The graduating class of 2016 has completed their final HSC exams, officially signed out and are looking forward to celebrating their achievements together for the last time at the formal on Tuesday 15 November. Congratulations to all our Year 12, 2016 students for their achievements and their personal growth during their time at Chifley College. We wish you great success as you commence a new life adventure.

Students of the Class of 2017 have already commenced their HSC studies. The Year 12 orientation day and Crossroads programs welcomed them to their final year’s study. Feedback from the students has indicated that they found these events useful in orientating them to their last year at school. A huge thank you to all the staff who ensured that these events were successful.

Every afternoon our students have the opportunity to participate in scheduled tutorial classes that support and reinforce the learning from class time. Friday afternoons have been allocated to those students who have major projects in Visual Arts and in Technology and Applied Studies with extended time to access both equipment and staff expertise. Our research has indicated that the students who regularly attend tutorials, study days, and have high levels of daily attendance enjoy greater success than those who do not.

Thank you to the parents and guardians who have supported our students through their time at Chifley College Senior Campus. We value your contributions to our school community. For those of you whose last child has now finished school, we thank you for making a commitment to Chifley College.

To both our graduating Class of 2016, and the Class of 2017, Steve Jobs reminded us that, “Your time is limited; don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living the result of other people’s thinking. Don’t let the noise of other’s opinion drown your own inner voice. And most importantly, have the courage to follow your heart and intuition, you somehow already know what you truly want to become. Everything else is secondary.”

From the staff of Chifley College, we wish you a safe and happy summer break.

Principal
Stephen Freeborn

<table>
<thead>
<tr>
<th>Important Dates Term 4</th>
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<tbody>
<tr>
<td>Tuesday 6th December</td>
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<tr>
<td>Friday 2nd December to Friday 16th December</td>
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<tr>
<td>Monday 19th December &amp; Tuesday 20th December</td>
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<tr>
<td>Monday 30th January</td>
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<tr>
<td>Tuesday 31st January</td>
</tr>
<tr>
<td>February 2017 (TBA)</td>
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</tbody>
</table>
The Year 12 Class of 2016 was farewelled by over 1000 parents, families, friends, community members and Chifley College staff at the Graduation Ceremony which was held on Thursday 22nd September.

Congratulations to all students who received additional awards for Outstanding Achievement, Personal Best or 1st, 2nd or 3rd in subjects. Special congratulations to those students who were recognised by faculties to receive Executive Commendations for their hard work and commitment to their learning:

- CAPA Faculty: Juliana Campbell
- Computing Faculty: Harrison Palmer
- English Faculty: Juliana Campbell
- History Faculty: Juliana Campbell
- Languages Faculty: Precious Ibekaku
- Mathematics Faculty: Matthew Denson
- Music Faculty: Kredence King
- PD/H/PE Faculty: Alison Johnson
- Science Faculty: Tagatauli Michael
- Social Science Faculty: Juliana Campbell
- Support Faculty: Christopher Wardrop
- TAS Faculty: Riziki Mbuto

The Year 12 Leadership team would like to wish each one of the 205 students who graduated from Year 12 every success in their future endeavours.

The Year 12 Leadership Team
Graduation Speech 2016 –

Precious Ibekaku

Teachers, families and fellow graduands, I would like to thank you for your attendance on this special day, the Graduation of the Class of 2016. I am extremely honoured to be standing here today representing our wonderful year group.

We arrived at Senior Campus on Wednesday 28th January in 2015 from a variety of campuses and schools and over the past 18 months, we have become the Chifley College Senior Campus community.

Remembering back to that first day we arrived, we all sat in this hall, nervous and apprehensive about the journey we were about to embark on. Some of us knew others from another Chifley Campus, and some even knew no one that first day. We were wary, worried and in a little bit of wonder at this new campus that we now found ourselves attending. Gradually we got to know one another, and those unfamiliar faces, especially all those teachers and staff members, have become our friends, mentors, confidants, coaches, motivators and teachers.

In our short time here at Senior Campus, our year group has shared many exciting times as well as our fair share of stressful times! We have become a family and this Campus has provided us with many extra-ordinary experiences and opportunities in a very short time frame.

Senior Campus has allowed us to visit new places and be part of many new experiences, which have all contributed to make us into the young adults that you will see graduate here today. We have been part of Relay for Life and more recently, many of us spent many hours with lots of loud music in this hall rehearsing for Bring It On. Many of us have represented the school across sporting events, cultural events such as NAIDOC Day as well as numerous excursions, such as various Universities, Museums, Luna Park, Penrith Lakes, Parliament House, Art Galleries, Canberra and the list goes on and on.

At this stage I would like to mention our Year 12 Rugby League Girls, captained by Shania Geebung and coached by Kevin Stacey. The girls played with fierce passion and respect all year, wearing the Chifley brand with pride on and off the field. They were undefeated all year, winning the NSW State Knockout, St Marys Leagues Cup and Penrith School Girls tournaments. Other notable achievements were the teachers unfortunately beating the students at our Annual Jacky Brooks NAIDOC Day Cup, but we were the overall winners in the student versus teachers games this year!

Last Year our Year group was the first to experience the new Crossroads Program at Senior Campus. Some of us attended a leadership camp, which was a fantastic experience, particularly to see some of our teachers squealing on the giant swing, being dunked in the Hawkesbury River while canoeing and lots of new friendships formed. At school we participated in group activities to build better relationships. We will never forget our mindfulness meditation in the dance studio, marshmallow tower challenge with spaghetti sticks and that frustrating tyre and plank challenge in the active area...I believe only one group made it to the end of the challenge many getting stuck at various tyres along the way! Of course the laser tag and bowling topped off the days and were a testament to how wonderful our teachers here at Senior Campus have been. These are experiences that we will always remember and be thankful for.

Our college serves a wide community, and because of that, we believe our college is rich, rich in experiences, rich in challenges, rich in praise and warmth, and especially rich in opportunities.
Graduation Speech 2016 – Precious Ibekaku Page 2

As students, we are extremely lucky to have such dedicated and supportive teachers helping us through the HSC. They are always there for us. They not only provide high warmth, but also insist on high expectations, so that we are encouraged to be the best person we can be. We are really grateful for all those hours spent reading our essays and giving feedback on our research; for those extra tutorials that have allowed us to improve our results in exams and assessment tasks; in general we appreciate everything you do in just getting us through the Higher School Certificate.

To our Careers Advisor, Anne Baker. We thank you for working tirelessly to provide us with the necessary information, paperwork and great advice so that we are prepared for our journey beyond Senior Campus.

To Louise Pamment, our Head Teacher. Thank you for always being available to us, sometimes to chase us to class and other times to provide a listening ear.

Our Year Group would like to say a very special thank you to some other important people who have guided us through our time here. Firstly, I would like to thank our Year Coordinators Robbie Hillier and Rhonda Hollis for being there for us over the last two years. You were there to provide advice about subjects, check up on our progress, give us reminders at assemblies, organise our school jackets, the leadership camp as well as put together our Yearbook and our Formal. We would like to offer a small gift of our appreciation for your hard work and encouragement.

I would also like to thank all our mentors, both official and non-official. On a personal note, I would like to especially thank Suzie Berry and Die Harper who were both my mentors and assisted me significantly throughout my HSC to achieve success.

Next – I would like to invite our Deputy Principals, Joyce Berry and Paul Eldridge to the stage. You have both enhanced our experience at this school. Sometimes you were there to remind us to not slacken off, that there was still plenty to do; while at other times you were there for advice and encouragement. Whatever the reason, your doors were always open to us and we thank you. We would like to offer a small gift of our appreciation for your tireless effort to ensure that we all made it through our HSC.

To our Principal, Steve Freeborn - that familiar figure at the front gate reminding us about tutorials, assessments and exams as well as sending us countless emails. You manage to challenge us, but also be there when we need help. Thank you for your encouragement as well as your high expectations of our Year Group.

We would also like to thank our families. They have always been there for us, loving us, and motivating us to achieve our best, despite mood swings and all sorts of stress. You cared for us and sacrificed things for us. Even though we may not often tell you so, we really appreciate what you have done for us and... Yes... we love you.

To my fellow Year 12 students, we sometimes have differences, but we have all accepted each other and formed new friendships. We have matured and learnt to take control of our lives.

So this is it, Graduating Class of 2016. At the end of the day, WE are the reason all these people are here today. WE finished all of those assessments, sat those exams, and attended those classes and extra tutorials. And now, WE have made it to this day.

I would like to end with a quote from the great Muhammed Ali, who passed this year. He said:

‘I know where I’m going and I know the truth and I don’t have to be what you want me to be. I’m free to be what I want.’

So, to Steve and your staff, on behalf of Year 12, 2016, we can assure you that when we open the doors towards our future, whenever we are asked THAT question, we will never deny where we came from. We will be free to be what we want.

When we are asked where we graduated, we will be loud and proud when we say that we completed our Higher School Certificate at Chifley College Senior Campus.
On 15<sup>th</sup> September, 42 students were invited to our library with their parents to celebrate their achievements in producing a Major Work of Distinction in 2016.

The staff of Chifley College, Senior Campus would like to congratulate the following recipients:

<table>
<thead>
<tr>
<th>Jedrek AFELE</th>
<th>Juriz FA’I</th>
<th>Suzanne MAGALOGO</th>
<th>Duke PENA</th>
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<tbody>
<tr>
<td>James AIATIA</td>
<td>Kiarna Grech</td>
<td>Kevin MANUBAY</td>
<td>Azhar SHAFIUllAH</td>
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<td>Salvador ANGELL DIAZ</td>
<td>Shana-Lea HOLLIER</td>
<td>Riziki MBUTO</td>
<td>Charlotte SIITIA</td>
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<tr>
<td>Jason BURRELL</td>
<td>Marieka HOOYMANS</td>
<td>Caitlin MCCARTHY</td>
<td>Nicholas SINGH</td>
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<tr>
<td>Sundas BUTA</td>
<td>Precious IBEKAKU</td>
<td>Luke MCDougall</td>
<td>Annabelle SMITH</td>
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<tr>
<td>Brandon CAMERON</td>
<td>Makira JOACHIM</td>
<td>Shanice NEEMIA</td>
<td>Bronwyn TUJA</td>
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<tr>
<td>Juliana CAMPBELL</td>
<td>Alison JOHNSON</td>
<td>Julian MALLIA</td>
<td>Carm TUPUAILEI</td>
</tr>
<tr>
<td>Chris CHAND</td>
<td>Kredence KING</td>
<td>Harrison PALMER</td>
<td>Charles TAN</td>
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<tr>
<td>Rhonda DAVIES</td>
<td>Ioana LITARA</td>
<td>Christian PAULI</td>
<td>Corey THOMAS</td>
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<tr>
<td>Matthew DENSON</td>
<td>Emmanuel LOLESIO</td>
<td>Varonica PAULO</td>
<td>Lupe TISELI</td>
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<tr>
<td>Grant DISHER</td>
<td></td>
<td>Xenilar PEATO</td>
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</tbody>
</table>
Well done to those of you who have completed the sign out process and continued onto Year 12. There are still around 20 Year 11 students who have not completed this process and must complete it ASAP to continue on the HSC path. See Suzie if you have not completed this process.

During Week 2, a group of students attended the Leadership Camp at Yarramundi. We are in awe of the fine young ladies and gentlemen we have here at Senior Campus. Team work and persistence were key qualities displayed during these two days and a game of late night monopoly was a sure winner for some of our students. GoPro's made it to camp for the first time and some of the footage is amazing! The remainder of the cohort, engaged in our Crossroads Program on campus. I am sure that a lot was gained by this experience and will be remembered as one of the best activities offered at Senior Campus.

Our first examination period for Year 12 is fast approaching. Check out your DoE email as the timetable has been sent already. Make sure you are well prepared for these as they count towards your final grade for your courses for the HSC.

Make sure you attend all timetabled examinations and submit all tasks as required. Any issues or concerns, please see your Year Advisers Lisa Freitas and Lisa Luke.

What a fantastic morning we had! Well done to all the award recipients on your achievements. Whether you were given a top three rank or a personal best recognition in a faculty or just received a graduation certificate, you are all winners in our eyes.

It takes a lot of courage to accept recognition for things you have done well and we thank each and every one of you for your mature approach to the proceedings.

If you didn’t get specific recognition this time, there is always another assembly around the corner!

During this assembly we also inducted our new Campus Captains. These four students were nominated for their exceptional leadership qualities and undertook a rigorous panel interview process. It was amazing listening to their responses to the questions and we have no doubt they will represent Chifley with pride as our leaders.

Well done to:
- Chilandu Chilaika
- Jackson Clarke
- Sara El Mohtadi
- Leilani Fakatava

Two students also accepted positions on our Student Representative Council. Congratulations to:
- Bayleigh Dee
- Maysa Kabbout

I am sure our leadership team will enjoy working with you all throughout 2017.
Included in this package is the Year 12 Semester 1 Interim Reports.

These reports are a snapshot into your progress in the first 5 weeks of Term 4. They indicate your performance in your HSC studies for:

- Punctuality
- Completion of Course Outcomes
- Classroom Participation

They also indicate how many lessons you have attended in the first 5 weeks out of 15 lessons. If you have a heavily reduced attendance it may have been affected by late course changes. Please see Allan or Suzie if you are concerned.

Interim Reports bring us to another issue. As Year 12 is already underway, there will be no major course changes completed from now on. The courses you are currently enrolled in will be the courses you carry through to your HSC in 2017.

All students have been issued their HSC assessment booklets during LDI. This enables you to be organised and prepare for tasks/examinations well in advance. If you have not received your copy, see Allan or Suzie.

Work Placement is well underway for our VET courses. If you study Retail Services, Business Services, Metals and Engineering, Hospitality, Construction, IDT or Entertainment, please ensure you complete your school sourced work placement when organised.

70 hours of mandatory work placement must be completed in order to graduate and gain the certification.

You must also ensure that you complete your assessments to gain your competencies. See Ben if you have any issues regarding your placement or your progression in your VET courses.

The leadership Team would like to congratulate the 48 inductees to the ACE Club for 2017. The ACE Club (Achieving Chifley’s Expectations) has been formed to support and further extend academic excellence at the Senior Campus. These students have set a sound foundation for their HSC Year through the successful completion of Year 11 Preliminary studies. Membership of the ACE Club will provide further support for your continued success and achievement of their goals for 2017 and beyond.

- Friday December 2 – Friday December 16 is our Term 4 Examination Period. Students have been emailed their Examination Timetable to their DoE email address.

- Tuesday January 31 – School resumes for Year 12 students. Make sure you do not extend your holidays and get back to school on Day 1.

Please remember that the Leadership Team is here to assist you for whatever you need. Please do not hesitate to contact us if you have any questions or concerns.

Let’s have a great Term 4 and bring on the HSC graduating class of 2017!

During the festive season, please stay safe and we look forward to the next 3 and a half terms!
The new Year 12 started the term off with 3 Crossroads seminar days.

On the 10th of October, we welcomed external providers to give us insight into important issues such as drugs and alcohol, sexual health, and cyber bullying. We then finished the day off with some drumming with Athill and Thiass.

On the 17th and 18th of October students spent time at school in Crossroads workshops with teachers and were rewarded for their effort in Yr11 with a game of 10 Pin Bowling and Laser Tag.

Highlights from these days included:

- a team challenge in the active area
- mindfulness meditation in the Dance Studio
- learning about greetings from different cultures – and practising some different greetings on each other
- reflecting on ‘looking up’ from your device
- lots of discussion surrounding the ‘media world’ vs ‘real world’
- trips to bowling and laser tag - a definite highlight of the day for many students and teachers!

Students were also given the opportunity to explore what success at Senior Campus means to them. These were some of the responses on achieving success at Senior Campus:

- Attend all tutorials
- Continue even when it’s difficult
- Come prepared
- Studying is the key to success
- Tutorials
- Determination
- Patience
- Attendance
- Read all feedback as it can help you improve
- Turn off technology
- Pay more attention
- Keep notes updated
- Study
- Attend above 90 percent of classes
- We all need pain to succeed
- Don’t be late
- Stay focussed think positive
- Ask for help when needed
- Sacrifice social media

Positive feedback was given by students who attended the two day program. This term will conclude the mandatory requirement for the Crossroads program and next year during LDI lessons students will complete a school-to-work program.
Crossroads Program

[Images of various activities related to the Crossroads Program]
Day 1 started with the students thinking about ‘Who they are’? After the burning question was asked and answered we got into some speed dating! With only 2 minutes to get to know your partner it was an intense start to the camp. We then looked at the benefits of looking up from your device and living in the moment!! Did you know that you can even find your life long partner by ‘Looking Up’!

We then separated into 2 groups and discovered the Giant Swing and the Multi Group Challenge. The Giant Swing brought a number of screams, laughs and some choice words from a Deputy but everyone stepped out of their comfort zone and realised how enjoyable it is swinging from 15m up in the air! The Multi-Group Challenge saw the students work together to get over a wall, rope swing and then “skatie 180” their way onto those ridiculous tyres! Then for some bizarre reason Rohan’s telling us that the ‘Key to life is water and you can’t spell water without T’. What are you blabbering about? Just get us some longer planks! It was here that leadership skills, commitment and resilience was really on display with students never giving up and eventually reaping the reward.

After lunch we again separated, with one group balancing on the high ropes and the other venturing onto the rapids of the Hawksbury in the trusty plastic boats! Again, with some people out of their comfort zone a challenging high ropes course was conquered by all. While they were balancing in the air the other group were enjoying a relaxing paddle up and down the river, all except for Bayleigh, who decided that it was more relaxing to just walk while dragging his kayak. ‘Yes Bayleigh, we only do the kayaking once’!

After dinner we had some musical trivia in which the teachers succeeded for a 3rd year in a row. We can’t believe the students didn’t know the theme songs of “The Good, The Bad and the Ugly” or “Footloose”. How old are these teachers??! It was then off to the campfire to toast marshmallows, make some s’mores and reflect on what a great day we had just had.

Day 2 got off to an early start with breakfast and then some relaxing meditation and yoga. It was different and something that many students had not done before but it was about showing them how to relax and help prepare themselves for what was ahead, mainly just for Day 2 but this will help them in the year to come. After this the groups separated and finished off the Multi Group Challenge and the high ropes. At the group challenge it didn’t take Belindah long to stack it onto the wall and not to be outdone by that she decided to fall with style off the rope swing. While Belindah was falling with style at the group challenge, Samantha was matching her at the high ropes. An elegant but graceful collision with a timber beam sent Samantha to the sidelines for a while!
Once the students returned from their challenges, they all participated in an activity where they identified many different qualities in many different people, some they had only just met the day before. This activity was interesting as it showed the difference between who the students saw themselves as to how other students saw them. What all the students realised is that they all have many great qualities, they just don’t see it in themselves sometimes! Just remember, they are there. Sometimes we just need to look a little harder and be proud of who we are.

After lunch we got into some African drumming on the back deck. We learnt to play some beats, dance to our own rhythm, work as a team to create some fantastic music and to enjoy ourselves. John told us a story about creating our own journey and about beating to our own rhythm. Yes, there will be other beats that will influence us, but we need to have the courage to stick to our own beat and rhythm and be who we want to be. The students finished the camp off with some goal setting and they all wrote a letter to their future selves.

They are at a very important time in their schooling life. Very soon they will enter the big wide world and what they do over the next 12 months can help them get to the place they want to be. Hopefully what the students did and learnt at this Leadership Camp will help them with their HSC studies.

We would like to thank all the students and their families for supporting the Leadership Camp. All students were fantastic representatives of themselves, their families and of Chifley College Senior Campus.

Remember,

‘It doesn’t matter how many times you get knocked down, as long as you get back up again’.
Ram Funding for 2017

Chifley College Senior Campus has been successful in gaining funding through the Equity Schools Project. This funding will enable our campus to:

- Improve the literacy and numeracy achievements of all students;
- Improve the quality of teaching and learning;
- Enhance partnerships between schools, parents, caregivers and community agencies;
- Increase the effectiveness of classroom and school organisation;
- Develop and sustain a positive and inclusive school culture;
- Ensure all students achieve the syllabus standards for their stage of schooling, where appropriate;
- Increase the level of students' participation, engagement and retention;
- Raise the expectations of students, teachers, school executive, parents and caregivers.

Trevor Walsh
Deputy Principal
Finance & Compliance

Uniform Prices for 2017

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<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Available from ...</th>
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</thead>
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<tr>
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<td>Campus Office</td>
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<td>College jumper-sloppy joe</td>
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<td>College skirt</td>
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<tr>
<td>College pants</td>
<td>$30 - $52</td>
<td>Troys (Oxley Park) or Lowes Mt Druitt</td>
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</table>
Our new Campus Captains were selected this term. The process for electing new Campus Captains was modified this year, and the nominated students had to undertake a panel interview with the Year12 Leadership Team. Congratulations to our Captains who were successful at interview:

- Jackson Clarke
- Leilani Fakatava
- Sara El Mohtadi
- Chilandu Chilaika

The Campus Captains were inducted at the formal assembly and then performed their first official Captain duty of leading the Recognition Assembly.

During Sport, Lifestyle and Recreation classes, our students and Rugby League teams have been undertaking Resistance Training programs. They have been participating in intense workouts in the school gym and through well-designed circuits on the outdoor active area and oval. Students have been embracing the strength training experience, despite some very sore legs and tired bodies. They have learnt new ways to train and are enjoying seeing and feeling the physical benefits to their health, wellbeing and overall performances.

We have been very fortunate to have the support of Anytime Fitness Emerton who have provided our school with free 7-day trial passes to their gym and 3 one-month membership passes. These passes are given to select students to reward them for their effort and application to the resistance training program. This allows them to continue their fitness journey outside the school, and make physical activity and health part of their daily routine.

THANK YOU Anytime Fitness Emerton for your generosity and partnership in promoting the health of individuals in our school community.
The Showcase evening was a celebration of the diverse creative talent we have here at Chifley College in 2016. The students were professional both on and off stage and they wowed the audience with their classy and polished performances.

The evening opened with a performance from The Year 12 Combined Class Band performing Tennessee Whiskey. The Band consisted of Julian Mallia on lead guitar, Lachlan Harris on drums, Jedrek Afele on bass, and Matthew Blyth, Carm Tupuailei and Emmanuel Lolesio on vocals.

Throughout the evening there were many unique solo performances from our Year 12 students. Kredence King and Charlotte Siitia amazed the audience with their unique vocals tones, as did Matthew Blyth and Emmanuel Lolesio who showed extraordinary confidence and musicality in their vocal interpretations.

Julian Mallia’s performance on the guitar was technical and refined and he showed incredible ability to play a variety of rhythmic and lead guitar styles throughout the evening.

The evening came to a close with a big crowd pleaser from the talents of The Bring It On Team. Congratulations to all of the students and all the best as you continue on your creative journeys!
Dance

It has been a busy year for the dance students both in Year 11 and 12, dedicating their time and efforts to learn new dances to perform at a range of events.

**HSC PRACTICAL EXAMS:**
In August, the Year 12 dance students completed their Practical HSC Dance exams in front of three External BOSTES markers (including the senior marker). This went over two whole days where the students completed their Core Performance and Major Study Performance. This involves the students performing two Contemporary dances individually in front of the markers choreographed by Kristena Oliveri and participating in an informal interview on safe dance, and the anatomy of the body for 6-9 minutes. The students also had to choreograph their own dance and teach another dancer to perform for them in their Core Composition.

All the students did very well, they were all well-presented, used all the time required for the interviews, danced proficiently and all walked out with a smile on their faces.

The next step was to prepare for their Core Appreciation where the students answer two essay questions in their HSC.

The strength and endurance that Talicia Holmes, Taylor Stephenson, Chloe Harris, Latisha Donohoe, Taylor Blachnig, Jamie Varga, Shana-Lea Hollier, Matthew Blyth, Brittany Harris and Rebekah Devlin displayed for their exams shows how hard they have worked over the last two years and I am very proud of the progress they have made since their first lesson in Year 11 Dance.
NAIDOC DAY:
NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander people. Each year for NAIDOC Day the students dedicate themselves to learn new dances to perform at the Chifley assembly on NAIDOC Day. This year the students learnt a new Contemporary dance to ‘My Island Home’ choreographed by Kristena Oliveri. This was a contemporary dance that incorporated elements of Aboriginal traditional dance, and told the story of the land and the people.

As a group, the students also performed a Traditional Aboriginal Dance from the Darug Nation. Choreography originally taught by Aunty Sandra Hickey and then led by Kristena Oliveri who was given permission by the Elders to teach the traditional dance. The students made their own traditional costumes using ochre and loin cloth. Traditional clapping sticks were used to guide the students along as they danced, music accompaniment by Belindah Harland.

I want to congratulate the dancers; Leilani Fakatava, Talicia Holmes, Chloe Harris, Matthew Blyth, Brittany Palmer, Brittney Higgison, Shontay Bolt, Jamie Varga and Thea Shepherd. Using both traditional Aboriginal and Contemporary dance the students were able to celebrate and share their knowledge with the rest of their peers through music and dance.

And thank you to Annette Kunkel (AEO) for her guidance along the way.

SHOWCASE 2016:
On the 31st of August, the students presented their works that they have studied for the HSC and their new Jazz dance. The students performed four dances in between the other HSC music acts.

This gave the students the ability to perform in front an audience to build their confidence and to present all the hard work that they have put in throughout the last 2 years. The Showcase also provided the Year 11 students with insight into the HSC practical performances across a range of subjects.

Talicia Holmes, Brittney Higgison, Chloe Harris, Latisha Donohoe, Matthew Blyth and Jamie Varga worked very hard in preparation for this performance spending their afternoons working hard with their teacher Kristena Oliveri. At Showcase the students performed with poise and elegance making their teacher very proud.

Well done to all the Dance Students for an outstanding year.
Thanks Kristena Oliveri 😊
On Tuesday 8th November, Tristan Kojongian, Gabrielle Carlos and Amber-Leigh Sanders received the Victor Chang Cardiac Research Institute Science Award. These students represent the first students from Chifley College Senior Campus to receive the prestigious award for all of their dedication to their science courses.

Congratulations to Tristan, Amber-Leigh and Gabrielle.

Attendance

Congratulations to the following students who have achieved 98% attendance or above. It is a well-known fact that “attendance at school equals success”. It is no surprise that many of these students have also been recognised for their achievements at our recent Recognition Assembly.

Allan Johnson & Suzie Berry
Deputy Principals

<table>
<thead>
<tr>
<th>Year 11 Students</th>
<th>Year 11 Students</th>
<th>Year 11 Students</th>
</tr>
</thead>
<tbody>
<tr>
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</table>
Dear Students & Parents,

Year 12 have commenced their studies of the NSW Higher School Certificate in term 4 2016. Welcome to all Year 11 students who will commence at CCSC in 2017. **The library is dedicated to assisting all students with their senior studies and helping them achieve the best results possible.**

**Year 12 Exam Preparation**

Year 12 students will commence their first examinations in Week 10 & 11 Term 4. Getting prepared for these examinations is vital for good results. Some strategies you can employ that will assist you further are:

- Ask your teachers for help. They are subject specialists and may have some resources and tips that will get you outstanding results.
- Check the subject syllabus on the BOSTES website: [http://www.bostes.nsw.edu.au](http://www.bostes.nsw.edu.au). It will explain the outcomes and knowledge you need to understand for the whole course.
- Revise everything you have learned up until the exams. Take notes every lesson and revise regularly.
- Commence your revision with your most difficult subject. Check your results with your teacher so you know which subject to revise first.
- Practise with past exam papers. HSC exams are available on the BOSTES website and the library also has some recent exam papers.
- Memory aids can help. Some Excel study guides have revision palm cards or write your own. Memorize essay plans and write lists (e.g. periodic table)
- Locate or create glossaries for your subjects. Understanding the terminology used in a subject is vital. The library can help you find them.
- Answering the question precisely in an examination is essential for success. Read the question twice and make sure you are clear exactly what you are being asked to do.
- Attempt every question in an exam. Even if you are not sure it is still vital that you make a serious attempt.
- After the exam when you learn your results revise again so that you can improve.

**So Good Luck & Happy Studying!**
WELCOME TO YEAR 11 STUDENTS:

The library is located downstairs in B Block in the Student Services Centre. You are able to borrow 6 non-fiction and 2 fiction at any one time using your I.D card. The library is open from 7:45 before school starts, both recesses and after school until 3:00. Sometimes your teacher will bring you to the library to use the computers for research or assessment tasks.

If you need assistance with assignments or a copy of your timetable please come and see us. We can also print out assignments for you (even in colour!). A photocopier is available to students to use as well. Take a look at all the study guides for preliminary courses, they may help you.

See you in 2017.

Handouts available in library:

- Library Information (brochure)
- Effective Library use (leaflet)
- How to get high distinctions (leaflet)
- Search engines, a guide (booklet)
- Exam preparation guides
- How to pass exams (handout)
- Information skills (leaflet)

Study guides available:

Excel, Macquarie, Cambridge, Success One, Spotlight, Get Smart, Dot point and the Board of Studies Exam Workbooks.

Another useful resource for students is NSW HSC Online available on the Board of Studies website. [http://hsc.csu.edu.au](http://hsc.csu.edu.au). This is an invaluable resource and information is provided for most of the HSC subjects. Well, good luck to all students and I hope to see you in the library soon. Students who use the library every day always succeed.

Carole Hayes TL
School Management Report

In 2016 Senior Campus was nominated to participate in an External Validation process. The process provided an opportunity for a team of staff members to discuss judgements relating to school Learning, Teaching and School Leader Learning about current practices within the school – and the evidence that underpins them – with a panel of peers.

In the school Learning domain, our validation evidence demonstrated the hard work of staff and also the initiatives in place to provide a learning environment that values and encourages all students. The evidence also suggested that at Senior Campus, new initiatives are encouraged, helping us to sustain and grow as a school and learning environment. Evidence highlighted that learning is our core business, and underpins all that we do.

In the domain of Teaching, evidence revealed that teachers know their students, build rapport and know their content. Teachers feel connected and passionate and this is evident in classrooms within the school. Staff at Chifley College Senior Campus has demonstrated that they are collaborative, planning and delivering in teams, to create effective classroom practice. They strive to meet professional standards, and take opportunities to develop their teaching and leadership skills for the benefit of the entire school community.

Evidence in the domain of Leading demonstrated substantial leadership expertise within the school and the use of this expertise to create alternate programs to cater for the needs of all of our students. Our teachers are consistently striving for improvement and are aspirational, learning new whole school skills and expert teacher skills. There is strong commitment and support within the school for developing new whole school resources, and developing sustainable management practices and processes.

The External Validation Team and the school have valued the input of our peers to examine our evidence sets as external validators. The validation process has helped the school identify a clear pathway for future school planning to maximise the impact of evidence on future student, staff and community learning.
ASSESSMENT HELP CENTRE!

Do you need help with an assessment?  
Do you need extra time to work on your assessments?

OVERLOAD!

Come to the library on **Thursday** afternoons from **1.10pm**  
and get help from teachers and have access to all of the  
library's facilities!!!

Don't fall behind in your schoolwork stay ahead!

---

**SUPPORT**

The new Year 12 Support group have been busy in recent weeks. They engaged well with the Year 12 Orientation Day and Crossroads Programs in Weeks 1 and 2 and have begun the Term 4 excursion program with the overnight trip to Bathurst.

The Bathurst trip was a wonderful experience for the students who were great ambassadors for the College. They impressed both the staff in attendance (including our Principal, Steve Freeborn), and also the guides and educators at all the venues.

The Bathurst excursion included a trip to the home of Prime Minister Ben Chifley, continuing an association and tradition of visits every year, going back to the early days of Chifley College. Other venues included a diversion on the way to Eco Point and the Aboriginal Education Centre in Katoomba, Mount Panorama and the National Motor Racing Museum, the historic home Abercrombie House and the Bathurst Historical Society Museum. Special Thanks to Ann Staples for organising this event. Well done to all involved!!

Steve Price
Do you have the correct Opal Card?

To travel on public transport in Sydney and surrounding regions, you will need an Opal card, an Opal single trip ticket or an Opal single bus ticket. Opal cards are now being used by more than 2 million people, taking 13 million journeys a week.

If you don’t have an Opal card and you want to travel by train, ferry or light rail, you can purchase an Opal single trip ticket. Opal top up and single trip ticket machines are located at most train stations, ferry wharves and light rail stops. To travel on a valid ticket, you need to tap on at the start of your journey and tap off at the end, just like an Opal card.

All buses accept Opal cards or you can purchase an Opal single bus ticket from the driver on board. Opal single bus tickets do not need to be tapped on or off. The exception is PrePay bus services, which accept Opal cards only.

Opal single trip tickets and Opal single bus tickets are available in two fares: Adult or Child/Youth.

Concession fares are only available when travelling with an Opal card. If you are eligible for concession fares, you will need to travel using your Concession Opal card or Gold Senior/Pensioner Opal card with your proof of entitlement.

All students are encouraged to obtain their own Child/Youth Opal card.

Please note; students over 16 years of age must have a Senior Secondary Student Concession Card, available free of charge from the front office, with them at all times when they use their Child/Youth Opal Card.

Some students will have a School Transport Opal card. These MUST NOT be used for excursions, work experience / placement, traveling to and from TAFE or other institutions.

Travelling with an Opal card is better value than purchasing Opal single trip tickets.

Read more and find the right Opal card for you.

More information on Opal fares

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<tr>
<td>Child/Youth</td>
<td>• Children aged 4-15 and NSW/ACT school students 16 years and older</td>
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<td>Senior/Pensioner</td>
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<td>• Vision Impaired Persons (VIP)</td>
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<tr>
<td>School</td>
<td>• School students who qualify for either free or discounted travel</td>
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</table>
School Transport

Transport for NSW

Fact sheet: The School Opal card

Who’s eligible?
To be eligible for a School Opal card, students need to be NSW residents and may need to live a minimum distance away from their school:
- Years K-2 (Infants) there’s no minimum distance.
- Years 3-6 (Primary) 1.6km straight line distance or 2.3km walking or further.
- Years 7-12 (Secondary) 2.0km straight line distance or 2.9km walking or further.

Students completing secondary studies at TAFE, boarding school students and students temporarily in Australia may also be eligible for a School Opal card. The eligibility criteria for these students is available at transportnsw.info/school-students.

A School Opal card is provided to eligible students who need to travel within the Opal network. Paper travel passes are issued to eligible students who need to travel outside the Opal network.

Who needs to apply?
Most students or parents won’t need to apply for the School Opal card. The School Opal card will be sent to a student’s school automatically at the beginning of the new school year in 2016.

However, a new application is required if:
- The student is just starting school or has not had a pass for travel before.
- The student is progressing from Year 2 to 3, or Year 6 to 7.
- The student is changing schools, including going between primary and secondary school.
- The student’s personal details have changed (e.g. address).

Applications must be made by a parent or guardian for children aged 15 years and under. Applications must be made by the student if aged 16 years or older.

How to apply
Step 1 Complete the application at transportnsw.info/school-students.
Step 2 Print, sign and submit the form to the school for endorsement.
Step 3 The school will then forward the application to Transport for NSW for processing. Once approved, Transport for NSW sends the School Opal card to the home address given in the application.

The application may take several weeks and the applicant’s email address is required.

If the student doesn’t qualify for free travel
They may be eligible for a Term Bus Pass which offers travel on buses between home and school at a discounted rate for the whole school term.
Apply at transportnsw.info/school-students.

Find out more
For more information on the School Opal card and the School Student Travel Scheme (SSTS), please visit transportnsw.info/school-students.
Uniform

Congratulations to the vast majority of students who are now wearing the appropriate uniform. With the summer weather due to commence, please remember that the preferred shorts are Chifley shorts. Students may also wear black, blue or grey plain dress shorts (not sport shorts) and the Chifley skirt is the only one allowed for girls. Brand Chifley is the only brand we recognise in this campus.

TAS Design and Technology HSC Major Works

The Design and Technology students of 2016, recently completed their Major Design Projects which incorporated a Design Portfolio and a practical project. Students worked on these projects in class for three and a half terms and put in many extra hours outside class time to complete their projects. There were a variety of projects completed including a LED Changing Plate, ECustom Support, Portable Study Desk and a Health Campaign styled dress. Congratulations to all of these students for completing their Major Design Projects. Here are examples of some of the projects that were completed.
To the new Yr12, here are a few tips for you and your project
- Manage your time
- Be dedicated and apply yourself
- Work on your portfolio as you go
- Work hard
- Don’t leave everything to the last minute

Workshops are always available!! See your teacher to book in a time.

Do all of this and you and your project could end up in next year's newsletter. Good Luck.

Regards, TAS Faculty

http://studentsonline.bos.nsw.edu.au/
Opens Rugby League

The 2016 season started with a lot of tyre flipping, sledge hammer swinging and rope pulling, as the boys underwent a gruelling pre-season.

Like 2015, Chifley entered three competitions. The squad lost a few of the previous year’s players and struggled initially to build new combinations. The gala day for the Schoolboy Trophy was held at St Mary’s Stadium. Six teams from all over Sydney played and Chifley hit the ground running with a good win against Eaglevale. The boys were lucky to finish first in their pool and were headed for a city semi final. Their opponents were Singleton and the game was to be played at the St George Dragons home ground aka Jubilee Oval. The weather leading up to the day was wet and cold, and the rain did not ease on game day. This meant ball control would be most important. Chifley played a great first half, protected the ball, defended well and led 12 - 6 at half time. The second half started like the first half ended, with Chifley controlling the game, possession and position. However, Sagele was held up over the line and possession was not converted into points. Singleton was the first to score, they missed the conversion making the score 12 -10 to Chifley. But Chifley failed to complete a set for the last 15 minutes of the second half. They continued to defend their errors until the final 3 minutes of the game, where Singleton managed to score out wide. The siren blew and the score favoured Singleton 16 -12.

Chifley College’s focus now was aimed at the University Shield. A competition that Chifley is yet to raise the trophy for. Moving through our region as the Penrith representative school, the boys loaded onto the bus and headed down the M5 headed for Griffith. Chifley started very slow and Griffith ran away to a 16 to nil lead. Chifley scored just before half time making it 16 - 6. The fill-in water boy (Kevin Geyer) must have mixed up some great H2O at half time as the boys dominated the second half, chasing down the lead to score on the buzzer to make it 26 - 24 with a conversion kick to come. Up steps Roy Muna, 20 metres back, 10 metres in from touch. Ice cool, Roy nails it to push the game into extra time. No tries or points were scored, with a count of most tries making Chifley the winner and saw them headed to the Quarter Finals.

Unfortunately Chifley were not good enough to beat Dubbo and went down in a closely contested match.

To the Year 12 boys, we say thank you. The 2016 season was one of great success. It was a season where the sport of Rugby League gifted our players with the opportunity to see parts of NSW and has developed character amongst these young men that will be an asset to them for years to come.

Girls Rugby League

In 2016 the magic of the Girls Rugby League class continued. The girls faced some fierce competitors but continued to play with a great depth of integrity and pride.

United they stand and hard they play; albeit win or lose these girls remained proud as ever in every game. They got on the field and gave it their all. Shania Geebung has captained the team this year; and what a fine job she has done, as has Thea Shepherd who in 2 Years has NEVER missed a game - now that’s dedication!

This year was unlike any other and the girls were victorious in:
- NSW All Schools State Knockout
- CHS St Marys League
- Penrith School Girls 10's Tournament

What a year!

The girls remained thankful and appreciative of the time and effort Stace, Suzie and I have invested into the team. They were always proud of each other and exhibited remarkable sportsmanship. Their high spirits and morale were great to be around. The girls have made us very proud in every aspect.

Their representation of the Chifley Logo and colours, on and off the field was commendable.

On behalf of the management team I would like to express our sincere thanks in allowing us the opportunity to share in these great victories with you. PS girls I’ll keep a stash of apples and lolly pops on my desk just in case you ever choose to visit ;-) 

We wish you all well in your future endeavors. #winners

Thanks for the memories ladies
Belindah, Stace and Suzie
Chifley College Senior Campus
Year 10 to 11 Orientation Day 2016

An orientation day for incoming Year 11 students will be held on

Tuesday 6th December 2016
Senior Campus, North Parade, Mt Druitt

It is expected that all students who have enrolled in Year 11 for 2017 will attend.

The organisation for the day is as follows:

1. Students will need to sign-in at the Multi-Purpose Centre at 8.30am (Hall)
2. Supervision for the day will be by Senior Campus staff.
3. Students are expected to wear their current school uniform.
4. Students need to make their own way to and from the Senior Campus.
5. The canteen will be open for students to purchase recess.
6. Students will be dismissed from the Senior Campus at 12.40pm

There will be a short program for parents and carers in the library between 9.00am and 9.45am.

Students, parents and carers will be able to purchase uniform and pay their course contributions and enrolment fees on the day.

The first day of attendance for Year 11 students next year is Monday 30th January 2017. The day will commence with an assembly in the Multi-Purpose Centre at 8.40am. Students are expected to be in full school uniform.

The Year 11 Leadership Team

Stephen Price and Robert Pecovnik – Year 11 Deputy Principals
Louise Pamment – Year 11 Head Teacher
Robbie Hillier and Kris Euridge – Year 11 Year Coordinators
What's Uni Like?

This online course helps you answer 3 questions:

Un - is it for me?
Un - what should I expect?
Un - what academic skills will I need?

The course is fun, free and you can do it at your own pace.

www.whats-uni-like.edu.au

This resource was produced by Charles Sturt University and funded by the Federal Government through its Higher Education Participation and Partnerships Programme.
A new report, titled Super connected jobs, examines the trends set to shape the Australian workforce in the next 15 years. The report looks at the key skill sets for future jobs in the digital age and predicts how certain roles may change and develop by the year 2030.

Since 2000, the Australian workforce has increased by around three million workers. This has come with greater emphasis on part-time work, female workers and older workers. The number of part-time roles has increased by 55 per cent, the number of female workers by 38 per cent and the number of workers over the age of 65 by 208 per cent.

The industries that have experienced the greatest growth are:

- professional, scientific and technical services (76 per cent)
- health care and social assistance (75 per cent)
- education and training services (45 per cent).

What’s more is that the workforce is still growing, with a further three million workers expected by 2030.

The report outlines five distinct skill sets that represent the future of Australia’s workforce:

1. **The Care Givers**: Care Givers provide support or personal services to the public or certain groups in society. The ageing population and rise of women in the workforce have increased the demand for Care Givers in the Australian workforce.

   *Example occupations: fitness instructor, social worker, beauty therapist, nanny*

2. **The Technocrats**: Technocrats are central to the operational design and production of future products and services, and possess high-level skills in science, technology, engineering and mathematics — and, in many cases, entrepreneurship.

   *Example occupations: engineer, computer programmer, medical researcher, web designer*

3. **The Specialist Professionals**: Like Technocrats, Specialist Professionals fall into the ‘knowledge worker’ category — a term given to professions that require a university education or technical qualification. While Technocrat roles are often at the creative end of knowledge work — designing new systems, products and services — Specialist Professions tend to focus on delivering outcomes and maintaining systems.

   *Example occupations: clinical psychologist, teacher, general medical practitioner, accountant, dentist*

4. **The Doers**: This category includes tradespeople as well as occupations focused on ‘people-related’ activities, such as communicating with clients, ordering materials, allocating work and processing payments. The rising population and demand for infrastructure will provide employment opportunities for many workers in this field.

   *Example occupations: electrician, carpenter, personal assistant, sales representative*

5. **The Creatives**: The final category includes workers who seek roles for creative or lifestyle reasons, including flexible working hours; the ability to pursue an interest or passion in an entrepreneurial way; or opportunities to work from home, online, part time or in a semi-retirement capacity.

   *Example occupations: photographer, fitness instructor, dietitian, makeup artist, life coach*

Useful links:

- What's going on in the education sector?
- How to improve your job prospects
- Your guide to choosing a career
ENGLISH ENHANCED

Belvoir Experience

Last week, thirty Year 12 students embarked on a journey to see another Belvoir production. Students watched a play called Title and Deed written by American playwright Will Eno. The play examines universal ideas about grief and loneliness. It shed light on an individual’s reaction to experiencing disconnection and what it is to be ‘not homeless, per se, necessarily, but unhomed.’ Students found the play very informative but also challenging.

Successful Completion of Year 11

Congratulations to a majority of students who have achieved pleasing results and have completed the Preliminary HSC English Course. It is fantastic to see so many students applying themselves to ensure they receive their best personal results. Not only am I impressed with those who have achieved a 1st, 2nd or 3rd ranking, but am equally pleased with the array of students who have received Personal Best awards at the Recognition Assembly last week. Well done.

English is a mandatory subject and, as such, you will not receive the HSC without being satisfactory if you are in Year 12. Therefore, it is vital that you ensure you are attending school regularly. The Board recommends 85% attendance and many of you can still reach that target. Attendance is an important part of your education. You cannot complete group work at home. You cannot hear the discussion which explains concepts if you are at home. Ask yourself this… if you were going to hire someone would you choose a person who is away all the time?

Upcoming Assessment Tasks

Finally, we are about to begin our next round of assessment tasks. Please be aware of their dates and ensure you are prepared. Have you studied? Have you completed a timed- task as revision? Have you seen your teacher during tutorial time for improvement? I wish each of you the best of luck for these tasks. If you need any clarification about your current status in English or you need help, please feel free to come and see me.
CHIFLEY COLLEGE SENIOR CAMPUS
PERSONAL INFORMATION CHANGES

**Change of Address**

To be returned to the Front Office

Note: all previous information will be deleted

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<td>Home/Work Phone Number</td>
<td>Mobile Phone Number</td>
<td>Relationship to student</td>
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Parent/Guardian Signature: ________________________________

Please sign this form before any changes can be made
Change of Guardianship

If the name of your Guardian/Parent has changed the signature of BOTH your previous and new guardian needs to be noted below (please sign):

Previous Guardian/Parent: ________________________________
Please note that as from .... /.... /..... I will no longer be the above student’s guardian ........................................................................

New Guardian/Parent: ________________________________
Please note that as from .... /.... /..... I will be the above student’s guardian ........................................................................

Aboriginality  □ No □ Torres Strait Islander □ Both Aboriginal and Torres Strait Islander

Occupation

□ Group 8  Have not been paid in the last 12 months
□ Group 3  Tradesmen/women, clerks and skilled office, sales and service staff
□ Group 1  Senior management in large business organisations, government administration and defence, and qualified professionals

□ Group 4  Machine operators, hospitality staff, assistants, labourers and related workers

School Education □ Year 12 or equivalent □ Year 10 or equivalent □ Year 9 or equivalent or below

Education Qualifications □ No non-school qualifications □ Certificate 1 to 1V (including trade certificate)
□ Advanced diploma/diploma □ Bachelor degree or above

Do you speak a language other than English at home □ No, only English □ Yes
Languages other than English spoken at home:

Would an interpreter be required during school interviews □ Yes □ No

CHIFLEY COLLEGE SENIOR CAMPUS

Explanation Note

○ Was absent on: ______________
○ Is Late for School Today
○ Will be leaving early today at: _______

Full Name: Year
Reason:

Parent Signature: Date:
Supporting your Year 12 student

Year 12 is considered by some to be the most important year of schooling. There is an enormous amount of pressure on Year 12 students and it comes from parents, teachers, schools and the students themselves. There are a number of ways parents can support their children as they work through their final year of schooling.

Balance

It’s important that you make sure your teenager has lots of opportunities to play sport or pursue an artistic activity like drama or music. Also, try to make sure that they spend time with their family, and friends.

Routine

Parents can do lots of things to help teenagers develop smart study habits. These skills do not develop automatically and parents will need to be patient while these new habits develop and the old, unhelpful ones are discarded.

A study-friendly home

Environment

It is important to make your home a place where it is easy for your teenager to think.

Help eliminate distractions such as television, radio, MP3 player, talking, noisy younger children, or cluttered work areas. It is impossible to watch TV and study. Show how important schoolwork is by keeping the TV off during study time.

- Keep your conversation to a minimum and encourage younger children to use this time as their study time or quiet time, too.
- Provide physical conditions that help concentration, such as good lighting, cool temperatures and a table or desk with a supportive chair.
- The work area should be neat, have enough space for writing and reading, and should be kept clear of any clutter.
- Remind them to sit with good posture in a comfortable chair. Lying down may be so relaxing that it interferes with concentration.

Making time to study

You can support your teenager by helping him or her focus on their study.

- Schedule study time. Study times should be scheduled for whenever there are the fewest distractions or interruptions. If your teenager needs help to establish a routine, have a chat about which times could be best used for studying. Set that time aside on at least five days a week. Use the afternoon or early evening as study time, as this leaves time later in the evening for relaxing activities.
- Plan study in two 50 minute blocks with a 15 minute break. One 50 minute slab of study is better than several hours full of distractions and interruptions. Use a kitchen timer or an alarm clock to signal breaks and to indicate the end of study time.

At exam time

The exam results do not represent your teenage’s future. The end of secondary school is the start of the next and usually more exciting time in your teenager’s life. The moment the exams are over, celebrate. Such a celebration is crucial, as the message you will be reinforcing is that the final score is incidental. Getting through high school is a wonderful achievement in itself.

When the exam results arrive

This period can be even more uncomfortable than the exams because everyone feels so helpless. There is always the potential that your teenager might fall short of his or her predicted scores, and the goal of achieving a place at his or her chosen university, TAFE or apprenticeship might seem unreachable. This can result in weeks of anxious waiting. Everyone in the family is treading on eggshells, and when the results do finally arrive, quite often the family can be too emotionally drained to celebrate or regroup.

You need to recognise that feeling on-edge or uneasy is a natural response. Talk to your teenager about the way he or she is feeling and the choices and options available. Let him or her know that both you and their school are supportive.
When the results are not what your teenager hoped

Don’t be fooled if your teenager appears to be indifferent to his or her results. Almost all students care deeply about their results and about the attitudes of their friends and relatives.

- Encourage your teenager to talk and reassure him or her. Reassure your teenager that failing an exam doesn’t mean he or she is a failure, and that while you may all be disappointed in the results, you are not disappointed in him or her.
- If your teenager was after a score that would allow him or her into a particular university course, reassure him or her that all is not lost, with thousands of university places being offered through the preference process.
- Put things into perspective. Reassure your teenager that everyone loses out at some time or other, and failing an exam isn’t the end of the world. He or she could re-sit and do better; or decide to go a different route next time.
- Encourage your teenager to look for positive ways forward, to consider all the options available. Your teenager may want to consider completing Year 13, working or travelling for a year, or doing an internship. A career counsellor or university advisor may be able to help.
- Tell your teenager that whatever happens, you will be behind him or her 100 per cent.

Do's and don'ts

Do

- guide, support and encourage your teenager
- encourage healthy eating, regular exercise and plenty of sleep
- take your teenager’s efforts seriously
- create an effective work space in the house if your teenager can’t study in their room
- take a whole family approach to supporting your teenager
- remind your teenager of his or her goals

- give your teenager positive feedback whenever possible
- encourage your teenager to take study breaks when necessary
- remember, the final year is about your teenager, not you
- help your teenager put, and keep, the year in perspective
- keep an eye on his or her emotional health — look for changes in sleeping or eating habits, and see your GP if you are worried
- let your teenager know that you’re there when he or she needs you
- encourage your teenager to believe in themself.

Don’t

- nag
- overload your teenager with domestic chores
- tell your teenager to work harder or he or she will fail.

The research

According to the Mission Australia Youth Survey in 2012, coping with stress and school or study problems remain major concerns for respondents.1 Research has shown that Year 12 can increase rates of depression, anxiety, suicidal thoughts and even suicide. In particular, the fear of failure and the apparent lack of prospects as a result of poor results in Year 12 were identified as major stressors for many young people. As well as managing school, many young people were also trying to cope with work, family and social commitments. The cumulative effect of these demands appears to be leaving many young people feeling besieged and struggling to cope.

References

4. Robotham, J. (2003), Suicide linked to pressure of HSC. Sydney Morning Herald Newspaper, January 23, 2003

Where to find more information

 beyondblue
www.beyondblue.org.au
Learn more about anxiety and depression, or talk it through with our Support Service.
1300 22 4636
Email or chat to us online at www.beyondblue.org.au/getsupport

mindhealthconnect
www.mindhealthconnect.org.au
Access to trusted, relevant mental health care services, online programs and resources.

Donate online www.beyondblue.org.au/donations

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www.beyondblue.org.au 1300 22 4636
Year 12 can be both challenging and exciting. During your final year of school, there are lots of strategies you can use to keep things in perspective and to manage any stresses that come along.

**PUT THE YEAR IN PERSPECTIVE**

The final year of secondary school is an important year, but it will not be the most important year of your life. Your future will not be determined by what happens at the end of it.

**DON’T BELIEVE THE HYPE!**

The media and those around us can spread a lot of doom and gloom about Year 12, adding a heap of pressure to an already huge year.

Are you ready?
The final year adventure doesn’t suit all of us, and not everyone will embark on it at the same time. If you feel that the time isn’t right for Year 12, or that you have a burning passion to do something other than study, then talk to your school careers counsellor and find out what your options are (such as TAFE, working, travel, part-time study, apprenticeship).

**MANAGING STUDY AND STAYING ON TRACK**

**MOTIVATION**

Write down your goals – University, TAFE, other study options or an apprenticeship – and put them somewhere where you will be reminded frequently (your mouse pad, your diary, a note in your phone).

**STUDY SMART NOT HARD**

Manage your time in advance, and enlist a support person such as a friend or relative to assist you. Keep a timetable – write a ‘to-do’ list every day, remembering to balance your study time with rest and recreation. Weaning yourself from TV and minimising time spent on social media will also help!

**WATCH OUT FOR THINGS THAT COULD DERAIL YOU**

Research shows that you can combine school and part-time work with minimal impact on your study if the hours are modest (10–15 hours a week). However, students working part-time have a stronger focus on work than study.

Other things that could derail you might be problems at school or home, mental health issues such as anxiety or depression, binge drinking and drug-taking or even social media.

**LOOKING AFTER YOURSELF**

During Year 12 you may feel that you don’t have time to look after yourself physically and things like exercise and eating well might not be on the top of your ‘to-do’ list. However, eating healthy food, exercising regularly and trying to get as much sleep as you need can increase your productivity and actually help you get more done in a day.
It's also important to ensure you learn to manage stress levels and reduce the amount of time you spend in the stress ‘critical zone’ where performance dramatically declines.

Strategies for better study
Use these tips and tricks below to beat study’s number one enemy: procrastination.

For help with how you’re feeling

Youthbeyondblue
www.youthbeyondblue.com
Learn more about anxiety and depression and how to talk about it with your friends, or talk it through with our Support Service.

1300 22 4636
Email or chat to us online at www.beyondblue.org.au/donations

Kids Help Line
www.kidshelp.com.au
1800 55 1800

headspace
www.headspace.org.au
www.eheadspace.org.au
1800 650 890

ReachOut
Reachout.com

Donate online www.beyondblue.org.au/donations

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