Events for Term 3  2015

3-5 July  Ski Trip
3-7 July  HSC Trial Exams
4 Aug  P&C Meeting 7.30pm
6 Aug  Your Face, Your Story  Leadership Mentoring
       HSC Industrial Tech Major Project Submitted
7 Aug  Year 11 PDH First Aid Course
10 Aug  HSC Textiles & Design Major Project Due
11 Aug  Community Mentor Session 8-9am
       Year 11&12 Warragamba Dam Chemistry excursion
14 Aug  UWS Debating Day
18 Aug  Helmsmen Project – Data collection
19 Aug  Drama Rehearsal
20 Aug  Drama Night

HSC Design & Technology Major Projects Due

PARENT-TEACHER NIGHT FOR YEARS 8 AND 9

Monday 20th July was the last of the Parent-Teacher Nights for 2015. Attendance on the night was fantastic with many parents of our Years 8 and 9 engaging in constructive discussions with the teachers of their children.

I would like to thank the teaching staff for attending and for their professionalism in communicating their ideas and assessment of our students to their parents. The positive partnership between the school and parents is crucial in maximising the education of each student.

A huge thank you goes to both the P&C and student helpers on the night for serving much appreciated beverages and snacks to those who wanted them.

PERSONAL BEST ASSEMBLY

The Personal Best Assembly on Tuesday 21st July was also very well attended with up to 80 parents, family and friends in attendance to witness the achievements of approximately 100 of our wonderful hard working students. The Personal Best Awards are specifically designed to recognise those students who have demonstrated consistent and sustained application in class, with a minimum of 2 faculty nominations to be considered for this prestigious award.

The School Concert Band led by Mr Andrews again showed their class and mastery of their instruments and music in performing a marvellous piece for the assembly.

The presentation by the CHS Gallipoli Representatives was both informative and moving as the 4 students with Mr Smith outlined their experiences through words and photos of their memorable and significant visit to the Gallipoli Peninsula in Turkey for the 100 year commemorative Dawn service on the 25th April.
YEAR 12 TRIAL H.S.C. EXAMINATIONS START

The Year 12 Trial H.S.C. Examinations started on Monday 27th July with the first of the English Examinations. Students are advised to apply themselves with diligence to these exams as they are normally weighted highly as part of the school mark that is submitted to BOSTES. Preparation and study is the key to success and a balanced approach of leisure and study is advised. After the exams have been concluded, students should look to the valuable feedback from their teachers about their performance in the interest of them performing well in the H.S.C. itself which starts on the 12th October.

I would like to thank the staff, students and community for their support as I have been relieving as Principal for the start of Term 3. We welcome back Ms. Pikoulas who returns from her long service leave on Monday 3rd August.

P. Wood  
Relieving Principal

YOUNG WOMEN’S LEADERSHIP PROGRAM

I had the great pleasure last Friday of attending the final presentations of a Young Women’s Leadership Program at the Heritage Building in Parramatta. Our school had four students attending for the three days: Chloe Campkin, Crystal Thurley, Kira Kay and Viruby Chen. Ms Roots also went and she was a valuable support to them over this time.

The Young Women’s Leadership Program is designed to support the next generation of young women towards achieving their potential, helping them understand and develop elements of leadership and communication skills as well as motivating them to achieve their goals. Working with groups of local female business and community leaders, students participated in a series of workshops over the three days, unpacking work as seen through a uniquely female perspective. The students were challenged to re-evaluate the concept of leadership, whilst undertaking project-based learning activities in and around the Parramatta CBD. These included creating a vox pop and interviewing passers-by about their ideas on ‘leadership’. Chloe, Crystal, Kira and Viruby appeared confident and relaxed as reporters!

Students from four other schools also attended, so they were able to make new friends and realise that their concerns, viewpoints and ideas were shared, as well as support each other in tackling some challenging activities and discussions.

Our four students’ final video presentation gave an overview of their activities and achievements but what impressed me the most was the manner in which each young woman spoke about her individual experiences. They were articulate, confident and spoke directly to the audience without notes. They had obviously really enjoyed the course and developed many skills! I was so proud to be there! Our school will benefit directly from their on-going leadership development through the projects they present later in the year.

The Australian Schools Industry Partnership (AusSIP) is working with the Department of Education and Community high schools in 2015, to deliver a Young Women’s Leadership Program. There will be another three day course in September which will also offer a great opportunity to our students.

I have enjoyed experiencing the DP’s responsibilities for the last three weeks and having the opportunity to engage with the whole school community. Thank you to Mr Wood and all those who have assisted me.

Ms Sharon Bower
OUR UNIFORM

Do you know what the correct school uniform for winter consists of – down to the socks? The last weeks of intensely cold weather have challenged our students in maintaining their usually excellent adherence to our correct uniform. Well done to those who have made the effort!

Why is wearing the correct uniform so important to us? The school uniform provides an identity for our school within our community; it develops a student's sense of belonging; it provides an opportunity to build school spirit; it enhances the health and safety of students and promotes a sense of inclusiveness, non-discrimination and equal opportunity.

Unfortunately there are some students who don’t always wear the correct uniform. So, we have reviewed our school uniform policy to help explain exactly what is expected. It can be found on the school website under Uniform Policy as well as at the end of this newsletter. If you need any advice, speak to Mrs Rappaport who is always very helpful in the Uniform shop.

Let's see if, with more attention to detail and as Winter fades away, we can see 100% of students in correct uniform!

Ms Sharon Bower
Reliving Deputy Principal
Cumberland’s predominately Year 10 team went down to the team whose bar table were all from Yr 11 at Redfield College by 9 points. It was our last mock trial of the year…bring on next year’s comp!

HSC Economics students working away at a holiday tutorial … now that’s how Economics should be!

Our volleyballers enjoyed a holiday excursion to watch the Australian men (the “Volleyroos”) do battle in the world league with Brazil. The Volleyroos took it to the Brazilians 22-25 in the first set, but fell away. Thanks to Joe from Baulkham Hills volleyball for getting us some cheap tickets!

The Volleyroos in action!
Anoosh with one of the gurus of Economics, Tim Riley, at a study day!

The sartorially elegant Ross Gittens, another guru of Economics, with Mr Thomas, Ms Carroll, Isaac and Hamoun at an Economics study day!

Cumberland with Baulkham Hills...after some “friendly” matches pre-Wauchope!!!

What do these two guys have in common? Contact Mr Thomas if you think you know the answer! Think about an event involving Cumberland this year!
2015 information for parents and carers

WHAT IS THE NATIONAL DATA COLLECTION?
The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students with disability and the level of reasonable educational adjustment they are provided with.

The national data collection will count students who have been identified as receiving an adjustment to address a disability under the Disability Discrimination Act 1992 (the DDA). The DDA can be accessed from the ComLaw website at www.comlaw.gov.au.

WHAT IS THE BENEFIT FOR MY CHILD?
The aim of the national data collection is to collect better information about school students with disability in Australia.

This information will help teachers, principals, education authorities and families to better support students with disability to take part in school on the same basis as students without disability.

The national data collection is an opportunity for schools to review their learning and support systems and processes to continually improve education outcomes for their students with disability.

WHY IS THIS DATA BEING COLLECTED?
All schools across Australia collect information about students with disability. But the type of information currently collected varies between each state and territory and across government, Catholic and independent school sectors.

When implementing the national data collection, every school in Australia will use the same method to collect information. Therefore, a government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through the national data collection will enable all Australian governments to better target support and resources to benefit students with disability. The data will help schools to better support students with disability so that they have the same opportunities for a high quality education as students without disability.

WHAT ARE SCHOOLS REQUIRED TO DO FOR STUDENTS WITH DISABILITY?
All students are entitled to a quality learning experience at school.

Schools are required to make reasonable adjustments, where needed, to assist students with disability to access and participate in education free from discrimination and on the same basis as other students.

These responsibilities are outlined in the DDA and the Disability Standards for Education 2005 (the Standards). The Standards require educators, students, parents and others (e.g. allied health professionals) to work together so that students with disability can participate in education.

The Standards can be accessed via the ComLaw website at www.comlaw.gov.au.

WHAT IS A REASONABLE ADJUSTMENT?
A reasonable adjustment is a measure or action taken to help a student with disability access and participate in education on the same basis as students without disability. Reasonable adjustments can be made across the whole school setting (e.g. ramps into school buildings), in the classroom (such as adapting class lessons) and at an individual student level (e.g. extra tuition for a student with learning difficulties).

WHAT INFORMATION WILL BE COLLECTED?
Every year your child’s school will collect the following information for each student with a disability:

- the student’s level of education (i.e. primary or secondary)
- the student’s level of adjustment
- the student’s broad type of disability.

The information collected by schools will be provided to all governments to inform policy and
Drama Night 2015

It is almost time again for Cumberland High School’s Drama Night. This is a performance evening on held on Thursday August 20th 2015 beginning at 7:00pm in the Drama Room (room A15 in A block)

Due to limited seating, the event is invitation only to parents of performers. Entry by donation.

All proceeds from the evening go towards stage makeup and props for Drama Night 2016.
NEWS RELEASE

Central Coast Career Expo, Online Expo

The Central Coast Career Pathways Expo is the region’s biggest expo event attracting up to 5,000 Year 10, 11 and 12 students from across the Central Coast each year.

The expo gives these students the opportunity to gather information from over 200 exhibitors about careers, courses and jobs they are interested in. Exhibitors are grouped into 17 industry areas – including employer and professional associations, TAFE, universities, colleges, training providers and employment agencies.

For those of you who have students that missed out - check out all the action in an online Careers Expo here!


This year SkillsOne hosted a ‘Theatre Showcase’, which ran in conjunction with the Expo. The Showcase aimed to inspire students to connect their passion to a career pathway and highlighted the many varied and exciting careers available through Vocational Education and Training.

Video, animation and music was used in a creative and engaging manner to highlight emerging Industry trends and pathways such as Digital Careers, Tourism, Hospitality, Agribusiness, Building and Construction, Creative Industries and more.

During National Skills Week, SkillsOne will be running a similar style ‘Theatre Showcase’ to 300 students. To ensure your students are able to attend sign up using the link below, http://nationalskillsweek.secondaryeducation.info/ before August 19th.

National Skills Week 2015

National Skills Week 2015 is this year being held from August 24-30th. Now in its fifth year, National Skills Week recognises, celebrates and informs students and the wider public on the diversity and benefits of undertaking Vocational Education and Training.

This year’s theme ‘DISCOVER your incredible journey to a career’ will highlight future Industry trends and opportunities and will bring into focus the skills needs of Industry, associated with Australia’s emerging areas of opportunity. The week seeks to mobilise, inform and inspire Australians of all ages to explore the skills that Australia needs to advance the nations competitiveness and global opportunities.


Email: kirstin.casey@skillsone.com.au
Phone: (02) 8080 0111
In recognition of Year 7 students’ outstanding results across all subjects and dedication to improving their grades through diligence and hard work; twenty of the highest achievers from across the grade were selected to attend a recognition lunch on Wednesday 24th June, 2015.

Students were treated to an experience of dining with white table cloths and glass serving ware where they feasted on scrumptious hotdogs and mouthwatering ice-cream sundaes during lunch.

As Year 7 Advisor, I had the privilege to congratulate each student on their wonderful achievements and thanked them all for modelling to their peers’ what responsible behaviour in the classroom looks like.

Of course, none of this could have happened if it were not for Mr Pillay, who began this initiative with his year group and has now given up his own time to provide students across all grades this wonderful opportunity.

The following students should be congratulated on their amazing efforts and dedication to learning: Rowan Chate, Luke Seo, Purvi Kapur, Claire Paterson, Pauline Bal, Dylan Lay, Isaac Wu, Jacinta Chen, Debbie Kazeem-Adenyi, Danial Amin, Brendon Yue, Lenni Hoang, Zachary Jogiasta, Chaira Thirimanna, Hana Ortega, Dev Chopra, Harold Kavapalu, Alex Warnecke, Naman Shenoy and Piravin Kirupakaran.

Ms S Rajic
Year 7 Advisor
**Maths Puzzles 3**

This term most Year 7 to 10 students at Cumberland High School are studying Algebra or Equations in class.

Algebra is all about looking at patterns and establishing rules or using equations to determine the answers.

Students will learn to recognise the relevance and importance of algebra and equations in everyday situations.

Try to solve these problems, using algebra, of course!!!

1. Which one is the odd one out?

   ![Odd One Out](image)

   **A**  **B**  **C**  **D**

2. **Number Square**

   The number missing from this sequence is represented by \( x \).
   What should it be?

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<td>8</td>
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<td>7</td>
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</table>

3. **A Cryptarithm Puzzle**

   \[
   \text{ALFA} + \text{BETA} + \text{GAMA} = \text{DELTA}
   \]

**Sources:**

1. Mensa Mind Mazes for Kids by Robert Allen
2. Reader’s Digest Compendium of Puzzles & Brain Teasers
The careers office has moved from the Library to Block D upstairs. Mrs Pittman will be relieving for Mrs Sisala. Parents & students are welcome to make an appointment.

UAC applications to most universities are open now and students need to have registered at least one preference by 30 September, 2015 for entry to University in 2016. However Early entry (based on school recommendation) applications close 18 August.

Any students who feel they have had an educational disadvantage (illness, home environment, financial difficulties etc) may be eligible for bonus ATAR points. Please see the Mrs Pittman in Careers or the school counsellor Mrs Nand ASAP.

Do you need the latest Careers and courses advice or best contacts and career pathways information? Two great sources are:

1. 'Online Career Expo' created by Skillsone.  


The careers office has moved from the Library to Block D upstairs. Mrs Pittman will be relieving for Mrs Sisala. Parents & students are welcome to make an appointment.
Year 12 Biology Museum of Human Disease

On a chilly and wet Thursday afternoon, 16th July, our HSC biologists ventured to the Museum of Human Disease at the University of NSW via our school minibus. Led by Ms Stead, Mrs Jenkins and Mr Walford, the students utilized the museum’s interesting and confronting exhibits of preserved, diseased body parts to complement and extend their knowledge and skills associated with the HSC module; *The Search For Better Health*. The students explored the museum with zest to complete their penultimate assessment task for the course. I think the following anonymous quote summed up the afternoon; “disgusting but cool”.

2015 UWS Chemistry Day

On the 17th of June, our Year 12 Chemistry class led by Mr Tang went on an excursion to UWS Parramatta campus. We performed two experiments during the excursion and it really led me to have a deeper understanding of Chemistry.

In the Atomic Absorption Spectroscopy (AAS), we used the new spectrophotometer the University recently acquired to find the concentration of sodium ions in a sample of Gatorade. We also experienced the use of vacuum filtration in the experiment to analyse the sulfate content of a lawn fertilizer.

In summary, the excursion proved to be very informative and successful. I reinforced the techniques of doing experiments during the excursion and this will definitely help with my HSC preparation. I am looking forward to the next one already!

The day would not have been possible without the organization of Ms Spirou (Science coordinator of Lachlan Macquarie College) and the University of Western Sydney. Our class would like to thank them for extending to us this privilege of getting such hands-on practical experience for our course requirements.

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We attended the UWS Chemistry day on 17th June. It was truly a great experience to do experiments in the laboratories of UWS. The learning environment was great and it helped me a lot in my understanding of the Atomic Absorption Spectroscopy and the gravimetric analysis to determine sulfate content of lawn fertilizer. Getting to work in different place and using the equipment available in the UWS such as the Atomic Absorption Spectrophotometer was an excellent opportunity and the best experience I have ever had.

*By Ali Rizarie, Year 12 Chemistry student*
2015 International Competitions and Assessments for Schools (ICAS) – Science competition results

65 students from Cumberland High School sat the ICAS Science competition on the 3rd of June this year. It consisted of 45 multiple choice questions based on scientific reasoning, data analysis and manipulation plus the knowledge in all branches of Science.

We are very proud of the efforts of our students this year, in the world's largest Science Competition. Over 49% of our students who entered the Competition received an award.

A Special congratulations goes to Alexander Warnecke of Year 7, who was awarded the Certificate of High Distinction (top 1% in the competition).

Our school students have not achieved this award since 2007. In addition, 8 students were awarded Certificates of Distinction (top 10% in the competition), 15 students were awarded Certificates of Credit (next 20% in the competition) and 8 students were awarded Certificates of Merit.

In Years 7, 8 and 10, Cumberland High School students also achieved results above the state average for NSW - an outstanding performance.

Congratulations go to the students listed below.

<table>
<thead>
<tr>
<th>Year</th>
<th>Distinctions</th>
<th>Credits</th>
<th>Merit</th>
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<tr>
<td>Year 7</td>
<td>Dev Chopra, Joshua Kim, Ronald Leung</td>
<td>Rowan Chat, Phoenix Hart-Suberu, Purvi Kapur</td>
<td>Danial Amin-Rahmanlou, Adwithiya Puri</td>
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<tr>
<td>Year 8</td>
<td>Jack Valentine</td>
<td>Emma Garibovic, Keshara Kumanayake, Matthew Liu, Timothy Marks, Edison Ruan</td>
<td>Tony Bell, Mingpei Tan</td>
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<tr>
<td>Year 9</td>
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<td>Joannis Bekiaris, Claire Pearson-Bourne</td>
<td></td>
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<tr>
<td>Year 10</td>
<td>Fucheng Fan, Haedam Mum, Nicola Najdovski, Rohan Pearson-Bourne</td>
<td>Patrick Adams, Oliver Agbisit, Srivathsan Ravichandran</td>
<td>Chloe Campkin, Koray Golmohammadi, Lauren Strickland, Aran Uthayakumar</td>
</tr>
<tr>
<td>Year 11</td>
<td></td>
<td>Ryan Kim, Kirush Jeyananthan</td>
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</table>

R Tang
Science competition coordinator

IntoScience is a groundbreaking, hugely engaging, 3D virtual world of Science experiments and deep contextual activities. Students can expand their learning through inquiry, knowledge, application and reasoning. IntoScience is currently available to all Red classes in 2015 with the view to expanding the program in 2016. Students can now check out Science is Electric.

Science is Electric is the dramatic expansion of the IntoScience universe which introduces a new electrical circuits topic, exciting environments to explore and challenging quests to conquer. Using IntoScience’s new hands-on circuit tool-kit, students can actively explore key concepts by designing circuits, drawing schematics and manipulating electrical components. Through scaffolded activities that adapt to the student’s achievement, they will discover the relevance of Ohm’s Law, the danger of short circuits and the differences between series and parallel circuits.
With this new knowledge, students can uncover the Biodome’s monorail station in an exciting new quest. The monorail is a new environment filled with 15 new challenging puzzles that require students to repair damaged circuits, collect components and solve schematics to rejuvenate the abandoned environment to get the monorail running once more. These electrifying additions to IntoScience are accompanied with additional features to help guide students along their inquiry-based journey, and new controls for video and graphics quality.

**Congratulations** to the following students receiving IntoScience Achievement Awards for outstanding efforts and achievements within IntoScience,

Dev Chopra (Year 7), Martin Cai (Year 8) and Chloe McMillan (Year 8)

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**Water on Mars? Super cool!**

It’s drier than any desert on Earth. On Mars, pure water exists only as a gas or a solid. Vast amounts of ice are found at the north and south poles and buried deep underground, but there’s not a drop to drink. “Liquid water isn’t stable on the Mars surface because of the temperatures and the pressures there,” says Sarah Milkovich, Mars research scientist at NASA’s Jet Propulsion Laboratory. “Water on the surface will sublime – if it is ice, it will go directly into the atmosphere in gas form.”

Yet strange features that look like flowing water appear in photos snapped by the HiRISE camera as it orbits the red planet. In Newton Crater, dark fingers stream downhill in warm seasons and fade in cold seasons. A clue to the mystery of water on Mars was that rovers had discovered mineral salts in a soil sample. Experiments on Earth show that these salts can melt ice and let super-cold briny water flow free – even when conditions are cold enough to freeze pure water. “If you’re mixing the salts and the water and you have the perfect conditions, then we think you should be able to have small flows of water very briefly on Mars,” says Sarah. “And we think we’ve seen them in HiRISE pictures.”

*Source: Double Helix magazine*

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**THANK YOU** to the Campkin family for donating an excellent hands-on model of the heart. Our CHS scientists are grateful!

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On Wednesday, the 12th of August, our Year 7 and 8 Red Science classes will be partaking in a video-conference in one of our school’s connected classrooms with famous Canadian astronaut, best-selling author and youtube sensation, Chris Hadfield LIVE!

We’re excited!!

The session will complement knowledge from the Stage 4 Science module “Lift Off”.

Stay tuned for a report in the next Newsletter.

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**HSC Study Guide 2015**

The Sydney Morning Herald HSC study guide for 2015 has been released and is available at:


This is an excellent resource for both the Trial and HSC Examinations for all year 12 CHS students, not just those in Science.
National Science Week 2015

Science week is close! The 2015 theme for schools is ‘Making waves: the science of light’ and was inspired by the 2015 International Year of Light and Light-based Technologies. The Science Faculty and the CHS Science Team are currently finalising activities for this much-loved annual event. Old favourites including our show in the hall, liquid nitrogen ice cream and Brain Break Trivia Quiz will be complemented by our travelling Science Show to primary schools via our shiny, new school minibus. We look forward to the whole school community helping us to celebrate National Science Week.

Science on the Box

Hosted by Dr Rob and produced in collaboration with the prestigious CSIRO, SCOPE is a half hour of fast, funny and informative science television for children in Years 7-9.

Cool Science Link

http://ed.ted.com/lessons/how-x-rays-see-through-your-skin-ge-wang

Cool 5 minute clip explaining how X-rays work

Science App of the Month

Shout Science! is a comic storybook app for Years 7 to 8 about scientists & scientific discovery. It consists of three narrative biographies that take place during the Scientific Revolution in Europe. The stories both entertain and educate on relevant science and history concepts. Check it out, it’s free!

Science Teasers

The 1st student to submit/present Mr. Walford with correct answers for all questions will receive a prize. Answers next edition.

1. What is the chemical symbol for copper?
2. What is ornithology?
3. What is the official name of our moon?
4. What happens at subduction zones?
5. How many bones are there in the human adult body?  

Science Joke of the Month

Science Quote of the Month
Upcoming Events

- **11<sup>th</sup> Aug**  Year 11 & 12 Chemistry Orchard Hills STP
- **12<sup>th</sup> Aug**  Colonel Chris Hadfield LIVE!
- **14<sup>th</sup> Aug**  10Red Science & Maths Exposed UWS
- **17<sup>th</sup> Aug**  National Science Week starts

**Mr. Walford**  
HT Science

**AMPing it up!!!**

*WHY STUDENTS NEED TO TURN OFF DEVICES AN HOUR BEFORE SLEEP*

Artificial light from electronic and other devices generally emit a blue light (it may not actually look blue, but that is the underlying light). Blue light, along with ultraviolet light is a type of non-visible light at a very short wavelength. You can see an image of the spectrum here: [http://www.bluelightexposed.com/#what-is-blue-light](http://www.bluelightexposed.com/#what-is-blue-light).

**What does blue light do to the human body?**

Non-visible light has a lot of energy and studies show that a lot of exposure to this type of light can do damage to your eyes and also impair your sleep cycle. During sleep lots of essential physical processes take place and it is also when learning from the day is consolidated in memory. So getting enough sleep is essential for students.

Blue light is naturally generated only during the day, from sunlight. When it gets dark, naturally occurring blue light ceases, signalling the body to produce melatonin, the hormone associated with sleep. Using artificial lighting and devices which emit a blue light at night confuses the body-clock (the body’s natural sleep-wake cycle) by stopping the body from producing melatonin. This can result in disrupted sleep patterns including difficulty in falling asleep and staying asleep and shortened sleep duration.

Those at greatest risk from night-time exposure to blue light are those with existing sleep disorders and adolescents who often experience delayed sleep patterns as a result of biological changes.

**What can I do to limit my exposure to blue light at night?**

Some suggestions include:

- Being exposed to sunlight during the day to assist in accurately setting your body clock.
- Stop using all electronic devices preferably at least 2 hours before bed.
- Turn off all artificial lighting 1-2 hours before bed.
- Get a red or orange reading lamp, which does not emit blue light.
- Use blue light blocking glasses at night.
- Install a program or app on your computer or device to change the type of light it emits. A variety of programs are available including F.lux, EasyEyez, Night Filter, Zzz iPhone filter, Bluelight and Twilight.
- Invert the colours on your iPhone or iPad.
- Turn the brightness down on your device for a few hours before bed (not perfect, but better than nothing!).

You can learn more about how to optimise your performance as a student at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

**Username:**  
Cumberland HS

**Password:**  
183success

**PDHPE & Sport Report**

Respect  Responsibility  Excellence

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*Science is simply common sense at its best. ~Thomas Huxley*

*Did You Know?*

A day on Venus lasts longer than a year: It takes 243 Earth days to rotate once on its axis. The planet’s orbit around the Sun takes 225 Earth days, compared to the Earth’s 365.
CUMBERLAND VS WAUCHOPE 2015

The annual contest between Cumberland HS and Wauchope HS is over again for another year. Wauchope hosted the visit this year which was held on June 24-26. The visit involved three days of sporting competition, a school disco and the billeting of 100 Cumberland students by Wauchope HS families.

This year was the 40th Anniversary of this fantastic event. A celebration was needed. It began with a street parade with both the Cumberland and Wauchope teams involved. There was also a 40th Anniversary Dinner on the Thursday night, where past and present staff, ex-students and family members had a wonderful time reliving memories.

Not only that, Cumberland gave Wauchope a real run for their money. After the second day of play, the Cumberland team was winning by 2 games. Unfortunately, things didn’t go our way on the Friday, however, and we very narrowly missed bringing the Parson’s Shield back home with us. The final score was 25-19 to Wauchope.

There were many highlights throughout the event. Events in which Cumberland were victorious included:

- Girls Junior Basketball
- Girls Senior Basketball
- Boys Junior Basketball
- Senior Boys Basketball
- Girls Senior Netball
- Girls Hockey (Draw)
- Girls Softball
- Boys Touch
- Junior Boys Football
- Open Boys Football

As is tradition, each school selected a male and female athlete to receive the honour of most valuable player of the tournament. The awards for 2015 were given to:

- Bradley Stevenson (Year 12)
- Suzi Monaghan (Year 12)

Both these students were extremely deserving of their awards. Each competed in multiple events during the tournament. This is the first time ever that both MVPs have won the award 2 years in a row at Cumberland.

Thanks must also be given to our staff members who took on coaching roles. Many hours were spent organising and facilitating training sessions in the weeks leading up to the visit as well during the competition.

Finally, a huge thankyou must go the Mr Pearson and Mr Hancock. Organising the Cumberland vs Wauchope visit is an enormous task which requires months of planning. Their efforts ensured that the 40th Cumberland vs. Wauchope Interschool visit was a success. Thankyou!

Bring on the 2016, when Wauchope comes back down to our turf – let’s get the shield home where it belongs!!

GO COBRAS!!
SYDNEY WEST ATHLETICS CARNIVAL
Ten students competed at the Sydney West Athletics Carnival held on Thursday 23rd – Friday 24th July, 2015. Our team competed strongly and had some great results.

The team included:

- Georgia McPherson 12
- Gavin McKenzie 12
- Dusanka Momcilovic 11
- Karissa Kuka 11
- Hiro Suzuki 9
- Litiana Smith-Warwick 9
- Alannah Kuka 9
- Erin Chong 9
- Amy Bennett 8
- Naweed Haideri 7
- Noah Liu 7

Well done to all our competitors. Congratulations to Karissa Kuka who placed at this carnival and will go on to represent Sydney West at the CHS State Carnival.

SYDNEY WEST 15s KNOCKOUT BASKETBALL
The 15s Boys Basketball Team played against Rooty Hill High School for the Sydney West Competition at the end of last term. After a massive effort, the boys lost but it was great preparation for Wauchope!

The girl’s team also had their 2nd round of competition against Arthur Phillip High School. The girls are a reasonably inexperienced team that played very well, walking away victorious. The team will play in the Top 8 Gala Day late August. Good luck girls!!

BOYS HOCKEY REPORT
On the 14th of June, the KO Open Boys Hockey team played in round 4 of the competition against Kingswood. This was the last round before State Championships, so you could imagine how excited the boys were to play!

During the first half, Liam O’Shea scored our first goal putting us in the lead. 5 mins later, the Kingswood team scored making it even and it stayed that way until full time. The boy’s defense was strong and their offense progressed throughout the game as communication improved. At full time, both coaches agreed to a player drop off in extended time. The team was excited but exhausted after a 60 minute game. They
persevered and played amazingly with limited players on the field. Unfortunately, Kingwood’s side was a little better in this round, taking out the game 4-1.

Our goalie Rehan Syed played an amazing game along with our captain Liam O’Shea, Tim Marks and our first time player Darcy Brown. Each individual in the team gave it their all and as their coach, I am very proud of how far these boys have progressed throughout the competition, considering the majority of them don’t have a lot of experience in hockey and it was the first time putting the team in the competition... ever! Well done boys, you made your school proud!

Miss East

TERM 3 SPORT
A reminder that Wednesday afternoon sport is compulsory for all students in Years 8-11. All students must be part of either a Grade Sport team (competing against other schools) or part of a Recreational Sport Group (round robin of activities on school grounds).

WINTER GRADE SPORT

Grade Sport Draw – Winter Competition 2015

<table>
<thead>
<tr>
<th>Term</th>
<th>Week</th>
<th>Date</th>
<th>Round</th>
<th>Cumberland vs</th>
<th>Home</th>
<th>Away</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>1</td>
<td>15/7/15</td>
<td>8</td>
<td>James Ruse</td>
<td>Opens</td>
<td>15's</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>22/7/15</td>
<td>9</td>
<td>Model Farms</td>
<td>15's</td>
<td>Opens</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>29/7/15</td>
<td>10</td>
<td>Cumberland - Bye</td>
<td>15's</td>
<td>Opens</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>5/8/15</td>
<td>11</td>
<td>Baulkham Hills</td>
<td>15's</td>
<td>Opens</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>12/8/15</td>
<td>12</td>
<td>Muirfield</td>
<td>15's</td>
<td>Opens</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>19/8/15</td>
<td>13</td>
<td>Greystanes</td>
<td>Opens</td>
<td>15's</td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>26/8/15</td>
<td>14</td>
<td>Northmead</td>
<td>Opens</td>
<td>15's</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>2/9/15</td>
<td>-</td>
<td>Semi Finals</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>9/9/15</td>
<td>-</td>
<td>Grand Finals</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Grade Sport continues throughout Term 3. Grade sport commences at 12.35pm and continues until 2.25pm. Teams playing away at the other schools and catching the bus meet at 12:15pm in the COLA.

When traveling away, students are required to catch the sports bus and must purchase a Sport Bus Pass at a cost of $30 for the competition, payable to the FRONT OFFICE.

- Students will not be allowed to board a bus without a Sport Bus Pass.
- Passes can also be purchased individually at a cost of $6 per week from the FRONT OFFICE
- Passes are transferable and the same pass may be used for siblings i.e. two students from the same family travelling to an AWAY game will cost $12.

RECREATIONAL SPORT
Students are to meet in the COLA for Sports Assembly at 12.35pm on Wednesday afternoons at the conclusion of lunch. Groups will have their roll checked and move off to their designated areas for sport.

WINTER GRADE SPORT Reminder:
✓ FULL SPORTS UNIFORM IS COMPULSORY.
✓ Failure to meet uniform requirements may result in a grade team FORFEITING.
✓ Sports uniform items may be purchased from the uniform shop.
✓ SLIP-ON SHOES are NOT PERMITTED under any circumstance.

Miss C Brown (Head Teacher PDHPE)
Miss O Nicholls (PDHPE Teacher)
Cumberland High School Uniform
Students are expected to wear the school uniform at all times including to and from school.

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Juniors – Winter and Summer</strong></td>
<td><strong>Juniors - Winter (Terms 2 &amp; 3)</strong></td>
</tr>
<tr>
<td>➢ College grey trousers/shorts (wool or wool look-alike).</td>
<td>➢ Bottle Green Junior skirt or slacks.</td>
</tr>
<tr>
<td>➢ Short sleeve white shirt with school logo (summer/winter). Long sleeve plain white shirt with school logo (winter). School tie (not mandatory).</td>
<td>➢ White short or long sleeve over blouse with school logo. School tie (not mandatory).</td>
</tr>
<tr>
<td>➢ Socks – college grey with school colours if worn with shorts/plain grey socks with trousers.</td>
<td>➢ Black stockings OR white socks.</td>
</tr>
<tr>
<td>➢ Shoes – black leather lace up school shoes (NO boots, trainers/joggers, or canvas and ballet-type shoes).</td>
<td>➢ Shoes – black leather lace up (NO boots or trainers/joggers, canvas or ballet-type).</td>
</tr>
<tr>
<td>➢ Jumper – bottle green woollen jumper with school logo or sloppy joe with school name.</td>
<td>➢ Jumper – bottle green woollen jumper with school logo or sloppy joe with school name.</td>
</tr>
<tr>
<td>➢ School jacket with school logo.</td>
<td>➢ School jacket with school logo.</td>
</tr>
<tr>
<td>➢ Cap – black with school logo only.</td>
<td>➢ Cap – black with school logo only.</td>
</tr>
<tr>
<td>➢ Bottle Green Scarf only (winter).</td>
<td>➢ Bottle Green Scarf only.</td>
</tr>
<tr>
<td><strong>Seniors – Winter and Summer</strong></td>
<td><strong>Seniors (Winter &amp; Summer)</strong></td>
</tr>
<tr>
<td>As above. Blazer is preferred and compulsory for prefects. The Year 12 Jersey/Jacket annual design approved by Executive is permitted from beginning of their final year of school only.</td>
<td>As above except that check senior skirt is worn instead of bottle green junior skirt (all year). The Year 12 Jersey/Jacket annual design approved by Executive is permitted from beginning of their final year of school only.</td>
</tr>
</tbody>
</table>

**Sport and PE Uniforms**
- Students are able to wear full sports uniform on Wednesdays or specified sport day (e.g. School Carnival or Yr7 Gala Day).
- Full Sport Uniform to be brought to school on designated PE (Yrs.7-10), PASS (Yrs.9-10) & SLR (Yrs.11-12) lesson days.
- Shorts – unisex bottle green shorts with school logo.
- CHS School Track suit – optional (winter only).
- Trainers/joggers and white socks.
- Cap – black with school logo only.

**Please Note:**
- Hair ornaments must be in school colours (i.e. bottle green).
- Studs or sleepers may be worn in ears. Other items like jewellery are discouraged for security and safety reasons.
- Make-up and brightly coloured nail polish are discouraged, as is brightly coloured hair.
- Other items of clothing not specified above are not to be worn – even if in correct school colours (except for cultural/religious reasons approved by the Principal).