



Concord High School Keeping In Touch

Respectful Responsible Achieving
Term 4 Week 6

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

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Principal's Report

Congratulations

I had the pleasure of attending the Principal Network Awards on Wednesday 21st November to witness Janelle Hollands receive a Principal Network award for outstanding achievement in the role of Administrative and Support Staff at Concord High School.

Congratulations to one of our outstanding School Administrative and Support Staff. We have a wonderful SASS team and although CHS was only able to recognise one staff member at this event, I believe we have the most incredible and hardworking SASS team and I am thankful for the contributions that they make each day to support the students and staff at Concord High School.



Janelle Hollands is an outstanding School Administration Officer who has worked at Concord High School for 18 years. Janelle is meticulously organised, incredibly hard working and demonstrates exemplary administration and customer service skills. Janelle goes above and beyond in all aspects of her job to support the staff and students of Concord High School. She is warm, caring and has sophisticated interpersonal skills and outstanding problem solving skills. Janelle is responsible for the enrolment of Concord High Schools large school population of over 1100 students and the seamless transition of Year 6 into Year 7. This involves the consultation and collaboration with the local Primary Schools. Janelle works proactively and collaboratively to strengthen the partnership between the parent community and the local Primary Schools and Concord High School using her high level interpersonal skills and highly effective communication. Janelle voluntarily works extended hours to ensure seamless administration at Concord High School so that teachers are able to focus on their core business and the school needs are met.



Principal's Report continued

Congratulations also to Mrs Frances Brewer, Principal of Strathfield North Public school who received a Principal Network award. Frances Brewer is a passionate, caring and dedicated educator who commenced her teaching career in 1973 at Walgett Public school. Frances has gone on to successfully attain diverse leadership roles including a 16 year term as Principal of Strathfield North Public School. Many of our students who have come from Strathfield North Public School will have had the wonderful opportunity to be positively impacted by the leadership of Frances. At the end of 2018 Frances will be retiring and we wish her all the best and thank her for her support and care of the students at Concord High school during their Primary School years.



**Acting Principal
Mrs Jody Engisch**



Deputy Principals Report

by Craig Anderson

Save the dates

Wednesday 12 December school presentation evening.

Thursday 13 December HSC results released.

Friday 14 December morning tea for all HSC students. On this day ATARs are released. This is an opportunity to discuss ATARs and any advice required for changing preferences. Please strongly encourage your HSC student to attend.

Year 11 ATAR club

Please ensure that your student has now met with their mentor and that they have a regular catchup. Conversations at home to support mentoring will benefit your student. Any student who would still like a mentor should see Mr Anderson.

Students will be able to request to reduce their study to 10 units at the beginning of 2019. Please have strong discussions with your student if they raise this as a possibility. As a school the general advice is that studying 12 units is preferable to have a safety net. You will need to sign the application and please ensure you have a good discussion before signing and if unsure call the school to speak to Mr Chappelow, Ms Kalachian, Mrs Milligan or Mr Anderson for advice. Students will be interviewed by the Deputy before a decision is made.

Yearly reports

All yearly examinations have now concluded. Year 11 reports have been posted and should arrive shortly. Year 7 reports are available in the parent portal. These will not be posted. Any difficulties with access please email the school email account with the title Year 7 report. There have been a very large number of families that require assistance and we are working to reply as quickly as we can.

The school partnership with Macquarie University Walanga Muru.

On Wednesday of this week we held a regular session with our mentors from Macquarie University. Students met and did a variety of activities using Mr Anderson's office as a base. Next Wednesday will be the last workshop for the year.



Deputy Principals Report

by Fiona Payne

CREATIVE AND PERFORMING ARTS FACULTY REVIEW

The Concord High School Annual Review process is used to determine how well our faculties are serving our students. It is used to provide a valid and reliable foundation for whole school planning, identifying areas for future focus within faculties as well as to celebrate the successes of those faculties. Each year a different faculty is reviewed and parents are encouraged to participate by providing feedback around the experiences of their students.

The information provided is confidential and anonymous. The feedback will assist in examining the quality of teaching and learning and will make recommendations on the quality of course delivery and student engagement in learning.

The survey will take less than 5 minutes to complete and can be found at:

<https://www.surveymonkey.com/r/BHYCF7Z>

If your student studies Visual Arts, Music, Drama, Visual Design or Photography ... then have your say!

CAPA News

SAVE THESE DATES!

INSTRUMENTAL ENSEMBLES PRESENTATION CONCERT THURSDAY 29 NOVEMBER 2018 6PM

Students to arrive at 5:30pm for a 6:00pm start

LACHLAN HAMILTON STAGE BAND WORKSHOP WEDNESDAY 5 NOVEMBER 2018 PERIODS 3 & 4

Stage Band students to meet in the theatrette after recess with their instruments

YEAR 10 MADD NIGHT THURSDAY 6 NOVEMBER 2018 6PM

Year 10 Students to arrive at 5:30pm for a 6pm Start

INSTRUMENTAL ENSEMBLES PRESENTATION NIGHT

The Instrumental Ensembles Presentation night will be held in the theatrette (CHS) on Thursday 29th November 2018. The Concert will start at 6 pm, students will need to arrive at 5:30 pm to assist with set up. All students involved in the Concert Band, Stage Band, Rock Band, String Ensemble and Vocal Ensemble will be performing repertoire they have been rehearsing as well as receive an award recognising their dedication to the Ensembles Program.

Parents and friends are invited to attend the concert. Permission notes will be distributed in rehearsals this week and will be available in Common 1.



CAPA News continued

YEAR 10 MADD NIGHT

Year 10 Music, Art, Drama and Design night will be held in the theatrette and Common 11 on Thursday 6 December 2018 at 6pm.

Parents and friends are invited to attend the night where year 10 students will be showcasing their music and drama performances as well as Visual Arts and Visual Design works.

Permission notes will be distributed in class (Week 6) and will also be available in Common 1 and Common 11 Staff rooms.

LACHLAN HAMILTON STAGEBAND WORKSHOP

Students in Stage Band will have the opportunity to attend a workshop lead by Saxophonist & Jazz Performer Lachlan Hamilton. The workshop will take place on Wednesday 5 November during periods 3 and 4 in the theatrette and an outdoor lunchtime concert will follow for staff and students to enjoy.

Lachlan Karl Hamilton began playing the piano at the age of four. Taking up the clarinet, and then saxophone soon after, his musical journey has taken him around the world performing with the likes of James Morrison, Don Burrows, Kate Cebrano, Mat Jodrell, Troy Roberts, Sarah McKenzie, Patti Austin, The Melbourne Symphony Orchestra and many more. At 21, Lachlan is fast becoming a well-known identity of the Australian Jazz scene.



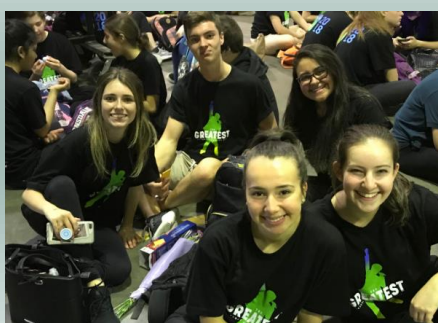
Currently in his fourth (honours) year at the James Morrison Academy of Music, Lachlan was the recipient of the 2016 Excellence in Performance Award. During his Bachelor course, Lachlan studied closely with Jeff Clayton, Mat Jodrell, Graeme Lyall, Carl Mackey and James Morrison. He was also a member of the top-tier jazz orchestra, recording the album "James Morrison with his Academy Jazz Orchestra" and touring across the US in venues including Dizzy's Coca-Cola Club (New York), the Green Mill (Chicago) and at the 2017 Jazz Educators Network Conference (New

Lachlan is the founder of various groups including "FLIP" and "The Swing Merchants". He also regularly performs with the James Morrison Quintet and his own, self-titled trios and quartets, playing original compositions and arrangements of jazz standards.

We look forward to working through our performance repertoire with Lachlan in the workshop.

SCHOOL SPECTACULAR REHEARSALS DRAMA ENSEMBLE

Concord High School Drama students have been rehearsing for the up coming school spectacular concert to be held at Qudos Bank Arena on the 23rd and 24th November. Tickets are available for purchase via the school spectacular website www.schoolspectacular.com.au or ticketek. We wish the CHS drama students all the best throughout the remainder of their rehearsals and final performances. We would like to take this opportunity to thank Mrs Angelina Lombardo for all her organisation towards allowing this valuable opportunity for our students.



CAPA News continued

OPERATION ART EXHIBITION AWARD RECIPIANTS

Every year schools across New South Wales are invited to participate in Operation Art, an initiative of The Children's Hospital at Westmead in association with the New South Wales Department of Education. The Operation Art program provides a forum for schools and students to demonstrate their visual arts achievements through exhibitions at the Armory Gallery, Sydney Olympic Park and the Art Gallery of New South Wales.

This year, the following CHS Art Club students received awards for their submissions:

Art Bank Award Rachel Seo Year 9

Title of Work: Imagining the world with a photo

Office of the Children's Guardian Award – Hannah D'Haaveloose Year 7

Title of Work: Inner Strength

We congratulate the above students on their achievements.

P&C News

\$\$ Treasurer Needed \$\$

Do you have Accounts / Finance background?

The P&C do great work to raise funds and support the students and teachers of Concord High School. We are looking for two people who could spare up to an hour per week/fortnight performing finance tasks from home or office. Processing the work can be done via on line banking and email.

The small work load will be split between two volunteer people, with duties listed below. We can accommodate your skill set.

- Accounts payable – couple of invoices per term.
- Wages for one person (uniform shop).
- P&C expenses processing.
- Quarterly Tax.
- Annual P&C insurance.
- Annual Audit preparation.
- Workers compensation.

Please come and get more involved in your student's school world. The P&C are a great bunch of friendly people who all have a common goal. To improve the opportunities and conditions the children are learning in.

Please call Angie on the number below for a chat. We are also looking to start up a "Social Event" Sub Committee. With plans of organising trivia nights and the like. If you are interested we look forward to hearing from you.

Kind regards,
Angela Smith
P&C President – CHS
0458 777 702



Congratulations to Charlotte Hogan of Year 8 who was the lucky recipient of a \$50 Westfield voucher. Mr Bob Allison represented the P&C at the junior assembly to present the award.



Community News

Notification of Night works

Zinfra has been contracted by Jemena to carry out construction and repair and maintenance services on the Jemena Gas Network.

Zinfra will be carrying out essential night works at 70 Burwood Rd, Concord on Sunday 18 November 2018 to Sunday 2 December 2018 from 9.00 pm – 5.00 am (due to unplanned interruptions work maybe carried out after the expected end date).

Due to the works there may be changes to road with possible lane closures.

If you would like more information or have any concerns, you can contact:

Zinfra Field Supervisor: Wayne Roberts 0402 060 447

Zinfra Office: Team Hotline (02) 9867 98530

Job Number: Z100276401



Congratulations to the students listed below, who were awarded a Merit this week.

Student

Louis GAN

Sophia LU

Reiji SEMIDANG

Louie ROBERTS

Maxine BRIGHT

Guy VACCARO

Zack D'MELLO

Zack D'MELLO

Award

Faculty Award: Faculty Award

Faculty Award: Faculty Award

Faculty Award: Faculty Award

Faculty Award: Faculty Award

Faculty Award: Faculty Award

Faculty Award: Faculty Award

Silver Merit: Silver Merit

Bronze Merit: Bronze Merit



Welfare News

A few weeks ago, I mentioned the importance of looking after our mental health – it is just as important as our physical health. Please see an article below produced by REACHOUT with some tips:

Practical tips for your teenager's wellbeing

Developing a strong sense of wellbeing is an important part of being healthy, happy and getting the most out of life. It can help teenagers manage the challenges of the developmental years and be a protective factor against mental illness. However, wellbeing is important for your whole family to develop and is something you can work on together.

5 Ways to Wellbeing

There are five evidence-based ways to develop and maintain mental wellbeing according to the New Economic Foundation (UK). These are simple activities that you, your child and the whole family can do that will have a positive effect on your collective wellbeing.

Connect

Positive relationships with friends, family and peers are essential for promoting mental wellbeing. Encourage your child to make new friendships and maintain an active connection with their friends. Help them foster meaningful connections with others by being an active member of the school community, sports team, volunteering and making time for family.

Be active

Exercising regularly has been shown to lower rates of depression and anxiety. It's particularly important for teenagers to make time for exercise to relieve stress, especially during exam time.

Take notice

Also known as 'mindfulness', the practice of being aware and taking notice of 'the little things' trains us to be aware of our thoughts and feelings. A popular way of practicing mindfulness is by being grateful. A simple way to practice gratitude is to take some time at the end of each day to consciously acknowledge three things we were grateful for. This simple exercise, when practiced consciously, has been found to enhance mental wellbeing.

Keep learning

Teenagers' lives are focused on learning and it is vital for their social and cognitive development. Encouraging your child to learn new skills, especially if they are creative in nature, will enhance their self esteem, encourage social interaction and help them live a more active life. A love of learning is a great quality to have in life.

Give

When we give our time and energy to help someone else it is very rewarding. It gives us a sense of meaning and purpose. Volunteering, giving time to a cause that your child feels strongly about and giving kindness will also help your child understand empathy.

Other ways to improve wellbeing

Other things that can have a positive effect on mental wellbeing include:

•eating healthy and nutritious food •spending time in nature •personal challenges, that stretch someone's ability but don't feel overwhelming •music •meditation.

Another aspect of mental wellbeing that is critical during the teenage years is sleep. Sleep psychologists recommend that the optimum amount of sleep for teenagers is 7.5 hours a night. When teenagers become depressed they can tend to sleep more and their sleep pattern is turned upside down, they will sleep all day and be awake all night. Getting young people to readjust to a circadian sleep pattern will greatly improve their mental wellbeing.



Upcoming Dates

VARIATIONS TO ROUTINE

TERM 4 WEEK 7 November 26, 2018 – November 30, 2018 WEEK A

November 26 <ul style="list-style-type: none"> Year 10 Visual Design 	November 27 <ul style="list-style-type: none"> Year 9 Visual Arts 	November 28 <ul style="list-style-type: none">
November 29 <ul style="list-style-type: none"> Year 10 Engineering Year 9 IST 	November 30 <ul style="list-style-type: none"> Year 9 Food Tech 	

A LOOK AHEAD 2018 Term 4 Week 7

B TERM 4 WEEK 8	December 3 <ul style="list-style-type: none"> Year 10 Wood Tech Year 9 History Movement of People Essay Year 12 Business Studies Task No. 1 	December 4	December 5	December 6	December 7 <ul style="list-style-type: none"> Year 8 History Year 9 Textiles Year 9 Wood Year 12 Biology exam
A TERM 4 WEEK 9	December 10 <ul style="list-style-type: none"> Year 9 PDHPE Year 12 English EAL/D Year 12 Drama 	December 11 <ul style="list-style-type: none"> Year 8 Geography Year 10 Textiles Year 8 R, V, W, Y PDHPE 	December 12 <ul style="list-style-type: none"> Year 7 Music Year 10 Music Year 8 B, G, O, P PDHPE 	December 13 <ul style="list-style-type: none"> Year 7 Music Year 9 Drama Year 10 Music 	December 14 <ul style="list-style-type: none"> Year 7 Music Year 10 Visual Design Year 10 Music

