

8 June 2023

## Principal's Report

### Congratulations

Congratulations to those students who participated in the concert held by the North Eastern Victorian Region of the Department of Education. The concert was held on 29 May at Hamer Hall. Music teacher Adele Oppedisano was the Musical Director for the String Orchestra while Music teacher Jane Farnan was the Ensemble Manager. The members of the String Orchestra were Nikki Aidonopoulos, Jennifer Biddle, Olivia Chow, Maya De Ruyter, Liberty Field, Hope Field, Amber Huang, Lucy Huang, Natasha Itami, Annabelle Leung, Esther Leung, Ava Macdonald, Lucy Millott-Jones, Vanshika Nemmara Venkatesh, Harini Palipane, Sarina Shea, Stella Subocz, Charvi Thimapuram, Kacy Tong, Ruby Levy-Murray, Kate Mowat and Lilo Vun were members of the Concert Band. MaryAnne Dumitrache, Sophia Hamilton, Elizabeth Ho, Megan Li and Belle Wong were members of the Symphony Orchestra. Finally, the Senior Guitar Ensemble performed as a featured act. Under the leadership of Director David Seedsman, the following students performed "Fire", a Jimi Hendrix arrangement. The members of the Senior Guitar ensemble who performed are Lara Mistica and Evie Vamvakaris (vocals), Peta Hemmersbach, Rebekah Krialis, Ella Macmillan, Kiera Mistica, Sienna Williams, Caitlyn Trieu-Nguyen, Mia Bujanos Hausler and Mili Clark. Congratulations to these students and staff for being selected to perform.

### House debating

The Houses are currently in the midst of the House Debating competition with most of the heats now having been concluded. The Junior Debate final is Friday, the Intermediate Debate final is the following week and the Senior Debate final is on the last day of Term. All the best to all participants and congratulations to the House Captains for the work they are doing to ensure the teams are ready.

### Careers Night

The annual Careers Night will be held on Tuesday 20 June. On this evening, former students speak about their career journeys, their current roles, and their study experiences and answer questions. All parents, carers and students are welcome to attend.

### Instagram

A reminder that the College now has an Instagram page, and we hope you are following. We can be found at [@cgsc\\_melbourne](https://www.instagram.com/cgsc_melbourne).

### Enrolments

The recently held Open Day and Information evening was very well attended by prospective students and families. Enrolments for 2024 Year 7 students have opened. We are also accepting some enrolments for this year and next year in other year levels. If you know of someone who is interested, please ask them to contact Georgina Padula (Years 7, 8 and 9) or Jim Ouliaris (Years 10, 11 and 12).

**Dr Mary Cannon**  
Principal

## Diary Dates Term 2

31 May-9 Jun	Year 11 Exams
5-9 Jun	Year 10 Exams
12 June	King's Birthday
15-21 Jun	Urban Week Careers
23 June	End of Term 2

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## Assistant Principal's News

### 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 our 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, the DE's statistics show that unexcused absences are a much stronger indicator of lower reading and maths achievement. Remember, every day counts. If your teenager must miss school, speak with the year level co-ordinator as early as possible.

### Police presentation

At the recent year level assembly, Senior Constable Jacylyn Mahood spoke to students in Years 7, 8 and 9 students about the issue of vaping. She was able to highlight the myths surrounding vaping and the dangers of this trend. There was discussion about the legalities around purchasing and distributing vape canisters as well as the health risks.

Please see a resource produced for parents and carers by the Cancer Council at the end of this newsletter.

**Georgina Padula**  
**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 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](#).

## VCE Exams

Towards the end of Term 2, Year 9, 10 and 11 students will complete a range of subject exams.

This is a very stressful time, and it is important that our students understand that they need to be quite and respectful when walking in and around the Hall, the Performing Arts Space and the Canteen area. Extra staff have been rostered on duty during this time to assist with the minimisation of noise. However, your support in highlighting this to students would be much appreciated by students and their parents and carers.

Devices such as mobile phones, tablets or computers must not be brought into the examination room under any circumstances. This is a VCAA regulation, and they run the risk of it being confiscated. Make our students have the appropriate writing equipment, such as pens, pencils, rulers, erasers. Students are reminded that during reading time, no writing or marking of the exam paper is permitted.

It is also a requirement at Canterbury Girls' that students are not permitted to leave the examination room early. They must stay until the exam time is over.

It is important that students check the starting time of each examination and arrive at least 30 minutes prior to their exam. This is good preparation for their VCE Unit 3 and 4 exams.

Studying efficiently requires you to organise your time and resources. The following are general guidelines you can discuss with our students to help prepare them for exams.

## Preparation

### Begin studying early

- You can start thinking about the exam from the beginning of the course by keeping your ears open for hints and tips.
- Revise your notes after each class so you have a clear and complete set to study from.
- Start doing more revising about four weeks before your exams.
- Don't cram the night before—it's ineffective because you're taking in so much information at once that it's impossible to memorise it all. You'll hardly retain anything and will be tired and stressed when the time comes to actually sit the exam.

### Organise your time

- **Fill out a weekly study planner** (there is one in the College planner on pages 20 and 21) and use it to organise your time. Cross out the hours when you can't study because of other commitments (e.g. sport or work). Then plan one-hour time slots to use for exam revision.
- **Make use of short study times.** Fifteen minutes can be ideal for revising notes or looking through note cards. Use time spent on public transport to review your course materials.
- **Don't study for longer than 50 minutes without a break.** It's better to study for short intense periods with sustained concentration than long blocks of time when you are tired and not working effectively.
- **Work out when you can study most effectively.** Are you more alert in the morning or evening? When in your day can you find quiet time and space? Schedule study times that suit your personal rhythms.
- **Don't study when you're really tired.** It's better to get a solid night's sleep after a short study period, than to push on until 2am. You won't remember much and will be less effective the next day.

## Organise your subject material

- **Gather the materials for each subject.** Make sure you have a complete set of notes and copies of any handouts or assessments.

## Rewrite your notes

- **Rewriting your notes helps you to remember them.** Don't just copy out your original notes—you'll end up simply memorizing the exact wording instead of the actual concepts. The key is to read, think about and paraphrase the contents of your notes by re-writing them in your own words.
- **When you finish studying a section of notes, ask yourself questions relating to the material** to see if you remembered what you just read. It can help to answer your questions out loud as if you were trying to explain them to someone else.

## Sort out what you don't understand

- Clarify the meaning of any words or concepts you don't understand before trying to study them. If you are not clear about what information means, memorising it won't help.
- Prioritise the hardest subjects first in each study session. Allocate more time to studying the subjects you find most difficult.

## Study hard BUT set limits

- **Set study periods.** Don't study for longer than 50 minutes without taking a break. It is better to study for a short intense period of time with sustained concentration than long periods of time when you are tired and not engaging well with the material
- **'Chunk' information.** Don't try to study the entire subject in one sitting. Divide the subject up into units or topics and aim to study a small section.

## Set study goals

- **Set study goal** for each session to help you keep track of what you are revising, such as 'I will read through and summarise chapters 3 and 4' or 'I will work through five equations'.

## Study to suit your learning style

- Explore different ways to help you remember key facts and to increase your understanding of the main concepts. For example, if you're a visual learner, diagrams and pictures can help you remember. Auditory learners should make their own recordings of notes that they can listen to later. If you are a physical person explain key ideas aloud to yourself while moving around.

## Form a study group

- Form a study group with other students. Swap practice exams and give feedback. Drill each other on study topics.

## Review past exam papers

- Review any previous exam papers for your subject. Past papers for most VCE subjects can be found on Moodle.
- Look at the wording of the questions and familiarise yourself with the key action words. Practice doing the papers under exam conditions and carefully review your answers.



## General Achievement Test (GAT)

The GAT will take place on Thursday 15 June between 9.00am to 3.00pm.

All students undertaking one or more VCE or scored VCE VET Unit 3–4 sequence, are expected to complete the GAT on the 15 June. Students are required to be at school by 8.30am.

The GAT assesses skills in mathematics, science, technology, the arts and humanities. The GAT also assesses skills against new literacy and numeracy standards. The GAT results are important for checking that VCE external assessments and school-based assessments have been accurately and fairly assessed, and can be used if a Derived Examination Score (DES) is approved.

The GAT will take place on Thursday 15 June in two parts:

- Section A assesses skills in literacy (reading and writing) and numeracy.
- Section B assesses general knowledge and skills in mathematics, science, technology, the arts and humanities.

### Section A: Literacy (Reading and Writing) and Numeracy

- 9:00–9:15 am Reading time
- 9:15–11:15 am Writing time to complete Section A, which has:
  - one writing task with two parts
  - 50 numeracy multiple-choice questions
  - 50 reading multiple-choice questions

Break: 11:15 am–1:15 pm

### Section B: General knowledge and skills

- 1:15–1:30 pm Reading time
- 1:30–3:00 pm Writing time to complete Section B, which has:
  - one extended writing task
  - 25 mathematics, science and technology multiple-choice questions
  - 25 arts and humanities multiple-choice questions

Information on the GAT and previous GAT papers can be found [here](#).

**Jim Ouliaris**

**Assistant Principal**

## Careers News

### Careers Evening

On 20 June, we are hosting our annual Careers Evening, where former CGSC students come to discuss their tertiary education and where it took them. It is a wonderful opportunity for students to learn about the possible pathways and opportunities after they complete Year 12. Click [here](#) to secure yourself a spot.

If parents and carers are interested in participating, please let me know. We would love to hear about your own journey. If you have children who have recently completed their education and have a story to tell, we would also love to hear from them.

**David Cameron**

**Careers and Pathways Co-ordinator**

## Teaching and Learning News

### Unit 1 Business Fair

On Wednesday 10 May, Unit 1 Business Management students from Ms Ambatzis' classes had the opportunity to show their entrepreneurial skills by planning and operating their very own small business stalls at the annual CGSC Business Fair during an extended lunchtime.

After months of planning, the CGSC school community was treated to a variety of gourmet delights on the day. The business stalls that operated included Fried Rice, Poke Bowls, Noodle Cups and a Sausage Sizzle as mains, as well as a range of desserts, including, Macarons, Fairy Bread, Krispy Kreme Doughnuts and tantalising drinks including, Bubble Tea, Iced Coffee, Ice-Cream Floats and soft drinks. The feedback from the customers was overwhelmingly very positive and students received a 100% satisfaction rating.



I would like to congratulate all Unit 1 Business Management students for their hard work, determination and their entrepreneurial skills in what was yet another successful Business Fair.

A profit of over \$3,200 was made, with the Krispy Kreme Doughnut stall taking the title for earning the most profit of \$770. The stall was operated by Ruby Nance, Georgia Tsihrintzis and Annabel

Klaassen. The Poke Bowl stall claimed the "People's Choice Award" for overall effort regarding product quality, customer service, teamwork and taste. The Poke Bowl stall was operated by Britney So, Kayla Wong and Shannyn Yew. Outstanding work, students!

All profits will be donated to the students' chosen charity, which this year will be "Save the Children" fund. We're sure the significant donation from Canterbury Girls' Secondary College will aid in the continuation of the amazing work undertaken by this charitable organisation to support children from around the world in need.





This challenging learning activity would not have been possible without the support and assistance from the local community, businesses...and not to mention the many amazing parents and carers, who helped deliver and set up materials and stock for their children. We would like to take this opportunity to thank everyone for their active involvement and donation of products to our students and for making this learning outcome a real-life challenge that is sure to remain in the memories of the students for many years to come.

**Kathy Ambatzis**

**Humanities Professional Learning Team Leader**

### **Chess Club: Exciting new additions**

The Chess Club is embracing the global resurgence of the game, with students gathering for exciting matches every Tuesday at lunchtimes. The club has become a great place for students to keep warm and socialise as the temperature drops. The recent addition of timers has added a new element to the games and it is great to see more staff making their way down to join in the fun.



As rumours of an interschool chess competition circulate, students are honing their game, ready to represent the school and showcase their skills. Whether you are an experienced player or new to the game, the Chess Club offers a welcoming environment to meet with friends, learn how to play or sharpen your skills. With the club's growing popularity and exciting developments ahead, now is the perfect time to come down to the Chess Club every Tuesday in the library.



**Stefan Majewski**

**Mathematics/Science Teacher**

### **News from the Library**

The library is as busy as ever and it is terrific! Please enjoy Year 9 student Anneke's 'Book Chat' here. You can always click on the links highlighted in Anneke's responses and get straight to the Library Catalogue where you can reserve a book!

Don't forget we have eBooks and audiobooks available to download directly to your device from home as well as school so you need never be without something to read.

Happy reading!

**Angela, Catherine and Shani**  
**The Library Team**







## BOOK CHAT

with Anneke Cate

- What is your favourite book?  
[The Magic Faraway Tree](#) by Enid Blyton
- Do you have a favourite character from a book?  
Moonface
- What is the first book you remember reading?  
'My Father's Dragon' by Ruth Stiles Gannett
- What is your favourite thing about the library at CGSC?  
Chess Club and Crochet Club
- What are you reading right now?  
'Refuge' by Jackie French
- What is the longest book you've ever read? (Or the shortest?)  
[Watership Down](#) by Richard Adams
- Have you read a book more than once? If so, what was it called and how many times did you read it?  
[Goodnight Mr Tom](#) - 5 times
- What is the first book you remember reading at CGSC?  
[The Land of Stories the Wishing Spell](#) by Chris Colfer



## Sport Report

### Intermediate Netball Tournament

Despite the freezing weather and pouring rain, the Year 9/10 netball tournament this year was a fantastic experience. The competition took place on Tuesday 16 May and consisted of four, short 20-minute games against Kew, Balwyn, Doncaster and Camberwell. The atmosphere was competitive but friendly and everyone had an amazing time representing the school and fun on the netball court! A team won three out of their four games which was an amazing effort by everyone, and overall, the day was a giant success. A massive thank you to Ms Pavlidis for being an incredible and dedicated coach while helping us throughout all our games, as well as Tess Cartledge for assisting too. Of course, the day wouldn't be able to run smoothly without Ms Yelland, so a major thank you to her as well for all of her hard work!

### Tia Carozzi Year 9



## Year 7 Girls' Soccer Squad Triumphs

Canterbury Girls' Secondary College's Year 7 Girls' Soccer Squad showcased their skills at the recent interschool round robin held at Macleay Park on 31 May.

In their opening match against Doncaster's A team, our students took a while to find their rhythm, but after a goal from Alezia Chrisfield, their capabilities started to become apparent. They dominated the second half, with Alezia scoring two more goals as well as contributions from Annabelle Watt and Jennifer Hondrakis, securing a convincing 5-0 win.

Facing Balwyn High School's B team, the squad experimented with positions and plays. Kimberly Sarov's move forward paid off with two quick goals, while Alezia Chrisfield added another. Jennifer Hondrakis scored early in the second half, and Kimberley returned to the field, scoring two more goals for a comprehensive 6-0 victory.

In the final match against Balwyn High School's A team, Canterbury faced their toughest challenge. Balwyn took an early lead, but our team fought back with determination. A stroke of luck resulted in an own goal, leveling the score. Canterbury then took control, scoring two goals to secure a 3-1 triumph.



Coach Simopoulos' guidance and professionalism inspired our team to reach new heights. His exceptional coaching abilities, combined with their talent, has created a force to be reckoned with in the coming years.

Congratulations to our Year 7 Girls' Soccer Squad on their outstanding achievements. With their continued growth and commitment, we anticipate even greater success in their soccer journey.

**Stefan Majewski**  
Coach



Throughout the tournament, every member of the squad displayed remarkable determination and a strong sense of teamwork. Their composure on the field was commendable, showcasing their bright future in soccer.



## Upcoming Sporting Events

- |         |   |
|---------|---|
| 8 June  | Junior Girls AFL                              |
| 13 June | EMR Cross Country<br>@Yarra Valley Racecourse |

## Year 7 Interschool Badminton Competition

On Wednesday 31 May, ten Year 7 students attended the Year 7 interschool badminton competition at Balwyn High School. It was a fun filled experience, everyone enjoyed it and learned something new. We made an amazing effort and managed to come in second!

Although we didn't come first it was so incredible to meet new people and practice with them. We came back to school even better at badminton than we were when we left.

My favourite part about the whole experience was meeting so many new people who taught us amazing new techniques. Our whole team worked together and helped each other be better. We all supported and brought out the best in each other. Thank you so much to Ms Mackenzie and Ms Love who gave us amazing feedback throughout the day!

**Veda Dewal**  
**Year 7**



## Interschool Snowsports

The Mogul Ski World Victorian Interschools Snowsport Championships 2023 is coming up from 21 August to 25 August at Mt. Buller. This competition is open to all students regardless of skill level.

The event will feature various skiing events (go [here](#) for the full program). And for the first time, if there is sufficient interest, we will be having team events. If you're interested in participating, please email me at [SMJ@cgsc.vic.edu.au](mailto:SMJ@cgsc.vic.edu.au). I can provide you with more information about the event, such as the entry requirements, dates, and times.

This is an excellent opportunity to challenge yourself, improve your skiing skills, and have fun. We encourage all keen snow sport enthusiasts to consider participating in this event and representing our school.

**Stefan Majewski**  
**Sport and Sport Education Co-ordinator**



### NEVR Concert at Hamer Hall

On Monday evening CGSC was heavily featured across a number of items in the regional concert 'Fire and Rain' held at Hamer Hall. This performance opportunity was open to students across the North Eastern Victorian Region where a wide range of massed ensembles are formed and selected school groups are featured.

On 19 and 25 May, we hosted the String Orchestra, conducted by our own Adele Oppedisano and managed by Jane Farnan. This 80 -strong ensemble included 20 of our own string students.

After a successful entry audition, our senior guitar ensemble directed by David Seedsman performed a featured stage item of Jimi Hendrix' 'Fire'. CGSC musicians also took part in the Symphony Orchestra and Concert Band.

Thank you to all the music staff who supported the students in preparation for this epic event: Adele Oppedisano, Jane Farnan, Karina Di Sisto and David Seedsman. Thanks also to the office staff for facilitating many enquiries, Shani and Catherine for tech support, and the Principal team for their support of the event.



### Student perspectives

It was a very memorable experience because of the large crowd and the huge hall. It was super thrilling listening to all the different bands. Also, the opportunity to meet new people and make friends from other schools and make new connections. The amount of hard work could be seen in the outcome. Everyone did really well, definitely a good experience.

**Vanshika Nemmara Venkatesh**  
**Year 8**

The NEVR concert was absolutely amazing. I loved going to rehearsal with my friends, and it was really inspiring to play in a symphony orchestra for the first time! Going to Hamer Hall felt so exciting, it was so fun to see so many people gathered together with a passion for music and performance. It was a very special experience that I'll remember for a long time.

**Belle Wong**  
**Year 8**

"It was fun and good learning :)"

**Natasha Itami, Year 9**

### Term Dates

#### Term 2

13 June VCE Music Recital, 6.30pm, PAC  
21 June Choral Concert - PAC

#### Term 3

19 July String Workshop  
21 July Canterbury Cabaret  
2 Aug Cantabella VSMF, Box Hill,  
Salvation Army Arts Centre  
16 Aug Music Night Technical rehearsal,  
MacMillan Hall  
17 Aug Music Night



Where do I begin? The whole day was so much fun. I genuinely felt like a real rock band touring and playing gigs. Amongst all the classical orchestras and choirs, it was pretty amusing to bust down the door and play Jimi Hendrix!

**Evie Vamvakaris**  
Year 10



When we arrived on the night, we were directed to a crowded room. We were then directed backstage for the performance. I was so nervous, as I did not know where to stand in line as the people had moved around, however, I still made it on stage in an orderly fashion. We were drenched in blue light and a video played behind us. After that, our performance started. I occasionally missed a few notes, but I played well overall. It sounded much quieter onstage and was harder to play as we couldn't hear each other as well as in rehearsal, yet we managed to get through it. After our performance, we went to the room where we put our instruments away and waited for the interval. After that, we went up to the balcony and watched the other performances.

**Sarina Shea**  
Year 8



**Michael Sword**  
Head of Music

**Congratulations to all students who participated!**

## String Orchestra

Nikki Aidonopoulos  
Jennifer Biddle  
Olivia Chow  
Maya De Ruyter  
Liberty Field  
Hope Field  
Amber Huang  
Lucy Huang  
Natasha Itami  
Annabelle Leung  
Esther Leung  
Ava Macdonald  
Lucy Millott-Jones  
Vanshika Nemmara Venkatesh  
Harini Palipane  
Sarina Shea  
Stella Subocz  
Charvi Thimapuram  
Kacy Tong

## Symphony Orchestra

MaryAnne Dumitrache  
Sophia Hamilton  
Elizabeth Ho  
Megan Li  
Belle Wong

## Senior Guitar Ensemble

Mia Bujanosa Hausler  
Mili Clark  
Peta Hemmersbach  
Rebekah Krialis  
Ella Macmillan  
Kiera Mistica  
Lara Mistica  
Caitlyn Trieu-Nguyen  
Evie Vamvakaris  
Sienna Williams

## Concert Band

Ruby Levy-Murray  
Kate Mowat  
Lilo Vun

## Exam Times

At CGSC it is exam time for senior school students. During this time, it is perfectly natural to feel stressed.

Getting organised can help. Follow these few tips from Teen Breathe to help get you started:

1. Set yourself goals: Understand your goal for study.
2. Plan your time: Write down everything you need to do and when you are going to do it.
3. Learn to prioritize: List all your tasks and activities, work out how long each will take and decide which are most important.
4. Start a schedule: Have a regular study schedule for each day.

For more helpful tips and articles visit the Teen Breathe website  
[www.teenbreathe.com.au](http://www.teenbreathe.com.au)

**Georgie Brinkworth**  
Mental Health Practitioner





# the parents' association



Canterbury Girls'  
SECONDARY COLLEGE

Dear Community,

## Mother's Day Luncheon

The Parents' Association hosted the annual CGSC Mother's Day Luncheon on Friday 12 May. It was so lovely to be in a room with other school mothers and carers connecting and celebrating.

There was non-stop chatter, and it was evident that these social events are something that we all enjoy. We had some door prizes and a raffle as a part of the event. Thanks to Shelter Real Estate, Marshall White, the Melbourne Symphony Orchestra, Divine Nails, Simply Brows, Immik Hair Studio and Donvale Chiropractic who all kindly donated prizes.

A huge thank you to Kirsty who is a quiet achiever on The PA. She coordinated this luncheon and ensured that the team knew what was needed from them. Thanks to Penny, Nicola, Stephanie and Christine who all played a part in running this event.



## Diary dates

### Next monthly meeting

Date: 20 June  
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](mailto:pa@cgsc.vic.edu.au)

If you attended the lunch (or even if you didn't) and are interested in being involved in helping run the Mother's Day event next year, please email Nicola, our secretary, at [pa@cgsc.vic.edu.au](mailto:pa@cgsc.vic.edu.au). This is such a lovely event and a great reason to catch up, but we also do need someone to help in 2024. The time commitment is relatively low and the rewards high. We'd love to have a plan in place as soon as possible to make sure this luncheon stays on our social calendar. Please do let us know if you are interested.

## Last PA Meeting

We held the May PA meeting on Tuesday 16 May. Thank you to the parents and carers that came along. As a part of this meeting, we allocated PA funds to support the school. The items approved included the school anthology, assistants for the language and music programs, ovens and microwaves for the food tech kitchen and some virtual babies for the health program.

# the parents' association



Canterbury Girls'  
SECONDARY COLLEGE

The PA approves funding in line with the previous year's income which is generated from PA subscriptions and fundraising events. We have noted that over the past years our income has dropped off due to not being able to hold bigger fundraising events and less families choosing to pay the \$50 in the school fees. As such, this year we were not able to fund all the submissions which was disappointing.

If you are in a position to pay the \$50 PA subscription, that money does get allocated by The PA to the school to help fund programs and items that may not be supported by other means.

## **Morning Coffee for Year 8 Parents and Carers**

On Friday 2 June we had a morning coffee for Year 8 parents and carers. It was a relaxed met up and chance for parents and carers to get to know each other. It was fun to work out who had students in the same class and even same friendship groups! There is a **Coffee Morning** planned for Year 9 parents and carers on Friday 9 June and Year 10 parents and carers on Friday 16 June. **Year 7 Parents & Carers Evening** event is planned for Thursday 22 June. Watch this space for Year 11 and 12 events.

## **Next PA Meeting**

Please come to the next PA meeting, which is on Tuesday 20 June at 7pm or send through any suggestions to The PA email above if you have ideas or would like to be involved with The PA.

**Anne Chipperfield**

**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!*



An article from the 1948's *The Mangarrian* about the history of the College, mentioning its first Principals. The school Houses were named after them.

## *The MANGARRIAN*

3

Miss Hughes, with her gracious dignified manner, will long be remembered by all who have known her well, for two outstanding traits—the one, her intense loyalty to her profession, which inspires loyalty in those who work with her; the other, her courage to attempt the seemingly impossible, and to carry it through by her enthusiasm and belief in her own ideals.

Many happy years of retirement to you, Miss Hughes. With your many friends and wide interests, beware lest you find yourself in the thick of another adventure! And if you ever have time to sit in your garden among your lovely trees with a book, (be sure it will be the latest!), we are sure you will spare an occasional thought for an old Moreton Bay tree still keeping guard over the school whose inspiration you have been for so long.

## The History of The School

As my official association with the school ceases at the end of the year, I have written a brief outline of its history in the hope it may interest readers of "The Mangarrian."

In 1928 the school was built in the grounds of one of the oldest homes in Canterbury. The homestead has since been demolished and all that remain are the tennis court and the Moreton Bay fig trees, which shelter girls and bicycles alike.

Originally the building housed two schools—a primary school attended by Junior pupils and a Secondary school equipped to train girls in Domestic Arts.

This Secondary School of 123 pupils grew into the school of 700 now known as the East Camberwell Girls' School.

It was particularly fortunate in its first Head Mistress, Miss Kate Flynn. Her enthusiastic belief in her ideals for the training of girls at the Secondary stage set a high standard for her successors to follow. By a happy inspiration, she gave the school its Motto, "Fervet Opus"—"Merrily the work goes on."

On her retirement, Miss Clare Brennan, of the Williamstown Girls' School became Head Mistress. She, too, brought the wealth of her experience and ideals of service to the further development of the school. In her time, the house system was introduced, and the first copy of "The Mangarrian" went to press.

Fortunate, indeed, were the girls who came under her influence.

In 1937 she was succeeded by Miss MacDonald, Senior Mistress of the University High School. Though her leadership was short, the school benefited greatly from her scholarship and experience.

Although the curriculum in the early days had a bias towards practical subjects, the academic subjects were not overshadowed, for in 1932, 30 girls sat for the Intermediate Certificate.

From that time, the girls, whose interests and abilities suited them for an academic course, were prepared for the University examinations, while those who were not bookish followed the more practical course and were prepared for the Proficiency Certificate of Home Arts and Crafts.

I became Head Mistress in 1938, and in that year a Commercial Course was introduced, one of the wise innovations advocated by Miss Egan during her term as Acting Head Mistress in 1937.

During the ten years that I have been associated with the school, there have been many other innovations.

Throughout the years, due to the growing reputation of the school in the district, the enrolment gradually increased until in 1940, two rooms at the Balwyn Primary School sheltered our overflow. The opening of the Camberwell High School

eased the situation and 90 pupils were transferred there.

When in 1942, Australia was threatened with invasion, the Melbourne Boys' High School and the MacRobertson Girls' High School became the headquarters of the Americans in Melbourne and the pupils of these schools were forced to find other accommodation.

As a result the girls from the Camberwell High School returned to us and the third form of the MacRobertson Girls' High School also came to us.

As our section of the building was already overcrowded, the pupils of the primary school were sent to adjacent schools and ever since we have been in possession of the whole building.

Since our accommodation was no longer limited, we could give our pupils a more varied choice of courses, which enabled them to choose subjects which suited them.

The formation of an orchestra, the building of a gymnasium and the setting up of a library have all been possible through the generosity of parents and the Advisory Council of which Cr. K. L. O. Macleay has been president for many years.

Interhouse Competitions in Sport, Choral and Dramatic work have aroused interest and healthy rivalry.

For three years the school enjoyed the advantages of a V form, but, unfortunately for us, at the beginning of 1945, owing to the shortage of teachers, these Senior pupils were transferred to the High School.

Since 1944, 4th year pupils have been spared the ordeal of an external examination since, in that year, the Schools Board of the University approved of the school in Class A to the Intermediate Certificate.

The past history of our school would be incomplete with reference to the Staff. It is impossible, in this brief outline, to mention the many teachers who have unselfishly given of their best to the girls.

My ten years association with the school has been a particularly happy one for me, and my interest will not end on my retirement. I hope the school, which has already given twenty years of progressive service to the community, may continue to play an important part in the lives of the people of the district.

Education is and must continue to be one of the greatest influences in moulding the lines of our young people and we have always endeavoured to keep that ideal before us.

I conclude with best wishes for the happiness of every girl who has passed through the school.

May her future life be enriched with interests which are worthwhile and by service unselfishly given to her home and to the Community.



## 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 you can order online through My School Connect. We have all items that we sell in the canteen on a daily basis online. Click [here](#) and put your order in so you are not to be disappointed and miss out on your favourite meal.

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](mailto:uniform@cgsc.vic.edu.au)

### Online Ordering

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



# E-Cigarettes

## What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

### WHAT ARE E-CIGARETTES?

Also known as covies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

### HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

**Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.**

### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.<sup>1</sup>
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

**K:** Know the facts or where to find them from a reputable source

**E:** Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

**Y:** You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

**Important note** – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: [www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/](http://www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/)

More information on e-cigarettes can be found here:

[www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/](http://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)





# The Holiday Program

## Week 1

26 - 29 June 2023

10:00am - 3:00pm

*South/East Students*

## Week 2

3 - 6 July 2023

10:00am - 3:00pm

*North/West Students*



**Activities  
Include:**

Bowling/Lazer Tag  
Futsal Tournament  
Victory Session  
Football Tournament

**JOIN NOW**

For more information contact  
[community@mvfc.com.au](mailto:community@mvfc.com.au)



### **FREE AND OPEN TO ALL SECONDARY SCHOOL STUDENTS**

The Holiday Program, funded by the Department of Education and delivered by Melbourne Victory, is on during June and July 2023. Week 1: 26, 27, 28, 29 June (South & East Schools). Week 2: 3, 4, 5, 6 July (North & West Schools). Participants will join in football, education, and employment sessions, as well as join in on excursions around Melbourne. With spaces in the programs limited, registration is essential. Sign up now!



# ON TRACK

GET CREATIVE

GET ON TRACK



**Mon June 26 - Fri June 30 2023**

**Wellington Secondary College**

91 Police Road, Mulgrave VIC

🕒 10:00am - 2:30pm

**For more information:**

✉ ontrack@mushroomgroup.com

www.ontrackmusic.com.au

📷 ontrack.music

**FREE  
SCHOOL  
HOLIDAY  
MUSIC  
EXPERIENCE**

For high school students



# ON TRACK

**GET CREATIVE, GET ON TRACK!**



## SONG WRITING

Ever thought about rapping, singing, spoken word or song writing? Then this is for you!

ON TRACK's talented Song Writing Artists will help you turn your experiences into your very own song lyrics!



## DEMO RECORDING & CREATIVE WORKSHOPS

Take to the mic and record a professional music demo of your own lyrics + collaborative group track!

Whether you're into film clip making, hip hop dancing or beat making you'll always learn something new at our creative workshops!



## PERFORMANCE

Hit the stage + be cheered on by all your new friends while you perform your very own original song!

**PLUS** at ON TRACK we provide snacks, lunch, public transport passes + prizes every day plus it's all 100% FREE!

To register visit - [www.ontrackmusic.com.au](http://www.ontrackmusic.com.au)

For more information, email the OT team - [ONTRACK@mushroomgroup.com](mailto:ONTRACK@mushroomgroup.com)

## Term 2 Parents Victoria parent webinar

### Draft promotional text

Text for schools to share via direct email, Compass and newsletters.

### Your child's new options for years 10-12

*Join this webinar to learn about the new VCE Vocational Major, Victorian Pathways Certificate, and VET.*

Senior secondary education in Victoria is changing, and there's a new way for your child to complete the VCE: the VCE Vocational Major.

Join this webinar to learn more about how your child can pursue their goals in years 10-12. The Victorian Curriculum and Assessment Authority and Department of Education will explain:

- the VCE Vocational Major
- the Victorian Pathways Certificate
- vocational education and training (VET) for school students
- career education and support.

There will be time at the end of the webinar for your questions about students' options for senior secondary education.

Two webinars are available;

- 11:00-11:45am Thursday 15 June 2023: [Register to attend via Webex](#)
- 7:30-8:15pm Tuesday 20 June 2023: [Register to attend via Webex](#)

### About the new options

The VCE Vocational Major is a 2-year applied learning program within the VCE. It supports students to pursue their goals and aspirations with confidence, and provides them with skills and knowledge for work and life.

Completing the VCE Vocational Major means:

- being ready to take on more learning after school, especially at TAFE or in an apprenticeship or traineeship
- working towards one or more vocational education and training (VET) qualifications
- having an employability edge after school.

The VCE Vocational Major is available at our school.

The Victorian Pathways Certificate (VPC) is a new flexible year 11 and 12 course designed for a small number of students who, for a range of reasons, are not able or ready to undertake the VCE or the VCE Vocational Major. VPC-suitability is based on agreement between the student, their parents and school.

### About VET for school students

Your child can work towards one or more VET certificates in their VCE (including the Vocational Major) or VPC program.

VET is learning where your child will develop targeted and practical skills. The skills they learn relate to a career pathway, so they can apply them at work or in further education and training.

VET at school can be a path to a rewarding career in any industry. VET students get to try professions before leaving school.


To learn more about the VCE Vocational Major, VPC and VET, visit <https://vic.gov.au/onevce>

## About career education in government schools

We provide a career education program that helps your child them make important decisions about their future. It will include opportunities for self-discovery, exploration of industries and careers, setting goals and making career plans.

There are key moments in years 7-12 when you can support your child to make these decisions. For more information see: <https://www.vic.gov.au/careers-7-12>

## Draft social media text

Image	Text
 <p><a href="#">download image</a></p>	<p>Senior secondary education in Victoria is changing.</p> <p>There's a new way for your child to complete the VCE: the VCE Vocational Major.</p> <p>Join this webinar, hosted by Parents Victoria, to learn about the new ways your child can pursue their goals in years 10-12.</p> <p>Two times are available:</p> <p>11:00-11:45am Thursday 15 June 2023</p> <p>7:30-8:15pm Tuesday 20 June 2023:</p> <p>Register now to attend:</p> <p><a href="https://eduvic.webex.com/webappng/sites/eduvic/webinar/webinarSeries/register/d1a656a528354f58b3b700470561877b">https://eduvic.webex.com/webappng/sites/eduvic/webinar/webinarSeries/register/d1a656a528354f58b3b700470561877b</a></p> <p>#OneVCE</p>