Newsletter
Issue 1 – February 19, 2016

Events for Term 1, 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>23 Feb</td>
<td>Zone Swimming Carnival</td>
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<td>24 Feb</td>
<td>Zone Swimming Carnival</td>
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<tr>
<td>25 Feb</td>
<td>Community Mentoring Breakfast</td>
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<tr>
<td>29 Feb</td>
<td>Cumberland High School Open Evening 5-8pm</td>
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<td>01 Mar</td>
<td>P&amp;C Meeting 7pm</td>
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<tr>
<td>04 Mar</td>
<td>Clean Up Australia Day at School</td>
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<tr>
<td>08 Mar</td>
<td>SRC Induction Assembly</td>
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</tbody>
</table>

Principal’s Message

Welcome back to one and all and what a wonderful start to 2016! This year we are very excited about our new partnerships, new structures, new action teams, new staff roles, new resources and new technology! Wow! Through the introduction of our Learning Curve Pastoral Care program we are focussing on positive psychology, a growth mindset and working collaboratively to achieve:
Firstly, I’d like to congratulate the class of 2015 for their outstanding achievements in the Higher School Certificate. Our High Achievers’ Assembly was a celebration of the successes of our wonderful 2015 Year 12 cohort. Congratulations to our Dux, Yuji Chung who achieved an ATAR of 97.25 and has been offered the Macquarie University Leadership Scholarship and Georgia McPherson our Prox Acc who achieved an ATAR of 94.55 and will be studying a Bachelor of Commerce/Law at Macquarie University. We also had more than 10% of the cohort achieving an ATAR greater than 85 and a significant leap in the number of students pursuing and gaining entry into University courses! Well done!

We have had a fantastic start to the year with events including our Swimming Carnival, Valentine’s Day Fundraiser from our Prefect body, AMPing It Up mentoring program launch, Learning Curve Pastoral Care program launch, High Achievers’ Assembly, partnership with Macquarie University, Information Evening for Year 10, Assessment and Reporting presentations with our assessment schedules issued to all year groups, PBL leadership information session, P&C meeting, Peer Support Program, Peer Tutor Reading Program, Zoo Snooze excursion for our International students, State Sport Knockout competitions, ANSTO Science excursion, Primary Links Science Enrichment Program and all in the first four weeks!!! What a brilliant start to the year!

We have also had our Helmsman Project launch which took place last week for our seven fortunate Year 9 girls - Elinor Bickerstaff-Westbrook, Rose McPherson, Emma Garibovic, Isabelle Alley, Jessie Campkin, Mackenzie Verey and Celia Thirimanna. They have already commenced their coaching program and are very excited about the sailing experience that is fast approaching. Our successful Year 9 boys - Tony Bell, Jamie Kim, Tim Marks, Lachlan Haddock, Jaryd Herr, Jack Roser and Jack Walsh will also experience the adventure of the Helmsman Project later this year. Thank you to our cohort teacher volunteers Ms Isachsen and Mr Gambino for leading and supporting these students through this wonderful experience. Congratulations!

**Staffing Matters**

We are delighted to have two new mathematicians - Mr Prentice and Ms Frew who have joined our Cumberland Team and we are thrilled to have Mr Commons back in the Science Faculty after a year of leave. Mrs Bovill is our outstanding new Head Teacher PDHPE from East Hills Girls as our fabulous Ms Brown steps into the second Deputy Principal role.

We have introduced a new structure with two Deputy Principals this year - Mr Wood will be supporting Years 8, 10 and 12 and Ms Brown will be supporting Years 7, 9 and 11; Ms Nicholls is our Head Teacher Administration/Welfare as Mr Thomas is on leave for the year; Mr Lockeridge is Year 11 Advisor and Ms Roots is our fabulous Year 7 Year Advisor with Ms Abbott as Assistant Year Advisor. What a great team!

Unfortunately, we also farewelled our very dear Ms Webb who has served our community for 30 years! Ms Webb has been an exceptional educational leader who has contributed enormously to our school. Her positivity, persistent efforts to support all learners to achieve their best and
extraordinary compassion and leadership will be dearly missed by all of us!

Congratulations to our fabulous uniform shop star – Ms Lynette Rappoport who celebrated her 60th birthday on Tuesday. Ms Rappoport continues to make an extraordinary contribution to the Cumberland High School through her wonderful leadership in the Uniform shop!

Welcome Year 7

I would like to conclude by welcoming our Year 7 parents and students to Cumberland High School. We have had a focused start to secondary schooling; have had several Peer Support sessions and look forward to supporting our learners as they embrace high school.

We have organised two special events to welcome all parents and Year 7 students and support the effective transition of our Year 7 cohort. We have our “Open Evening” taking place in Week 6, Monday 29/2/16 and a “Meet and Greet” information session for all parents and students in Week 7, Tuesday 8/3/16. A letter will be issued in the next couple of days with additional information about these two events. We look forward to seeing all Year 7 parents and students at these two events!

Ms M. Pikoulas
Principal
Welcome to the New School Year!

The new school year has started smoothly from all accounts and we welcome all those new students to our great school. The key for success at school is a positive attitude, a willingness to get involved in the life of the school, whether it be sport, drama, music, debating, SRC and many other opportunities, and the forming of strong relationships that can be for life. Our school is a community and every single person is valued.

Requests for Leave

Where a student is requesting an early leaver pass a note signed by a parent/carer should be presented to the students Year Adviser in the morning during Home Room, or the Head Teacher of the year group if the Year Adviser is unavailable.

If a student is requesting leave for an extended period of time a request for leave form from your Year Adviser or the front office must be completed and submitted to your Year Adviser explaining the reason for the leave along with the period of the leave. This should be submitted as early as possible so that it can be considered by the Principal.

School Uniform

From the first day it is great to see nearly every student correctly and proudly wearing their school uniform, including the black leather school shoes (black leather gym shoes or joggers are not part of the school uniform).

We encourage students to wear their correct uniform every day, with Sport Uniform worn on Wednesdays (Sport day). If a student is unable to wear the correct uniform item on a particular day, then a note signed by the parent/carer should be presented to their Home Room teacher in the morning.

The uniform shop located in the canteen area is open on Tuesday and Thursday between 1.00pm – 2.15pm and Friday mornings between 8.30am to 10.25am.

Student Drivers

If a student wishes to drive a vehicle to school the school requires them to complete a permission note from the school to do so. Students are to see Mr Wood (D.P) for the permission note before they commence driving themselves to school.

This informs us of:
• who is a student driver;
• the vehicles they will be driving; and
• permission being granted by parents /carers that their child will be driving themselves to school.

Vehicles driven by students are not to be driven nor parked on school property and students must not return to their vehicles throughout the day until they are leaving for the day. Other students as passengers are not to be driven by student drivers unless permission for student passengers is provided to the school by their parent/carer.

Anti-Bullying Policy

The School Anti-Bullying Policy is published on the school website, and we encourage you to read the details of this policy and contact the school to inform either your child’s Year Adviser or the Year Group Deputy Principal (Ms Brown - Years 7, 9 and 11; Mr Wood - Years 8, 10 and 12) immediately if your child indicates that they are being bullied or harassed so that it can be dealt with promptly and with total confidentiality.

The school supports a caring and safe learning environment for all students and the policy exists to support all students and staff in understanding how bullying can be addressed.

Mr P. Wood
Deputy Principal
Ahoy There!
The Helmsman Project 2016 Girls

The Helmsman Project is a not-for-profit organisation that runs an adventure-based coaching program for young people from schools located in communities affected by disadvantage. At the core of the initiative is a 13-week personal and team coaching process that integrates two intense adventure education blocks to complement the students’ learning process. Sailing is used as the adventure education activity.

Participants learn to develop a broadened perspective of the opportunities available to them in the future, a sense of hope, self-regulatory skills and increased resilience – all attributes that will help them navigate through life’s challenges and achieve their full potential. The Helmsman Project lives by a philosophy of community partnering and cooperates with schools, community organisations, government and businesses.

This year, seven lucky Year 9 girls have been selected to embark on an experience which will challenge their ability to adapt to change and work cooperatively. Congratulations to the 2016 Helmsman team Emma Garibovic, Celia Thirimanna, Isabelle Alley, Mackenzie Verey, Jessie Campkin, Rose McPherson, and Elinor Bickerstaff-Westbrook.

Our first sail is the 24th-25th of February, where the girls will ‘learn the ropes’ of sailing a yacht in order to successfully sail for five days from the 21st-25th of March. The girls are responsible for plotting and sailing their five day course as well as deciding on all the meals which they will be cooking. Here’s hoping that we have great weather and make amazing memories as we sail towards the great unknown!!

Ms K. Isachsen
Supervising Teacher

On Stage

On Tuesday February 9th 2016, 20 Drama students from Years 10, 11 and 12 attended Program 1 of ‘On Stage’, the exemplary 2015 HSC Drama performances. We arrived at the Seymour Centre in Sydney City with enough time to explore the Design Individual Projects on display. This invaluable experience allowed the students to view the extremely high standard of costume design, set design, promotion and program and lighting design. One student remarked “It’s just so amazing!” while others were inspired for their own future Drama design tasks.

The Drama students were then excited to see the show. Program 1 consisted of a mixture of group performances, original self-devised pieces and individual monologue performances, some self-devised, others adapted from scripts such as ‘The Curious incident of the Dog in the Night time’. At interval Miss Nelson was astounded because without prompting, the students were already drawing pictures of set, lighting, costume and blocking that they had been inspired by. Every student was engaged and had become contemplative about their own potential. On our walk to Central Train station for the journey home, Miss Nelson observed the students quoting the performances and vividly re-enacting their favourite parts.

Although organising and running excursions can be very taxing on time and energy, this without a doubt was an inspirational experience for the students who attended. The students on display were exemplary. The performances and design projects were inspirational!

Ms R Nelson
Drama Teacher
Peer Support Leaders 2016

At the end of Term 4 last year, all current Year 11 students completed a full day of leadership training. During this training, the students participated in activities based on:

- improving leadership skills;
- teamwork skills;
- effective communication;
- delivering instructions;
- strategies to encourage student cooperation; and
- managing small groups of students.

Some of our Year 11 students gave inspiring speeches at the end of the day in front of all their peers. Students who were interested also applied to be Peer Support Leaders.

The aim of Peer Support is to help all students form positive relationships, build confidence and resiliency to bounce back after difficult times. The Peer Support Leaders have been working with the new Year 7 students to help and support them settle into high school life.

The following students are the 2016 Peer Support Leaders:

Oliver Agbisit
Mary Asic
Gill Axia
Neesha Bailey
Fernando Carvajal
Viruby Chen
Navid Garjay
Libby Gross
Bree Hammond
Kira Kay
Tracey Kim
Joanna Kim
Shawn Kim
Daniel Kowalski
Vincent Liang
Rim Manafikhi
Nikola Najdovski
Rohan Pearson-Bourne
Sarah Phillips
Bron Reinecke
Daniel Song
Ben Schulz
Rebel Smulders
Ameya Suryavanshi
Lauren Strickland
Ingrid Taylor
Crystal Thurley
Rosary Vakauta
Adrian Vivekanandan
Vivian Wei
Drew Williams
Jingyuan Yin

Mr W. Scurfield
Peer Support Coordinator
Welfare in 2016

Welcome to another very busy year at Cumberland High School! We’ve already welcomed so many new students which is fantastic!

Student Welfare

We are continuing our strong, established welfare programs as well as starting some new ones in 2016. Our Year Advisers and Assistants have progressed into the next year with their cohorts. Miss Roots and Miss Abbott have done a wonderful job inducting our new Year 7 cohort into the school. They are looking forward to camp later this year (so is Year 9!). Also, a big thank you must go to Mr Scurfield and our peer Support leaders for their work. Mr Lockeridge is the Year 11 Adviser this year.

Mr Lummis and Mr Pillay have made an exceptional effort introducing our new diaries into the school. These diaries are an important part of everyday school life and students will also be working on activities from the diaries in Home Room. Students must have their diaries with them at all times.

Ms Czislowski has taken over running the Brekky Bar (as well as stepping up into the Year 11 assistant Year Adviser position – thank you!) The Brekky Bar is available from 8:10am – 8:30am in the room opposite A1 for students who need to have breakfast Tuesday to Friday each week.

Mrs Carroll is now leading the charge with ‘AMPing it up’ – a mentoring program for our Year 12 students. Thank you Mrs Carroll for your efforts.

Administration

The school day starts at 8.40am sharp. All students should be on the school grounds in readiness for the 8.40am bell and make their way immediately to Home Room. Students are expected to be at school punctually at the start of the day and to attend all lessons and activities on time.

Students who catch an M54 bus need to catch one by 8am so that they arrive on the school grounds on time.

Penne McKenzie, the HSLO and Mr Keith Thomas instigated a series of interviews to touch base with parents of students whose attendance rate was lower than expected last year. This will continue this year and we will be working closely with parents and students to develop strategies and provide support to establish better attendance patterns.

I wish everyone a wonderful year ahead, with great success. If anyone has any queries about attendance, punctuality or Welfare concerns/programs, please don’t hesitate to call me on 9871 7718 or email me at olivia.r.nicholls@det.nsw.edu.au

Ms O. Nicholls
Relieving Head Teacher of Administration and Welfare

Issue 1 – February 19, 2016
2015 End of Year Activities

Year 7 Aquatic Centre

The Year 7 end of year excursion went swimmingly! We had a fantastic turn out of students who attended the excursion at Sydney Olympic Park Aquatic Centre on Friday 11th December 2015.

The students were rewarded with this event because of their outstanding efforts and achievements in classes across subjects and the resilience and maturity they demonstrated during their first year of high school.

The Year 7 cohort spent the day getting their feet wet and treading water, much like they had done throughout the year. As their confidence grew in and out of the pool they made the leap of faith by making a splash and demonstrating their personal best across all areas.

Now as Year 8 students they should be very pleased with themselves and continue to reach for the stars as they can achieve anything they put their mind to. I am very proud to be their Year Adviser and look forward to seeing out 2016 with this fabulous year group.

Ms S. Rajic
Year 8 Adviser

Year 8 Activities at School

As the academic year drew to a close for the vibrant and vivacious Year 8 cohort, their Year Advisor, Miss Nelson - thinking well into the future - came up with a cunning plan! In 2016 the excitable year group would be in Year 9, and as well as entering their mid-teens, Year 9 at Cumberland High School involves a school camp! Understanding the financial strains of daily life in addition to a camp, Miss Nelson craftily plotted to have a cost free end of year incursion in order to increase the opportunity for all students to attend the camp in Term 3 2016.

The incursion involved board games, activities, a fierce match of netball and other COLA sports in 35 degree heat, giant Jenga, X-Box, and a FIFA competition which probably reached a record for the longest time without a goal scored!

Miss Nelson couldn’t have run the day without the wonderful assistance of Mr Smith, supervising teachers and Brendan Walker, Cumberland’s Youth Worker.

More information regarding the Year 9 2016 camp will be sent home to parents and carers shortly.

Ms R. Nelson
Year 9 Adviser

Year 10 – Jamberoo

At the end of 2015, Year 10 were given the exciting opportunity to go on the end of year excursion to Jamberoo. About 50 students went on this excursion and it was by far the best one yet. Luckily, it was the perfect summer weather for this occasion and everyone was pumped for the waterpark.

Year 10 had around 4 hours to themselves to enjoy all the rides with their friends. There were the popular rides such as the Funnel Web and Taipan that attracted the majority of the students. The Funnel Web was one of the biggest and longest rides at Jamberoo and voted as the most fun, full of sudden turns and twisting in darkness.

Although, there was a variety of different rides and spots that were also enjoyable. There was The Rock, where students were challenged with their fear of heights, by standing on a 5 metre high launching pad, before plunging feet first into deep water pool.

There was also Outback Bay, which was one of the largest wave pools in NSW. A 2.5 megalitre wave pool was just like the beach and was very favoured by many Year 10s. Jamberoo also included other water rides such as Surf Hill, Banjo’s Billabong and Rapid River, and even a few dry enjoyments such as bobsledding down the mountain at high
speeds, chairlifts and landscape golf.

The whole day was full of fun and exhilaration for all the students. It was a great way to relax and enjoy the end of year for our cohort.

A tremendous thank you to all the teachers and our lovely Principal for providing students the opportunity to go on this excursion.

Ms G. Axia
Year 11 Student

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**Study Skills Handbook - Cumberland Subscription**

**Achieving Your Goals**

A big step towards achieving your goals is developing and maintaining a goal setting mindset as the attitudes you have learnt and develop will influence the way you view goal setting.

Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task.

You need to have a positive attitude when you are setting and trying to achieve your goals. A positive attitude means you are looking for ways to succeed rather than focusing on the difficulties and obstacles that could be in your path.

**To create a more positive attitude:**

- Each day note down something you did towards achieving your goals
- Note down any changes someone else has noticed eg your teacher says well done on your work
- Don’t stop trying if something goes wrong, rather reassess your goals or decide you need to work harder to achieve them
- Find a mentor or helper to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects, but is a bit further ahead of you

**Other reasons why we don’t achieve our goals:**

- No action plan
- No true commitment to the goal
- Not rewarding yourself along the way

- Trying to focus on too many goals
- Not preparing yourself for success
- Fear of failure

**If you are still not achieving your goal try this:**

- Clarify your goal
- Write a list of actions
- Analyse, prioritize and prune
- Organise your list into a plan
- Monitor the execution of your plan and review your plan regularly

You can learn more about goal setting and many other topics to help you achieve your best at school at by visiting studyskillshandbook.com.au and logging in with these details:

Username: cumberlandhs
Password: 183success
### Important Careers Dates

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16 May</td>
<td>Yr10 Work Experience forms due</td>
</tr>
<tr>
<td>03 Jun</td>
<td>UMAT2016 registrations close</td>
</tr>
<tr>
<td>16 Jun</td>
<td>Year 12 Western Sydney Careers Expo</td>
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<tr>
<td>23 Jun</td>
<td>Year 10 Careers Day</td>
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<tr>
<td>25 Jul</td>
<td>Year 10 Work Experience Week</td>
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<tr>
<td>05 Aug</td>
<td>Year 10 Work Experience assignment due</td>
</tr>
<tr>
<td>Sep</td>
<td>UAC (University) applications close</td>
</tr>
<tr>
<td>Sep</td>
<td>SRS applications close</td>
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<tr>
<td>Sep</td>
<td>EAS applications close</td>
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### Welcome back!

Welcome back to 2016. What an exciting year we have in careers this year!

This year we will be introducing a new careers program for Year 10 that will include a **Careers Day**, and a compulsory **Work Experience** week.

The Careers Day will be on Thursday of Week 9 Term 2 will be an opportunity for Year 10 students to showcase their skills developed in the careers program in term 2. The day will include motivational talks about careers, practice job interviews and workshops on job readiness and subject selection for the HSC. Students will be asked to come dressed ready for a job interview and should be an exciting day for all!

Our compulsory **Work Experience** week will be in Week 2 of Term 3, 25th–29th July. Work Experience is an opportunity to gain an insight into a particular industry or job.

You can sample what a typical day might be like in your chosen industry, as well as have the opportunity to talk to people about career pathways. The more you know and learn about a particular career will help you to make informed choices along your career journey. The week is not paid, but work experience can lead to a casual job or a school based apprenticeship or traineeship and can be a valuable addition to your resume!

Big things are also happening in careers for Years 11 and 12 this year, so stay tuned! Check out Cumberland Careers Corner section of the newsletter each print for more opportunities and careers information.

### University Admissions Centre: Participating Institutions Information

This site includes institution-specific information about all institutions that you can apply for through UAC. This information includes admission requirements, special requirements, bridging courses, charges and fees, student services, and facilities.


### Campus Quest

A game designed to help people understand and prepare for life at uni.


### What’s Uni Like?

An online course helping people answer the following questions: is university for me? What should I expect at university? What academic skills will I need?


### UMAT 2016 Registrations Open

UMAT is a test that is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at the universities listed on the website.

Registrations for UMAT 2016 are open and close Friday 3rd June 2016.

The test takes place nationally on Wednesday 27th July 2016.

Cochlear Autumn School of Engineering

Cochlear Autumn School of Engineering (CASE) brings together 50 year 11 and 12 students from Sydney, each with the desire to pursue Engineering as their future careers. It will run this year from Monday 11th April to Friday 15th. For more information go to:

www.engineersaustralia.org.au/sydney

Learn more about Australian Army Cadets?

If you want to experience things you don’t do in everyday life, then the Australian Army Cadets (AAC) is for you. The AAC is a community-based youth development organisation focused on the Australian Army customs, traditions and values.

As a cadet you’ll learn leadership, team building and survival skills that will set you up for life.

www.armycadets.gov.au

Apprenticeships and Traineeships Information

This NSW Government run website provides information on apprenticeships and traineeships.

There are also links to further information on apprenticeship providers, rules and regulations, financial help, school based apprenticeships and many more relevant topics.


‘Like’ and ‘Join’ Cumberland Careers Corner at:

https://www.facebook.com/CareersCorner

https://edmo.do/j/2gdku5

For more information about the above opportunities, come visit Ms. Sisala in the Careers Office, in Block D, upstairs.

Ms A. Sisala
Careers Advisor
PDHPE and Sport

Swimming Carnival

The 2016 Swimming Carnival took place on Monday 1st February and was a huge success. Attendance was very impressive and everyone had a great day. Students, spectators and competitors alike were treated to some outstanding performances. With the school value of EXCELLENCE in mind, competitors tried their hardest to gain as many points for their houses as possible.

Some highlights from the day:

- A further increase in student attendance from last year
- No staff relay however staff were well represented by Miss Abbott in the senior girls event
- 6 full buses plus the school bus were needed to transport students

The final results for the 2016 Annual Swimming Carnival were as follows:

1st Place – ALGONA 377 Points

2nd Place – CUMBORA 342 Points

3rd Place – BRIGALOW 306 Points

4th Place – DERRINGBONG 278 Points

Congratulations to ALGONA!

Thank you to all staff for their hard work in all the roles throughout the day. Attendance and quality participation continues to improve each year with the continued support and encouragement the students received from all staff members.

There were many outstanding performances on the day and every swimmer who completed an event contributed points towards their House total. Congratulations to those students who attained the accolade of Age Champion.

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<thead>
<tr>
<th>Age</th>
<th>Boys Champion</th>
<th>Girls Champion</th>
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<tbody>
<tr>
<td>12 yrs</td>
<td>Thomas Bartolotti</td>
<td>Samantha Caldwell</td>
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<tr>
<td>13 yrs</td>
<td>Jarrod Hooper</td>
<td>Chiara Thirimanna</td>
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<tr>
<td>14 yrs</td>
<td>Joshua Kim</td>
<td>Celia Thirimanna</td>
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<tr>
<td>15 yrs</td>
<td>Tim Marks</td>
<td>Erin Chong</td>
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<tr>
<td>16 yrs</td>
<td>Tharusha Thirimanna</td>
<td>-</td>
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<tr>
<td>17+ yrs</td>
<td>Paolo Forlani</td>
<td>Leonida Najdovska</td>
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Term 1 Sport

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

Sport commences at 12.40pm and continues until 2.25pm.

Grade Sport Commences on Wednesday 10th February. Teams playing away at the other schools and catching the bus meet their teacher at 12:20pm in the COLA.

When traveling AWAY, students are required to catch a Sport bus and must purchase a Sport Bus Pass at a cost of $6 for one Wednesday Sport Bus Trip (or multiple weeks can be purchased), payable to the FRONT OFFICE on any day prior to travel.

- Students will not be allowed to board a bus without a Sport Bus Pass
- Passes can be purchased individually at a cost of $6 per week from the FRONT OFFICE
- Passes are transferable

Grade Sport Draw - Term 1 Competition 2016

<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>
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<tbody>
<tr>
<td>One</td>
<td>2</td>
<td>3/2/16</td>
<td></td>
<td>Grade Trials</td>
<td></td>
<td></td>
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<tr>
<td>3</td>
<td>10/2/16</td>
<td>1</td>
<td>Model Farms</td>
<td>15s</td>
<td>Opens</td>
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<tr>
<td>4</td>
<td>17/2/16</td>
<td>2</td>
<td>Northmead</td>
<td>Open</td>
<td>15s</td>
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<td>5</td>
<td>24/2/16</td>
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<td></td>
<td>No games – Zone Swimming</td>
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<tr>
<td>6</td>
<td>2/3/16</td>
<td>3</td>
<td>Bye</td>
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<tr>
<td>7</td>
<td>9/3/16</td>
<td>4</td>
<td>Muirfield</td>
<td>15s</td>
<td>Opens</td>
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<tr>
<td>8</td>
<td>16/3/16</td>
<td>5</td>
<td>Baulkham Hills</td>
<td>15s</td>
<td>Opens</td>
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<tr>
<td>9</td>
<td>23/3/16</td>
<td>6</td>
<td>Greystanes</td>
<td>Opens</td>
<td>15s</td>
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<td>10</td>
<td>30/3/16</td>
<td>7</td>
<td>James Ruse</td>
<td>Opens</td>
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<tr>
<td>11</td>
<td>6/4/16</td>
<td>Finals</td>
<td>Grand Final Week</td>
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Summer Grade Sport Reminder

- FULL SPORTS UNIFORM IS COMPULSORY.
- FAILURE TO COMPETE IN FULL SPORTS UNIFORM may result in a Grade team FORFEITING.
- SLIP-ON SHOES are NOT PERMITTED

Recreational Sport

Students are to meet in the COLA for Sports Assembly at 12.40pm on Wednesday afternoons at the conclusion of lunch. Groups will have their roll checked and move off to their designated areas for sport until 2.25pm.

Summer Weather

Due to warmer weather, sun protection becomes even more important. For all SPORT and PE/PASS/SLR lessons, students are advised to:

- Bring a water bottle to prevent dehydration
- Wear school SPORT SHORTS
- Wear a SCHOOL HAT to protect the face
- Use SUNSCREEN

Ms O. Nicholls
PDHPE Teacher
Cumberland High School’s Annual Snow Excursion

An exciting opportunity is being made available to students in Years 9 and 10 Physical Activity and Sports Studies (PASS) and students in Year 11 who study PDHPE, and/or Sport, Lifestyle and Recreation (SLR). In conjunction with the PDHPE faculty, students are being invited to participate in a four day Snow Excursion aimed at developing students’ knowledge and movement skills in an alpine environment.

The trip is set to include a number of focus areas including elite athletes, safety considerations for outdoor activities, knowledge of the alpine environment and participation in outdoor recreational activity.

Students will depart at **9:00am on Sunday 14th August** from school and return **10:30pm, Wednesday 17th August 2016**.

This trip represents a fantastic opportunity and has proven to be of a tremendous benefit to students attending and an exciting opportunity to participate in a unique outdoor activity.

Eligible students will be offered this opportunity in class during Week 4 and given the information. Students should see Miss Nicholls for more information.

Fundraising is available to assist with making payments.

**Miss O. Nicholls**

**Snow Excursion Organiser 2016**

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**Uniform Shop**

**Junior Winter Uniform for Year 7 Girls and New Students**

All junior girls winter uniforms must be ordered by **Friday 26th February, 2016**.

- Short sleeved blouse with school crest $35.00
- Long sleeved blouse with school crest $38.00
- Junior skirt $62.50

Payment is not required at the time of ordering but will be required on receipt of goods.

Thank you for your support.

**Ms L. Rappoport**

**Uniform Shop Co-ordinator**

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**Online School Payments**

**now available on your mobile!**

Parent Online Payments (POP) are now available through the **$ Make a Payment** link on our website from your mobile phone or tablet.

Simply click on the website link and you will be directed straight to the payment page.

For further information, please contact the school office on 02 9871 7718.
The Faculty of Arts

It's been another fantastic start to another fantastic year! The Ensembles Program is in full swing and we have welcomed a number of new students. It is excellent to see the Year 7 students getting involved.

Concert Band

The Concert Band has had their first performance at the High Achiever’s assembly. The concert band is the biggest it has ever been, there are almost 40 students! Our other ensembles, the String Ensemble, Vocal Ensemble and Rock Bands are all rehearsing in preparation for the Term 1 Music Concert Which will be held later this term.

Ensemble Fees

This year, we are charging an ensemble fee at the start of the year. The fee is $60 and it only needs to be paid once per child (no matter how many ensembles they are involved in). The ensemble fee will cover the cost of the bus for both band tours and the purchase of the ensembles t-shirt. Families will not have to pay for band tour or the t-shirt later in the year, the ensembles fee covers it.

Instrument Hire

We have a number of students who hire school instruments to be part of the tutoring program and the concert band. Hire fees are $130 for the year. Students who have a school instrument must collect a hire note and return it with the yearly payment. Payment is due by the end of Week 7.

Instrument Tuition

We have 7 instrumental tutors who teach clarinet, saxophone, violin, piano, guitar, bass, flute, trumpet, French horn, trombone and the drums. Students are able to join the tuition program with no prior experience. If you would like for your child to learn an instrument, email Mr Andrews (martin.andrews1@det.nsw.edu.au) for more information.

Lessons are $30 per week for a half hour lesson. Lessons are held during the day and the students come out of class on a rotating timetable so that they do not miss the same class when they are attending their lessons. We are on the lookout for saxophone and clarinet players.

This year we sadly farewell Ms Melissa Cassel from our faculty. She will be taking over as our school’s coordinator of Learning Support. We warmly welcome Ms Natalie Wai who will be teaching Japanese.

Mr M. Andrews
Head Teacher CAPA
Cumberland High School
Excellence in Education

Experience Excellence at
Cumberland High School’s
Open Evening.
Monday 29
February 2016
from
5pm to 8pm.

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

183 Pennant Hills Road Carlingford NSW 2118
Phone 9871 7718
www.cumberland-h.schools.nsw.edu.au

PARKING AROUND SCHOOLS
By Hills Council

OBEY PARKING SIGNS IN
SCHOOL ZONES AT
ALL TIMES TO
PROTECT CHILDREN

ZERO TOLERANCE
When it comes to the safety of vulnerable road users
like school children, drivers found breaking the law will
be met with zero tolerance.

When an offence is detected, you will be fined.

The Hills Shire Council’s Compliance Officers will
be enforcing parking regulations at your school.

There are now increased penalties
and demerit points associated
with all offences in School Zones.

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<thead>
<tr>
<th>Offence</th>
<th>Penalty for $177 and 2 demerit points</th>
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<tbody>
<tr>
<td>No Parking</td>
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<tr>
<td>You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.</td>
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<tr>
<td>No Stopping</td>
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<tr>
<td>Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.</td>
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<tr>
<td>Bus Zone</td>
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<tr>
<td>You must not stop your vehicle in the indicated zone unless you are diving a public bus.</td>
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<table>
<thead>
<tr>
<th>Offence</th>
<th>Penalty for $319 and 2 demerit points</th>
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</thead>
<tbody>
<tr>
<td>Double parking</td>
<td></td>
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<tr>
<td>$319 &amp; 4 demerit points</td>
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<tr>
<td>Stop on path or nature strip</td>
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<tr>
<td>$319 &amp; 4 demerit points</td>
<td></td>
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<tr>
<td>Stop on/ near marked pedestrian/children’s crossing</td>
<td>$429 &amp; 2 demerit points</td>
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<tr>
<td>Approach children’s crossing too quickly to stop safely</td>
<td>$531 &amp; 4 demerit points</td>
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<tr>
<td>Illegal U turn</td>
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<tr>
<td>$429 &amp; 4 demerit points</td>
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<tr>
<td>Stop across driveway</td>
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<td>$319 &amp; 4 demerit points</td>
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<tr>
<td>Driver using a hand held mobile phone</td>
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<tr>
<td>$429 &amp; 4 demerit points</td>
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<tr>
<td>Parked park close to (within 3 metres) double centre line</td>
<td>$249</td>
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Fines current as of July 2015
For a complete list of school zones offences visit www.rta.nsw.gov.au
DUST YOUR BOOTS OFF & PLAY SOCCER
FOR YOUR LOCAL HILLS CLUB

NORTH ROCKS SOCCER CLUB
REGISTER ONLINE NOW!
GO TO OUR WEBSITE TO FIND OUT HOW!
WWW.NRSFC.COM.AU

North Rocks Soccer Club invites girls, boys, ladies and men, to come and play at your local soccer club in the new Sydney Hills Football Association.

5-7 year old boys and girls play in-house on Saturday mornings in a small-sided format. Fun skills training is provided by a professional training academy.

8-11 year old mixed teams play Hills Association clubs on Saturday mornings in a small-sided format.

Men/boys/mixed teams, Under 12 to Over 45s play Saturdays.
Ladies/girls teams, Under 9 to All Age, play Sundays. Over 35 Ladies play Friday nights.
Please don't hesitate to contact us if you have any questions.

Proud to be a foundation member of the Sydney Hills Football Association
FOR YOUR NEWSLETTER

Thank you for your support by informing parents about the opportunities for teenagers to live and learn in another culture with World Education Program (WEP) Australia.

For an electronic version of this newsletter article please contact Annie Taylor — annietaylor@wep.org.au

PLEASE CHECK OUR WEBSITE FOR CURRENT INFORMATION SESSION DATES

STUDENT EXCHANGE

A ONCE-IN-A-LIFETIME OPPORTUNITY!

SCHOLARSHIPS AND EARLY BIRD SPECIALS AVAILABLE FOR 2017

World Education Program (WEP) Australia is now accepting applications from students who wish to participate in 2016/17 exchange programs for a summer, semester or year. Students can choose to study in a country of their choice and experience life with a carefully selected host family.

Exchange students return to Australia with maturity, confidence, and in many cases, proficiency in another language. If learning another language is not a priority, excellent programs to the USA, Canada, the UK and Ireland are also available.

“I have learned more about the world in three months than I ever thought possible. I know more about myself than ever before, and I have become so much more independent. I can now view the world from a new perspective!”

Austin, China, Semester

“Exchange programs are important to fostering understanding around the world. We are proud of Sophie for taking part in this!”

Parents of Sophie, Belgium, Short Rom

FIND OUT MORE!

Attend one of WEP’s online or group information sessions. Visit www.wep.org.au to find out more.

BECOME A WEP HOST FAMILY!

Experience the joys of hosting an exchange student and gaining an international family member.

WEP.ORG.AU

World Education Program Australia Limited (ABN 82 005 289 207)
PO Box 219, Bondi NSW 2026, Australia

Tel: 02 9358 4273 Fax: 02 9358 4273 Email info@wep.org.au

WEP Australia is a non-profit student exchange organisation registered with the Australian Government’s Education Services Regulatory Authority and the Victorian Department of Education.