



## Principal's Message



What a year 2021 has been!

While at the end of 2020 we thought that we had been through most of the challenges, 2021 was even more of a challenge.

Throughout it all our students, families, staff and community showed that they are resilient, adaptable and able to persevere through challenges.

Our Fairfield Local Government Area was significantly impacted, with students learning from home for over a term. Teachers delivered online learning for those with devices, and learning packs were mailed home to students without devices. Staff phoned students to check on their wellbeing and learning each week. The school helped to provide support and access community services for families in need.

In the face of adversity, our students have continued to shine, and our staff have demonstrated their commitment to deliver outstanding education and care for students.

In Term 4 Cabramatta High School was awarded a prestigious state award, the 2021 NSW International Student Community Engagement Award, recognising our exceptional International Student Support Program. The school has also been recognised for exemplary practice in education, and a film crew from the Department of Education spent a day at the school interviewing staff and students.

Congratulations to our Year 12 students, the class of 2021. Year 12 is always a demanding year, but 2021 was unique in the complex challenges for students. They have been the first year to all complete trial alternative assessment tasks from home, and their HSC was delayed by over a month. It has been a special moment to be able to celebrate their graduation and formal recently, and we are immensely proud of their achievements.

Thank you to all the talented students who have written articles and contributed to Cabramatters this year. Thank you also to Mr Avery and Ms Sentic who have led the new, exciting design of Cabramatters and Ms O'Keefe who has guided students through the editing, design and publication of Cabramatters.

I wish all students, parents, families and staff a happy Christmas and New Year, and look forward to another great year of education at Cabramatta High School in 2022.





## Cabra's Competition: ICAS Edition

This year, 9 students from Cabramatta High School courageously participated in the UNSW ICAS Writing and English Competitions. Despite postponing the online competition on multiple occasions, they were resilient and determined during times of adversity to complete it.

The Writing Competition entailed a simple 450-word limit task within a restricted time. Short prompts were given to which students responded easily such as "Is it ever okay to lie?". Sounds interesting, right?

The English Competition was a comprehension test consisting of multiple-choice questions within a time limit. Phew! No short responses at all. Students read a few short texts and answered a variety of questions, though some answers required more thinking than others.

This is the first time Cabramatta High School has completed the ICAS Writing Competition online and the third time the English Competition was completed online.

All students were successful in participating in both competitions, in spite of unexpected technical difficulties. With strong perseverance and conviction, they were fantastic in pulling through regardless of when it was at home or school.

To have our proud students participate in this extra curricular activity during Covid lockdown is an amazing accomplishment! "I was frightened before we started, but as it commenced, I forgot my nerves and actually enjoyed writing and reading."

It was a great relief that students were able to participate in the competitions. They were very thankful that ICAS found a way to deliver the competitions to students during the learning at home phase. "We came across technical issues having the Writing Competition done in our own homes, but with our persistence, we were able to overcome those obstacles and successfully complete the competitions."

When asked why students entered these competitions, they were unanimous in their excitement to receive a certificate of personal achievement that can be used to support their extra curricular activities in their resume. The students were also ecstatic about having an opportunity to academically challenge themselves with an external exam that measures their performance among other students in the state of NSW.



### Encouragement for students wanting to participate next year?

"We've only had one senior student in Year 11 take part in this competition. The ICAS English and Writing Competitions occur during HSC Trials (Term 3), meaning Year 12 students do not have the opportunity to participate. That is why for all potentially interested students, I highly encourage you to try it at least once before finishing Year 11, or you may regret not participating in a worthwhile extra curricular activity."



"I won't say it's the most basic English test you've ever encountered, but I am strongly confident that the majority of you would not only find this fair and exciting but different to what you have experienced assessments wise at Cabramatta High School."

*By Sally Luu Year 11, 2021*



## Breaking the Silence

*Embarrassment, self-deprecation*

*Depression and anxiety*

*Don't keep, keep silent or put yourself  
down*

*There's help, to escape your prison.*

*Don't be fooled by sweet words*

*"That's not me"*

*"I can change"*

*Actions speak louder.*

*Time heals all wounds.*

*For your bright future,*

*You're not alone.*

*by Trung Kien HOANG*

*Cabramatta HS Intensive English Centre*

CABRAMATTA & FAIRFIELD WHITE RIBBON COMMITTEE

Art and Poetry

Competition



# Breaking the Silence

by Minh Khang TU & Dang Thao Ngoc TRAN - 3S  
Cabramatta HS Intensive English Centre

Night,  
She sat and cried:  
"What's the deal with  
him!"  
She screamed,  
Then, slept...

In her dream,  
She saw her mother  
Who was passed away:  
"Darling, are you tired,  
I saw your ghost  
He hurt you..."

In her dream,  
Her mom brings her back  
To her point  
When she was young,  
When she was happy  
And when she loved  
'she'.

In her dream  
Her mommy said:  
"Darling, don't be afraid,  
Face to the truth  
Put on your shoes  
Go out and yell out:  
"We've got freedom, so don't  
stay silent!"

"We've got freedom, so don't  
stay silent!",  
Night,  
She knew she needed to fight.

CABRAMATTA & FAIRFIELD WHITE RIBBON COMMITTEE

Art and Poetry  
Competition





## Breaking the Silence

*by Meryam Abdulrahman  
Cabramatta HS Intensive English Centre*

Stand up speak out  
And raise your voice.  
Act to prevent men's violence  
Towards women.  
No more covering your pain,  
No more silence,  
No more hiding your feelings.  
Speak out don't be scared.  
We're all with you,  
Believe yourself,  
You can make a big difference.  
Scream so your voice reaches.  
Fight back,  
Change your world.  
There are millions of women  
Who are scared to speak.  
You can be the change to a  
Better future.



CABRAMATTA & FAIRFIELD WHITE RIBBON COMMITTEE

Art and Poetry  
Competition



# Breaking the Silence

by Hong Anh NGUYEN & Hanna Thi Xuan Huyen PHAN

SILENCE.

ALWAYS BEEN SILENCE.

ALTHOUGH YOU WANT TO  
FIGHT FOR YOURSELF

ALWAYS BEEN SILENCE.

EVERYONE!

STAND UP AND SPEAK OUT

TO BREAK YOUR SILENCE

IF YOU SPEAK WITH YOUR  
VOICE,

WE WILL SPEAK WITH OUR  
VOICE

TO THE ONE WHO HURT US,

THE FREEDOM WE TAKE.

CABRAMATTA & FAIRFIELD WHITE RIBBON COMMITTEE

Art and Poetry  
Competition





# NO MORE!



Physical damage make people hurt  
And so does mental damage, or worse.

Everyone have their own voice  
To stand up, say what they want  
"I'm being abused, help me!"  
And everyone will notice  
your voice  
And everyone will  
help you.  
So you can have  
your own voice.

"I thought if  
people heard what  
happened, it would  
open their eyes."

We are teenagers  
What an important period!  
Why are we quiet?  
Why are we quiet?  
Silence like desert  
Due to generation gap  
We argue with our parents  
Let's be empathic to each other  
With help of adviser.

If you are overthinking  
Just share what in mind!  
If you are depressed  
Just cry and speak out!  
Don't hide your feeling  
Don't make yourself stress out  
Everyone here listens to you

In front of a woman is her husband slap  
After the wedding, she know it was a trap  
become educated man.  
So why don't we extend a helping hand  
To end all tragedy, we have to

When will it stop

That is all the things she is experienced.  
Let's change this reality!

[insert name] suffered  
horrific injuries when  
she was savagely beaten  
with a hammer by her  
then partner. To

Night,  
She sat and cried:  
"What's the deal with him!"  
She screamed,  
Then, slept...

In her dream,  
She saw her mother  
Who was passed away:  
"Darling, are you tired,  
I saw your ghost  
We hurts you..."

In her dream,  
Her mommy said:  
"Darling, don't be afraid,  
Face to the truth  
Put on your shoes  
Go out and yell out:  
We've got freedom,  
So don't stay silent!"

We've got freedom,  
So don't stay silent!"  
Night,  
She knew she needed to fight.

She was hit,  
She falled down.  
She was scolded,  
She cried.

That is all the things she is experienced.  
Let's change this reality!

[insert name] had hurt  
me before, but  
I never thought  
he'd do this."

Society is developing,  
Violence is disappointed,  
All we need is protecting women.  
Not violence, it is unacceptable  
That is all we need for developme

The Silence  
Breaking

CABRAMATTA & FAIRFIELD WHITE RIBBON COMMITTEE

Art and Poetry  
Competition

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## Wall of Appreciation – Wellbeing Team

As part of our wellbeing competitions and World Gratitude Day on the 21<sup>st</sup> September 2021, students showed gratitude to those who we are truly thankful for and whose actions have had a positive influence in making a difference.

### wall of appreciation

**“Appreciation can make a day, even change a life. Your willingness to put it all into words is all that necessary”**

Margaret Cousins

I am appreciate of mum as she is always supportive and for her insightful lessons

I am appreciate of my mom because of her limitless love and her chef kiss Vietnamese Pho

I am thankful for my mom for all her love and yummy food and when I'm at my lowest

I appreciate my teachers because they are always there for me and without them I wouldn't be able to gain knowledge I have today

I am appreciate my mom who has been there for me through everything

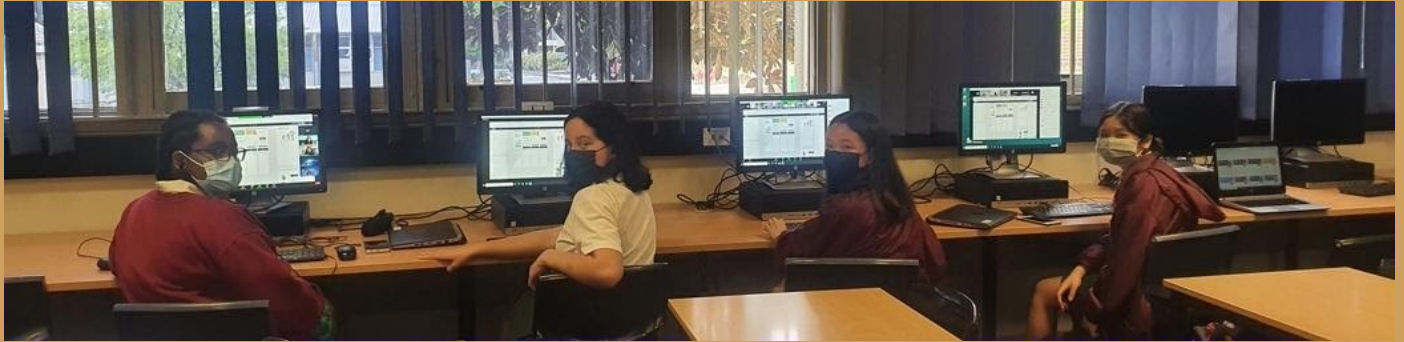
I appreciate my dad for all he does

I appreciate my teachers during this pandemic as they are working extremely hard to provide me with best feedback and online learning opportunities



## THE ORBISPACE INITIATIVE

Ten Year 8 students were involved in The Obispace Initiative (TOI) which started in term 3 and finishing in term 4. The girls include: Evelyn Dang, Daisy Duong, Emily Hong, Summer Kendall, Jennifer Kouch, Katherine Liu, Kim Bao Ly, Janice Nzeyimana, Jullyya Sao and Imelda Trejo Granados.

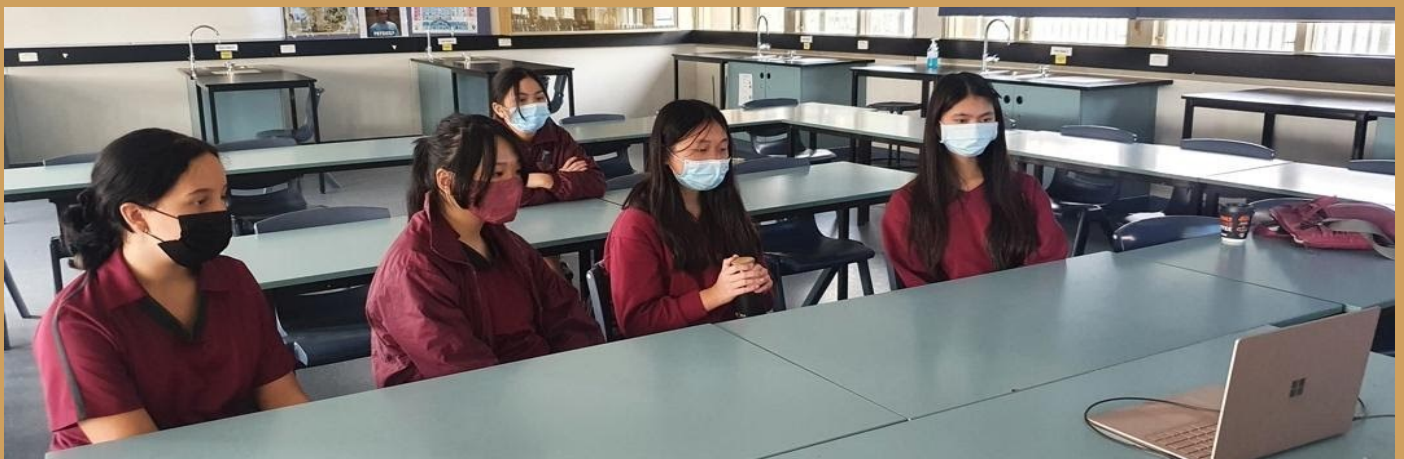


The mission of TOI is to empower the next generation of Australian female innovators. TOI teaches professional development and communication coaching, networking and relationship building through a platform known as Rich Dreams.



The Year 8 girls are also participating in a competition in front of world-class investors for prizes. It has been an enriching and exciting experience for our students!

# RICH DREAMS



### STEM excursions 2021:

In Term 2, a small group of year 7 and year 8 students had the opportunity to visit various STEM facilities and museums around Sydney organized by Fairfield City Council.

These excursions provided our students with an immersive experience with hands-on activities. The excursions encouraged and fostered a deeper understanding of STEM and STEM-related careers for our students. It was an amazing learning experience for all our students.

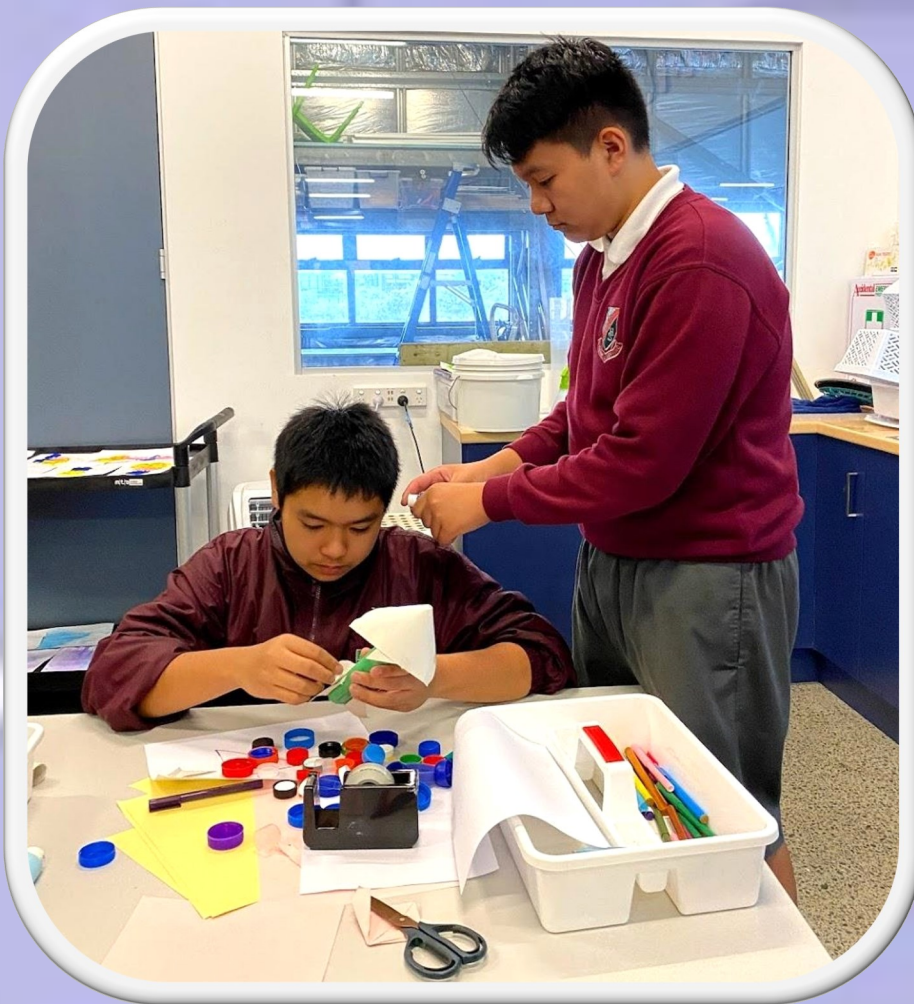


Science Space Centre Wollongong



Year 8 Science students building a rocket to withstand the forces of an artificial wind tunnel.

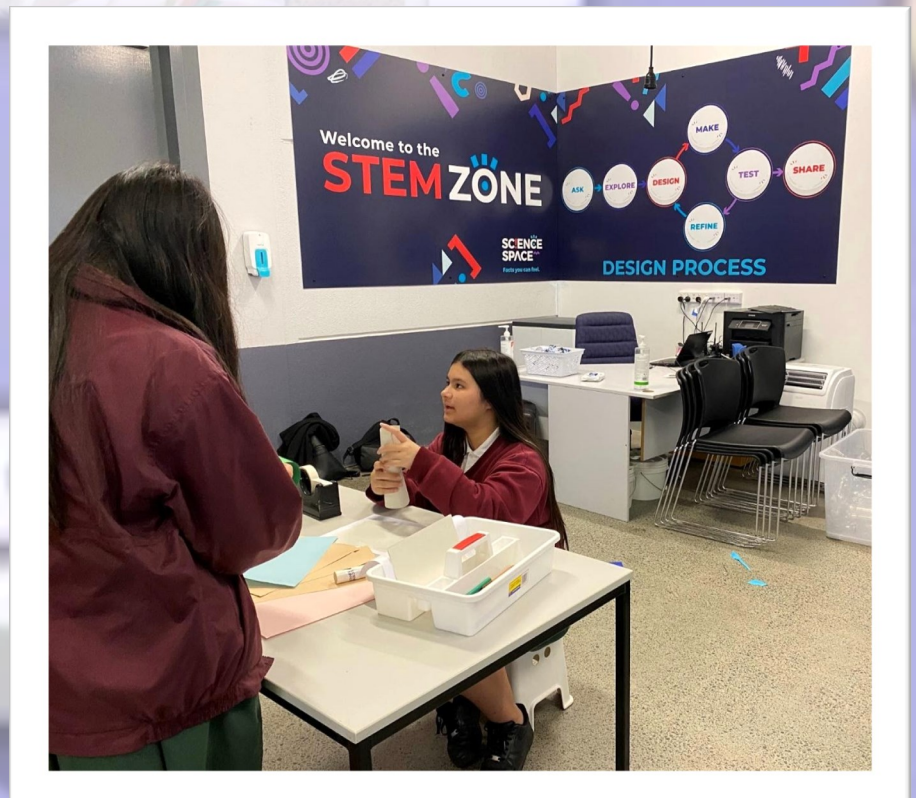




Our Year 8 boys putting their minds to the challenge and building their rocket

Joseph Finau, Yr 8  
There were many exciting activities, lots of interactive exhibitions and the Planetarium. I learnt a lot in the few hours at the space centre. I really enjoyed this whole experience and hope to go again next time.

Victoria from Year 8 building her rocket from scratch.







Our Year 7 team testing their rocket.

### Anthony Le, Year 8

The Science Space Centre of Wollongong excursion offered numerous chances for students to find the marvels of nature and innovation.

The trip included 2 shows and a multitude of activities for us to investigate. The planetarium was an incredible method to observe the Solar System. It allowed us to visualise the planets and its special features.

This trip was astonishing, and I would very much go again if I were to at any point receive such a blessing.

Year 7 and 8 Students on the site of the new Airport in Luddenham, Western Sydney.





Students at the Aerotropolis Information Centre.



Year 7 students watching a Science performance by the amazing scientists at FIZZICS Education.







Year 7 Students  
experimenting with  
Aerodynamics at the  
Science Museum in  
Wollongong.

### Amara Nguyen, Year 7

The science excursion was great! The activities that we did were very fun and interesting. We got to see and learn about our Milky Way, and we also created a paper rocket. In our last activity, we got to observe and learn what nitrogen can do and how cold it was. I liked the last activity the most as we were able to see the experiments which was really cool!



Simon from Year 8 having a good time with an  
industrial blow dryer and toilet paper!





Our Year 8 boys giving a thumbs up to the Amazing Science Museum.

### Matilda Phu, Year 7

My favourite part of the excursion is the VR of the solar system. It made me feel like I was in space. It was so beautiful and breathtaking.

Safety First! Matilda from 7Z helps out with a combustion experiment.





## Aerotropolis STEM excursion

### **Chelsea Ta, Year 7**

The excursion was very fun and the experiments were exciting to watch! I learnt many things that day.

### **Jennifer Kouch, Year 8**

It was truly an honour to be participating in the unveiling of the Aboriginal and Torres Strait Islanders Painting representing the new International and Domestic Airport of Western Sydney. It was also a privilege to be able to get an insight into the new buildings that were being introduced here like the Business Park, Passenger Terminal, The Metro Train Line as well as food courts and restaurants that were going to be installed here. It was an amazing and inspirational experience for me, and I bet it was for the others too.

### **Jessica Ly, Year 7**

We started off the trip with going to the new airport which was being built. It's amazing to see how the construction started and how it's going to turn out when it's done in 2026. We were able to see a range of extra cool experiments that we got to experience. Overall, the trip was pretty cool.

Year 7 and 8 Students on the site of the new Airport in Luddenham, Western Sydney.





# Online Learning? What is the purpose of this?

Chu Phuong Nhi Nguyen

During the lockdown, we did something called online learning. But I have been questioning about this for a while? What is it? Why is it still relevant today? Even though school has returned to normal, the impact of online learning is still present until now. If you are wondering the same things as me, then I can tell you some of the benefits of this work.

To begin with, online learning helps improve our virtual communication skills and collaboration. I will say this is something that I never considered previously, but during lockdown this has saved my day and I'm pretty sure this is the same situation with everyone in our school too. .

In lockdown, we have to be dependent a lot on our devices like our laptop and mobile phones because we can't go to school to do face to face learning. This has required us to be familiar with different technologies, skills to do online work and teachers doing online classes. I believe that this will help us become more effective learners within an increasingly virtual environment. It also helps us to develop our critical thinking skills in order to make the best decision. Also it gives us a chance to utilise a specialised knowledge and create efficient processes that help us produce the best result from learning when teachers are not physically with us. An example for this is the use of Zoom and Microsoft Teams for online classes. Using these two programs has helped students participate in the class discussions and forced us to be better at pitching our ideas and making strong, succinct, professional arguments through text. Also to create the best experience, class at home requires the coordination between teachers and students for building up the lesson and the exercise. To sum up, online learning has given us an opportunity to improve our communication skills and become better critical thinkers.



Another second benefit of online learning is demonstrated self motivation. This reason may sound a bit strange but it is true for me. During this time I have a lot of motivation to complete my work. This has helped me to build skills for independent working, time management and many more useful skills that we will need for success, whether for working or studying. Motivation is something that is very important to be able to successfully complete all tasks that we have been assigned. For example: You have 10 tasks to do, compared to the time you are completing in class and during lockdown. At home, you get all the comfort that you need so you get more motivation to complete the task quicker and you build on these skills at the same time. Taking everything into account, online learning has helped us build skills to keep self motivated and this brings us better outcomes with our work and life.

The last reason for this is to help us get better time management. I have noticed as I did many of the lessons online, I slowly became a more organised person. Because I don't want to miss my lesson, so naturally I plan out my day and write my plan for the rest of the day. This also has helped me to study smarter not harder and it actually reduces the amount of work that I have to do. It saves time so we can use that time for something else more fun than studying like playing badminton or doing yoga to create health benefits for ourselves. Online platforms have helped us to develop strategies to organise ourselves so that things don't seem too overwhelming.

After all, online learning has a good side and bad side to it. But from my perspective online learning somehow has allowed me to learn things that I haven't had a chance to learn before. I am getting better with my time management, demonstrating self motivation and improving my communication skills. Just because we are back doesn't mean we give up the online learning. We should take advantage of the skills we have picked up to move forward with our education and careers!

By Chu Phuong Nhi Nguyen





# Girls Takeover Parliament Workshop

By: Lisa Dopham and Sophie Nguyen (Year 10)

The Girls Takeover Parliament was a one day event online in celebration of the International Day of the Girl Child. As we spoke to many different politicians, we were able to learn valuable experiences in not only politics, but other aspects of life. Interactions between other intellectual people occurred. The participants spoke of gender equality, women's rights, LGBTQ+ career paths and many more. Our last activity was a crisis simulation. We were given positions to play (premier, treasurer, minister, advisor etc) and work on a housing and property development project which raised social and environmental concerns. As many of us did not want this opportunity to be hindered, people representing such social and environmental concerns bond together to think of a new and satisfiable solution. The Girls Takeover Parliament Event was an extremely worthwhile event. Learning new perspectives along with leadership skills, teamwork skills and communication skills are aspects of your life that you should expect to have refined at the end of the day. So much in one event! If you come across an opportunity like this, we encourage you to try it out!



*\*Media consent received from organisers*

**Year 11 EAL/D Report writing: Students were asked to write about a topic that affects their generation. This is one example that was produced.**

## **Vaping rises amongst young people**

*By Phuong Anh Hoang*

Vaping is becoming more popular among young people, with as many as one in every five junior and secondary school students admitting to using vaping products in recent years. When compared to 2017, e-cigarette use among youth had more than doubled by 2019. According to the 2019 poll, 20% of young people had used an e-cigarette in the preceding 30 days, with 40% of that group using them daily or very daily.

Vape contains nicotine which when used during adolescence can harm brain development, which lasts until about the age of 25. It can have an effect on learning, memory, and attention, as well as increase the risk of future drug addiction.

### **What is vaping?**

Inhaling vapour produced by an electronic cigarette (e-cigarette) or other vaping device is known



as vaping.

E-cigarettes are battery-powered smoking devices. They use cartridges that contain a liquid that typically contains nicotine, flavourings, and toxic chemicals. The liquid is heated to create a vapour, which the individual inhales. This is why using e-cigarettes is referred to as "vaping." Many e-liquids are available in flavours that appeal to young people, such as mango, lime, and mint, etc. The heat from e-cigarettes may also produce toxic substances.

### **Why are young people attracted to vaping?**

In Australia, advertising and promotion of vaping products is prohibited. Companies, on the other hand, can use other strategies to reach out to young people. In Australia, social media has been found to serve as both an information source and a means of exposure to e-cigarette advertising. Companies are also glamourising their products to make them appear cool or fun, as well as developing flavours that appeal to young people. A number of studies have found that e-cigarette flavours that give the impression of sweetness (such as candy or fruit flavouring) may make purchasing and trying e-cigarettes more appealing to young people.

According to research, the following were the most frequently cited reasons:

- Due to the fact that they were used by a friend or family member (39%)
- The availability of flavours such as mint, candy, fruit, and chocolate (31%)
- The belief that e-cigarettes are less harmful than traditional tobacco products such as cigarettes (17.1%)





Other reasons mentioned by teenagers for using e-cigarettes include the fact that they are easier to obtain than other tobacco products, cost less, and can be used in places where other tobacco products, such as cigarettes, are prohibited. Some students reported using e-cigarettes to try to quit smoking or because famous people on TV or in movies do.

### **What are the health risks associated with vaping?**

The majority of e-cigarettes contain nicotine, which is highly addictive, particularly for teenagers. Even if they are labelled "nicotine free," e-cigarettes and e-cigarette liquid may contain nicotine. A single e-liquid pod can contain the same amount of nicotine as a packet of cigarettes.

As said at the beginning, nicotine use during adolescence can harm brain development, which lasts until about the age of 25. It can have an effect on learning, memory, and attention, as well as increase the risk of future drug addiction. Young people who use e-cigarettes are more likely to use regular cigarettes later in life.

If inhaled, swallowed, or spilt on the skin, e-liquids can also be hazardous to young children. Very small amounts of nicotine can kill a young child. Nicotine poisoning can have devastating consequences.





## How to quit vaping?

- Decide why they want to quit and write it down or put it in their phone for youngsters and teens who want to quit. When they want to vape, they can consider the reasons.
- Choose a day to quit vaping. They can mark the day on their calendar and inform supportive friends and family that they will be quitting on that date.
- Remove all vaping supplies from the house.
- Downloading tools on their phone (like apps and SMS programmes) that can aid with cravings and provide support when trying to quit vaping is a good idea.
- Recognise the signs of withdrawal.

Withdrawal symptoms are most noticeable in the first few days after quitting. They improve throughout the next few days and weeks.

## Recommendation for parents.

Parental and caregiver involvement is critical in protecting children from e-cigarettes. Never smoking or vaping in the house, car, or other areas where children may be present is the safest way to keep them safe. Passive e-cigarette vapour exposure can be harmful to children and adolescents. Also using e-cigarettes in vehicles with minors under the age of 16 is unlawful in most Australian states and territories.

Parents should educate themselves about e-cigarettes. It is critical to discuss the health risks of e-cigarettes with teens. Many teenagers believe that e-cigarettes are completely safe. It is useful to understand the various devices and the various terms that young people may use to describe their use of e-cigarettes. This will assist parents in discussing e-cigarettes with their children.

Talking with teenagers about risky behaviour is an important way for parents to help keep their children safe. Parents are already skilled at talking to their children about alcohol, smoking, and drugs. E-cigarettes should be brought up in the discussion.

The earlier and more frequently parents discuss e-cigarettes with their children, the more likely they are to listen. It is critical for parents to educate themselves so that they are aware of the facts and know what to say when the subject arises.

## Conclusion

In short, the usage of e-cigarettes by young people is on the rise. This is more concerning than ever before, because vaping is just as harmful as other stimulants like cigarettes. Vaping has and continues to have a significant negative impact on the health of today's youth.

In this regard, parents play an important role to help teens understand the dangers and ways to stay away from vaping. Try to talk and share with children as soon as possible to have the best effect. Last but not least, teenagers are very easily influenced by friends and family so avoid using vape as well as other stimulants in front of them.





## Christmas Hampers 2021

Christmas is a time of giving and celebration with friends and family. It can also be a time of struggle for some families.

Each year students and staff of the support unit put together Christmas hampers for families in need. This year there were 69 hampers prepared. The hampers contain numerous cleaning products, cosmetics, school packs, food, games and toiletries. The items were donated from various groups like Food Bank,

Good 360 and also school staff and students.

Once the boxes have been packed, students and staff help with delivering to the families and with the clean-up and recycling. It is a great way to contribute to our community and learn to do things for other people.

### Student Helper Comments:

“Being able to help give to others makes me happy and also makes me appreciate the things that I have” – Sam Pane (Year 11).

“I love helping out, it makes me feel proud.” - Devonne Solomona (Year 10).

“I am happy to help others.” - Te Stephens (Year 10) and John Phan (Year 11).

“We got to pack boxes to help others, it was fun!” – Irene Ta (Year 10).

“I like to see people happy when I help them.” – Kim Tran (Year 11).



Compiled and written by students in SIO guided by Ms Pettas and Mrs Prasad.





## Year 12 Major Projects

All students from Year 12 Industrial Technology classes did their best to complete practical projects, while working under the pressures of the Covid Lockdown. Staff of the Timber, Graphics and Multimedia courses were very pleased with the effort from students' commitment to their learning over the lockdown period. We wish all year 12's the best for the future. Goodluck



Above left- Desk with shelf by **Malak Bassel ISKANDAR** (12 Timber)  
Above- Coffee Table by **Edward THE** (12 Timber)



Left Café designed by  
**Son TRAN** (12 Graphics)  
Below- Desk by **Jackie TRAN** (12Graphics)



## YEARS 7-10

All students are thoroughly enjoying life back at school constructing practical projects in the workshops. All students have been very cooperative with the new safety rules and adjustments due to Covid-19 requirements. Everyone has been very productive in completing their work and all Industrial Arts staff have been very pleased with the attitude and progress of all students.



Above left- Year 8 students Lakena, Cheynel, Tiarna and Nancy have finished their timber pencil box with excellent detail and precision.

Above right- Year 9 timber students – Ali, Remmy and Safari show off their timber 'Lazy Susan' projects. Mr Uzelac is proud of the boys and the progress they are making.

Below- 7 tec3 have all completed their timber Stool project. Mr Van Munster is very impressed with the work ethic of all students and how well they all clean up the workshop!!





## YEAR 10 CSIRO STEM WORK EXPERIENCE

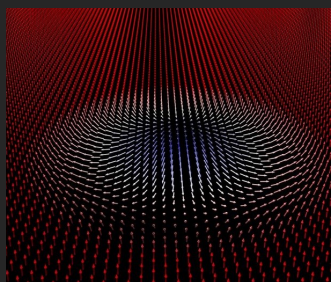
Over the last few months, 10 of us were given the amazing opportunity to be involved in the CSIRO STEM Work Experience. From the various topics provided, we were able to choose the one we were most passionate about, then we went through a three-day work experience where we worked with CSIRO's most important people! This was so special to us since most of us were clueless before the experience and we were able to learn more from professionals. It also helped us open new perspectives for careers in future STEM! Despite it being online due to Covid-19 measures, this was such a fascinating and unique experience that we would never forget! Below are some of our experiences :)



### **Jennifer Ho & Arnold Huynh - Magnetic Nanostructures**

Working with CSIRO was certainly an extremely fortunate and exceptional experience, we partook in the Magnetic Nanostructure work experience. Though it was not our primary choice, it was still a remarkable and illuminating experience which we do not regret. The mentors were compassionate, courteous and assisted us whenever we needed it.

Despite this occurring during Covid 19 restrictions, they managed to deliver the magnets and other equipment vital for the work. This made the experience both informative, easier to understand and practical, therefore making it entertaining and engaging. We succeeded to learn concepts of magnetism applied in our everyday lives which we have not even regarded. This experience changed our perspective and taught us considerably, for example about the three types of magnetism: ferromagnetism, paramagnetism and diamagnetism. It was a fun, informative and truly a special opportunity which we are very grateful for.



### **Zoe Smith - Medicinal Chemistry/Drug Development**

I was fortunate enough to participate in the CSIRO virtual work experience for drug and medicinal chemistry, and I would sum it up as a great learning experience. The online environment where this took place was a very welcoming and positive one. In doing the tasks, there was a lot of flexibility that was great for someone like me who likes doing things at their own pace and alternating between tasks.



Throughout the 3-day work experience, I found worth in all the activities I took part in. A particular highlight for me was learning how researchers determine the effectiveness of specific treatments on cells using the cell death rate. For example, by using the standard death rate of neurons, you can compare if a batch of neurons given a particular treatment is dying at a slower speed, a normal speed or a faster speed and make conclusions on the effectiveness of the treatment based on that.

### **Fadi Paulis - Astronomy and Astrophysics**

I couldn't contain my excitement when I saw what was in store for me in the CSIRO virtual work experience for Astronomy and Astrophysics. The entire experience was brilliant and packed with information. Although it was through online means, that did not mean it brought no benefit. The meeting was hosted by Dr Cristina Martinez Lombilla, an astrophysicist who has discovered the expansion of our galaxy. As well as many intelligent scientists. I can't forget about the online environment of course as it was truly welcoming and challenging (in a good way), it pushed me to work better and harder every time a task was given. Speaking of tasks, I was blown away by the flexibility of the schedule as I was normally used to giving the minimum due to due dates. Being able to work at my own pace gave me a lot of time to expand on my knowledge and give it my all. Missing three days of school was entirely worth it as I learned countless things to aid me in my dream to become a scientist. One lesson I can recall off the top of my head was how to calculate the speed and rate of how galaxies move, and how to predict if a collision might occur. We also viewed many simulations of how galaxies were formed and what happens when they collide, alongside countless, wonderful images of the universe and brilliant discoveries. It was a truly captivating and engaging experience and I will make sure to attend once more if given the opportunity. I highly recommend partaking in such an experience, as it will bring great knowledge to you.

