



Concord High School

Keeping In Touch

Personalising Education

Email us your thoughts - concord-h.school@det.nsw.edu.au

Regularly check school website - www.concord-h.schools.nsw.edu.au

VARIATIONS TO ROUTINE

TERM 1 WEEK 8 13 March – 17 March 2017

WEEK A

MONDAY 13 March <ul style="list-style-type: none"> Robotics Club 12:35pm - 1:15pm <p><i>Assessment Tasks</i></p> <ul style="list-style-type: none"> Year 10 poetry task Year 9 History Movement of Peoples Task 	TUESDAY 14 March <ul style="list-style-type: none"> Regional Swimming Carnival Year 6 Robert Allwell GATS tests 8 am-1 pm P&C Meeting 7pm-9pm <p><i>Assessment Tasks</i></p> <ul style="list-style-type: none"> Year 10 History task 	WEDNESDAY 15 March <ul style="list-style-type: none"> School photographs Robotics Club 12:35pm - 1:15pm <p><i>Assessment Tasks</i></p> <ul style="list-style-type: none"> Year 11 English Advanced and Standard task
THURSDAY 16 March <ul style="list-style-type: none"> Formal assemblies period 2 Year 7 Formal assemblies period 3 Year 8 Formal assemblies period 4 Year 9 <p><i>Assessment Tasks</i></p> <ul style="list-style-type: none"> Year 12 PDHPE 12 English Studies task 	FRIDAY 17 March <ul style="list-style-type: none"> Assembly Junior. Senior year meetings Regional Swimming Carnival Formal assemblies Period 2 Year 10 Formal assemblies Period 3 Year 11 Formal assemblies Period 4 Year 12 	

A LOOK AHEAD..... 2017 Term 1, Weeks 9, 10 & 11

B TERM 1 WEEK 9	20 March <ul style="list-style-type: none"> EX - Yr12 Encore Excursion 11:30am - 6pm Robotics Club 12:35pm - 1:15pm <p><i>Assessment Tasks</i></p> <ul style="list-style-type: none"> Year 11 Eco 	21 March <ul style="list-style-type: none"> Harmony Day 	22 March <ul style="list-style-type: none"> Symphonia Jubilate Camp School Cross Country Carnival 09am - 3pm Robotics Club 12:35pm - 1:15pm 	23 March <ul style="list-style-type: none"> Symphonia Jubilate Camp Earth Hour Summit 	24 March <ul style="list-style-type: none"> Assembly Senior. Junior year meetings Symphonia Jubilate Camp Earth Hour Summit
A TERM 1 WEEK 10	27 March <ul style="list-style-type: none"> Year 11 interim reports due Robotics Club 12:35pm - 1:15pm <p><i>Assessment Tasks</i></p> <ul style="list-style-type: none"> Year 10 Drama task 	28 March <ul style="list-style-type: none"> 9am - 3pm Inquisitive Minds Workshop <p><i>Assessment Tasks</i></p> <ul style="list-style-type: none"> Year 10 Geography assessment task 	29 March <ul style="list-style-type: none"> Year 12 Mid Course Examinations 09am - 3pm School Cross Country Wet Weather Day Robotics Club 12:35pm - 1:15pm 	30 March <ul style="list-style-type: none"> Year 12 Mid Course Examinations 	31 March <ul style="list-style-type: none"> Assembly Junior. Senior year meetings Year 12 Mid Course Examinations
B TERM 1 WEEK 11	3 April <ul style="list-style-type: none"> Year 12 Mid Course Examinations CHS Swimming Robotics Club 12:35pm - 1:15pm 	4 April <ul style="list-style-type: none"> Year 12 Mid Course Examinations CHS Swimming 	5 April <ul style="list-style-type: none"> Year 12 Mid Course Examinations Robotics Club 12:35pm - 1:15pm 	6 April <ul style="list-style-type: none"> Year 12 Mid Course Examinations Easter Show TAS 	7 April <ul style="list-style-type: none"> Assembly Senior. Junior year meetings Year 12 Mid Course Examinations Final

FROM THE PRINCIPAL

We have had more interesting events this week.

Year 10 attended an excursion to the Sydney Jewish Museum during the week. They have been highly praised for their behaviour and cooperation so we are very proud of them.

We had a visit on Thursday from a study tour group from Kozoji in Japan. This was a very popular visit for them and also greatly enjoyed by the host students from Year 11 and 12 Japanese classes. The visitors were impressed by our students' language skills too.

Students are busy preparing for some exciting events coming up too. We are all looking forward to Harmony Day on 21 March and encourage students to perform something from their heritage or to participate in the events in other ways. Another group of students is becoming very excited about the trip to China in the next holidays. At the meeting with the travel agent this week they received their tickets and final instructions.

In the coming week some of our students will be attending a combined Strathfield Network Music Camp, which is always highly enjoyable for our musicians.

We will also be having our School Photo Day this Wednesday. Please ensure that you have ordered and paid online and that students come to school in their full school uniform, without variations please.

On Thursday and Friday all year groups will attend their formal Year Assemblies for this term. There will be much to celebrate and reward at these, and we also like to showcase some of the students' performance talents.

I would like to draw your attention to some attachments in today's newsletter:

Stewart House is a home and school near Manly, which provides holidays, respite, medical and dental care and school support for thousands of students who cannot access these things in other ways, an institution funded entirely by NSW public school students and staff. Many staff donate regularly and we encourage students and families to donate to their Donation Drive too. This is our very own charity in schools and so worthwhile. There is also a great prize available. Please support it by returning a donation in the envelope provided.

Any students of Jewish heritage who may be interested in an Israel experience, please see the attached flyer.

Any keen sailors may be interested in the opportunity to join a voyage in the national sail training ship Young Endeavour. See the attachment.

Have another wonderful week.

MRS JACQUELINE KOOB
PRINCIPAL

Tell Them From Me student feedback survey (Term 1, 2017)

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 13 March and 7 April. Participating in the survey is entirely voluntary.

A consent form about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Friday 17th March**. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

Ms Jody Engisch – (Years 7, 9, 11)
Mr Craig Anderson – (Years 8, 10, 12)



This week, I have been working with many students who have been experiencing some friendship issues – not uncommon in teenage years. A good friend is someone who doesn't take advantage of their friends and who doesn't pressure them to do things they know are wrong.

I would encourage parents to be involved in discussing who their son and daughter is friends with and to get to know their social group. I understand that in this day and age, social media is a big part of communication in friendships, but I think it is still vital to encourage face to face communication and for parents to play a role in setting this up, for example, on weekends – particularly for younger students – and to be involved in supervision as well. If a students' whole social life with "friends" is online, they need to change this and balance with face to face social contact. I know it can be tricky for parents when their child is wanting and asking for more independence, but most students I work with are still looking for structure, guidance and support from their parents – even if they don't verbalise this!

Parenting – the most rewarding, yet most challenging job in the world – have a lovely weekend.

Mrs Fiona Milligan
Head Teacher Welfare

Last week, only part of the Resilience article made it into KIT, so I have included it again – apologies.

Ten Hints for Creating Resilient Families

Andrew Fuller

Resilience is the happy knack of being able to bungy jump through life. When the inevitable pitfalls and setbacks of life occur, it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times.

Promote Belonging

The sense of belonging we have is the strongest antidote we know of for self-harm, depression and drug abuse and it's built on our sense of belonging. Children are most resilient when they have three types of belonging:

1. A sense of being part of a family
2. Having different friendships to belong to
3. Having an adult outside their family who connects with them.

Have some mooch time

We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say "I'm bored". Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening. Quiet times allow children to develop creativity and ingenuity.

Rediscover some family rituals

Family rituals are strong predictors of resilience. It doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up- rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say "Mum always made sure we did." or Dad always made sure we did."

Spontaneity and curiosity

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and

you can't give it to them by getting them to read a book.

So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

Love kids for their differences

When families' function well people are allowed to be different and to be loved for those differences.

We all know that children take on different roles. A father of three said, "It's as if they have a planning meeting once a year and say 'you be the good kid, I'll be the sick kid and the other one can be the trouble-maker! And then just when you think you've got it figured out they change roles again'".

Having children who are strongly individual and who have a sense of who they are, is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don't like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.

It is clear who is in charge

Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say.

Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that to express their

independence they need to engage in risk taking behaviour and avoid responsibility.

Authoritative parenting allows children to feel safe, have clear boundaries and flourish.

Consistency

Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children's well being. It is also important that parents not be open to manipulation and work together as a team.

Life however is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can't come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

Teach the skills of Self-esteem

Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, "yeah Mum" or "yeah Dad" whenever a compliment is made.

Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment.

Asking questions that like "How did you do that?", "How come you did so well at that test?" "What did you do?" and "Have you been doing homework behind my back?"

Know how to Argue

Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don't have conflicts.

The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs

Parents are reliably unpredictable

With young children it is important to provide consistency and predictability. This allows them to feel sure of you. After a while though, a bit of predictability can go a long way. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn't expect. This keeps them interested in learning from you or least wondering what you are up to.

Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don't quite work out as they had planned.

Andrew's latest book ***Unlocking Your Child's Genius*** (Finch Publishing) will be published in July 2015.

STEWART HOUSE DAY 2017 DONATION DRIVE

Families are asked to donate \$2.00 for a chance to win a \$4,000 FAMILY HOLIDAY. Empty envelopes and payment for these donations must be received by Stewart House by Friday 26 May 2017.

Families & Supporters

Follow these
3 easy steps

STEP 1... Take home the envelope and fill in your name, address, telephone number and school.

STEP 2... Insert a donation of at least \$2 into the envelope and seal it.

STEP 3... Return the envelope to your school/office.



Congratulations to the students listed below, who were awarded a Merit last week. Well done!

STUDENT	AWARD
Jason BOGG	Head Teacher Award: Bronze Merit
Kimberlee WALTERS	Head Teacher Award: Bronze Merit



HARMONY DAY P&C SWEET TREATS STALL – TUESDAY 21 MARCH

Sweet Treat Donations

To support the Harmony Day festivities planned on Tuesday 21st March, the P&C will be running a Sweet Treats Stall at school and we need your help.

We need donations of Sweet Treats to sell to students.

Donations can be either store bought or homemade. Ideas include cakes, cupcakes, biscuits, brownies, rocky road, bags of lollies &/or chocolates, slices etc. We are looking for anything sweet that will appeal to high school kids!

Monies raised from the Sweet Treats Stall will be donated to a charity to be confirmed.

Your Sweet Treats will need to be delivered by students or parents/carers to Common 10 before school on the morning of Tuesday, 21 March.

Cake boxes will be available for collection from the front office from mid next week if you would like to place your Sweet Treats donations inside a disposable box. Otherwise please deliver on disposable & covered plates

if you can. If you provide in a container that you would like returned to you, please be sure to write the student name and year and these will be returned to the front office / sign on room for pick up after the event.

A list of all ingredients used must be provided. Store bought items can be provided as bought and we will plate up.

If you wish to decorate with a flag for the country of origin and details of the dish, that would be great but we appreciate how hectic life is so donations of any kind international or not will be most warmly welcomed and appreciated by the P&C and students.

If you are free and would like to help, we welcome volunteer parents and carers to set up and run the stall with any time you have free between 9am to 11.30am.

If you would like to help run the stall on the day please click on the link or copy to your web browser <https://www.surveymonkey.com/r/ConcordHighHarmonyDayCakeStall> and provide your contact details.

This is a great way to support the school and students on this really important day.

P&C GENERAL MEETING THIS COMING TUESDAY, 14 MARCH FROM 7.00 PM

In the staff common room above the front office. All members and non-members are warmly welcome to attend for a relaxed, fun and collegiate gathering of parent, carer, community and school staff members. The meetings provide a great way to stay connected with the school and your local community with important updates on school news and initiatives.

The Annual General Meeting (AGM) is postponed from Tuesday, 14 March to Tuesday, 9 May to allow more time for our volunteers and appointed Auditor to complete the Audit. The current two weeks period between our End of Financial Year and AGM is too tight a period to be able to complete an audit so we will be tabling a proposed amendment to our By Laws at the next meeting to change both the End of Financial Year and AGM. You can find a copy of our constitution documents and other P&C information on the CHS web site under Our Schools, Your P&C.

UNIFORM SHOP NEWS:

The Uniform Shop is now operating normal hours of Monday and Wednesday 10.30 am – 1.30 pm. Please note at recess (10:35am – 10:55am) and lunch (12.35pm – 1.15pm) students are given priority – parents welcome after recess and before or after lunch.

Please note:

- the wet weather jackets have arrived;
- all other back orders are in so please arrange for your student or yourself to pick up.

You can contact Mae on 0434 169 203 or email school_s_in@yahoo.com.au

Just a reminder that the uniform shop only accepts cash, card or direct debit.

There are many ways to be involved in your P&C not all requiring too much time so please do keep in contact. For further information, please do not hesitate to contact us by emailing : concordhighschool@pandcaffiliate.org.au

Finally, very best wishes to all CHS students, families and staff from your Concord High School P&C and thanks to Mae and all our volunteers.

School Photographs

Dear Parents,

School photographs are scheduled to be taken by advancedlife Photography on Wednesday 15th March 2017 (Week 8A).

Whilst an envelope and flyer are distributed along with the letter, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit Online Order Code: YXK 8W4 CV4. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed. To ensure all parents are catered for, orders can be placed in the traditional manner using an envelope. If you wish to do so, you can pay via cheque, cash (exact money) or money order using the envelope and hand in to the Advancedlife staff on the day of photography. If you want sibling photo envelope, please see Ms H YUAN in Common 2 language staff room.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au

Please be advised that FULL SUMMER SCHOOL UNIFORM must be worn in a neat and presentable manner with correct school shoes. Prefects must also wear their school ties and blazer. Only small stud earrings are allowed, no facial piercings, jewelry should not be visible.

If you have any questions please contact Ms. H. YUAN on 97453777.

Mrs. J Koob

Principal

Ms. H. Yuan

Photo Co-ordinator



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www.ADVANCEDLIFE.COM.AU

Online Code
YXK 8W4 CV4

By the day of photography:

15/03/2017

advancedlife
photography & print specialists

ZONE SWIMMING CARNIVAL

On Wednesday the 1st of March, 51 students from Concord High School attended the Zone Swimming Carnival at Lane Cove Aquatic Centre.

Our swimmers had a strong showing, with Concord finishing 3rd in the overall standings in the girls category, 2nd in the overall standings in the boys standings and 2nd in the overall standings!!

We had a number of fantastic performances and congratulations to all that participated on the day. We have a large number of students qualifying for the regional swimming carnival at Sydney Olympic Park on the 17th of March. This includes a number of Concord High School relay teams!! Please see below a list of our fantastic swimmers going on to compete at the next level:

Individual Events:

Year 7:

Brianna Winstanley	12 girls 100m Butterfly
Thomas Comer	12 boys 100m Breaststroke
	12 boys 100m Butterfly
Anastasia Zaika	12 girls 100m Breaststroke
	12 girls 100m Backstroke
Angus Gray	12 boys 50m Freestyle
	12 boys 100m Freestyle
	12 Boys 100m Backstroke
Sam Chesterton	12 Boys 100m Backstroke

Year 8:

Andrew Huh	14 Boys 100m Backstroke
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Year 9:

Ben Comer	14 Boys 200m Freestyle
	14 Boys 100m Freestyle
	14 Boys 200m IM
	14 Boys 100m Butterfly
	14 Boys 100m Breaststroke
Anthony Son	15 Boys 100m Breaststroke
Jeremy Kwok	15 Boys 100m Breaststroke

Year 10:

Hobin Seo	15 Boys 200m Freestyle
	15 Boys 100m Freestyle
	15 Boys 50m Freestyle
	15 Boys 100m Backstroke
Lachlan Georgiadis	16 Boys 200m Freestyle
	16 Boys 100m Freestyle
	16 Boys 50m Freestyle
	16 Boys 100m Backstroke

Year 11:

Thomas James	17+ Boys 200m Freestyle
	17+ Boys 100m Freestyle
	17+ Boys 50m Freestyle
	17+ Boys 100m Backstroke
Jordan Smith	16 Boys 100m Breaststroke

Year 12:

Mustafa Orcun	17+ Boys 200m IM
	17+ Boys 100m Butterfly

Relays:

All ages 6x50m Boys Relay:	Angus Gray, Jake Hand, Ben Comer, Hobin Seo, Lachlan Georgiadis & Thomas James
12 Boys 4x50m Freestyle	Angus Gray, Thomas Comer, Sam Chesterton & Eathn Smith
12 girls 4x50m Freestyle	Paula De La Vara Arnaiz, Anastasia Zaika, Belle Gallen & Brianna Winstanley
13 girls 4x50m Freestyle	Rachel Seo, Alice Pride, Anastasia O'Connell & Anna Dey
14 Boys 4x50m Freestyle	Ben Comer, Andrew Huh, Daniel Samuel & Junhyuk Lim
14 girls 4x50m Freestyle	Ellie June, Angelina Zamora, Grace Kiefer & Emily Shipton
15 boys 4x50m Freestyle	Hobin Seo, Jeremy Kwok, Anthony Son & Max Trapnell

Good luck to all!!



Once in
a lifetime
opportunity



6 WEEK YEAR 10 ISRAEL EXPERIENCE

Information Night

*"Fun, incredible food,
amazing people and so
many activities day
and night"*

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No commitment to go, just a chance
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OR CALL 02 8353 1612

OR EMAIL INFO@Y2I.COM.AU

YOUNG ENDEAVOUR 2017 BALLOT APPLICATIONS NOW OPEN

The Young Endeavour Youth Scheme is pleased to announce that applications are now open for young Australians aged 16-23 to join a voyage in the national sail training ship *Young Endeavour*.

A voyage in *Young Endeavour* is an exciting experience and a unique opportunity for youth to develop skills for life. Our internationally recognised development program builds self awareness, develops teamwork and leadership skills, and fosters a strong sense of community responsibility.

Since the ship was gifted to Australia in 1988 more than 12,500 young Australians have completed the Young Endeavour Youth Development Program. No sailing experience is required. *Young Endeavour* is operated by a professional Royal Australian Navy crew who ensure the highest standards of safety, and teach participants the skills to sail a square-rigged tall ship.

24 youth from across Australia will join each eleven day voyage during the 2017 program. As members of the crew they will keep watch and take the helm, handle lines on deck, cook in the galley, navigate using the ship's charts, and climb the 30 metre mast to set and furl the sails.

While at sea, they will be encouraged to pursue personal and team goals and challenges. By the end of each voyage they will have the skills and confidence to elect a leadership team and take command of the 44 metre brigantine, sailing *Young Endeavour* along the Australian coast.

Freshwater Senior Campus student Tessa Wicks, who recently joined *Young Endeavour* for a voyage along the Kimberley coast from Darwin to Broome, reflected on her experience:

"Sailing Young Endeavour was an amazing experience. I met some incredible people from all over the country and saw some spectacular parts of Australia. I have a newfound appreciation for Australia and for the natural beauty of the world."

Command Day was amazing. We had been learning the skills to sail Young Endeavour, but when the Navy crew actually handed over command it was a lot of responsibility. At first we were worried about what to do, but we helped each other and worked together to get the job done. It was amazing to see how, over ten days, people who were strangers could step up and become such a great team. We successfully sailed a \$22 million dollar ship along the Western Australian coast. That's a once in a lifetime experience."

The main thing I learned is to be more open to what people have to offer as individuals and in the community. I'm also much more confident. I'm very grateful for the experience and highly recommend Young Endeavour to anyone considering this amazing opportunity".

Applications are open at www.youngendeavour.gov.au. Voyage fees and conditions will apply to successful applicants, who must be aged 16-23 year on the day of departure of their selected voyage/s. Potential applicants should apply before April 2017 for the best chance of being drawn for a voyage.



CASUAL STAFF NEEDED CONCORD GOLF CLUB

Concord Golf Club has an opportunity for casual Course Staff, working outside of school hours with 2-3 shifts per week on Mon, Tue, Thu & Fri from 4pm-7pm. Position would suit year 10 or 11 students.

We are looking for committed and reliable people who enjoy working outdoors, and as part of a team. Shifts will reduce during winter months, when additional staff may not be needed, and additional work is available during school holidays.

Duties include manual labour maintaining fine turf and bunkers using course machinery. Full training will be provided, with further opportunities for the right staff.

To apply, or for more information, please email betty@cgccourse.com