

18 April 2024

Principal's Report

Welcome back to Term 2. I hope everyone was able to have some relaxing time over the Easter break.

Chorals

The two Chorals performances were held at the end of last term with the adjudication day on the last day of term. Congratulations to Brennan who were awarded the House Chorals trophy for 2024. All performers were amazing, in their enthusiasm and commitment. The performances were outstanding and, as I do each year, I received very positive feedback from members of the school community on each night of the performances. Thank you to the student-led Social Service and Community Liaison teams for the refreshments on each evening and to The Parents' Association who held a raffle on each night. The funds go to supporting school programs, so it was great to see so many tickets being sold.

Macbeth

The Camberwell Grammar and Canterbury Girls' Secondary College production of Macbeth opens in May. A number of CGSC students are involved. Tickets can be purchased [here](#). I attend these performances each year and they are always outstanding.

Parent payments

Thank you very much to those parents and guardians who have contributed to the parent payments for subject levies as well as the Building and Library Funds. Teachers are starting to purchase resources for curriculum programs and these payments are very important to ensure students learning is supported. Thank you as well to parents and guardians who have contributed to the Building and Library funds as the Library Fund supports Library programs including the purchase of books and the Building Fund contributes to upgrades to buildings to ensure students have the best environment for learning. Families are able to see what has not yet been paid by looking on Compass.

Enrolments 2025

Canterbury Girls' Secondary College is now accepting applications for enrolments into Years 8 to 12 for 2025. If you know of someone who is interested in enrolling a student, please ask them download and complete an application form available on the website. Any questions can be referred to Georgina Padula (Years 8 and 9) or Jim Ouliaris (Years 10-12).

The school is also holding tours for prospective 2025 families and students. Details are available on the College website.

Mary Cannon
Principal

Diary Dates Term 1

18 April	Fun Run
25 April	ANZAC Day
29 April	House Athletics Carnival
1 May	Open Day & Information Night
6-8 May	Year 8 Adventure Camp
13-17 May	Music Week
16 May	Social Service Free Dress Day
10 June	King's Birthday
18 June	Staff PD, Student free day
28 June	End of Term 2

CONNECT WITH US



Many students travel by public transport. It is important that students have valid myki cards when travelling on trains and buses. We have received information from the Department of Transport and Planning about a new app that enables an instant top up of the myki card balance.

You do not have to register an account in order to use the top up feature.

However, they strongly recommend that you do register your myki so you can protect your balance and take advantage of other PTV App features such as auto top up or managing multiple cards.

For further details click [here](#).

Assistant Principal's Report

School Attendance

In Victoria, school is compulsory for young people aged 6-17 years. Going to school every day is the single most important part of your teenager's education. We all want all students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. Students develop good habits by going to school every day – habits that are necessary to succeed after school, whether in the workplace or in further study. Missing school can have a big impact on students academically and socially. It can affect their results and their relationships with other students. There is no safe number of days for missing school – each day a student misses puts them behind and can affect their educational outcomes. Each missed day is associated with falling behind in subject topics and assessment tasks and may impact on achievement.

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

Family holidays – It's vital that holidays are planned during school holidays where possible, and not during the term.

"Day off" – Think twice before letting your teenager have a "day off" as they could fall behind their classmates – every day counts.

While all absences can affect academic performance, Department of Education statistics show that unexcused absences are a much stronger indicator of lower reading and maths achievement. Remember, every day counts. If your teenager is absent, please approve the absence on Compass promptly. To approve absences, please login and look for the message titled: "Attendance-Parent Approval Required" under "My News". Please click the message: "Click here for further information". You will then be taken to another screen where you can click the appropriate reason and add the dates. Compass provides the following reasons for absence, including: Medical, Dentist, Bereavement, Parent Choice, Family Holiday or Religious/ Cultural Observance.

Georgina Padula
Assistant Principal

Teaching and Learning News

Camp Seek 2023

During the Term 3 holidays last year, with a little push from my dad, I joined the Camp Seek program, driven by my interest in business and innovation. The four-day experience brought together around 100 Year 9 and 10 girls from across Melbourne. Split into teams of six, our task was to devise a solution for online teenage safety.

Pooling our talents, we came up with Sleepify, an app designed to track and enhance sleep patterns for a healthier lifestyle. Over those intensive days, we brainstormed, coded, and refined our concept, driven by a shared ambition to make a difference.



As the program drew to a close, tension mounted for the mini expo and pitch event. Standing before the Seek management team, we presented Sleepify! Our hard work paid off as we clinched first prize which was a scholarship for a six-week business accelerator program with HEX.



Beyond the victory, Camp Seek was a transformative experience. I made connections, honed my collaborative skills, and discovered the power of teamwork in realising innovative ideas.

Parissa Roney
Year 10

Careers News

Last term, Year 10s had their first Careers Day for the year. They were introduced to the work experience program, which takes place in December from 9th to 13th. Families, please be aware that all Year 10s will be required to find a placement, check your emails for information.

The students were also given the chance to try their hands at a few trade skills with a visit from Empowering Women in Trades. Some lovely planter boxes were constructed along with some pretend brick laying. All good fun and a nice way to end the term.

David Cameron
Careers and Pathways Co-ordinator



Sport Report

CGSC swimmers compete at the Eastern Metropolitan Regionals

At the EMR swim meet held in Ringwood on Tuesday 26 March, our school's swim team, consisting of Riley Cardow, Sienna Mulheron, Isabel Neeson, Caitlin Truong, Aaria Wendt, Sage Stanley, Ayesha Arya, Ava Kearney, and Kendra Cheesman, showcased their talent and hard work. The team put on a show, with several athletes achieving top positions in a variety of events.

Riley Cardow captured attention with a series of remarkable achievements, securing 2nd place in the 200m Individual Medley, 200m Freestyle Relay, 50m Butterfly, and 50m Freestyle events in the 16-20 and 18-20 age groups. Additionally, Riley clinched 1st



newsletter



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place in the 100m Breaststroke and 50m Breaststroke, setting a record in the latter. These results have qualified Riley for the state titles, aiming to build upon the double gold victory from last year's championships.

The 200m Freestyle Relay was a highlight, with our teams in both the 12-13 and 18-20 age groups securing 2nd place. This accomplishment was thanks to the efforts of our swimmers, including Sienna Mulheron and Caitlin Truong in the older age group and Aaria Wendt, Sage Stanley, and Ayesha Arya in the younger division.

Sienna Mulheron also shone in the 100m Butterfly, while Isabel Neeson put up a strong performance in the 50m Breaststroke. Caitlin Truong, Ava Kearney, and Kendra Cheesman further contributed to our team's success in the relay events, showcasing the strength and versatility of our swimmers across different categories.

Congratulations to all our swimmers for their outstanding performances.

Stefan Majewski
Sport and Sport Education Co-ordinator

String Quartet performance - Victorian School Sport Awards MCG

In the last week of Term 1, our string quartet was invited to perform at the Victorian School Sport Awards held in the members' dining room at the MCG. The ensemble provided musical entertainment and a touch of class to the event. The awards event celebrated its 30th anniversary this year and were presented on Wednesday 27 March attended by 220 guests. The ceremony was hosted by world champion marathon runner and Olympian Steve Moneghetti, who played a central role in the awards' establishment after chairing the 1993 Review into Physical and Sport Education in Victorian Schools.

Congratulations to Elizabeth Ho, Belle Wong, Georgia Woods and Lucy Woods for representing CGSC so proudly. Thanks also Adele Oppedisano for her support of the students on the day.



Anzac Day

Next Thursday, CGSC is participating in the Anzac parade in the city and preparations are coming together for the marching ensemble. The core of this ensemble comes from Wind Symphony and special guest performers. Look out for us on the ABC telecast next week! We are scheduled to step off from Flinders St at approximately 10.55pm, though please note the times can be quite flexible on the day.

May 16 - Junior and Autumn Concert

On the evening of 16 May, we will be holding two concerts in MacMillan Hall showcasing all of the fantastic work which has taken place in lessons and rehearsals.

The Junior Concert will feature the debut performances of our beginner groups Staccato and Vivace, commencing at 6pm and will conclude at approximately 6.30pm.

Term Dates

Term 2

25 April	Anzac Day March, City
30 April	General Assembly – Wind Symphony
9 May	NEVR youth concert rehearsals, various locations
16 May	Junior (6pm) & Autumn Concert (7.30pm), MacMillan Hall
Week 5	Music Week
24 May	NEVR youth concert rehearsals, various locations
29 May	NEVR youth concert, Hamer Hall
20 June	VCE Music recital
26 June	Choral concert

The Autumn Concert which comprises performances from all Junior, Intermediate and Senior ensembles, will commence at 7.30pm and finish at 9.15pm (approx).

Entry: Gold Coin donation

A BBQ will be held between both concerts with the proceeds going towards Cantabella's upcoming tour to the Royal South Street competition in Ballarat.

Concert Black

With the Junior and Autumn Concerts coming up and many new Year 7 students in the music program, I would like to make it clear what students are expected to wear when performing at concerts. Below is the 'Concert Black' guidelines for all musicians. We do not require families to go to any great expense in purchasing appropriate attire.

CONCERT BLACK

Performing is an integral part of the study of music and presentation is of great importance.

All students performing in ensembles at CGSC are required to wear **Concert Black** attire. This may include combinations of the following:

Dress OR Skirt

Formal, modest, below the knee when seated, to be worn with black stockings or tights

Pants

Classic cut, full length pants, not low waisted or jeans with black socks.

No leggings, except if worn under a skirt or a dress. No jeans!

Shirts AND Tops

Sleeved or sleeveless (no shoestring straps)

Black Shoes

Concert Black allows for individuality, however we do ask that you abide by the guidelines in support of all students and the presentation of the ensemble.

Michael Sword

Head of Music



Dear CGSC Supporters,

We hope you all had a wonderful Easter and break from CGSC. It was lovely to meet many of you at the House Chorals and at our recent Tuesday 16 April PA meeting. We look forward to seeing you again (and meeting more of you) at the Athletics Day, Mother's Day Luncheon and the May PA meeting!

2024 Office bearers

We have now filled all the PA office bearer positions. Thank you to Cathy Eastwood and Maryanne Galea for job sharing the treasurer position. Your 2024 Parents' Association position holders are:

President: Carol Tseung
Vice President: Penny Ison
Vice President: Toni Soukoulis
Secretary: Samantha Whitehead
Treasurer: Cathy Eastwood and Maryanne Galea

Appreciation for our Supporters

Hot Cross Buns

Thank you for supporting us by purchasing our Woodfrog bakery hot cross buns. We raised \$1322.08 from this Tuesday 26 March 2024 event.

A special thank you to Mateki Lilomaiava (lead organiser) and PA volunteers Diana Darmawan, Simone Millott, Nicola Rowling and Carol Tseung.

House Chorals Raffles

Thank you to everyone who donated items for our 12 raffle prizes, especially Cross Fit Hawthorn East, Fletchers Canterbury, The Hair Est. and Spine Health & Stability and also by buying our raffle tickets. We are still finalising fundraising figures and aim to advise in the next newsletter.

A special thank you to Toni Soukoulis, Carol Tseung, Samantha Whitehead (lead organisers) and PA volunteers Marj Badilkhaan, Cheryl Chan, Vicky Collie, Chelsea Dobbs, Janelle Keane, Justina Lee, Anne Tang, and Leigh Williams.

Upcoming Events

Athletics Day Sausage Sizzle – Monday 29 April

The PA will be selling the following:

Sausages	\$2.50
Soft Drink	\$2.00
Water	\$1.00

If you have a current Working With Children Check and can help on the day, please email pa@cgsc.vic.edu.au.

Mother's Day Luncheon – Tuesday 7 May, 12:30pm

Come join us for this social event if you're able to. Tickets are \$65 and available on [TryBooking](#). You will be receiving a 3-course meal with drink and gift on arrival at Youngs Wine Rooms, 227-229 Camberwell Road, Hawthorn East. We will also be selling raffle tickets.

If you can help on the day or are a business that can donate items for the raffle please email pa@cgsc.vic.edu.au.

Diary dates

Next monthly meeting

Date: 21 May 2024

Time: 7.00pm

Venue: Conference Room

Office bearers

President: Carol Tseung

Vice President: Penny Ison

Vice President: Toni Soukoulis

Secretary: Samantha Whitehead

Treasurer: Cathy Eastwood and Maryanne Galea



the parents' association



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PA meetings

Our Parents' Association cannot run without you, the support of the school and our community. We would love new members and hope you can join us. We meet on the 3rd Tuesday of the month at 7pm, come to the school office.

For our Tuesday 21 May meeting, we will be voting on how we allocate our PA fundraising funds towards initiatives that support our children. Please join us and voice your opinion if you can.

Carol Tseung
The Parents' Association President

P.S. If you would like to support the PA, but cannot donate your time or efforts, you can contribute via the PA levy. If you do not want to contribute the full amount of \$50, you can nominate a different value. PA funds help raise monies for resources that are not funded by the Government (i.e. language assistants, food tech ovens, dishwashers etc.) and every little bit helps!

The Engsearch Award, Science Talent Quest and Australian School Science Competition from 1992

THE ENGSEARCH AWARD



During the summer holidays, I spent 8 weeks doing research at the Electrical and Electronic Engineering Department at the University of Melbourne. I must admit that before I started, I was a bit reluctant to spend my entire holiday studying and doing research even though I thought it would be very interesting and challenging. But once I had a taste of university life, I was hooked.

On the first day at the university, I turned up early in the morning to meet my supervisor, Dr. Scordilis. He explained some of the concepts of Digital Speech Processing (DSP) and gave me a briefing on what I was to do for my project, "Detection of Fundamental Frequency of Speech Signals". The first week was spent doing the tedious stuff: studying the theory and the computer language required.

At the university I met many post graduates, some of whom thought that I was a post graduate and even asked me which university I graduated from?! I also met up with the other Engsearch students. We got along very well and spent most of our lunch times together; sometimes walking down to Lygon Street for a pizza and once we even decided to go down to Melbourne Central.

My project was as challenging as I expected it to be (maybe more so). At the end of the 8 weeks, the other Engsearch students and I had to give a talk about our projects to all the Engsearch applicants in a lecture theatre. I can assure you it was quite an experience!

My experience at the university was a very special one. It has given me a more mature outlook on life... So if you have the chance to participate in the Engsearch Award,... GO FOR IT! It will be the experience of your life and I am sure you will find it as rewarding and as interesting as I have found it.

CORINNE ONG

SCIENCE TALENT QUEST

The School's inaugural Science Talent Quest, run by the Science Faculty in association with the Parents Association, has come to its conclusion. Two prizes were available at each year level, 7 to 10. One was for experimental research and the other for non-experimental presentations. This latter category attracted models, games, videos, photographic essays, written essays and posters.

The winning entries were as follows:

Experimental Research

Year 7 Lisa Foeldes 7F for her investigation of burning candles

Year 8 Claudette Botros, Gina Solomon 8E for their steam powered boat study

Year 10 Jasleen Khurana 10A for a study of heat transfer

Non-Experimental Research

Year 7 Melissa Tso 7F, for a report on waste and recycling

Year 8 Isolde Lueckenhausen 8F, for a game based on a bee colony

Year 9 Magida Ezzat 9A, a poster demonstrating papyrus paper making

Year 10 Natalie Cameron 10F, for a working model of a solar water heater

The judges would like to specially commend Melanie Monk 7B and to commend: Eve Lin 8B, Dara Searle 8E, Tammy Illopoulos and Jacqui Goodall 10D, Anna Wilson 8F, Sara Faccioni 9E, Bec Smith 9C, Katya Gray 9E, Hannah Savige 7F for the quality of their entries. Thank you to all entrants for their efforts.

Finally, thanks to the Science staff, the Parents Association in general and Carolyn Petit in particular, for their help and support

D. WATTS
J. CHENG



AUSTRALIAN SCHOOLS SCIENCE COMPETITION

Earlier this year, 20 students from years 7 and 10, sat for the Australian Schools Science Competition. The competition is sponsored by Esso, Australia. A total of 270,000 students in Australia and New Zealand participated in the competition; 40,000 from Victoria. It is organized by the Educational Testing Centre of the University of New South Wales, and is supported by the Australian Science Teachers' Association.

The aim of the competition is to provide students with a stimulating challenge and feedback on performance. Students are called on to solve problems based on real life situations using the skills and processes of science.

Each student has received an individual letter telling them which questions they got right as well as the average mark for their school and state.

The following girls received a certificate for distinction (top 10% in the state):

Year 7 - Holly Iife
Year 10 - Kess Dovey

The following girls received a certificate for credit

(top 30% in the state):
Year 7 - Belinda Gale
Year 7 - Pippa McWilliam

Congratulations to these girls it was a commendable effort! Thank you to all girls who participated, especially as this was the first year this school has entered the competition.

LUCINDA THOMPSON
SCIENCE COMPETITION
CO-ORDINATOR



Image from *The Mangarrian* 1992

School Working Bees

Working Bees give every family the opportunity to assist in the improvement of the school grounds and buildings for our students. We hope that all parents and carers will take their turn because all our children benefit from the result and there are tasks to suit all levels of skill.

If you would like to help at a working bee session, register [here](#).

If you are unable to help at working bees this year, but would like to make a donation of \$50.00 to assist in buildings and grounds maintenance, contact the General Office at (03) 9830 5099.

Uniform Shop

New – Softshell Jackets

The Uniform Shop has recently added softshell jackets to the sports uniform range. These jackets are replacing the current shower proof jackets. Softshell jackets are \$110.00 each and can be purchased online or in store on Tuesdays.

All profit from the Uniform Shop goes back into the school for the benefit of the school community. The Uniform Shop is open on Tuesdays from 8:30am to 3:30pm. We encourage students to visit the Uniform Shop during recess and lunch times. Card only, sorry no cash or cheques.

Elena Mantelos
Uniform Shop Manager

Canteen News

The Canteen is welcoming everyone back for Term 2. We have a new Daily Specials board for this term, which you are able to order online or at the counter at recess.

MONDAY is German Kransky with Cheese mustard and tomato sauce in a roll.
TUESDAY is large baked potato with cheese coleslaw and sour cream.
WEDNESDAY is Vegetarian Hokkian noodles in sweet soy sauce.
THURSDAY is Butter Chicken and rice.
FRIDAY is Pasta Carbonara.

We will still be offering all our usual items but keep our daily specials in mind when placing orders.

Looking forward to seeing you all.

Melissa and Samantha
The Canteen Team

Working Bee dates for 2024

18 May	Working bee #2
	9:00am - 12.00pm
17 August	Working bee #3
	9:00am - 12.00pm

Address

19A Wentworth Avenue, Canterbury 3126
03 9831 8661
uniform@cgsc.vic.edu.au

Online Ordering

<https://myschoolconnect.com.au/cgscuniform>



CGSC PARENTS ASSOCIATION

COME AND JOIN US!

We warmly welcome new
parents and carers

Next meeting:

Tuesday 21st May

7pm

(meet at the school office)

e: pa@cgsc.vic.edu.au

DID YOU KNOW?

In the past, this amazing
group of parents have raised
in excess of **\$50,000** per
year.

These funds have helped
support; Purchase of Year 12
Key rings, School Anthology,
Cantabella, French Assistant,
Japanese Assistant, Stoves
and microwaves, Virtual Baby.





Tuning into Teens at headspace

EMOTIONALLY INTELLIGENT PARENTING

A free 6-week program for parents of young people aged 14-18

Parenting can be a challenge at times so would you like to learn how to:

- Understand what your young person is going through at this stage in their life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer relationship
- Build your skills as a parent

Have any questions? Email
headspace.enquiries@accesshc.org.au

Dates: May 1st -
June 5th 2024
When: Wednesdays
Time: 6-8pm
Where: headspace Hawthorn
Register below:



Tuning into Teens – Information Sheet

What is Tuning into Teens?

Tuning into Teens is a parenting program that helps teens learn to understand and regulate their emotions. Previous research has found that parenting styles can influence a teenager's emotional intelligence.

Emotional intelligence is the ability to understand and control your emotions, as well as being able to communicate to others about how you feel. Teens with good emotional intelligence often have better emotional, social and physical functioning as well as fewer behavioural difficulties.

Tuning into Teens aims to give you helpful ways of teaching your child the skills of emotional intelligence. The program teaches you about how you, as a parent, can help your child to develop good emotional skills. It teaches parents:

- Awareness and regulation of their own emotions
- Awareness of their children's emotions
- To use teen's emotional experiences as an opportunity for closeness and teaching
- Skills in assisting teens to verbally label and manage their emotions
- Skills in assisting teens in problem solving
- To guide teen's behaviour with appropriate limits

The program involves watching video material, group discussions and exercises, role plays, reading information and home activities where you try out different ways of responding to your teen's emotions. Parents are encouraged to share their experiences and ideas within the group. The facilitators may use these as examples to explain and teach the skills of emotion coaching.

Parent feedback:

Parents who have participated in the program have reported that they found it very useful for relating not only to their children, but also to other members of their family, their friends, colleagues and people they interact with in their lives.

The quotes below provide an indication of the range of experiences of program participants:

- "I felt we were growing a part, but now we are better connected and talking more often"
- "I was more easily able to stay connected with my 14-year-old during a very stressful time"
- "I was able to be more calm and able to handle stressful situations that happened. I have a better idea of how to handle emotions effectively"
- "I am so much more tuned in and therefore able to connect with my daughter"
- "My child was more open to share their emotions when I made the first approach"
- "I am more aware of not jumping too early into problem solving and I guess this has reinforced more independence with my child. I will sit rather than give the answer"

To register:

Limited spots are available, and registrations are required via the link [here](#). If you would like more information, please contact **Jim Dellis**, Family Therapist at **headspace Hawthorn**. You can email headspace.enquiries@accesshc.org.au or call **9006 6500**.

COUGARS CUBS

TERM 2

THURSDAY 5:15-6PM
CAMBERWELL HIGH

PLAYERS BORN
2017 - 2020

COMMENCES
THURS MAY 2nd

\$90

BEGINNERS AND
PLAYBALL TEAMS
WELCOME!

SIGN UP *now*

www.trybooking.com/CQBGS

www.canterburycougars.com

