

*Cabra Matters!*



## THE BIRDS

*Wednesday 19th October - Adults \$5; Children \$2*

A School Community Newsletter

Volume 13, September, 1994



# PRINCIPAL'S MESSAGE

I am aware of and grateful for the confidence that the community has in this school and it is for good reasons. We have an attractive, safe environment where students may apply themselves to the best of their ability; the staff works as a good team; we are constantly looking at ways in which we can improve what we offer to students; we encourage teacher retraining so that students can be offered a broad range of subjects; and our organisation runs very smoothly just as any good business should.

Much has been said and reported recently in the media about the importance of parents spending quality time with their children and talking about issues they face, including what they do at school. It is only by knowing what our children are doing that we can understand and help them as they move through these challenging years towards adulthood.

While being pleased with most aspects of the school, I have been very disappointed at the small numbers of parents attending meetings which directly concern their children, examples being the Year 7 Information Nights and the Year 10 Information Night. I believe that we all have a responsibility to work closely with our children in making what are very important decisions, ones which rely on information which the school can provide to you. We can also let you know

what is happening in the School as our system is quite different now from when most parents (including myself) went to school. This newsletter is only one way of informing you of school news. Parent meetings are another important way as they provide a forum where you may have your say rather than simply receiving information.

Since I last wrote to you, we have had many successes and I hope that you have seen the positive publicity our school has been receiving. Our Debating Team, our Ancient History students, the Chess Team, several of our sporting teams and the many students who have entered and performed very well in the state academic competitions all bring credit to themselves, their families and our school. I was very pleased when I read the Half Yearly reports to note how many students are working so hard and have excellent attendance records.

As I write, Year 12 are doing their Trial HSC, their 13 years of schooling coming to a rapid end. They need our support as they draw closer to the HSC itself. Their last day of formal lessons will be the final day of Term IV, following which tutorials will be scheduled where students may choose classes where they need additional assistance in preparing for their HSC Examinations.

We wish Year 12 well in their study.

*D. MacKenzie*

Tôi đã biết và thành thật cảm ơn cộng đồng về sự tin tưởng của cộng đồng đối với nhà trường và sự tin tưởng này là do các nguyên nhân tốt mà nhà trường đã đạt được. Nhà trường có môi trường chung quanh tốt, an toàn mà ở đó các em học sinh có thể áp dụng hết khả năng tốt nhất của các em, các nhân viên, giáo viên cùng nhau làm việc như là một toán có hiệu lực tốt; nhà trường luôn luôn tìm các phương pháp nào để nhà trường có thể cải tiến những gì mà nhà trường có thể cung cấp cho các em học sinh; nhà trường hiện đang khuyến khích các giáo viên tham gia việc tái huấn luyện vì vậy các em học sinh có thể được cung cấp rộng rãi các môn học và nhà trường có được sự tổ chức chạy đều đặn cũng giống như bất cứ việc kinh doanh nào khác.

Gần đây phương tiện truyền thông cũng đã nói và báo cáo cho thấy sự quan trọng của các bậc phụ huynh trong việc dành nhiều thì giờ với các con em của họ và nói chuyện về các vấn đề mà các em gặp phải, bao gồm những gì mà các em làm ở trường. Điều mà chúng ta có thể hiểu và giúp đỡ, là chúng ta phải biết con của chúng ta làm cái gì trong khoảng thời gian chuyển tiếp trong những năm thiếu niên cho đến tuổi trưởng thành.

Trong khi vui lòng về tất cả các việc làm của nhà trường, Tôi rất thất vọng về số lượng tham dự buổi họp rất ít của quý vị phụ huynh mà buổi họp này có liên quan trực tiếp đến việc học của con quý vị, ví dụ như về các Buổi Tối Thông báo Lớp 7 và Buổi Tối Thông báo Lớp 10. Tôi tin rằng tất cả chúng ta phải có trách nhiệm để làm việc gần gũi với con của chúng ta, để quyết định các việc quan trọng, vì các quyết định quan trọng này là nhờ vào các buổi thông tin của nhà trường cung cấp cho quý vị. Nhà trường cũng cho quý vị biết những việc gì xảy ra trong trường vì hệ thống giáo dục hiện nay có khác so với hệ thống trước kia khi các phụ huynh (bao gồm cả tôi) đã học. Bản tin này chỉ là một trong các cách thông tin về các tin tức của nhà trường đến cho quý vị. Một điều quan trọng khác nữa là, các buổi họp phụ huynh là nơi cung cấp diễn đàn để quý vị có thể phát biểu ý kiến của mình hơn là chỉ đơn thuần nhận thông báo của nhà trường.

Kể từ bản tin lần trước tôi gửi đến quý vị, nhà trường đã có rất nhiều thành công và tôi hy vọng rằng quý vị đã nhận thấy được rằng nhà trường đã có được sự tích cực tham gia rộng rãi. Toán tranh luận, nhóm học sinh học môn Lịch sử Cổ đại, toán đánh cờ, nhiều toán chơi thể thao và nhiều em học sinh của nhà trường đã ghi danh và hoàn thành rất xuất sắc trong các kỳ thi tranh đua các môn học trong toàn tiểu bang và các em đã mang lại được thắng lợi cho các em, gia đình của các em và nhà trường. Tôi đã rất vui lòng khi đọc bản báo cáo thành tích của 1/2 năm học tập và thấy có nhiều em học sinh học hành siêng năng và xuất sắc trong việc hiện diện đầy đủ ở trường.

Trong khi tôi viết bản tin này, thì các em học sinh Lớp 12 đang làm bài Thi Thử Kỳ thi Tốt Nghiệp Bậc Trung Học, 13 năm học tập của các em nay đã đến rất nhanh và sắp chấm dứt. Các em cần được sự hỗ trợ của chúng ta bởi vì các em gần đến ngày thi chính thức của Kỳ thi Tốt Nghiệp Bậc Trung Học. Ngày cuối cùng của các môn học chính thức sẽ là ngày cuối cùng của Học kỳ III, nhưng đây không phải là ngày cuối cùng của các em học ở trường. Trong suốt tuần lễ đầu tiên của học kỳ IV, nhà trường sẽ có thời khóa biểu dạy thêm mà các em học sinh có thể chọn các lớp học nào mà các em cần muốn được sự giúp đỡ để sửa soạn cho kỳ thi Tốt Nghiệp Bậc Trung Học của các em. Tôi cầu chúc các em học sinh Lớp 12 đạt được nhiều kết quả tốt đẹp trong việc học của các em.

我意识到由于很好的理由,社区对我校充满信心,对此我很感激。我校拥有引人的安全环境,学生可以尽其所能地学习,教师们可以协调合作。我们一直在探索改进,使学生学得更好。我们鼓励教师重新培训,使学生可以学到广泛的科目。我们的学校组织,如任何一个良好组织那样,运作顺利。

最近新闻媒介大量报导了家长要花些时间在孩子身上的重要性。家长们要同他们谈谈他们面临的问题,包括他们在学校里干些什么。只有知道孩子们在干什么,才能在他们向成人发展的挑战性的这十年里理解和帮助他们。

在对学校各方面感到满意的同时我也对一小部分家长们感到失望。如七年级和十年级的家长信息晚会,它们直接与孩子们有关。我相信我们都有责任同孩子们密切合作,在学校提供的信息基础上做出非常重要的决定。在这些会上,我们也能让您知道学校里正发生些什么事,因为现在的教育制度同大多数家长(包括我自己)读书时的制度大不一样。这个简报只是让您知道学校事务的一种方法。家长会是一种重要的交流方法,让您有机会谈谈您的看法,而不仅仅是被动地获得信息。

自从上次给您写信以来,我们取得了很多成功。我希望您已看到了我校获得的正面反映。我校的足球队,古代历史学生,国际象棋队,一些运动队及许多其他学生进入了州级的比赛,表现良好,为他们自己、家庭和学校争了光。当我看学生的年中报告时,看到许多学生努力学习,出勤率高,感到非常高兴。

写到此我要说十二年级正在进行高中毕业文凭模拟考试。他们十三年的受教育生活很快就要结束了。随着高中毕业考试临近,他们需要我们的支持。他们最后一天正式上课日是第三学期的最后一天,但这不是他们在校的最后一天。第四学期的第一个星期里,我们安排了辅导课,学生可以按需要选择要听的课,为准备高中毕业考试获得额外的帮助。我们预祝十二年级学生学业顺利。

# SCHOOL COUNCIL

## *Summary of the Minutes of the Meeting of the 9th of June, 1994*

- \* Top gate fence has been completed.
- \* About \$24,000 will be spent on 15 Apple Macintosh computers with printers.
- \* Personal Computers with laser printers to be used by Intensive English Centre students.
- \* Hot water for students cannot be provided for safety reasons.
- \* The issue of students rights were discussed as a result of the new kit being released.
- \* Mr MacKenzie suggested we approach the Vietnamese community in order to fill the parent vacancy on the school council.
- \* Mrs Coombes will send a letter to parents in regard to this position.
- \* Photos of the School Council were taken by Mr Robertson.
- \* Mrs Centellas asked about offering Drama to students and Mr MacKenzie outlined details of Drama that is available in the school.

## *Summary of the Minutes of the Meeting of the 4th August, 1994*

- \* Mr MacKenzie introduced Ms Helen Jones — Director of Schools — Wakeley. Mrs Jones said she had attended the meeting to meet the council and get to know everyone.
- \* Mr MacKenzie welcomed Mrs O'Donnell to the Council.
- \* Ms Simpson explained what Human Society and it's Environment (HSIE) is about. Human Society and it's Environment includes History and Social Sciences. Mr MacKenzie thanked Ms Simpson for attending the meeting and for her work in the school.
- \* Co-operation Day assemblies were disussed. The next assembly will focus on Australia, and Dick Smith will be the guest speaker.

- \* Three quotes have been received for a fence. Region has agreed to pay for at least some of the fence because of recent incidents in the school.
- \* Computers have been installed in T3.
- \* Mr MacKenzie apologised for letters being sent to parents who had already paid school fees.
- \* A Sport Report was given.
- \* The upgrading of TAS rooms is 6 weeks from completion.
- \* Mrs O'Donnell asked why the school buys Apple Mac computers. Mr MacKenzie explained that the school has both, the IBM computers will be upgraded in 1995.
- \* Mr MacKenzie reported an improvement in attendance as a result of hard work by Mrs Coombes, Mr Musson and the Year Advisers.
- \* The Junior School's uniform is pleasing, Seniors are harder to keep in proper uniform.
- \* Year 12's last norman school day is the last day of this term. Tutorials will be offered to help students next term.
- \* Mr MacKenzie handed out copies of the budget and explained them.
- \* Mrs Fernandez asked if the school was doing anything for the Rwanda appeal. Mrs Maher said that students were collecting for World Vision. Mrs Coombes suggested that the Student Representative Council be asked to consider collecting for the Rwanda Appeal.
- \* Mr Chau raised the issue of discipline. Mrs Coombes suggested that the School Discipline Policy be explained at the second meeting in Term IV.
- \* Mrs Coombes spoke about the disappointing response from parents to a letter sent asking for nominations for the school council. It was decided to ask Mrs Ballantyne to attend a council meeting to talk about this issue.

# SRC REPORTS

## HOT DOG DAY

Just a few weeks ago, on August 1st, we had one of our many Hot Dog Days, and raised \$99. A big thanks to the teachers who helped with the BBQ – especially Ms Constantinidis. Also a very special and big thanks to the people (YOU) who support the SRC by buying our hot dogs. Since our Hot Dog Days have been so popular, we are hoping to have another one this term. Mr Alfonsi is now able to join our happy team of BBQ'ers again, and we will be selling each hot dog for \$1.20 or two for \$2.00. So, if you're feeling hungry on the day, and you want something different to eat, why not buy a hot dog or two!

## CO-OPERATION DAY

It happens only once a year and it's coming up again on September 16th. There will be lots of activities as usual and also entertainment. Many food stalls if you get hungry so you can try different foods. It's always fun so don't waste your day anywhere else but at Cabramatta High's Co-operation Day.

– *Nguy Tran* (Year 8)

## SPORTS

Cabramatta High School's Sports Development is excellent. The school's athletics carnival was a big success. Everybody participated with interest. Those who competed well went to the Zone. They competed against other students from other schools in the Zone – Bernera. This year our school did very well and come 3rd out of eight schools in our zone. PE Staffs were very pleased and held a free BBQ for those who participated at the Zone. It was a big improvement from last year, staff had told the kids. The Regional Athletics Carnival was on Thursday and Friday the 12th and 13th of August. Not many students from our school are going to the State Carnival,

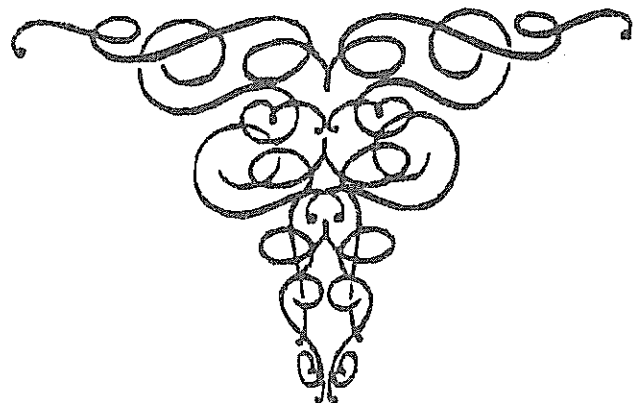
but good luck to those who are going. Congratulations! Thanks to those who went to the Regionals, at least they enjoyed themselves, and better luck next year. Years 7 & 8 have started Intensive Swimming in Term III. It should go on for the rest of the term. They go to Fairfield Swimming Pool Centre during PE practical lessons. They learn swimming rules and lifesaving skills during PE theory lessons. Let's hope the majority of the school's kids playing sport increases and best of luck to those aiming for the 2000 Olympics.

– *Alice Huynh* (Year 8)

## GENERAL

The SRC held a disco last term which raised \$300.00. This term there will not be a disco but we are hoping to have one at the end of the year in Term IV. The SRC would like to welcome back Ms Di Ramio who will be participating in SRC meetings. Ms Di Ramio will speak on our issues at Executive (Head Teachers) Meetings. We know she is going to be a big help. We would like to thank Mr Kenny for the help and devoted time he has put into the SRC. He has been a tremendous help in discussions about improving the school and other related matters.

– *Lautaro Veloso* (Year 8)



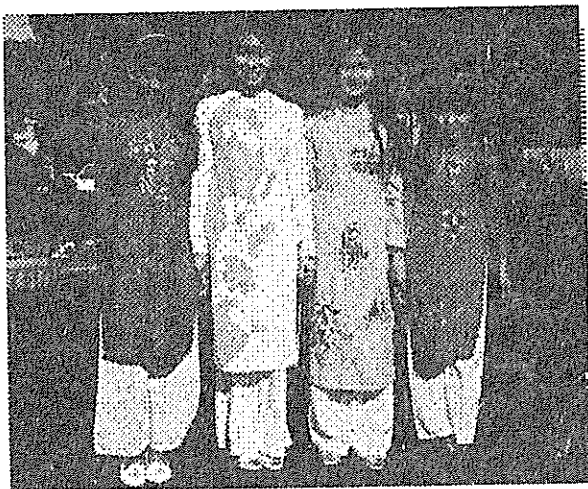
# CULTURAL ASSEMBLIES

## CO-OPERATION DAY ASSEMBLY: VIETNAMESE CULTURE

Cabramatta High School has organised a series of assemblies where guest speakers will talk about their culture and traditions. On Thursday 14th



July, Mr Nanh Tran, a community worker with the Vietnamese Association of NSW was guest speaker. Trang Mai from the Vietnamese Women's

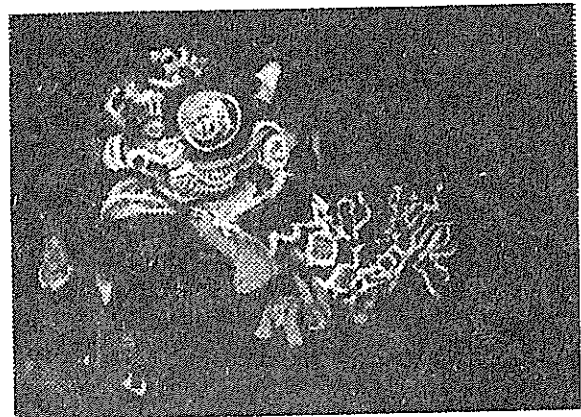


association showed students traditional womens costumes and explained why they are worn at different occasions. The assembly finished with a

song from students at Cabramatta Primary School who sang a song called "A Rose for my Teacher". Students Lien Nguyen, An Tran, Linda Pham and Phi Nguyen were rewarded with loud appluase in appreciation of their performance.

## CO-OPERATION DAY ASSEMBLY CHINESES CULTURE

On Thursday 5th August the students at Cabramatta High enjoyed an assembly on Chinese culture. The assembly started with a very energetic



Lion Dance which had students jumping in their seats. The Lion Dance was performed by the Pak Hok Kung Fu Association. Mr Arthur Lee a Community Development Officer with the Chinese Mutual Descendants Association gave a very interesting talk about Confuscianism, Chinese writing and the history behind traditions such as the Lion Dance and the Dragon Boat Race. The assembly finished with a beautifull dance by students from Cabramatta West Primary School. The dance originated from the Yao hill tribes of the mountains of China, and the costumes worn by the students were truly colorful and bright. The audience cheered madly when the dance was finished.

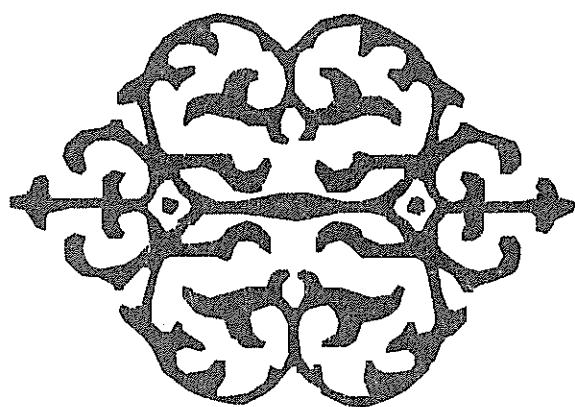


# LANGUAGE CLUBS

Since the end of Term 2, language clubs have been formed in Vietnamese, Chinese, Spanish, French and Japanese. These clubs give students the opportunity to use these languages in a more relaxed social environment.

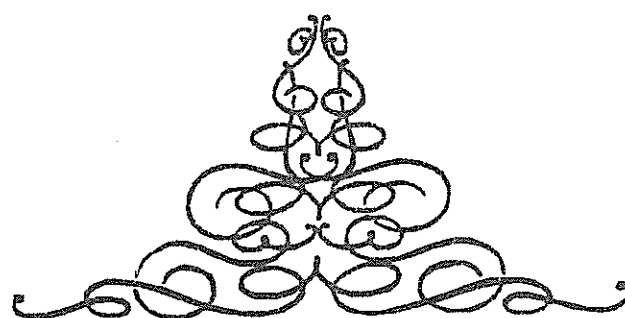
Membership is open to all interested students and the clubs usually arrange meetings once a fortnight at lunchtime. Activities include games, songs, traditional dances, short plays, videos and craft work. Holiday outings are also on the agenda for regular club members.

Interested students are welcome.



## English Classes for Parents

Parents of students from Cabramatta High School are invited to join our English Class for parents. The class is held every Tuesday from 1pm to 3pm. Mrs L. Nguyen, a teacher of ESL, teaches parents English for Living skills. The lessons are **FREE** and if parents would like to join the class, they can ring Mrs Grace Ngo on Mondays on 726 2424, or come to the school office on Tuesdays at 1p.m.

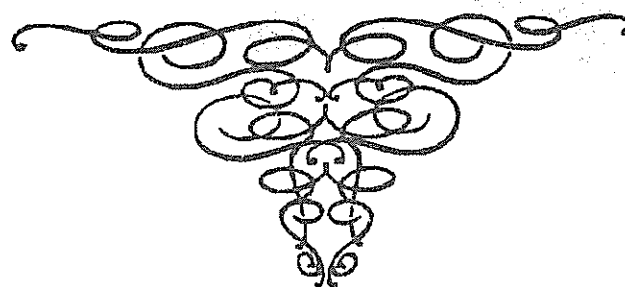


## YEAR 10 "WAY TO GO"

Major decision making is never an easy task, particularly if decisions made in Year 10 can have a lasting impact on a student's future. The Year 10 Way To Go program was designed to provide information and help in considering all options.

Students were involved in small group workshops in which they considered their goals and whether to go on to the senior years. At the same time careers lessons introduced the basics of decision making and the need for students to consider their abilities and interests when making course and career choices. Information on the HSC rules and courses was provided and students were given a month to consider their choices and to seek advice. Parents were invited to attend an information evening so that they too could understand the requirements of the HSC and could support their son or daughter during the senior years of study.

Students have now selected courses of study for Year 11 and many are already keen to get started on their new subjects!



# A TOUCH OF SPAIN

We reproduce an open letter to Cabramatta High School from two exchange students from Spain.

*"Actually, four weeks were not enough time to make a lot of comments about this country, and Cabramatta High School, but we've got an idea about the way students live in Australia.*

*This experience allowed us to learn about a new culture, to live and share things with a new family, and also to make a lot of new friends. What really had an impact on us was the great number of different cultures living harmoniously together in this country.*



*"At the beginning, we had to admit that we were very nervous, because we didn't know what we were going to confront, but we got used to it soon. If it hadn't been for the people who were with us all the time, we wouldn't have*

*mixed so quickly.*

*"Compared to Spain, there are many more subjects offered that are very interesting and also very practical. That allows you to have a knowledge once you are out in the real world. However, subjects in Spain are harder than here. We want to point out that in 2 and 3 Unit Spanish class, we have achieved more experience, since it was very easy to participate and besides, there was a small number of pupils in the class that made us feel much comfortable.*

*"We both, Natalia and Mirentxu, want to thank you for the welcome you gave us, and especially to Claudia Mancia and Alejandra Posadas of Year 12, because they put up with us for 5 weeks.*

*"We don't know what else we can say, thank you, and so, see you soon!"*

*Natalia Garcia and Mirentxu Pascual, Barcelona, Spain.*

There are always opportunities – if you study another language at school – to visit another country where you can practice such a language. These opportunities are called Student Exchange Programs.

For further information on these programs, contact Mr R.Kenny, Languages Head Teacher.



## SYDNEY:

### A tourist destination and the importance of a second language.

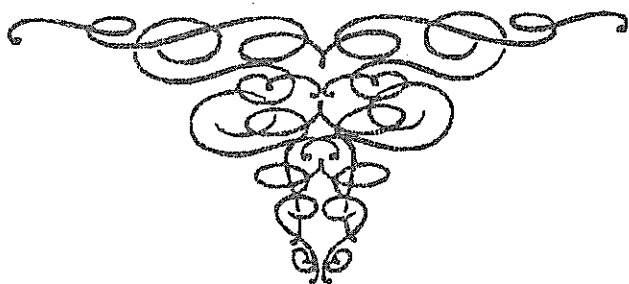
Year 11 students of Spanish and two visiting exchange students from Barcelona have recently taken part in a tourism excursion to the city. They visited Sydney's major tourist attractions such as the Sydney Tower, the Aquarium, the Monorail, and cruised along Sydney Harbour.

Becoming tourists for the day and having to translate the passages from the tourist guide, they could readily appreciate the potential of a second language (in this case Spanish) in the Tourism Industry. Tourism has been increasing consistently in the 90's, however, the Olympics 2000 will make an impact on the numbers of visitors to Sydney.



It is forecast that by the year 2000, six and a half million people from all over the world will arrive in Sydney alone. This inflow of tourists will create a lot of jobs for people who are fluent in more than one language.

Most Cabramatta High School students should be glad to know that they already have more than one language and could be part of this exciting event if they choose to improve their skills by studying Languages.

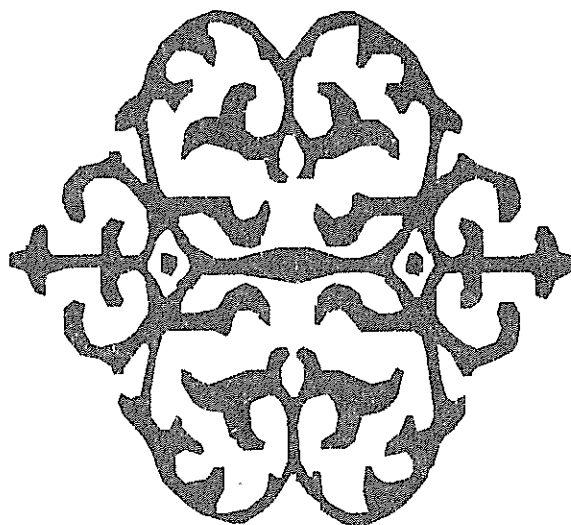


## Yr 12 Gallery Tour

In Term II Year 12 Visual Arts students had a highly enjoyable and educational day touring art museums and galleries in the Paddington/Woolahra area. The purpose of the excursion was to make studying Art more relevant to students. The galleries we visited were all commercial (ie: the artworks were for sale), and the artists exhibiting were all currently practicing (ie: not



dead and buried). We visited ten galleries in all and saw a wide variety of work including paintings, drawings, sculptures, photography and multimedia. Students saw the wide variety of professional work being produced and their value commercially speaking, and had numerous opportunities at practicing their Art Analysis skills. The day was a successful and exhausting one.



# Cabra wins judges' nod

JUDGES at the NSW inter-school mock trial competition have handed down a positive verdict in favour of Cabramatta High School.

Cabramatta High year 10 students won through to round four of the Law Society-run competition by beating a team from East Hills Girls High.

Cabramatta boasts a string of successful mock trial teams since 1981.

A mock trial is a simulated legal case in which sides argue for a party to a court action.

In its latest success, Cabramatta convinced adjudicator Gary Donovan with a strong case that earned congratulations for its quality, research and advocacy skills.

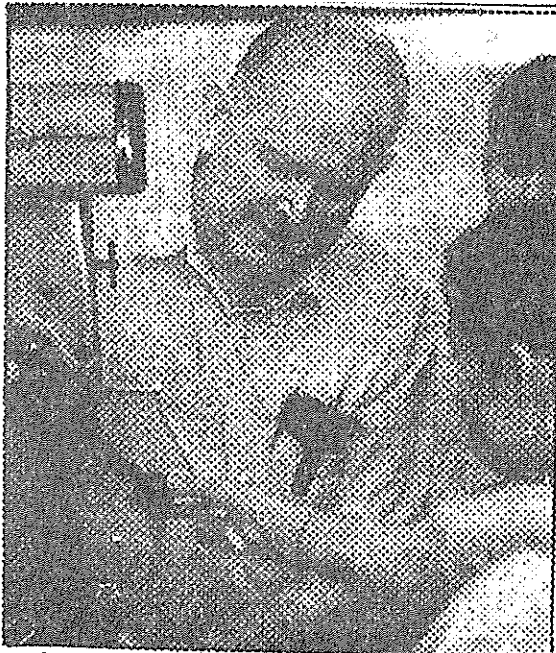
Out of 430 schools that started, Cabramatta remains in the final 64 of the State-wide competition of private and public schools.

Pictured are members of the all-conquering Cabramatta High team.



## In Our Schools

# Art with a heart



Cabramatta High industrial arts teacher Allan Birkett just before his retirement

CABRAMATTA High School teacher Allan Birkett says the thing he'll miss most about teaching is the kids.

"They're great fun," he told *The Advance* last week.

Mr Birkett, who retired recently, said: "As far as getting on together they're superb. We've got none of the racial tension you seem to get everywhere else."

Mr Birkett began at Cabramatta High as a fulltime casual in 1971 and joined the permanent staff in September 1972.

The popular Industrial Arts teacher's classes included woodwork, metalwork, technical drawing and engineering science.

He also served on the school's management and finance committees.

Mr Birkett described Cabramatta High as a progressive school. "I think it's the leader in a lot of the changes in schools at the moment," he said.

"For example, we have some seniors starting at 8.30am and then some go to TAFE in the afternoons. It's a very flexible timetable.

"It's a school that's always changed to accommodate a changing population."

Mr Birkett said he had not decided what he would do in his retirement but he would "probably muck around with woodwork a bit, making kids' toys and things".

Robert Kirk, head industrial arts teacher at the Cabramatta High since 1987, described Mr Birkett's rapport with students as "excellent".

"I have nothing but praise for him," he said.

"I've seen him with some of the worst students at this school and they've just melted in the palm of his hand."

# Choice is theirs

**S** KILLS-BASED courses at Cabramatta High School have boomed during the past three years as teachers urge students to take on more education options.

The school links with Cabramatta SkillShare and Liverpool TAFE to offer a number of vocational courses including electronics, keyboarding, food preparation, hospitality and electronics.

Students also have the option of school-based courses such as retail skills, office procedures, photography and vehicle maintenance.

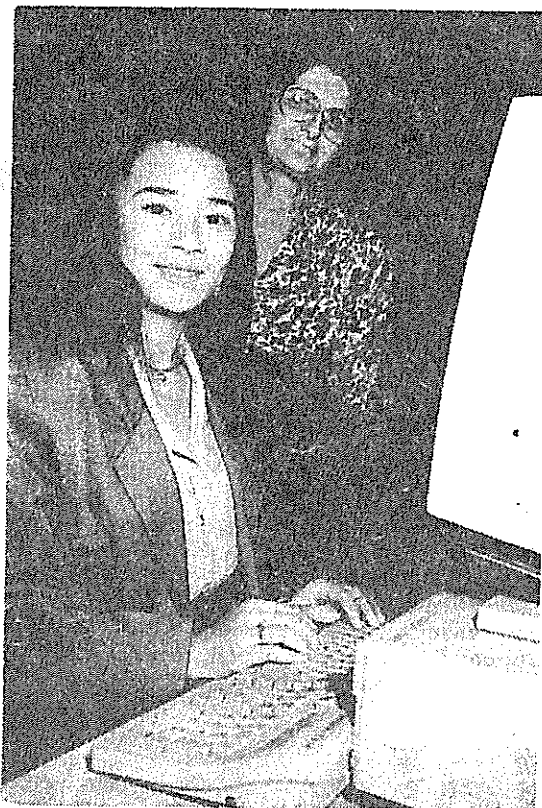
Careers advisor Linda Ozers said the school recognised the importance of skills-based education, but said there had been problems getting the message across to students and their families.

At the start of Year 11 students faced the option of taking a vocational path to their HSC or the traditional one aimed at tertiary entrance.

Ms Ozers said many students were reluctant to forfeit their university chances for the vocational courses.

"We have a bit of a problem in this area because many of the families with an Asian background are keen to see their kids go to uni, but it's not always suitable," she said.

"It can be very hard to convince them to take a



**Skill opportunity . . . Cabramatta High student Trang Tran understands the benefits of becoming computer literate**

more vocational pathway. Just this year, however, we've been successful in getting larger numbers doing these courses."

Students aiming at tertiary education finish high school with their HSC and a Tertiary Entrance Rank (TER) based on the student's 10 best performed units in Years 11 and 12.

Students choosing vocational courses do not receive a TER but leave school with industry-recognised training.

"A lot of employers don't understand the TER or what it is," she said.

"But with a lot of the vocational courses the students come out with competency certificates that list what they can do."

## ISSUES

The State Government last week released a report highlighting the increasing role of vocational training in NSW schools.

Reporter **MURRAY NICHOLLS** looked at the role of vocational training at Cabramatta and Bonnyrigg High Schools.



# SPORTS UPDATE

## KNOCKOUT TEAMS

**Boys Touch:** The boys progressed to the 2nd round to play Picton HS whom they beat 8-4. Peter Katar, Davis Alvarez and Kaviphone Saengdara scored two outstanding tries each. In Round 3 the team lost in extra time to Elizabeth Macarthur HS after a 6-all draw. Metehan Cil was by far the best with 3 tries. All boys played above their abilities with very good individual efforts. Peter Katar lead well as captain and rallied many memorable raids at the opposition line. Dennis Ngov was excellent in defence. All players were a credit to the school.

Coach: Mr Kirk

**Girls Touch:** The girls touch team progressed to the second round where they met Lurnea HS, unfortunately due to a lack of fitness amongst the team we were beaten 7-1. Next year our level of fitness needs to be our top priority. Player of the match: Jody Copeland.

Coach: Miss Lawrence

**Chess Team:** Congratulations to our school's chess team who defeated Eagle Vale HS 4-0 to become the Regional Champions. The team



consisting of Nhon Trong Lam, Jay Shu Khuu, Lu Phong Huang and David Centellas, all of Year 10 will now meet Parramatta HS in the State Semi Final. Well Done!

Coach: Mrs Schmidt

## GRADE SPORT:

Congratulations to the following grade teams who won their respective competitions in the recent Winter Sport Competition:

Boys 15's Soccer Teams 1 & 2 (coach - Mr Blanch & Mr Pulham); Mixed Open Table Tennis (coach - Ms Linsley); Mixed Open Netball (coach - Miss Lawrence).

Outstanding team and individual performances for the Winter Competition are:

| Sportsperson |                  | Team of the Week |       |            |
|--------------|------------------|------------------|-------|------------|
| Round        |                  |                  |       |            |
| 1            | Bye              |                  |       |            |
| 2            | Christian Rivas  | Mixed            | Open  | Netball    |
| 3            | Jody Copeland    | Mixed            | Open  | Netball    |
| 4            | Louise Griffiths | 16's             | Girls | Soccer     |
| 5            | Christian Rivas  | Mixed            | Open  | Netball    |
| 6            | Brenda Buttigieg | 16's             | Girls | Soccer     |
| 7            | Susan Pham       | 15's             | Boys  | Soccer     |
|              |                  | 16's             | Girls | Basketball |

Congratulations to all these people for an outstanding effort.

## INDOOR SOCCER

Cabramatta High School Indoor Soccer team this year was going for its third year in a row as state champions. Unfortunately, the boys were unsuccessful and were defeated 5-4 in the semi final by the eventual winners Woonona HS. Cabramatta HS fielded a girls team for the first time this year and they almost made it through the elimination rounds but lost to Galston HS, one of the favourites for the competition.

## ATHLETICS

The School Athletics Carnival was held on the 26th of May at the school oval. Competitions were split into participation and competitive sections allowing all students and staff (if they wished) to have a go. The day was an enormous success and thanks must go to all students and staff for their attendance and efforts on the day, with a special

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thanks going to Mrs Allen and Mr Alfonsi for organising the Carnival.

#### Age Champions

| GIRLS                  | BOYS          |
|------------------------|---------------|
| 12yr Irene Palmer      | Joy Louangxay |
| 13yr Mevlyde Begaj     | Khanh Lieu    |
| 14yr Esther Atuatika   | Phuong 'Tran  |
| 15yr An Eth Sen        | Viet Tran     |
| 16yr Sladjana Kupresak | Murray Wilson |
| 17yr Vandy Pheng       | Metehan Cil   |
| 18yr Betty Peleti      | John Celik    |

## ZONE ATHLETICS

(21st & 22nd June)

This year Cabramatta High School had it's greatest success for a long time at the Zone Athletics Carnival. Due to the hard work and commitment from both our junior and senior students, Cabramatta High School finished a very close third in the overall points score, 3rd in the girls point score, and 1st in the boys point score.

Congratulations to all those students who represented their school in an excellent manner. Due to our high level of talent displayed at the carnival, Cabramatta High School had a large team progressing further to compete at the Regional Athletics Carnival.

#### Zone Age Champions:

- 12 Year Girls – Irene Palmer (Year 7)
- 12 Year Boys – Joy Louangxay (Year 7)
- 16 Year Girls – Sladjana Kupresak (Year 11)

#### Other outstanding performances:

Jeremy de Lepper (Yr 8) 2nd 15 Yr Boys Age Champion; Lino Lopes (Yr 11) 1st 17 Boys Hurdles and 100m; Megjide Begaj (Yr 11) 2nd 200m, 400m, and 1500m, 3rd in High Jump; Michelle Holmstrand (Yr 9) 3rd 15 Yr Girls Age Champion; Khanh Lieu (Yr 8) 2nd 100m and Long Jump, 3rd 200m; Esther Atuatika (Yr 8) 2nd 14 Yr Girls Age Champion; An Eth Sen (Yr 9) 1st 3000m, 2nd 200m and 800m.

## REGIONAL ATHLETICS CARNIVAL

The Regional Athletics Carnival was held on the 11th and 12th of August at the State Athletic Centre at Homebush.

Cabramatta High School had six relay teams competing: 13 yr girls, 14 yr girls, 12 yr boys, 13 yr boys, 14 yr boys, and 17 yr boys, as well as a large number of students in individual events.

#### Cabramatta High School Regional Athletics Team:

Yr 7 Irene Palmer, Rhonda Burr, Lida Sun, Huong Nguyen, Mevlyde Begaj, Joy Louangxay, Tung Ngo, Milorad Matic, Nin Van Tran, Don Qiang Zhang, Carlos Pleitez, Alex Draskovic, Ton Pham, Van Khanh Tran.

Yr 8 Mele Foaga, Sefedin Begaj, Jeremy de Lepper, Deyan Toskoski, Khanh Lieu, Brendan Gronow, Van Ny Tran, Esther Atuatika, Amanda Chandler, Lim Heng Tea, Alice Huynh.

Yr 9 Chris Duong, Lei Cai, Viet Tran, An Eth Sen.

Yr 10 Daniela Ussia

Yr 11 Vicky Cvetkovic, Aofaga Foaga, Megjide Begaj, Betty Peleti, Lisa Sua, Sladjana Kupresak, Ua Saipaia, Kiet Duong, Lino Lopes, Kieth Luu.

Cabramatta High School has two students who have progressed to the next level, both finishing second in their respective events. They will now compete at the Combined High School State Athletics Carnival later this term.

Jeremy de Lepper – 2nd 14 yr Boys Javelin

Don Qiang Zhang – 2nd 12 yr Boys Shot Put

All Students and staff wish them every success at the Carnival.

#### Other outstanding performances include:

Irene Palmer – finalist 100m

Joy Louangxay – finalist 100m and 200m

Khanh Lieu – finalist 100m

## STATE CROSS COUNTRY

Congratulations to Irene Palmer of Year 7 who competed at the Combined High Schools Cross Country Carnival at The Crest at Bass Hill. Irene represented the Metropolitan South West Region and finished 74th. This is an outstanding result, the top cross country runners from all over NSW competed at this carnival.

# Community Calendar for Term IV

Friday, 21st October:

Professional Development Day

Thursday, 3rd November:

School Council Meeting (AGM), 6.30pm

Thursday, 1st December:

School Council Meeting, 6.30pm

Friday, 9th December,

Presentation Day

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