

3 August 2023

Principal's Report

Congratulations

Congratulations to the two students who have received a Premier's Award for their 2022 results at last week's ceremony. Gwyneth Peng received an award for her results in Further Maths while Lucy Liu received an award for her results in Chinese Second Language Advanced.

Takakura High School

Over the past ten days, Canterbury Girls' Secondary College has hosted a number of students and one teacher from Takakura High School from Nagoya in Japan. The students have attended EAL classes as well as classes with students from the families with whom they were staying. On Monday evening, we farewelled the students and presented them with certificates of achievement. Thank you to the families who welcomed a Takakura student into their homes and to the two teachers, Grace Robinson and Fiona Skerrett, who hosted the visiting teacher. Thank you also to Alex Andrianopoulos and Georgina Padula for the organisation of the visit.

Annual Music Concert

The annual Music Concert, held at the Besen Centre, will be held on Thursday 17 August. All families are welcome to attend. It is always a lovely evening and an opportunity for students to showcase their amazing musical skills. Tickets are available [here](#).

Harding Miller Scholarships

Applications are now open for the Harding Miller Scholarships. The scholarships are for students currently in Year 8 and are valued at \$20,000 over four years from Year 9 – Year 12. They provide the tools and resources for scholars to reach their academic potential and build pathways to tertiary education and fulfilling careers and lives. Each scholarship includes a laptop, broadband, IT support, personal tutoring, prepaid card for school essentials, online homework help, a personal coach/mentor and extensive enrichment opportunities. The scholarships are awarded to students who demonstrate high academic ability and/or potential and are also experiencing socio-economic disadvantage. The scholarship starts when they commence Year 9.

Scholarship applications for 2024 have recently opened and close on 14 September 2023. Here is a video that briefly explains the application process if you are interested in learning more <https://youtu.be/vZY9uw2VLKc>. See [High School Scholarship For Girls | Harding Miller Education Foundation](#).

Enrolments and exits

Canterbury Girls' Secondary College is now accepting applications for enrolments into Years 8 to 12 for 2024. If you know of someone who is interested in enrolling their child, please ask them to 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).

Dr Mary Cannon
Principal

Diary Dates Term 3

7 Aug	Parent Teacher Interviews, 12-8 pm
11 Aug	Curriculum Day Student free day
12 Aug	Working Bee 8:45 am - 12:00 pm
15 Aug	Enviro Free Dress Day
17 Aug	Music Night Besen Centre, 7-9 pm https://www.trybooking.com/CKGRD
13 Sep	House Dance Drama, 6.30-9 pm
14 Sep	House Dance Drama, 6.30-9 pm
15 Sep	End of Term 3

Connect with us



Assistant Principal's News

2023 Parent/Caregiver/Guardian Opinion Survey: We want our parents/ caregivers/guardians to tell us what they think!

Our school is conducting a survey to find out what parents / caregivers / guardians think of our school. The Parent / Caregiver / Guardian Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, and student engagement. The survey is optional, but we encourage a random sample of families to participate. Our school will use the survey results to help inform and direct future school planning and improvement strategies. All families are invited to participate in the survey.

The Parent/Caregiver/Guardian Opinion Survey will be open from Monday 7 August to Friday 8 September 2023.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the survey period on desktop computers, laptops, tablets or smartphones. The online survey will be available in English and 10 other languages including: Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese.

Jim Ouliaris
Assistant Principal

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](#).

Teaching and Learning News

Units 1-4 Food Studies Yakult excursion

In late July, 39 students and 2 staff visited Yakult Australia in Dandenong South. This was really exciting as previous excursions have been cancelled due to COVID-19, so it was great to get out and see all of this firsthand.

It was a particularly interesting tour – we were shown around each stage of the factory where different steps in the production of Yakult take place from a safe viewing platform area. From making their own bottles to watching the bottles being filled, or being packaged, capped et al then, and stored, all steps of the production of this product was available for us to see.

This area of the Food Studies study design looks at probiotics and gut health and sustainability of food systems (such as Yakult) through to describing and investigating Australian leading industries in primary food production, manufacturing and marketing and the characteristics of leading food processing and manufacturing industries in Australia such as dairy industries like Yakult. We looked at the Haccp system as well as part of food safety.

We finished off with a PowerPoint about the history of Yakult, then got to sample a single either low fat or normal Yakult.

For your information, there are 6.5 million good bacteria *Lactobacillus casei* Shirota Strain – in every bottle! Really great for your health.

Fiona Skerrett and Alicia Sands VCE Food Studies Teachers

On Wednesday 19 July, Year 11 and 12 VCE Food Studies classes visited the Yakult factory in Dandenong. We were taken on a tour and were able to look at the production line and quality control area. Our tour guide was very knowledgeable about the factory and Yakult's history and told us many interesting facts.

We learned about the importance of probiotics and how live Shirota bacteria can have a positive effect on our health. In our digestive system, probiotics can help bring balance to our intestinal bacteria by reducing the level of potentially harmful bacteria and increasing the number of beneficial bacteria. The tour was really helpful as we could apply the content we learned in class into a real-life business. At the end of the tour, we were able to try a Yakult bottle, which was really good. Overall, the excursion was a fun, insightful and great experience.

Georgie Bolch Year 12

We visited the Yakult factory where we learned about various food production stages. We were so grateful to be able to have the chance in seeing firsthand the process of how Yakult is made. In Year 11 Food Studies, we have been learning about the production process and farm to table. We got a real insight on how this all happens. The people at Yakult were kind enough to give an in-detail tour of the



Yakult factory. We got to see the full production process. We saw how the company has evolved over the years and how they strive to be more sustainable by using recycled plastic to create their distinctive shaped bottles. We observed the cleaning process of how they make sure everything is as clean as possible. We also learned about the composition of the mixture and the benefits of drinking one Yakult a day. We learned about good bacteria and bad bacteria and how probiotics can help your gut. We were very grateful for the tour and the teachers for planning and organising this excursion for us.

Annabel Klaassen
Year 11

It was a pleasure to see and visit the Yakult factory in Dandenong South. We were able to learn a lot about the production process from start to finish including the creation of the bottles, the fermentation process of Yakult and their many health and safety regulations to ensure the best product withing each batch of Yakult. I was also very happy to receive a free Yakult at the end of the tour! Overall, I loved and enjoyed the tour very much.



Britney So
Year 11

Unit 4 Food Studies

Unit 4 Food Studies students have been busy completing a design brief to satisfy the requirements for Outcome 1. They were required to research a meal that met the Australian Guide to Healthy Eating and also justify how their meal met the Australian Dietary Guidelines. All students successfully presented a beautiful recipe that had a fantastic aroma, excellent presentation, great flavour and they also included a variety of texture. Well done to every student for planning and producing amazing meals!

Alicia Sands
VCE Food Teacher





Cake Decorating

Year 9 students have completed their first learning task in the Cake Decorating elective subject. Students were required to research different cupcake designs, bake cupcakes and decorate them. They also submitted a detailed evaluation of the processes they followed to be able to present their finished products. The designs were very creative and professional. Students are looking forward to baking a celebration cake and also a delicious chocolate cake late this term.

Alicia Sands
Food Technology Teacher



Year 8 Textiles

Year 8 Textiles students have been hard at work learning to crochet. They have been showing perseverance for learning a new skill and making decisions for their two products of choice. Keep up the practice, we are looking forward to seeing all the creations!

Tamara Nicholson and Annabelle Cass
Textiles Teachers



Carnival Day

Carnival Day is here! The Community Liaison, Social Service, SRC and Environment teams are looking forward to offering a variety of different food stalls and games on Friday 4 August. These teams are made up of students from all year levels who work together to build community spirit in our school and raise funds for worthy causes.

One such worthy cause we supported in 2022 was fundraising by the Australian College of Nursing who commissioned a sculpture of Lieutenant Colonel Vivian Bullwinkel to be installed in the grounds of the Australian War Memorial. This brave and inspirational woman saved the lives of hundreds of others as a nurse and

humanitarian and on Wednesday 2 August, her statue was unveiled, making her the first woman to be immortalised in bronze at the Australian War Memorial in Canberra.

Gabrielle Bert
Community Liaison Co-ordinator

Art Making and Exhibiting

The Unit 2 Art Making and Exhibiting class has been working hard on their exploration using the theme of 'change'. The class chose this theme after brainstorming a lot of options together. The Unit 2 students are working in a chosen artform in their Visual Arts journals.

The Unit 4 Art Making and Exhibiting class have been refining their final artworks, after exploration and research in Unit 3, they resolve their ideas into the final artwork.

Tamara Nicholson
VCE Art Making and Exhibiting Teachers



Year 7 Technology

In Technology, Year 7 students have been learning about electricity and circuits. They designed their own battery-operated toys with mini motors which enabled the toys to jitter when switched on. Students used a variety of mixed media, including sculpting armatures with foil and covering with paper mâché.

A variety of tools were used, and previously learned skills



built on to create their own toy. The students soldered their own circuits and cut and sanded and prepared their acrylic platforms using a range of hand tools and power tools such as coping saws, files, drills. Everyone did a fabulous job! Well done.

Annabelle Cass and Tamara Nicholson
Technology Teachers



Year 10 French

Year In Year 10 French, students have been studying the Impressionist artists. They learned about the origins of this important art movement and how the artists liked to work '*en plein air*'. Students learned about the Impressionist brush techniques, the preferred colours and how the Impressionists aimed to portray the changing effects of light. Students then did their own Impressionist-inspired paintings, and these works are truly '*magnifique*'. Bravo tout le monde!

Madame Bert
French Teacher



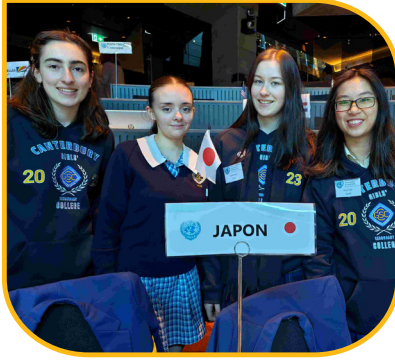
Model UN Conference: Unit 4 French

On Friday 21 July, 11 students of Unit 4 French visited North Melbourne to attend the annual Model UN conference. It was an exciting day to meet other students who study French from other schools. Each of the CGSC students who went were a part of one of three teams: Japan, Morocco and the United Kingdom and Northern Ireland. This year's theme was Climate Action.

Over the course of the day, we gave speeches regarding what our countries have done towards reducing the impacts of climate change and their current position. We then discussed with other countries what changes we would like to make in moderated and unmoderated



caucus sessions, before proposing amendments to the 'Secrétaire Général', and then voting on them. Collectively, many changes were made, with countries pushing towards more sustainable futures.



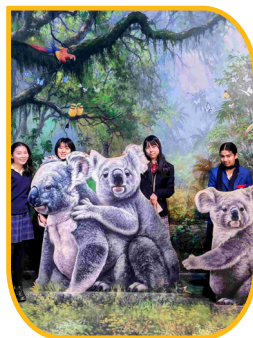
It was a fun day that was spoken entirely in French and helped to build on our comprehension skills. We would like to thank Madame Bert and Ms Andrianopoulos for organising and accompanying us on this day.

Additionally, we would like to thank the Association of French Teachers in Victoria who generously provided us with an excellent morning tea.

Estelle Murray and Julia Lavery
Year 12

Takakura Visit

We have just said *sayonara* to the 10 students and 1 teacher that visited us from Takakura High School. They arrived on Sunday 23 July and stayed with host families from our school community for nine nights. The Takakura students came to school each day and participated in English lessons, visited classes with their host siblings, joined cooking and art classes, and spoke to a Year 12 Geography class who are currently learning about Japan.



On Wednesday 26 August, the Takakura students and their host siblings went into the city. They visited ArtVo in the Docklands and Eureka Sky Deck at Southbank.

The students and teacher spent the weekend exploring Melbourne and the surroundings with their host families. They then left to return to Japan on Tuesday 1 August.

Thank you to everyone who helped and supported the program, especially the CGSC students and families that offered to be host families. These exchange programs are such fantastic experiences for all participants as they promote intercultural

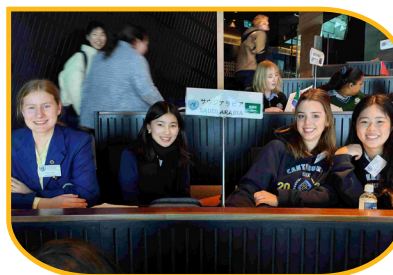


understanding, increase language skills, and foster international friendships.
Arigatougozaimashita!

Alexandra Andrianopoulos
Exchange Program Co-ordinator

Japanese Model United Nations

The Year 12 Japanese class attended the Japanese Model UN on Friday 28 July. The focus of the forum this year was 'Sustainable Cities'. The purpose of this event is to create a simulation of the UN General Assembly. The Model UN Assembly runs according to the UN protocols and procedures followed by the UN General Assembly. As assembly delegates, students had to step into the shoes of a country ambassador to the UN to discuss global issues on the UN's current agenda and find ways of addressing these issues. Working in small groups, Canterbury Girls' Secondary College students represented France, Costa Rica and Saudi Arabia. Students had to read position statements, participate in discussions during the caucus, and propose amendments to the draft resolution before voting on a final resolution, all in Japanese. While it was a challenging experience, our students did a fantastic job.



Alexandra Andrianopoulos
Japanese Teacher

Year 9 VCD Drawing and Design

The Year 9 VCD Drawing and Design class have been working on their short stay accommodation floorplans. The students have been taking on the role of architect and interior designer with amazing results.



Tamara Nicholson
VCD Teacher

News from the library

Thank you to Zahra in Year 9 for the Student Book Chat for this newsletter's edition. Zahra is a huge manga fan and this is a collection we have recently added a lot of new books to. Pop by and check out all the new manga in our collection of Graphic Novels in the library! Happy reading!

Angela, Catherine and Shani
The Library Team



BOOK CHAT

with Zahra Adely

- **What is your favourite book?**

My favourite series is [Demon Slayer: Kimetsu no Yaiba](#) and my favourite book is probably the 8th book.

- **Do you have a favourite character from a book?**

Yes! His name is Kyōjurō Rengoku and I love his bubbly personality.

- **What is the first book you remember reading?**

Probably 'Mystery of The Map' when I was 6.

- **What is your favourite thing about the library at CGSC?**

The manga section!

- **What are you reading right now?**

I'm reading a lot but two of the main series I'm reading right now are 'Demon Slayer: Kimetsu no Yaiba' and 'Blue Lock'.



- **What is the longest book you've ever read? (Or the shortest?)**

I'm not sure but I'm going to say the 4th Harry Potter book [Harry Potter and the Goblet of Fire](#).

- **Which is the better, the book or the movie?**

The [Percy Jackson](#) series is so much better than the movie but I heard their making a new one so we'll see how that goes.

- **Have you read a book more than once? If so, what was it called and how many times did you read it?**

No, I usually move on from the book and find a new one or similar one.

- **What is the first book you remember reading at CGSC?**

I have no idea but I'm going to say the first 'Demon Slayer' book.

Sport Report

House sport wrapped up for 2023

From the beginning of the year, there have been 3 different house sports played over the three terms. In Term 1, House volleyball had a great turn out. Flynn won Juniors, Intermediates, and Seniors undefeated deeming them the overall winners.



House netball was the sport for Term 2. With House netball having the biggest turn out of the three sports, getting everyone on the court was tricky in the 7 minute-games but everyone had a go. Flynn won House netball overall after winning the Junior and Senior sections, while Cattnach won the Intermediate one.

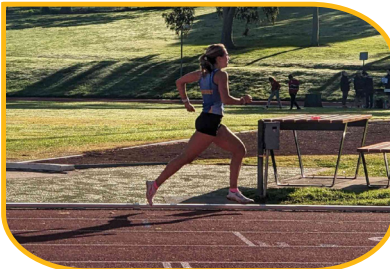
The Term 3 sport was House basketball, which wrapped up House sport for the year. After having a slightly lower turn out, it was good to see all those who put the effort into coming at lunch have a good time. Congratulations to Flynn for winning Intermediate House basketball and Brennan for winning Junior.

Congratulations to Brennan for winning House basketball overall, and congratulations to Flynn for winning the House sport competitions overall.

Lillie Allen
Sports Captain

Interschool Athletics Carnival

Under a clear sky at Doncaster Athletics Track, CGSC athletes eagerly took part in the annual Interschool Athletics Carnival. The day unfolded with a seamless blend of perfect weather and outstanding performances from our talented students, showcasing



their dedication and determination.

With 60 students participating in a total of 114 individual events, and five relay teams, the day truly encapsulated the depth of talent and dedication that we have here, with CGSC coming second overall for Girls' events and third overall in the combined events.

Among the many shining stars of the day were Emme Forrest, Ciara Heffernan, Charlie Harbison, Sophie Hubert, Jemma Young, Kimberly Sarov, Isabella Teoh, Rose Harbison, Tia Carozzi, Hayley Columbine, Sophia Pilati, and Tabitha Lieberman. They secured top spots in their events and advanced forward to the next round.

One of the day's highlights was our performance in the 4x100m relay events, where CGSC athletes showed a perfect blend of teamwork and athleticism, securing victories in the 12-13-year-old, 15-year-old, and 17-year-old categories. Hayley Columbine has been crowned the Age Group Champion in the 14-year-old division and Charlie Harbison's record-equalling feat in the Girls' 15-years-old Triple Jump (10.45m) took down a record that has remained unbroken since 1992.



To all our athletes, we extend our heartfelt congratulations for your unwavering commitment and hard work. Your brilliant performances have made CGSC immensely proud.

Stefan Majewski
Sport and Sport Education Coordinator

Senior AFL Football Regional Final

17 students and two staff traveled to Elgar park in Mont Albert North to play two matches – first against Vermont SC and then Brentwood SC.

This team has a range of players, but we would particularly like to pay tribute to the Year 12 players, whom in Year 7 were regional finalists and they were guns! Then COVID-19 struck, and this group of very talented players missed out for 3 years, so it was very fitting that they had two great matches to finish their CGSC footy experience.

We had tough opposition with Vermont, and had 4 goals against us in the first half, but we came back and won the 2nd half, but overall lost the match 40 to 20. Brentwood was close with us winning by 3 points, but a thoroughly deserved win.

Thank you to Lara Stevens, our talented captain and all the rest of the team – we are really proud of the way you go about the game. It is a pleasure to watch such talent. The umpires commented on this and with no bench and a player short we did exceptionally well. Thanks to Mr Shaw and Ms Robinson for their work in Term 2 with this team.

Fiona Skerrett and Dorothy Li
Coaches

Staff vs Students' Soccer

Staff vs students' soccer was held on Thursday 20 July to mark the beginning of the Women's Soccer World Cup. Although the Year 12s couldn't manage to score a goal it was good to see everyone who played have a good time. Congratulations to the teachers for winning 3 nil to the Year 12s. Thank you to Ms Pavlidis for organising the event. The final staff vs student match will be held in two weeks where the Year 12s will play against staff in a game of dodge ball.



Volleyball Victoria 3-day Schools Cup

Over the past week, the Year 11 and 12 volleyball teams have competed in the Volleyball Victoria 3-day Schools Cup. Both teams have been training throughout the year leading up to the competition, with it being the Year 12s' final school volleyball tournament where most of the team have been playing since Year 7. Congratulations to the Year 12 team for winning the bronze medal match and finishing third in the Year 12 girls division 1 team. Thank you to Mr Clarke for coaching and organising the volleyball teams over the past couple of years.



Eastern Metropolitan Regional

On Monday 31 July, the Year 7 and 8 Netball A teams played in the eastern metropolitan regional competition. Overall, the day was hard fought with the Year 7 team winning one game and losing the other two and the Year 8 team drawing one game and losing 2.

Unfortunately, neither of the teams progressed through to the next round. However, it has been amazing to see the development of netball from the beginning of Term 2 through to regionals.

Congratulations to all netballers who made it to regionals. A huge thank you to Ms Pavlidis, Ms Raitis and Ms Quek for running trials, trainings and coaching from division to regionals. Thank you to Ms Kipping, Ms Nicolson, Ms Hedin, Ms Sevas, Ms Andrianopoulos and Mr Majewski for coming along to the division either coaching, supporting, or convening.



Lillie Allen
Sports Captain

Should any students be interested in competing, or should you have any queries, please contact me at smj@cgsc.vic.edu.au.

Stefan Majewski
Sport and Sport Education Co-ordinator

Music Night @ Besen Centre - August 17

Tickets are now available through TryBooking link

<https://www.trybooking.com/CKGRD>

Adult - \$25, Children (under 18) - \$15. Seating is allocated, so get your tickets ASAP!

Canterbury Cabaret - 19 July

On the evening of Friday 19 July, the Hall was transformed into a Jazz nightclub! The audience were seated at candlelit tables and were encouraged to bring their own light refreshments. The 'Cabaret' event conveyed a relaxed vibe and featured our contemporary ensembles, Junior and Senior Guitars, VCE Music class, Shades of Blue and the Saxophone quartet. Congratulation to all performers and thank you to those who attended this special event.



Platinum result for Cantabella at VSMF.

Last night, Cantabella performed at the Victorian School Music Festival open choral section. The ensemble performed exceptionally well and were awarded by the adjudicators with a grading of Platinum.

On nearly all grading criteria the ensemble were marked as Outstanding! Congratulations to the members of Cantabella and a special thank you to Sharon Batterham (ensemble director) and Kate Denmead (accompanist).

String Workshop with Karen Kyriakou - Student reflection

On Wednesday 19 July, string players from our school attended a Folk String workshop, led by Karen Kyriakou. I found that it was challenging yet fun. We played the song 'Ugros', but we did not have any sheets music to look at, so we had to learn it aurally.

I found it difficult because Karen was playing on a violin, many octaves higher than me on the Double Bass. But this workshop was worth the challenge. I learnt many new skills, like slap base, and learning a song by just listening to it, and following a chord progression. This workshop was also a good get together for the string players, and I would happily do it again.

Liberty Field Year 8

General Assembly - VCE Music Class

At the general assembly, the VCE class performed their own cover version of "Save your tears" by The Weeknd for the school community. The class has been working on their own interpretation of the song over the course of the term and have embraced many challenges such as transcribing, transposing, arranging, learning different instruments to put together an interesting performance. Congratulations to the class for their work in preparing this exciting item!

Term Dates

Term 3

16 Aug	Music Night Technical rehearsal, MacMillan Hall
17 Aug	Music Night @ Besen Centre
8 Sep	VCE Music Box Hill Institute recording session

Term 4

3 Oct	VCE Final Recital, PAC
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Lunchtime Concert – Vivace and Dolce

Last Friday 28 July, the members of Vivace and Dolce performed a lunchtime concert under the fig tree to an enthusiastic audience. The ensembles performed a varied program of works to give them a public outing in the lead up to Music Night. Thanks to the performers and to Ms Di Sisto for organising.

Michael Sword
Head of Music



International Self-Care Day

24 July was International Self-Care Day – a day to highlight the importance of self-care. Self-care is about looking after your own well-being and happiness. We encourage you to make self-care a part of your everyday routine. Everyone's self-care activities look different, but they all should promote happiness and health. It is important that we are all getting 8-10 hours of sleep per night, have a balanced diet, and engage in regular exercise.

Self-care activities may include colouring, listening to music, walking, or watching your favourite movie or tv show. At CGSC we encourage all students to plan out their self-care and choose a small activity to complete daily.

On Thursday 27 July, students had the opportunity to participate in a relaxation and yoga session at lunch time, ran by a qualified yoga teacher. It was a great opportunity for students to take the time to relax and prioritise themselves throughout the busy school day.

Georgie Brinkworth
Mental Health Practitioner



the parents' association



Canterbury Girls'
SECONDARY COLLEGE

Dear Community,

Upcoming Social Events for Term 3

- Year 7 and Seal 1 Coffee morning on Friday 18 August from 9.30 am at Linger Café 101 Bowen Street Camberwell. Please RSVP if you are planning to come along to anne_3126@yahoo.com

Save the Dates:

- Year 7,8,9 and Seal 1,2,3 Parents/ Carers night out on Saturday 2 September
- Year 10, 11, 12 and Seal 4 Parents/Carers night out on Thursday 7 September

TryBooking links will be available shortly with more information. Keep an eye out on your Compass feed as well as the newsletter for details.

WhatsApp Groups

We have active WhatsApp groups for Year 8 & 9 parents/carers. If you would like to be added to these groups or start a group for another year level, please email your interest/contact details to anne_3126@yahoo.com. This is another way for parents/carers to connect.

Bunnings BBQ

We have accepted a Bunnings BBQ date for Term 4. Save the date for Saturday 7 October to help (or come and buy a sausage!) at Bunnings Box Hill. There will be a sign-up link for helpers coming out soon.

If you are an experienced or keen Sausage Sizzle organiser, we'd love to have your help with helping to run this event. Please email The PA if you think this is a way you could help.

Dance Drama Raffle

At the end of Term 3, we will have a raffle at the School Dance Drama evening events. This House event is another great showcase of the talent that exists in the student group with the students writing the storylines based off a prompt and choreographing dances that support the story telling. Keep an eye out for how you can volunteer to sell tickets.

Planning for 2024

In our forward planning, we are looking for parents and carers to be involved with supporting specific events. If you would be happy to join our 'raffle team' to help coordinate, source and run these, we would love to hear from you. Typically, we have raffles tw2-4our times per year depending on events. It's not a big commitment but needs some parents/carers to take ownership.

Also, we are looking for someone to help run the Mother's Day event in 2024. A fun event to be involved with, so if you are interest to be involved with running this in 2024, please be in touch.

PA Meetings

All parents/carers are invited to the next PA meeting on Tuesday 16 August at 7pm. If you cannot make it but have suggestions of how The PA can support the school community, please send through any suggestions to The PA email.

Anne Chipperfield
The Parents' Association President

Diary dates

Next monthly meeting

Date: 16 August
Time: 7.00pm
Venue: Conference Room

Office bearers

President: Anne Chipperfield
Vice-Presidents: Christine Harkness, Penny Ison
Secretary: Nicola Rowling
Treasurer: Steve Elsbury
PA email address: pa@cgsc.vic.edu.au

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!

An article about a Japan Tour and Sister School Visit from the The Mangarrian from 1997.

JAPAN TOUR AND SISTER SCHOOL VISIT

14th September We all met at 5.40am at Melbourne International Airport to catch our Qantas flight to Cairns and then Fukuoka. Unfortunately Mrs Gee's luggage was left in Cairns. Our first night was spent at the Wakatzura Inn, which was a delightful introduction to Japan. A traditional meal was waiting for us- both a taste and visual sensation. In addition there were individual bathrooms and not the dreaded communal bath.

15th September To Hiroshima and our first experience of the Shinkansen (Bullet Train). We were amazed at the sight of 20 cleaners waiting for the train, the speed of these cleaners in preparing the train for the next passengers and how the carriage doors pulled up at the exact platform marker. The trip to Hiroshima passed through a rather mountainous area and many tunnels. Every valley we passed was used for growing rice. Lunch at MacDonalds. We had a busy afternoon visiting the Peace Park, A-Bomb Dome and Museum; a rather thought provoking and emotional experience.

16th September Rain, Rain, Rain. The latest typhoon was close and we could not land on Miyajima Island. We went by train and local bus to Iwakuni and the Kantai Bridge (Built in the 1600's). Lunch was delicious at a local Soba inn. We were given a discount because our girls were "The Angels of the Earth." The evening meal was a Hiroshima speciality, Okonomiyaki, a Japanese style pancake. We could not linger over this meal as the shops were closing early due to the typhoon.

17th September A very hot and humid day. On our way to Kyoto stopped at Himeji and walked to the castle. Himeji Castle is absolutely fantastic due to its size, structure and age (750 years) After dinner we did our washing, made phone calls home and mentally prepared for the dreaded communal bath.

18th September After starting the day walking uphill in the wrong direction we eventually enjoyed a delightful walk along the canal to Ginkaku-Ji (Silver Pavilion), shopping and visiting Kiyomizu Temple. The gardens of the temples are magnificent.

19th September By local train to Nara, the oldest capital of Japan (710-784). Our visit included the Todaiji Temple (largest wooden building in the world), the Great Bell and the Kasuga Grand Shrine with its entrance path lined with 3000 lanterns. On our return to Kyoto we caught a taxi to visit the Golden Pavilion - perhaps the most beautiful of all the temples.

20th September We left the hostel early to be in Tokyo by 11.00am. Many of us were feeling apprehensive as we would be meeting our host families who we would live with for the next nine days. During our time at school we participated in ceramics, calligraphy, flower arranging, cookery and Japanese. For the Bunkyo School Festival we performed an original dance, sung "I Still Call Australia Home" and Lucy played the oboe. The Bunkyo students spend hours and hours preparing for their festival and decorating the school.

26th September Tokyo Disneyland - the highlight of our time in Tokyo. Splash Mountain and Space Mountain the most popular attractions.

29th September With many tears we left Tokyo for home, wanting to stay and at the same time wanting to see our families. We have made many friends and will have lifelong memories of our travels in Japan.

LOTE

Students: Natalie Adams, Eveline Angstetra, Amy Copp, Annabelle French, Felicity Galt, Amy Lu, Jessica Mountstephen, Peta Ormston, Janine Pfeifer, Emilie Pfitzner, Polly St. John, Clarissa Vinen, Kelly Williams, Wilson, Jane
Staff: Julie Gee, Susan Taylor

Susan Taylor

JAPANESE SISTER SCHOOL

During July this year, 24 students from Bunkyo University High School Tokyo, came to Canterbury for a three week stay in Australia.

They arrived on the 23rd of July and were met at school by their host families. During the next few days, the Bunkyo girls participated in activities with their host sisters, as well as regular classes of their own.

An early start on a cold morning was needed for a day trip to Sovereign Hill, Ballarat. We went on a tour through the old gold mines, panned for gold in the stream, and saw a demonstration of how the gold was made into gold bars. After lunch, the Japanese girls, wanted to go everywhere, see everything, and most of all visit the lolly shop. We arrived back at school at 5:30, and it seemed that everyone enjoyed the day.

On the 1st of August, a small group of five Bunkyo girls and their host sisters, along with a teacher from school and Mr Kobai, the principal of Bunkyo went to a Television Station in South Melbourne for a guest appearance on the SALS Japanese Learning Program. During the program, we were each asked a question in Japanese, which we had to answer. The Bunkyo girls were each interviewed on different topics in Japanese. It was an interesting insight into the making of a Japanese Television Program.

The Bunkyo girls farewelled their Canterbury host families on the 7th of August with lots of tears and promises to stay in touch, a wish that was expressed by their host families as well. It was enjoyable to be part of the Sister School Program, as it provided a valuable opportunity to meet and learn more about the Japanese and their culture.

K. Sires, O. Woodward 10B



Image from The Mangarrian 1997

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

Dear Parents, Carers, Students and Staff,

The canteen staff are reminding you that the canteen is up and running as usual with ordering through [Myschool Connect](#) and also in-person at the canteen.

We now have our coffee machine finally installed and running! We offer beautiful coffee, hot chocolate and hot chai with full/ lite cream milk, lactose-free and soy milk all for \$4.00 each. Please come and try our hot yummy drinks especially on those cold winter days.

Once the new cafeteria opens, we will be back to offering a full menu with a lot more variety for you to enjoy. Please don't forget, if you have a special dietary requirement to just ask prior to lunchtime.

Thank you!

Melissa
The Canteen Team

Working Bee dates for 2023

12 Aug	Working bee #3 8:45am - 12.00pm
11 Nov	Working bee #4 8:45am - 12.00pm

Address

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

Online Ordering

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





2023 MUSIC NIGHT



17 August 2023
Besen Centre
Start: 7 PM



Canterbury Girls'
SECONDARY COLLEGE

Act on Purpose

A 4-week group workshop series based on Acceptance and Commitment Therapy (ACT).

Learn new skills to deal with difficult thoughts and feelings, discover your values and develop greater flexibility with your life.



Who:

Young people aged 16-25

When:

Tuesdays 4:00-6:00pm
22nd Aug - 12th Sept

Where:

headspace Hawthorn,
Level 1, 360 Burwood Rd,
Hawthorn

To register:

<https://bit.ly/3DpacLw>



body project australia

Join Sara and Carly from headspace Malvern for the Body Project. This is a 4-week program where you will learn strategies to feel comfortable and accepting of your body. You will:

Challenge thoughts about your body

Start to feel more accepting of your body

Push back on the media and society's expectations

Who:

Young people aged 16-25 who identify as female

When:

Tuesdays 4:30-6:00pm

15th Aug - 5th Sept

Where:

headspace Malvern,
1257 High Street, Malvern

To register:

<https://bit.ly/44TykSc>

