





## Principal's Message

Cabramatters has a fifty year history of being the Cabramatta High School journal for our parents, students and local community. It showcases what is happening in the school and our many achievements. Cabramatters was originally printed as a booklet and was then released on a digital platform. On the school website in the Alumni section, you can find issues of Cabramatters dating back to 1991!

I am very pleased to announce that in 2021 Cabramatters will begin a new and exciting phase as a compendium of news and articles all written by students, with the support of their teachers.

Thank you to Mr Avery and the High Potential and Gifted Education committee for leading this initiative, and Ms O'Keefe for assisting students with the design and production. Thank you also to our wonderful students who continue to shine with every opportunity.

Enjoy the first issue of a new era of Cabramatters!





## HOW TO ACCESS YOUR NEW CLICKVIEW ACCOUNT

### ➔ Go to ClickView

To sign into your account on ClickView, you will first be required to go onto <https://www.clickview.com.au>



### ➔ Log In

On the home page, click the 'Sign In' button. You will then have to enter your SCHOOL email address. (@education.nsw.gov.au). You will then press 'Next'.

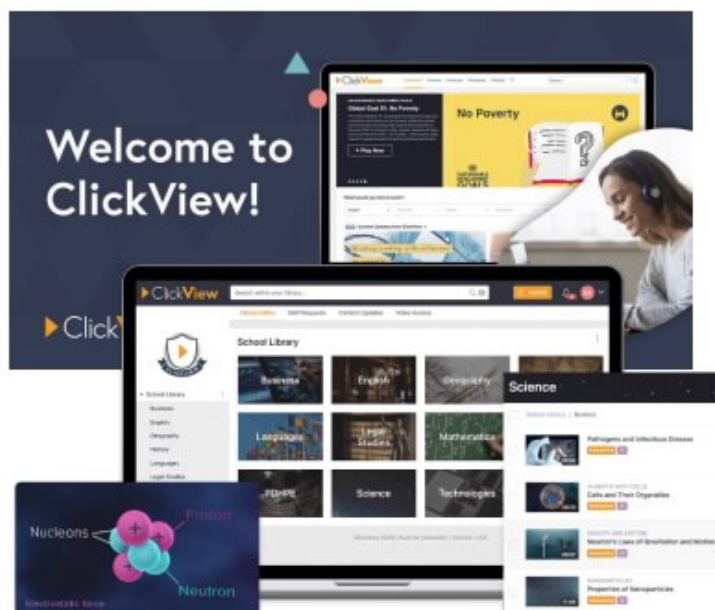


### ➔ Sign In With DoE Account

You will then press 'Sign in with your DoE account'. Proceed, and enter login details. After this, you should be able to explore your account.



MICHELLE NGO, YEAR 9



## HOW TO USE CLICKVIEW:

We believe that every student should have the opportunity to use tools to improve their learning. This is why Cabramatta High School has provided every student with a ClickView account, free of charge.

Students may use ClickView to supplement their learning with a variety of videos. In contrast to other streaming sites, ClickView is a trustworthy source of information that is continuously monitored and controlled.

ClickView also allows students to create their own video platforms, create useful playlists related to their studies, and share them with teachers and peers.

SCAN CODE TO LEARN HOW  
TO LOG INTO CLICKVIEW



# Congratulations

## CABRAMATTA HIGH SCHOOL

### Class of 2020

**Congratulations to all our students for their exceptional results in the HSC.**  
We would also like to acknowledge the following outstanding achievements this year.



**Julina LIM**  
**99.95**  
**DUX**

**Placed in the Top 50 Students in NSW.**

1st in State in Economics  
8th in State in English Advanced  
94 in Chemistry  
98 in Mathematics Extension 1  
92 in Mathematics Extension 2



**Thanh Xuan (Katherine) NGUYEN**  
96.75

94 in Mathematics Extension 1  
93 in English Advanced



**My Ngan LY**  
95.75

3rd in State in Vietnamese Continuers  
91 in Mathematics Advanced



**I-Yee LOI**  
93.95

94 in English Advanced  
91 in Legal Studies



**Angelina TANG**  
92.10

90 in Mathematics Advanced



**Jessica TE**  
91.20

93 in English Advanced



**Sievling POV**  
1st in State in  
Khmer Continuers



**Danijela SEKULJICA**  
1st in State in  
Korean Continuers



**Chea Lymign LEANG**  
2nd in State in  
Khmer Continuers



**Nhat Mai NGUYEN**  
2nd in State in  
Vietnamese Continuers



**Michelle LY**  
Distinguished Achiever  
94 in Visual Arts  
92 in English Extension 1  
91 in English Advanced

Cabramatta High School is one of 23 schools in NSW where a student has achieved the highest ATAR possible.

An unprecedented number of students have received early university offers.  
Once again, Cabramatta High School is identified statewide as a High Performing School.



### CABRAMATTA HIGH SCHOOL

Excellence | Innovation | Opportunity | Success

**Principal (Relieving):** Lachlan Erskine

☎ 9726 2424 | 🌐 [www.cabramatta-h.schools.nsw.edu.au](http://www.cabramatta-h.schools.nsw.edu.au)

**Connect with us on:** Instagram: @cabramattahighschool

Facebook: @cabramattahigh



# FOTOFRIENDSHIP ON

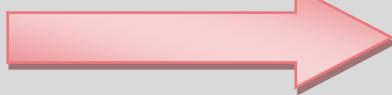


This year we have been so fortunate to be connected with Fotofriendship for the 4th time. Foto Friendship is a volunteer led project working with partners collaboratively in Australia and Timor-Leste. The collaborative project connects children across cultures giving them a chance to listen and be heard.

Foto Friendship was founded in 2014 in Dili Timor-Leste by Australians Tammy Burnstock and Wendy Chandler. Anastácio Maderia de Araújo and Eva Soares Gama later joined the team as the facilitators in Timor-Leste. "Foto Friendship helps us to connect with Australian students. We share our culture and get to know each other from the pictures we create and the history we write." Anastácio Maderia de Araújo.

In 2020 that uncertain Covid period, Year 9 visual arts students worked with the beautiful people of Timor Leste to create an exhibition of personal stories. Through the process of communicating on Zoom and figuring out what exactly we wanted to say with our photography we prevailed and have produced the most personal and moving connections I have seen. The result is still on the back wall of the MAC LAB in block 4.

FOTOFRIENDSHIP WEBSITE





“Series of eleven”

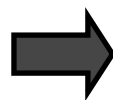
Eskola 5 de Maio

Dili, Timor-Leste, .



The more exciting aspect of the project was we were filmed for an ABC documentary. The whole process from first meeting to the exhibition of our works being presented in Timor Este was documented by Olivia Rousset. ( The first winner of ABC's "Race Around the World" if you can remember that far back)

The program will be Aired on the 11th and 14th of April on the "Compass" program. Compass is an Australian weekly news-documentary program. The program is devoted to providing information about faith, values, ethics, and religion from across the globe. Compass airs on Sunday night on ABC TV at 6.30pm and is repeated on Wednesday at 1.30pm, it is also found on ABC iview on demand.





# WELLBEING

## Student Wellbeing Team

The student wellbeing team is dedicated to promoting wellness and wellbeing at Cabramatta High School and creating awareness regarding mental health.

We are comprised of students from multiple year groups who strive to benefit the health of our school. Most recently, we workshopped activities and spread the message of "Take Action Together" for National Day of Action Against Bullying and Violence on Friday, 19th March 2021.

Misi in Year 12 and Elizabeth in Year 10 presented a speech during assembly which raised awareness and advocated against bullying. Furthermore, a presentation was shown, informing students on the impacts of bullying and provided students with prevention techniques on bullying. So stay tuned and check kalori as we have more exciting projects coming in term 2!

**Hien Van and Elizabeth Pang Year 10**

*Scan the QR code here to view CHS's video on bullying!*

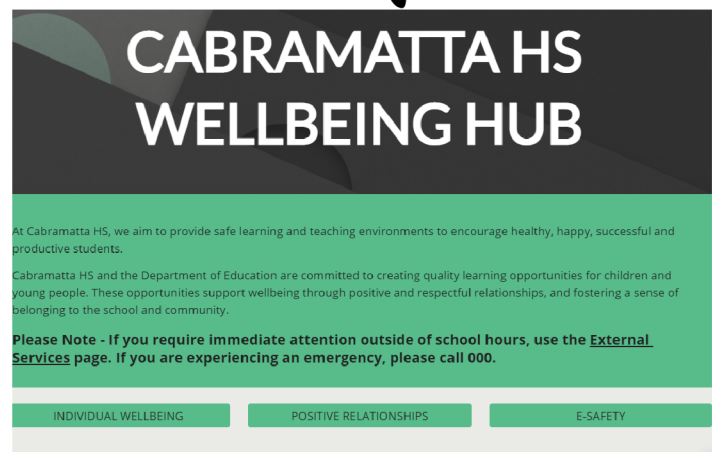


*scan the QR code for CHS's wellbeing hub.*

## ONLINE WELLBEING HUB

Student wellbeing is an integral part of the school's key strategies and the Year Advisors work collaboratively with the school counsellor, Head Teacher Wellbeing and Student Support officer to ensure every student reaches their full potential.

Cabramatta High School offers a comprehensive and holistic wellbeing program through Stages 4, 5 and 6, creating a safe and supportive school environment for all students.



To complement our in-school programs, we are excited to introduce Cabramatta's online wellbeing hub. Visit our wellbeing website at

**[HTTPS://SITES.GOOGLE.COM/EDUCATION.NSW.GOV.AU/CHS-WELLBEING-HUB/HOME](https://sites.google.com/education.nsw.gov.au/chs-wellbeing-hub/home)**

Ms Olga Pappas HT Wellbeing



# THE CABRAMATTA HIGH EXPERIENCE AS TOLD BY OUR NEWEST RECRUITS!

By Elvin Huynh, Danial Slewa, John Ta & Eidyn Tran (Year 7)

## BY DANIAL SLEWA

To parents and peers,

Starting high school was a big thing for many students as everyone felt a bit different to each other while having mixed feelings about high school. Some students felt excited and happy to start high school while some might have felt scared and worried about the amount of school work. Other students may have felt weird and anxious about starting high school because they thought that they weren't ready.

However, I myself felt happy and excited about starting high school. I was excited because I wanted to have different teachers for different subjects. This was because in primary school I would have one teacher for the rest of the year. This was a bit repetitive, right? The reason for me being happy is that I was ready to meet and make new friends.

When I first started high school, I did not have as many friends but along the way, I have met many new and friendly fellow students. In primary school, I had a lot of friends, maybe a bit over 30. Even though I had very good friends that I would never forget, I was excited to be meeting new people and I wanted to make new friends. Over the past 7 weeks, I have made and developed a strong friendship with my teachers, classmates, and friends that I play with every day at recess and lunch. After all, this is what I felt like when I started high school. Yes, I may have been a

little shy, but I am not shy anymore and that is something I am proud of. ('\_')



## BY ELVIN HUYNH

Just like what John will say below, starting at a new school was quite scary. I did not know if I would be in the same class as any of my friends or if I would make any new friends. I remember on the first day, I walked into the school with my sister. It was raining quite heavily but I saw a few people that I knew so I went to them. The bell rang and all of Year 7 went into the hall where we were given our timetables and got split into our classes. The remaining students in the hall were in 7Z. After looking around the hall, I saw John. It was a huge relief to know that at least one of my friends was in my class. My first few weeks in school were quite fun. I played with my primary school friends at recess and lunch. All the teachers that I have are extremely nice and I enjoy going to each class. I'm happy that high school has been what I have expected and I'm excited for the future!







### BY JOHN TA

For those who are interested or are just wondering about what it is like to transition to Cabramatta High, this section will feed your thirst for information! When we were first introduced to high school, it was a massive change compared to primary school. Elvin and I were good friends in primary and still are to this day. We were in the same classes for quite a while. Two of the biggest differences were the change in uniform and having to move between classes. I did not expect much from the first lesson and Technology was a bit easy since the teacher was very calm as it was the first day we had lessons. Elvin and I ended up in different classes for Technology. After that, we had PDHPE where we practiced basketball tricks. I was happy to have Elvin in my class because there was someone I knew! My experience has been like a rollercoaster ride!

I had feelings of anxiety then excitement. High school has been what I've always expected; **fun!**



### BY EIDYN TRAN

High school! The next step to adulthood. Starting high school all of sudden can be a daunting experience especially to people who are small looking up to someone tall. Compared to Year 6, Year 7 is like starting primary school all over again except there are more experiences, more teachers, and a school too big for us to comprehend. All of a sudden you feel small, and everything else is looking down upon you. It can feel like you're all alone, but remember that your peers will be right beside you.

When you first start at Cabramatta High, learning the timetable can be confusing and navigating the school can make you anxious. Being split up from your friends and being put into a Core Class with nobody you know (or are only acquaintances with) is nerve-racking, especially when introductions come into play. However, you will eventually get to know them better and possibly even become friends with them. I remember sitting in the hall with nobody I knew close enough to call them a friend. Eventually, I got to know them better and I'm glad they're my fellow classmates.

All of the classes have good teachers but I will never forget my primary school teachers and I'm glad to have met them. I'm positive my new high school teachers will help me reach my goals step by step. In Technology, we're learning how to program; in Science, The Living World; in English, biographies and autobiographies; in Math, Angles, Integers and polygons; In HSIE, Geography; in, Music, Djembes (African drums); In Languages, we're learning the basics and in Term 2, all the Language groups will switch. The language groups are Korean, French, Vietnamese and Chinese. All high school journeys will be different from ours, but each and everyone will have a similar path in some way.

As a student in Year 7, and what John, Elvin and Daniel have said, I think it's safe to say that we will all have the following experiences once they set foot on their high school grounds: having fun, learning new things and meeting new people. I wish those who are getting ready for high school good luck, and I hope to see you there! I know with my friends by my side, I can do anything.



# OUR SCHOOL FACILITIES

*An insider look into our school and what we have to offer*

## Canteen

The canteen is used to buy food if students did not bring food from home to school. It is like a store in our school that can teach students how to buy things and also teaches students about the value of money. Our canteen is split into two lines; one for juniors (Year 7 -10) and seniors (Year 11 & 12). Lastly, the canteen has microwaves for students to use when they want to heat up their food and also a bottle refill station.



## Sporting facilities

The sporting facilities have been really active since many people now enjoy volleyball and it has become one of the most popular sports to play. We also have an outdoor gym where many students can be active which benefits their health. By having a variety of sporting facilities, it can encourage students to be more active and they can play their favourite sports like basketball or volleyball!







### Library

The library is important because students can use it to study, find books or do assignments. The library can benefit students who don't have devices at home for assignments. It can also help students get into the habit of reading and it is a good place to study as it is peaceful and quiet. Furthermore, our school runs an after-school study centre everyday where students can stay back from 3:30PM - 5PM and ask tutors for help with their homework or assignments.

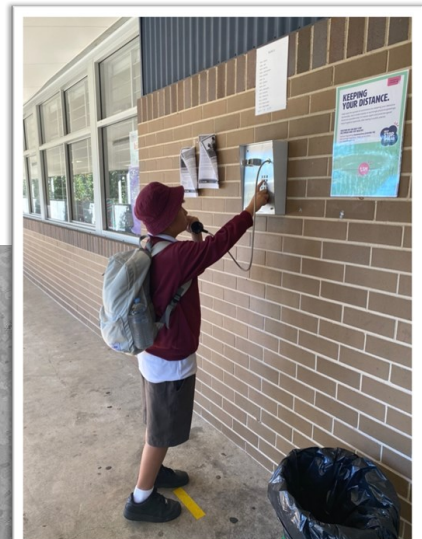


### Frontoffice

The front office is important for teachers, parents and students alike. When students need to pay for their fees, incursions and excursions, they go to the front office to get a receipt and show it to their teachers. The front office is where you can find the list of previous school captains, Duxs and other academic and sporting achievements made by students. Other uses of the front office are late notes, uniform passes, getting your timetable at the start of the year and showing the staff your negative COVID test results if you were sick. It also houses our sick bay that students can use if we are feeling unwell.

### Teachers' staffroom

The staffroom is home base for all our teachers and it is where they plan our lessons. For students, it is important because it is where we can find all our teachers. To call a teacher, we have to use the phone outside the staffroom and ring the correct number for the correct faculty that they are in. We also visit the staffroom to hand in our homework or assignments if we were away on the day it was due.





This year, Cabramatta High School celebrated Harmony Day on the 22nd of March 2021. Unfortunately, due to the weather we were unable to conduct our cultural parade. Nevertheless, cultural quizzes were still conducted within IEC and cultural dress students were able to do a photoshoot.

In order to further educate the students on the diverse culture we have at Cabramatta High School, the Captains and Student Representative Council (SRC) conducted our take on a 'You Can't Ask That' series that allowed students to submit questions they had about different cultures with some questions being ones that are not commonly spoken about during a conversation. Many students involved in the cultural dress parade answered the questions to their greatest abilities. Many of these questions are open-ended to various answers, so not all will be perfectly answered and are subjective towards the student's knowledge.

**What are some stereotypes or misconceptions about your culture? What is the truth behind these misconceptions and how would you clarify the stereotypes?**

#### *Aboriginal*

Many people still believe that there is only one type of people, however we have many different clans and groups. We are often told that "it's over, we need to get over it" but people fail to realise that despite there being no more stolen generation does not mean it is fully over and we still need to be reconciled fully. Additionally, we are frequently stereotyped as being uneducated whilst being associated with drugs and alcohol when in reality, many Aboriginal peoples have gone through school and university.

#### *Samoan*

Society views many Samoan people to be only good for sport and to cause trouble. This is far from the truth, as many of us succeed in various aspects of life, each tailored to our own individual personalities.

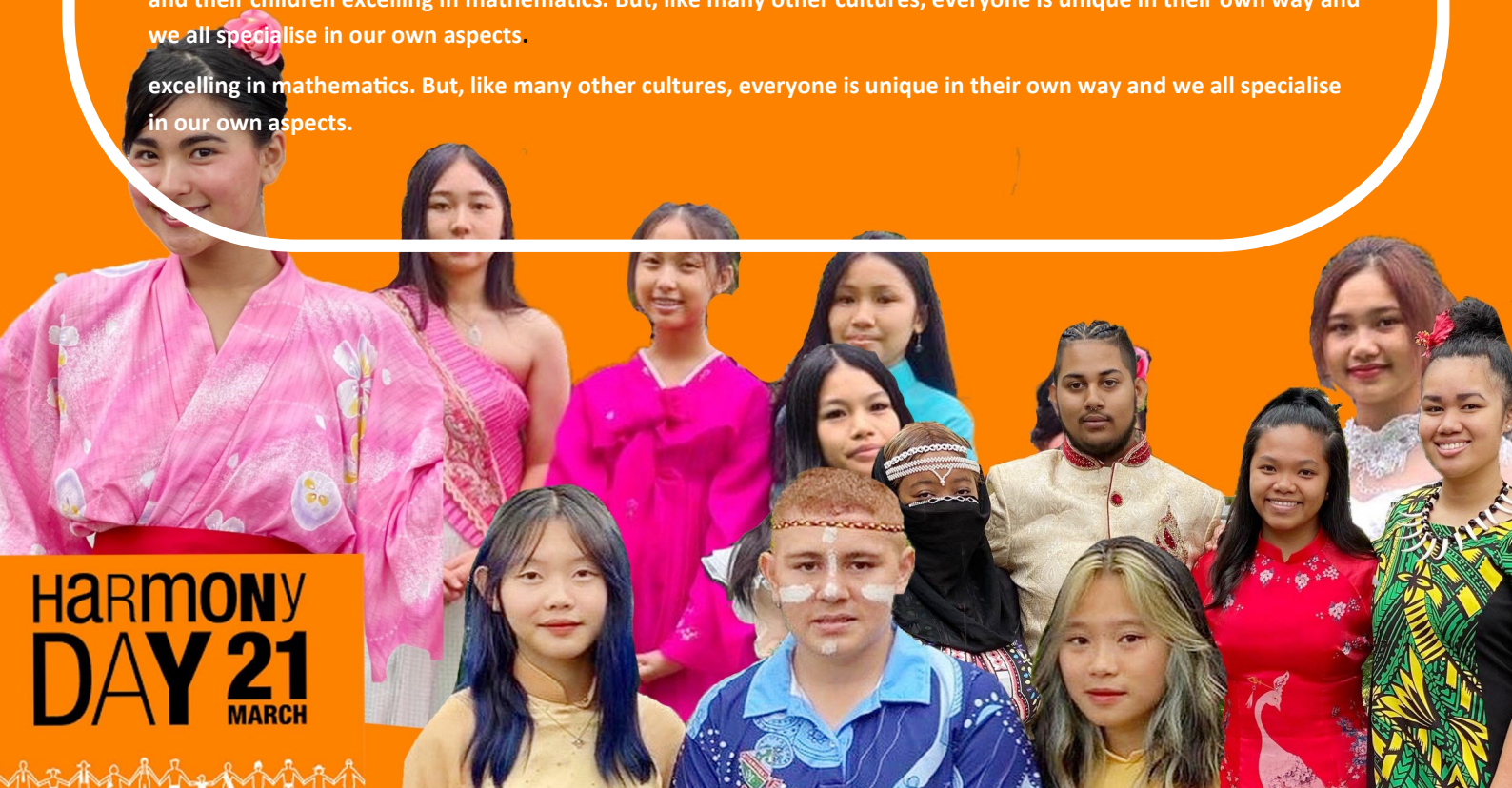
#### *Thai*

A misconception is that people think the country is poor with the idea of riding elephants to work and stick houses. Despite being a developing country, we can still afford luxuries. Many people picture the country as slums without knowing about the infrastructures such as the countless shopping centres in the country.

#### *Vietnamese & Chinese/*

Often, Vietnamese and Chinese people are grouped together and stereotyped as the same because people "cannot tell the difference". There is a heavy stereotype based on Vietnamese and Chinese people to be significantly bright and their children excelling in mathematics. But, like many other cultures, everyone is unique in their own way and we all specialise in our own aspects.

excelling in mathematics. But, like many other cultures, everyone is unique in their own way and we all specialise in our own aspects.



**HARMONY  
DAY 21  
MARCH**



### *Japanese*

Many people tend to believe that Japanese people have a shy and quiet persona, however this varies from person to person. Like myself, once people get to know me, they realise that I am a talkative person compared to their initial thoughts. Japanese culture is also heavily associated with anime and everyone is expected to engage with anime. However, I barely know much about anime and when people come up to me and start telling me phrases or characters from anime I just stare in confusion.

### *Teo Chew*

Many people have the tendency to categorize us all into one umbrella. People fail to notice that Teo Chew itself is a separate dialect and is itself a completely different culture to the typical 'Mandarin/Chinese' that we're used to. Teo Chew is its own separate region in China close to the Canton region, hence why there are some phrases that might come across as similar. However, it's in fact really different from Mandarin and Cantonese. I hope people are able to recognise that being 'Chinese' doesn't necessarily mean you're just Mandarin or Cantonese, there are in fact many other dialects out there.

If your culture does not accept the LGBTQ+ community, why is it?

Despite today's secular society and more widespread acceptance of LGBTQ+, many of us have experienced a disapproval towards the LGBTQ+ community from our older generations and their conservative values. From the majority of our students it was found that older generations of Asian cultures are typically less accepting of the LGBTQ+ community. Their old traditional values are quickly evolving and changing within today's society.

There is a stigma built around those of LGBTQ+ as it is believed they won't be able to 'start a family', thus being unsuccessful in life. The culture's religion, education and tradition contributes to the traditional idea of a man and women being made for each other and that people are not to love someone of the same sexuality. Furthermore, there is a heavy emphasis on gender roles with males being the 'man of the family' and women to be housewives. This makes it difficult for them to understand the LGBTQ+ community as the absence of a set division of roles obscures their traditional beliefs, hence the lack of acceptance from many within my culture.



## Has COVID impacted you due to your culture? Eg. hate due to being “blamed” for COVID

Currently across the world, there have been many news stories on hate crimes brought upon Asian people due to the COVID-19 pandemic.

At the start of COVID, many Asian people received many remarks with people saying “that they brought the virus back from China” if they had visited the country over the holidays. During the peak period of the COVID outbreak, when catching public transport, many students from an Asian background could recognise that many members of the public would be cautious or avoid them with fear of contracting the virus. Many of our students recall fear with going out into public or even going to work due to fear of altercations from people blaming them for COVID. As seen on recent social media, many students have feared allowing their older family members to go out into public as they are more vulnerable to any form of abuse from society. Furthermore, indirect forms of hate towards the Asian population was made through small remarks and comments such as referring to COVID-19 as the “Chinese Virus”.

What is the best thing about being a part of your culture within Australia?

Despite Australia’s past history, the Australian culture is intertwined with all our diverse cultures we host. With acknowledgement of our traditional owners, over the years we have created our culture to become one large melting pot to connect our cultures with understanding and respect for one another. Many students find comfort and content in various aspects that celebrates and highlights their cultures for themselves as well as exposing others to learn more about their culture. The community is always uplifting such as events to highlight the Samoan culture that recognises their culture. Moreover, events are open to the public who may not be part of the culture, allowing for everyone to celebrate as many Australians are always open to new things. The ripple effect is seen as we are constantly teaching others of our cultures. People are willing to try traditional foods and to learn the language. In addition we have created communities that resemble a culture’s country such as Cabramatta being a second Asia. This enhances the sense of connection to home for many immigrants and the connection between community members with each other. Australia provides us with a country that allows everyone to be accepted for who they are with a strong connection with acceptance and respect towards one another’s culture, so no one will feel alone in their culture.



**HARMONY**  
**DAY 21**  
MARCH



## What are some taboos within your culture? Why is it a taboo?

### Chinese

Within the Chinese culture, certain gifts can be seen as inauspicious. For example, one should never give a clock, watch or pocket watch as a gift because "to send a clock" can sound like "the funeral ritual". The number 4 is also a taboo as it resembles the word "death". There are many taboos around Lunar New Years to do or not do particular things in order to keep the luck and wealth with you for the whole year. For example, sweeping the house on Lunar New Year results in you sweeping away the wealth from

### Thai & Laos

It is considered rude to touch other people's heads due to the disruption of good spirits. For Lao people, showing anger in public is considered rude and disrespectful due to the calm nature of the culture. If you try to or attempt to defame someone who is a part of the royal family it is considered a crime.

### Japanese

Contrary to typical nature, leaving a tip in a restaurant is a taboo as it is considered unnecessary as they believe they are already paying for good service.

### Teo Chew

We are not allowed to directly call our elders by their names. It is seen as extremely disrespectful, so instead we have a very specific naming system (it's even divided into mum and dad side) to allocate exactly who is called what. For example, grandma on mum's side would be called 'wai-po' and grandma on dad's side would be called 'nai-nai'.



**HARMONY**  
**DAY 21**  
MARCH

## What are your traditional ceremonies or dances?

### Aboriginal

Corroboree

Smoking ceremonies

### Vietnamese

Vietnamese Engagement Ceremony

Lunar New Years

### Chinese

Ching Ming Festival → we go to the temple to light incense to remember our past loved ones.

Lion dancing

### Khmer

Apsara dance

Khmer and Teo Chew

Similar to a quinceañera with the teochew/khmer traditions → a quick ceremony when girls turn 15 to wish them prosperity for the rest of their life, activities include praying, eating a whole chicken and

### Samoa

Taualuga → a dance to conclude events such as birthdays or any Samoan event. It is traditionally performed by the daughter of the chief in the village.

### Thai & Laos

Sin → traditional lao dress

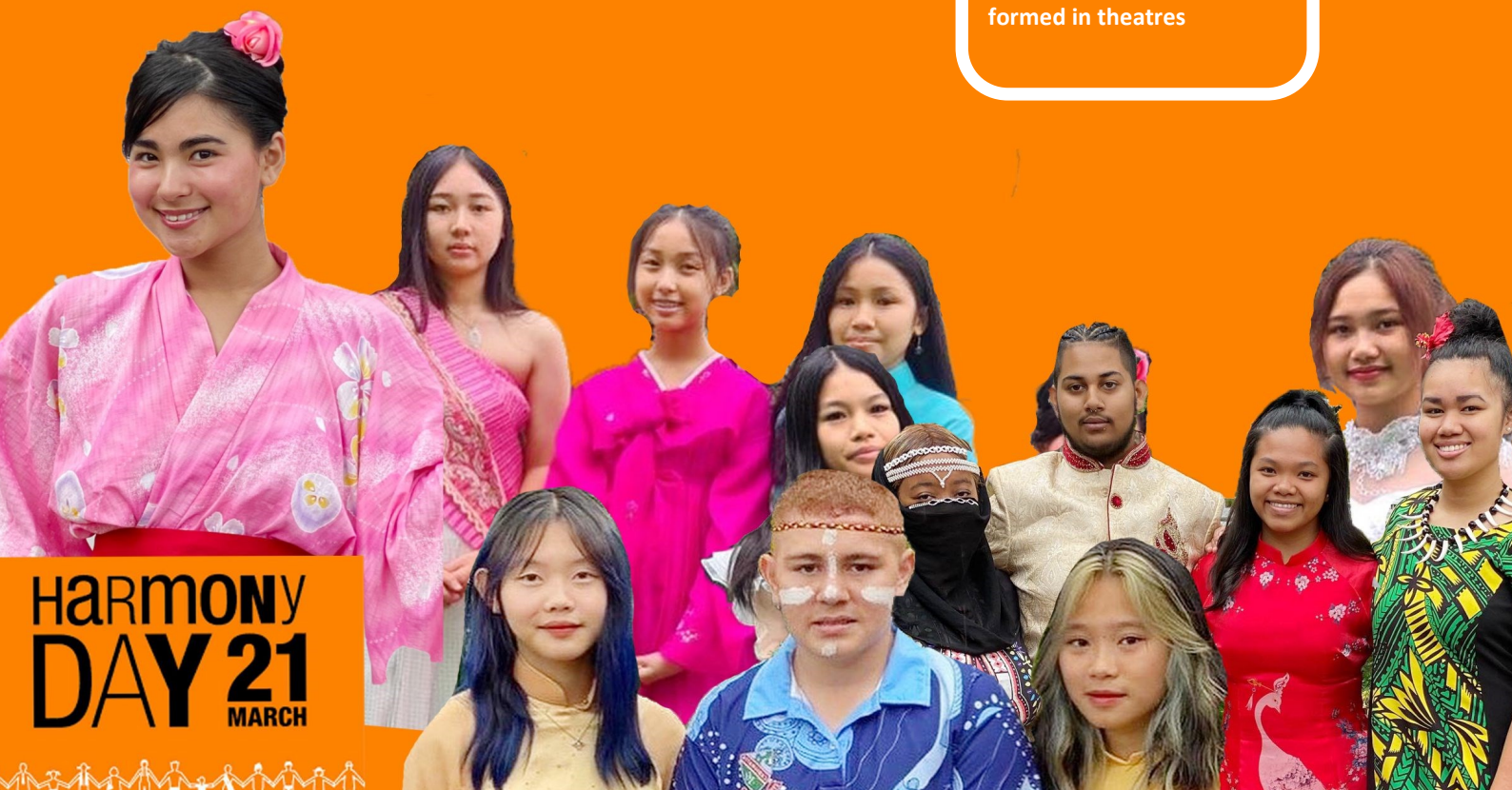
Chu Thai → traditional thai dress

Khon → traditional dances in Lao and Thai

Naat Kam

### Japanese

Kabuki → dance in Japan that has been around since the 17th century and is performed in theatres



**HARMONY**  
**DAY 21**  
MARCH



What are some traditional foods known to your culture?

What is the background behind these foods?

#### Japanese

Sushi → mixture of ingredients such as rice, seafood and seaweed wrapped in a circle

Seafood is common in Japanese diet as the country is close to water

#### Chinese

Dumplings → During the Spring Festival, dumplings are eaten to symbolise 'New Year's fortune, ingots rolling in'.

Fried rice → first developed during the Sui Dynasty in China. All fried rice dishes trace their origins to Chinese fried rice. It is a common street food in Asia. In some Asian countries, small restaurants, street vendors and travelling hawkers specialise in serving

#### Thai

Som tum

#### Aboriginal

Traditional hunter gathers (anything caught for food)

#### Teo Chew

Gu chai gue → very popular dish that is eaten when during praying events

#### Vietnamese

Pho → was born in Northern Vietnam during the mid 1880's. This dish is heavily influenced by both Chinese and French cooking

Spring Rolls

Rice Paper Rolls

Bun Bo Hue

Banh Mi → influenced by French colonists



FRIDAY MARCH 19, 2021

# YEAR 8 WELLBEING DAY



## About Well-being day

Everything around us affects our overall well-being. Our mental health, as well as ability to regulate our emotions are fundamental for wellbeing. At Cabramatta High School, we participated in a Wellbeing Day on Friday, 19th March 2021, dedicated to practising healthy habits, as well as educating us to have a better mindset during challenging situations. This day also provided us with a mental break; easing our stress in preparation for upcoming exams and assignments.



Scan the QR code to  
view a video of the day!

SCAN ME

ABOUT WELL-BEING  
DAY

ACTIVITIES

PURPOSE

BENEFITS



FRIDAY MARCH 19, 2021



## ACTIVITIES

To engage us into the program, all activities were organised according to our developmental age that would also support our developing minds. We were split into 8 groups and participated in activities aimed at different aspects of well-being. Activities were interactive and educational and included yoga, a stage performance on risk taking behaviours, outdoor learning and a “Regulating Emotions” workshop.

Learning about topics such as regulating emotions, respectful relationships and responsible decision-making are important for us to grow as a person. We also viewed a presentation from ‘Smashed Australia’, outlining the consequences of alcohol misuse and what we could do to avoid dangerous situations that may occur to us in the future. They not only explained the consequences of alcohol misuse, but they also acted out different scenarios demonstrating the various ways alcohol would affect our mind and body and how peer pressure impacts our decisions. It was a very engaging play, giving us multiple chances to interact with each of the characters as well as educating the grade about responsible choices.



**By: Dylan, Victoria, Evita,  
Angelina Year 8**

## BENEFITS OF WELL-BEING DAY

Thanks to the program, we were able to skilfully identify and define respectful relationships, regulating emotions and the importance of making mature and informed decisions. It raises awareness and teaches students that talking to a trusted person about your problems is always recommended.

Healthy minds are a vital contributor to our learning. Yoga was one of the ways we learnt how to become relaxed in certain situations and how the practice of mindfulness allows us to focus on the present. Overall we had a great day that definitely benefited our emotional and physical well being.

# What's Your Plant Match?

## Support Unit Gardening Program



These profiles were researched and written by Year 9/10 IM students who are part of a gardening program. The gardening program, run by Mrs Erskine, offers an opportunity for students to learn about responsibilities of plant growth and also creates a relaxing environment for both students and staff. "I enjoy doing this program because we get to experience planting and learning about other plants."



"I like the gardening program because I have fun doing it and we get to take our plants when we graduate year 12." - Ali Gulzari (Year 9)

"I enjoy it because I like to water my plant and I can't wait for it to grow. I feel happy when I do the gardening program." - Blessing Mataio (Year 10)

"I feel happy when I do the gardening program because its calm and creative." - Kevin Lam (Year 10)

"Mrs Erskine helped us to pick our own plant and showed us what to do. I feel good when doing the gardening program and I feel like my plant is going well." - Will Baverstock (Year 9)

Name: Peace Lily

Plant Type: Spathiphyllum

Height: 0.3- 1.2m

Likes: prefer light, partial shade and can tolerate fluorescent lights.

Use: presents mildew for mildew formation, mold spore remover and purifies the air.



Name: Inch Plant

Plant Type: Herbaceous perennial

Height: 10-20cm and can spread up to 61cm.

Likes: Sunlight on its leaves and to be watered weekly.

Use: Purifies the air.



Name: Hens and Chicks Plant

Plant Type: Succulent

Height: 15-30cm

Likes: Prefer full sun but will tolerate partial shade.

Use: Freshly pressed leaves and their juice may be used externally to soothe skin conditions.



Name: Snake Plant

Plant Type: Flowering plant

Height: 0.6-1.2m tall

Likes: prefer bright, indirect light and can even tolerate some direct sunlight.

Use: Removes toxic pollutants, filter indoor air, even at night.



Name: Jade Plant

Plant Type: Crassula ovata

Height: Up to 1.5m

Likes: Love bright, direct light and in summer months keep soil moist but not wet.

Use: Jade Plant is a popular good luck charm in Asia thought to activate financial energies.



Name: Spider Plant

Plant Type: Chlorophytum comosum

Height: 15-20cm

Likes: Bright, indirect light and their soil to dry out during watering.

Use: It is effective in removing harmful chemicals from the air.

Name: Swiss Cheese Plant

Plant Type: Monstera

Height: 1.8- 2.4m indoors

Likes: moderate indoor temperatures and high humidity.

Use: Air Purifier





# Industrial Arts

## Year 12 Engineering



Year 12 Engineering students Jacky Tran (Left), Sourmalis Nau (Right) and Jessica Phung (Middle) have been getting their hands dirty as they tackle the disassembly and assembly of a lawnmower engine. Currently all students are learning about Personal and Public Transport which investigates the comparison of various transportation and engine types. Students have thoroughly enjoyed the practical experience and will now need to apply their knowledge in future exams.



## Year 12 Construction

Year 12 Construction students have made a great start to 2021 with a hands-on approach to their learning. Students will complete a range of practical tasks throughout the year such as brick Laying, concreting, formwork, tiling and cabinet work.

Mr Prakash is adamant for all students to measure twice, cut once! !!!



**\*BECOMING A SCHOOL CAPTAIN** Something to inspire our future captains of Cabramatta High School “How was your experience with getting the role of captain? What was it like trying out for the role? What was your reaction when you found out and how is it now?”

BY JESSICA TRUONG When trying out for the role of captain, I was definitely very nervous and was a little hesitant in applying for the role, but I remembered how being captain has always been my dream. Due to restrictions, we had to film our speeches to show our grade and teachers which was significantly out of my comfort zone. There were many times where I wanted to back out, but after hearing I got the role of captaincy, I was so glad I gave it a go. It took over a month for the news to even sink in. I was both excited and nervous to carry out the challenge of the role. Yes, at times it is stressful, but it is a huge honour to be school captain and be that person that people can rely on for help, support and lead our school into a better learning environment for all. I love being able to work with the other captains where we are given multiple opportunities to support each other and to achieve many milestones which we hope to continue doing so this year.



BY JACKY TRAN Trying out for school captain was interesting. Instead of giving a speech in front of the school, we were asked to film a video and that threw everyone off. When time came for us to learn who got captaincy, we sat in a room that reeked of anxiousness. It was silent as the names were called with little applause in between. When we finally got to mine, I did not know how to feel. There were so many emotions at once and the moment just became a blur. However, now that I received captaincy, I would not trade it for the world. Sometimes I do get overwhelmed, but the teachers are always ready to support me and the biggest thanks to our female captain for always ripping the load off my shoulders. I grew to love the role. It keeps me busy, gives me the ability to help more people and allows me to be a voice for the students who wish to make a difference.

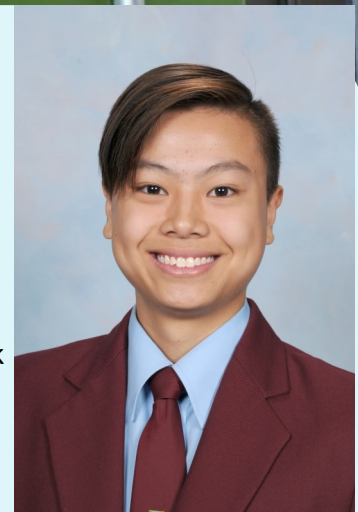




BY JENNICA LEE Similar to trying something new, it's also intimidating and nerve wracking. We never know how things will turn out but the ultimate chance to care and help others was what motivated me to try out and give it my all. To be honest, I was really unsure whether I would get the role of captain so on the day that we were told the results I was so nervous I couldn't even eat the pizza they offered us, and that's really rare. So, when I found out I was vice captain, you can already imagine how happy I felt. Whenever I walk through the school, I feel a sense of honour and excitement as I know I have the opportunity to lead and help everyone. I am extremely grateful for this opportunity and definitely enjoy every aspect of being vice-captain, and I hope this encourages others to do the same in the future. Don't be scared of trying something new because you never know what will happen :)



BY KELVIN SAI When I was younger, I happened to have an important role in primary school and that was being the school captain. Never in my wildest dreams would I have thought I would become a captain again. As I sat in my chair, anticipating the results, I remember clear as day that my heart was thumping rather loud. The experience was surreal, and I felt ecstatic when the results were announced as I got the position. I enjoyed being a leader back in primary, however, becoming one in high school was completely different to what I had expected. Planning big events, being able to work with the most brilliant minds and awesome people is what makes this whole experience worth it. I love being able to work with this leadership team and I love it even more that I get to spend it with them in our final years of learning.



## THE CAPTAIN'S HIGH SCHOOL EXPERIENCE

By Jessica Truong, Jacky Tran, Jennica Lee & Kelvin Sai (Year 12 Captains)

Now that we are approaching the final year of high school, we have been asked to reflect back upon our high school experience. The easiest way to sum up our high school experience is by comparing it to an absolutely unforgettable rollercoaster ride. Every year when we approach that time of Year 7 orientation, it makes us all reflect upon our experience entering high school. Not only do we miss being young, but we also reminisce on the feelings of excitement and nervousness upon leaving primary school and starting a new chapter in our lives. As we can all agree, as year 7 students, initially it was extremely difficult to adjust to the new environment. Moving between classrooms, memorising our timetables, it was so hectic. However, we quickly learnt that there was a tremendous amount of support from our fellow peers and teachers. High school was not easy, but it is certainly unforgettable. The experiences that we encountered made us who we are today, and we would not trade it for the world. Friends were made and the lessons we picked up along the way will stay with us forever

When we put away our junior uniform and put on our blue senior uniform the realization that we were about to finish high school started to hit. Beginning senior year almost felt like starting year 7 again but with more pressure placed on us to become role models and do well in our studies. On top of that, it definitely did not help that a global pandemic struck during our first senior year. Once again, we had to learn to adjust to a new school environment with online school, Zoom calls and constant Google Classroom deadlines. The endless notifications and hours staring at a computer screen soon became stressful not just for us, but everyone else, especially since we were unable to see our friends and teachers everyday like we were used to. However, we found comfort through the support of each other throughout such a difficult time. Online learning on Zoom with all the COVID restrictions was a challenge for everyone but the rapid skills we had to learn, and gain were truly admirable and unforgettable. We all developed new skills and learnt a fundamental lesson; change is scary and hard, but we will always bounce back from it and gain many new experiences which is just like starting Year 7.

Overall, the memories we have made throughout high school, either filled with laughter or times of stress during assessment season, will forever be cherished and looked back upon. Now with our roles as captains of the school we hope to be able to look back upon our personal journey throughout high school and offer guidance to anyone who needs it. Now, we may be old, but we're not scary dinosaurs, so please never be afraid to approach us with anything you need help with. We'll always be here for you. Much love, from your awesome captains Jessica, Jacky, Jennica and Kelvin.

