our daily meeting point) includes 5 nights' accommodation, breakfast each morning and dinners each night. There will be 2 Engineers Australia Staff onsite at the hotel.

**VIP:** attendance at CASE2020 is recognised by NSW Universities and serves to support students' application into Engineering Degree courses.



## One for the horse lovers! Applications for the Fast Track traineeship program opening soon

Applications for Fast Track 2020 will open at the end of January. The 12-month program sees successful applicants commence a full-time traineeship with a reputable stud farm, while studying a Cert III in Horse Breeding. Open to students 18 years & over this is a great opportunity for anyone with a passion for horses. For more info visit the link below or email: [cecelia@tbaus.com](mailto:cecelia@tbaus.com) <http://www.tbaus.com/>

## 2021 UK Gap Year Program Paid Position In UK Boarding School - LETZ LIVE

UK Gap Year program for 2021 placements closes 20th March. An amazing opportunity to travel, make new friends & work in a respected boarding school. All positions are paid positions. Receive full accommodation, food & all training. All support from our Australian & UK offices. Students to apply online via the link below or contact [n.hare@letzlive.org](mailto:n.hare@letzlive.org) for more information.

<https://www.letzlive.org>

Mrs A Sisala  
Careers Advisor

# COMMUNITY NOTICES

## COME AND PLAY SOCCER WITH YOUR LOCAL COMMUNITY BASED CLUB - North Rocks Soccer Club

Registrations start mid January!



North Rocks Soccer Club invites girls and boys, to come and play soccer for their local club which plays in the Hills Football Association. All age groups and standards accommodated. To be eligible, players must be turning at least five years old during 2020. The Club also has a Football-4-All program which we call "Rockerball".

### Age Groups and Playing Days

- 5-7 year old boys and girls play in-house on Saturday mornings in a small-sided format. Their fun skills training is provided by a professional training academy.
- 8-11 year old boys and girls play other Hills Football Association clubs on Saturday mornings in a small-sided format.
- Boys/mixed under 12 to 18 play Saturday mornings. All Age Men, Premier League, Over 35 and Over 45s play Saturday afternoons.
- Ladies and girls teams, Under 9 to All Age, play Sundays.
- Over 35 Ladies play Friday nights.

**\$100 Active Kids rebate voucher available once again in 2020\***

Keep an eye out on our website for our Early Bird Discount Offer

Rego includes a FREE JERSEY to keep 6 & 7S ONLY



Please don't hesitate to contact us if you have any questions.

**WWW.NRSFC.COM.AU**  
www.facebook.com/northrockssoccerclub/

Proud to be a foundation member of the Hills Football Association

\*For more information on how to receive the Active Kids Program Rebate go to https://sport.nsw.gov.au/sectordevelopment/activekids



## CARLINGFORD COUGARS Junior Rugby League Football Club

### Come and Play Junior League for the mighty Cougars!

2019 NSWRL VOLUNTEER OF THE YEAR AWARD WINNER!  
2018 NSWRL "RESPECT" AWARD WINNER!  
2017 NSWRL GRASSROOTS CLUB OF THE YEAR!

**"Come & Try" Night #1**  
Friday, February 7  
6.00-7.00pm at  
Sir Thomas Mitchell Reserve, Dundas.

**"Come & Try" Night #2**  
Friday, February 21  
6.00-7.00pm at  
Sir Thomas Mitchell Reserve, Dundas.



**Mini Footy (Ages 4-8)**  
**Mod Footy (Ages 9-12)**

Safe Play modified rules used for boys and girls from U6-U12 age groups.

**League Tag (Girls Teams)**

Come play "Non-Contact" League Tag. Open to girls from U11s, U13s & U15s.

**Rugby League (Ages 13-17)**

Safe Play Rugby League rules used for U13s and above.

We are an accredited Active Kids Provider

Season Kicks Off in April

To register online today, visit [CarlingfordCougars.com.au](http://CarlingfordCougars.com.au) and click the 'Register Online' link.  
For more info contact us on **0426 200 181**  
[info@carlingfordcougars.com.au](mailto:info@carlingfordcougars.com.au)

- Our games are played on SUNDAYS as part of the Balmain JRL.
- All players receive jersey, shorts, socks, training shirt and NRL passcode. (Mouth-guard, headgear and boots not included)
- Contact us for further information about the Active Child rebate.

Registrations close June 30

[f CougarsJRLFC](https://www.facebook.com/CougarsJRLFC)  
[@CougarsJRLFC](https://www.instagram.com/CougarsJRLFC)  
[@CarlingfordCougars](https://www.instagram.com/CarlingfordCougars)



**Discipline • Team Work • Fair Play**

# Boys Girls Play Football in 2020

roseleafc.com




FOOTBALL | FAMILY | PASSION

## Registrations open NOW



# Play Football

Kick-around sessions are already happening, and team training will begin soon. Boys, Girls, Men and Women, Players, Coaches and Volunteers all welcome. Choose your club and give them a call.

**Carlingford Kings**  
Homelands Reserve, Homelands Avenue, Carlingford  
[www.kobfc.com.au](http://www.kobfc.com.au)  
[facebook.com/kobfootballclub](https://www.facebook.com/kobfootballclub)  
[secretary@kobfc.com.au](mailto:secretary@kobfc.com.au) PH. 0419 708 611




**North Parramatta Knights**  
PH Jeffery Reserve, Barton St, North Parramatta  
[www.npkfc.com.au](http://www.npkfc.com.au)  
[facebook.com/North-Parramatta-Knights-Football-Club-775255949487687](https://www.facebook.com/North-Parramatta-Knights-Football-Club-775255949487687)  
[secretary@npkfc.com.au](mailto:secretary@npkfc.com.au) PH. 0419 014 323




**Westeroos Football Club**  
Jones Park, Banks St Parramatta  
[facebook.com/Westeroos.fc](https://www.facebook.com/Westeroos.fc)  
[Westeroos.fc@gmail.com](mailto:Westeroos.fc@gmail.com)  
PH. 0416 614 056




\$\$\$ Don't Forget to get your Active Kids Voucher



## COMMUNITY NOTICES

**SUNCORP net set go** **CARLINGFORD NETBALL CLUB**

Suncorp NetSetGO is Australia's official starter program for girls and boys aged 5 to 7. It's a chance to learn the netball basics, get outside and make new friends. For a lot of kids, this is the first time they'll pick up a netball or chuck on a bib. It's a learning experience and a lot of fun!

- Carlingford Netball Club is an accredited Suncorp NetSetGO program provider.
- We offer a 10 week program where your child takes part in skills-based activities, minor games and modified matches that develops movement and social skills.
- When: Wednesday afternoons (during Term 2, after School)
- Where: Don Moore Reserve Netball Courts, Tiernan Ave, North Rocks
- Cost: \$100 (No cost if using your Active Kids Voucher)
- Contact: Taylah Oliver at secretary.carlonetball@gmail.com
- Website: Visit [www.carlingfordnetball.com.au/net-set-go](http://www.carlingfordnetball.com.au/net-set-go)
- Facebook: @carlingfordnetball





**CARLINGFORD NETBALL CLUB** **REGISTRATIONS ARE NOW OPEN**

Now in our 41st year, we offer netball activity, skills development, competition and umpiring opportunities in a fun and passionate environment.

We cater to all abilities across the following age groups:

- NetSetGO program (for 5 to 7 year olds on Wednesday afternoons)
- Modified Netball (for 7-9 year olds on Friday nights)
- Junior Competition (for 10-15 year olds on Saturday mornings)
- Cadets and Seniors Competition (on Saturday afternoons)
- All matches played at Pennant Hills Park
- Club training is held at Don Moore Reserve, North Rocks

Contact: registrar.carlonetball@gmail.com  
 Register Online: [www.carlingfordnetball.com.au](http://www.carlingfordnetball.com.au)  
 Facebook: @carlingfordnetball





We can also register a whole team of friends if you would like to play together!

[www.carlingfordflamesnc.nsw.netball.com.au](http://www.carlingfordflamesnc.nsw.netball.com.au)

**PLAYERS WANTED TO PLAY NETBALL**

**REGISTRATIONS OPEN**

**Chris Kelleway 0410 123 651**  
[carlingfordflames@gmail.com](mailto:carlingfordflames@gmail.com)

**Helen Moore 0412 227 912**  
[cflamesrego@gmail.com](mailto:cflamesrego@gmail.com)

*To support our local heroes \$5.00 from every 2020 player registration will be donated to the North Rocks Rural Fire Brigade*



**Get Active with Scouts!**

Scouts welcomes children and young people from Kindy to Year 12, offering a safe and supportive environment where your child can make new friends, learn life skills and embark on new adventures!

**Your local Scout Group is:**

1st Rydalmere Scout Group, Vineyard Street, Rydalmere

Cubs (8-12 year old) Monday 6:30pm to 8:00pm Scouts (12-15 year old) Thursday 6:30 to 8:30pm

Enquiries via email to [Diane.higgins@nsw.scouts.com.au](mailto:Diane.higgins@nsw.scouts.com.au) or to Margaret on 9638-5879

Scouts is an eligible provider of the NSW Government's Active Kids Program. Scan the QR code to claim your child's Active Kids voucher and SAVE \$100 on joining and membership fees!




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 Dumore 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](http://www.cumberland-h.schools.nsw.gov.au) Cumberland High School – Official