



ENGLISH. MATHS. CREATIVE ARTS. SCIENCE. HSIE. EALD. LANGUAGES. PDHPE. IEC. HOME EC. INDUSTRIAL ARTS. SUPPORT.

CABRAMATTERS

TERM 2 2024

BY THE STUDENTS

FOR THE COMMUNITY

TERM 2 2024 EDITION

CABRAMATTERS

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THIS EDITION WOULD NOT BE POSSIBLE WITHOUT
THE EFFORTS OF THESE STUDENTS

Principal's Address

Open Parachute

Refugee Week

Career's Market

Girl's Empowerment

Splendour on the Grass

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IEC excursion

Moxck Trials

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COVER ART BY ASSORTED YEAR 10 CERAMICS STUDENTS

UNDER THE TUTELAGE OF MS. S. VAN DYK, YEAR 10 CERAMIC STUDENTS HAVE BEEN EXPLORING SCULPTURE,
SPECIFICALLY THE CREATION OF HUMAN BUSTS.. THESE CERAMIC TILES ARE A COLLECTION OF EXPERIMENTAL
FACIAL FEATURES IN PREPARATION FOR THESE EVENTUAL SCULPTURES.

TERM 2, 2024

It has been another successful term at Cabramatta High School.

Cabramatta High School has been recognised in the state Public Education Foundation Awards. The NSW Equity Consortium, a partnership between Cabramatta High School, four other high schools and three universities, has received the Secretary's Award for an Outstanding School Initiative. The NSW Equity Consortium has been a program for Year 7 – 9 students in English, with a specialised topic titled 'Imagined Futures', co-designed by teachers and university academics, and delivered by our teachers and university mentors.

Our innovative girls' program 'Tasi Le Loto' (One Love) has also been awarded the Public Education Foundation Secretary's Award for an Outstanding School Initiative. Tasi Le Loto has been a highly-valued program at the school for almost a decade, which enhances girls' leadership skills with a focus on personal development. In Term 2, the inaugural Girls' Empowerment Conference 'The Power of Belonging' was held for female students and students from local schools. There were many high profile guest speakers who shared their insights, inspiring and empowering students to achieve their potential.

The test for the Year 7 2025 Advanced Learning Class was conducted with a record number of Year 6 students registered for the test. Cabramatta High School takes pride in delivering quality education for all students, including high potential and gifted students, in the academic, creative, social-emotional and physical domains.

A new initiative of a prefect body was introduced this term with Year 11 students applying to be a prefect through written application and interview. Congratulations to our new senior prefects who are an outstanding group of student leaders, and will enhance student leadership in the school.

In sport, both of our open boys and girls volleyball teams are the Sydney south west champions and will be competing at state level. Danny Tran of Year 9 captained the U15s NSW volleyball team to achieve second place in Australia. In zone cross-country, 27 students qualified for the regional cross-country and our girls achieved first place in the zone. In the Benera Zone Athletics Carnival there were three students who were age champions: Valentina Sliwa (17yrs+ girls), Chloe Phuong (16yrs girls) and Olivia Phung (15yrs girls). Patrick Toomalatai was selected in the Sydney south west boys open touch team and competed at state level. Our school athletics carnival was held at Campbelltown Athletics Centre, providing a professional standard of competition facilities for our students.

In the interschool chess championship our school team placed third, with Minh Nguyen of Year 7 the 5th best individual player, out of over one-hundred and fifty competitors.

Congratulations to our students on their wonderful achievements this term and **thank you to our dedicated staff** for providing our students with an excellent education and opportunities to excel.

Enjoy this edition of Cabramatters!

openparachute®

SUPPORTING YOUR CHILD WITH ANXIETY.

A COMPLIMENTARY WEBINAR FOR PARENTS

SPOT THE SIGNS AND LEARN PRACTICAL STRATEGIES FOR BEST SUPPORTING YOUR CHILD WITH FEAR AND WORRY!!!

Hosted by **Clinical Psychologist and Founder of Head Into**

Healing, Dr Nicole Sokol. This engaging webinar is aimed at

building your confidence in supporting your child's feelings of anxiety.

You will learn what to look for, what language to use and what practical strategies to draw upon in anticipation of anxiety - provoking situations and in anxious moments themselves.

TIME: 7-8PM AEST

DATE: TUESDAY, 23 JULY 2024

SCAN QR CODE TO REGISTER!

REGISTER NOW!



This webinar is proudly presented by Open Parachute®

<https://www.openparachute.com.au>

REFUGEE WEEK

2024 Friends of Zainab scholarship recipients

Last week Yr 11 students, Alessa and Fariza, were awarded the Friends of Zainab scholarship at the Sydney Town Hall.



It was an impressive night full of students and teachers who were being recognised for their dedication and hard work.

The Minister of Education, Prue Car spoke as did other people involved in supporting students to reach their potential despite experiencing adversity.

If you try hard and are involved in extracurricular activities why not consider also applying for the many scholarships available throughout the year.

CAREERS MARKET

Exciting Careers Events This Term

In May this term, our Year 10, 11 & 12 students had a wonderful opportunity to attend the Cabramatta High School Careers Market organised by the Careers Faculty. Over 20 exhibitors and more than 600 students attended this event. We extend our heartfelt thanks to our sponsors – the University of Sydney, University of New South Wales, Notre Dame University, Australian Catholic University, and Skills Road – for donating lucky door prizes for students. We are anticipating even a bigger Careers Market in 2025.

Years 12 students also participated in the USYD Future Focus program in June. This program, facilitated by the University of Sydney, offered a variety of workshops to help students identify their skills and interests and link them to potential careers, degrees, and HSC subject choices. These workshops also included guidance on university applications, understanding UAC rounds, special admission criteria, writing effective scholarship applications, and developing study skills and exam preparation strategies.

Additionally, students from Years 9 and 10 took part in the Mindflight7 Virtual Reality Workshop, made possible by Notre Dame University. The Mindflight7 provides career guidance through immersive experiences, allowing students to explore different career paths and make informed decisions about their future.

Throughout this term, Year 12 students continued their involvement in the University of Technology Sydney (UTS) Uni Academy program.

20 of the Year 11 students were also recruited by this program who attended an orientation session at UTS. The Uni Academy program provides an alternative way for students to enroll at the University, without requiring an ATAR score.

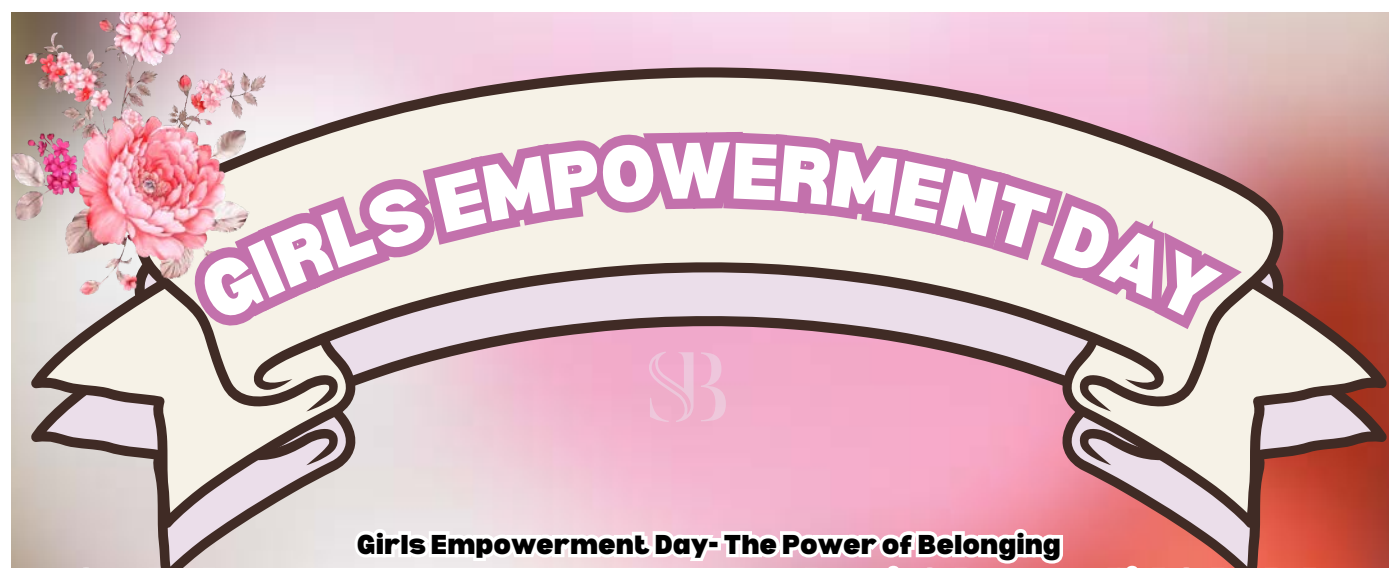
Furthermore, the Western Sydney Careers Expo held at the Sydney Olympic Park proved to be a valuable experience for our Year 12 students. Students had access to a wide range of exhibitors from across Australia who provided insight and guidance, advice on careers, study options, apprenticeships, and employment opportunities helping them explore their future options.

In early July, Year 8 and Year 10 students, along with their parents and carers, had the opportunity to attend a course information session during the parent-teacher night. This session provided an insight for students who will be selecting their courses next term for the 2025 school year.

In Term 3, Year 10 students will have the opportunity to attend course presentations by each faculty to better understand the content of each course. They will also be attending interviews with a parent or carer to discuss their course options for 2025. These interviews will be held in Weeks 4 to 6 of next term.

Finally looking forward to term 3, we would like to remind Year 12 students that their HSC trials will be held in Weeks 4 to 6, while the Year 11 students will have their Preliminary Exams in Weeks 8 to 10. We wish all our students the best of luck in their upcoming exams.

We are proud of the enthusiasm and dedication our students have shown in exploring their future careers and educational pathways. We look forward to continuing to support them in their journey.



Girls Empowerment Day- The Power of Belonging

Our thanks go out to every staff member and students in Cabramatta High School who contributed to and participated in this significant day for our female students. Your dedication and support were instrumental in making the Girl's Empowerment Day a success.

The Girl's Empowerment Day was a transformative experience for our female students. It brought to life abstract concepts, making them more relevant to their lives. The day was a powerful reminder of the challenges girls face and how they can develop themselves as women who are heard, seen, valued, and supported. The empowerment callouts of the day, include:

- Power of belonging
- Building self-identity and confidence
- Reframing challenges as opportunities for growth and learning

These messages left a lasting impact on our students.

The speeches by our esteemed guests, including Ms. Chitra Ranja (Microsoft Australia and New Zealand Small and Medium Business Director), Ms Marie Saliba (Fairfield City Council Councillor), Mrs. Queen Dunbar (NSW President of the Australia War Widow Association), Ms. Natasha Thandeka (General manager at Rumbie & Co and relationship Coach), and Dr. Cinthia Weng (Senior lecturer and professor at UNSW), were not just informative but also uplifting. Their words resonated with the students, inspiring them on their educational and personal journeys.

The speakers shared their journeys, emphasizing the need to belong and the challenges belonging can bring to one's aspirations and goals.

The students' key takeaways from the day focused on courage, bravery, self-belief, and finding a voice and belonging to overcome any challenges. Finding oneself is the first step to belonging.

Tasi Le Loto Girl's Empowerment program participants and the audience were pleased to hear from the school principal that the program succeeded in being awarded the Public Education Foundation Secretary's Award for Outstanding School Initiative in 2024.

In conclusion, the theme of the day is summed by the chosen quotes of the day, including:

"Succeeding is not a straight path; it is a journey with many twists and turns."

"Every day I face challenges, I win back my power."

"Sharing my story is a way to reclaim my narrative and empower others."

The school deeply appreciates the support and contribution of the following organisations to the Girls Empowerment program: Australian Business and Community Network, Core Community, Fairfield Youth Team, Headspace, Fairfield Women's Health, Bent EL 2 REZ, and Levander & Willow. Your partnership was invaluable in making the Girl's Empowerment Day a memorable and impactful event.



SPLENDOUR ON THE GRASS



Cabramatta Edition

ON THE 3RD OF JULY, DURING LUNCH, A TOTAL OF 4 PERFORMANCES TOOK PLACE. THE PERFORMANCES WERE HELD UNDER THE HALL COLA AS THE GRASS WAS TOO WET FOR PEOPLE TO ENJOY THE PERFORMANCES. BOTH THE JUNIOR AND SENIOR ENSEMBLE PERFORMED WITH AN ADDITION OF A YEAR 9 BAND AND A YEAR 10 BAND. TO ACHIEVE THIS AMAZING PERFORMANCE, PRACTICES HAVE BEEN CONDUCTED IN THE MUSIC ROOMS DURING LUNCH TIME FROM THE START OF THE YEAR BECAUSE A GOOD PERFORMANCE NOT ONLY TAKES TIME BUT ALSO THE EFFORT AND INITIATIVE TO POLISH AND REFINE OUR SKILLS. THERE WAS A HUGE CROWD THAT ATTENDED THE LUNCHTIME CONCERT AS IT WAS VERY SUCCESSFUL. THESE PERFORMANCE PIECES HAVE BEEN PRACTISED FOR OVER A TERM WHICH MADE IT VERY EXCITING TO SHOW THE STUDENTS HARD WORK.



Extremely Fun Facts



BEE DAY

Guess who's birthday is it...



Cabramatta High's Environmental Club hosted a fundraiser on 20 May 2024 to donate for vital pollinators, selling student-made sweet cupcakes, and an assortment of bee-related items such as bee pins, key rings, socks, and plushies.

Celebrating the United Nations' designated World Bee Day is a wonderful educational opportunity to raise awareness of the bees' critical role in the health of the global environment as a third of the world's food production depends on them!

As diligent pollinators, bees pick up plant pollen on their little fuzzy legs when visiting plants and they carry the pollen to other plants. This helps plants reproduce (considering plants tragically can't run to give each other pollen) and ultimately, sustains our surrounding ecosystems and its biodiversity.

Our club was able to fundraise \$301.50 for the Bees! This money was donated to The When Bee Foundation is an Australian not-for-profit charity that promotes awareness of the importance of bees for food security, and raises funds for research that addresses the national and global threats to bees.

Without bees, all your favourite foods would disappear and the world would look dull and dead. So, come see the Environmental Club's Bee Day Fundraiser next year and support the bees by taking a bee-themed item home!



HELP US SAVE THE BEES



exciting



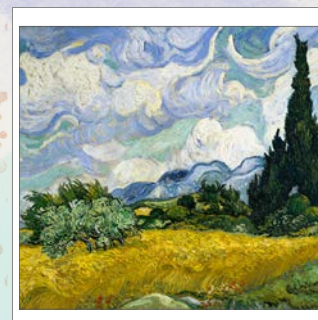
inclusive programs

Once again we felt the love, inclusion and high self-esteem, when hearing the cheers from Cabramatta High School crowd at the athletics carnival and many more programs at school and off site. One of the projects by SRC Support Unit was the establishment of the Aboriginal Native Plant Garden. How exciting to see the plants thriving!

The applause and the big buzz from the staff and students are still echoing in our ears. IO/AU and IO class. We also participated in the NSW School Sport Unit Boccia Competition 2024. We are very proud to beat a few schools and qualify for the next competition. Stay tuned, we will share more exciting experience in our next newsletter!



exciting



inclusive programs

INTER SCHOOL CHESS TOURNAMENT



This achievement not only highlights the prowess of our Chess Club members but also reflects the spirit of excellence that thrives within our school community. We are immensely proud of their accomplishments and the positive representation they have brought to our school.

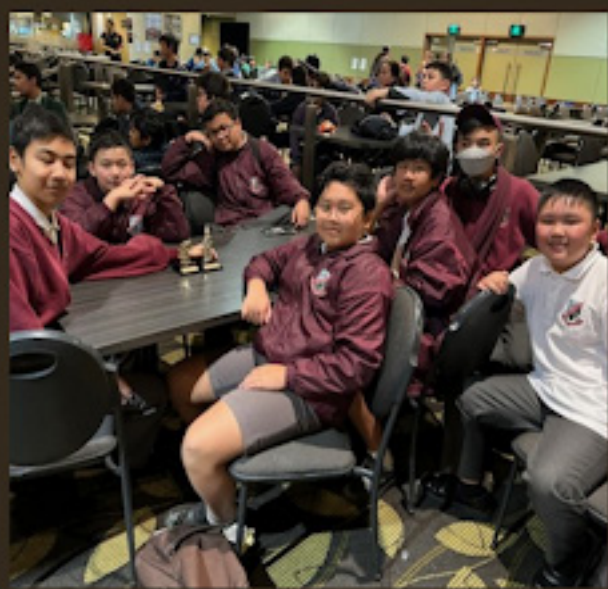


A heartfelt congratulations to all the members of the Chess Club for their hard work and commitment. Your achievements serve as an inspiration to all of us and demonstrate what can be accomplished through teamwork, perseverance, and passion. A special word of thanks to HSIE Headteacher and Staff for their continued support.

Our school was represented by the following students namely:

- Moninth Cheat To (Yr 10)
- Darwin Tran (Yr 8)
- Nikhun Le (Yr 8)
- Joshua Lam (Yr 8)
- Nathaniel Tong-Do (Yr 7)
- Minh Nguyen (Yr 7)
- Adam Nguyen (Yr 7)

A Total of 152 players from 21 schools from the Sydney South West Region participated in this competition.



Did you know:
It is possible to
checkmate your
opponent in
just two moves!

Celebrating success!

With dedication, strategy, and sheer determination, our talented students competed fiercely and achieved remarkable success. Under the guidance of our skilled coach and the relentless practice of our players, our team displayed exemplary sportsmanship and skill throughout the tournament. Their resilience and strategic prowess were truly commendable, earning them prestigious victory and accolade winning overall 3rd place beating the other 18 schools. Minh Nguyen of year 7 won overall 5th individual best player award.

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Individual Points /7
Moninth Cheat To Yr. 10	Won	Lost	Won	Lost	Won	Lost	Won	4
Darwin Tran Yr8	Lost	Lost	Won	Won	Won	Won	Won	5
Nathaniel Tong-Do Yr. 7	Lost	Lost	Won	Won	Lost	Won	Lost	3
Minh Nguyen Yr. 7	Draw	Won	Won	Lost	Won	Won	Won	5.5
Nikhun Le Yr. 8	Won	Won	Won	Lost	Lost	Won	Draw	4.5
Joshua Lam Yr. 8	Won	Won	Lost	Won	Lost	Won	Lost	4
	Won	Won	Won	Lost	Lost	Won	Lost	4
Points /7	4.5	4	6	3	4	5	3	
Total points	4.5	8.5	14.5	17.5	21.5	26.5	29.5/49	

J. Venkataya.
CHS Chess Club.

Let's continue to support and encourage our Chess Club as they embark on future competitions and endeavours. Together, we celebrate this momentous achievement and look forward to more successes in the future!



SYDNEY JEWISH MUSEUM

A MEMORABLE JOURNEY: OUR VISIT TO THE SYDNEY JEWISH MUSEUM ON JUNE 17, 2024

ON THE 17TH OF JUNE 2024, OUR MODERN HISTORY CLASS EMBARKED ON A PROFOUNDLY MOVING EXCURSION TO THE SYDNEY JEWISH MUSEUM. THE VISIT WAS NOT ONLY EDUCATIONAL BUT ALSO DEEPLY EMOTIONAL, PROVIDING US WITH A COMPREHENSIVE UNDERSTANDING OF THE HOLOCAUST AND THE ENDURING SPIRIT OF ITS SURVIVORS. A HIGHLIGHT FOR MANY OF US WAS THE SURVIVOR TESTIMONY, WHICH BROUGHT THE HARSH REALITIES OF ANTI-SEMITISM AND THE HOLOCAUST INTO SHARP FOCUS. HEARING FIRSTHAND FROM MARK SPIGELMAN, A HOLOCAUST SURVIVOR, WAS BOTH IMPACTFUL AND POIGNANT. HIS ACCOUNT OF SURVIVING AS A CHILD DURING THE GENOCIDE, INCLUDING HARROWING DETAILS OF HIDING IN A GARBAGE BIN FOR DAYS, LEFT A LASTING IMPRESSION. HIS ABILITY TO INJECT HUMOR INTO SUCH A HEAVY TOPIC MADE THE SESSION ENGAGING, PROVIDING A BALANCE THAT KEPT US INTRIGUED AND REFLECTIVE. THE SURVIVOR TESTIMONIES ADDED A RAW AND PERSONAL DIMENSION TO OUR UNDERSTANDING OF THE HOLOCAUST. LISTENING TO THEIR STORIES PROVIDED US WITH A DEEPER, MORE NUANCED COMPREHENSION OF THE EVENTS AND THEIR LASTING IMPACT. IT WAS NOT JUST ABOUT LEARNING HISTORICAL FACTS BUT ABOUT CONNECTING EMOTIONALLY WITH THE EXPERIENCES OF THOSE WHO LIVED THROUGH THIS DARK PERIOD. THE TESTIMONY OF MARK SPIGELMAN, IN PARTICULAR, ENRICHED OUR UNDERSTANDING AND EMPATHY, HIGHLIGHTING THE RESILIENCE AND STRENGTH OF THE HUMAN SPIRIT. THE MUSEUM TOUR WAS EQUALLY ENLIGHTENING. GUIDED BY KNOWLEDGEABLE INDIVIDUALS, MANY OF WHOM WERE SECOND-GENERATION SURVIVORS, WE EXPLORED SEVERAL SECTIONS OF THE MUSEUM. THE TOUR GUIDES SHARED INTRICATE DETAILS ABOUT THE HOLOCAUST, MAKING HISTORY COME ALIVE OUTSIDE THE CONFINES OF A CLASSROOM. ONE STUDENT NOTED THE EMOTIONAL IMPACT OF SEEING ARTIFACTS LIKE A HAND-KNITTED GOWN MADE BY A YOUNG GIRL FOR HER MOTHER, WHICH PERSONALIZED THE HISTORICAL NARRATIVE AND UNDERScoreD THE HUMAN COST OF THE TRAGEDY. ADDITIONALLY, THE EDUCATION WORKSHOP PROVIDED AN INSIGHTFUL OVERVIEW OF JEWISH CULTURE, BELIEFS, AND THE BROADER CONTEXT OF THE HOLOCAUST. THE STORY OF WILLIAM COOPER, AN ABORIGINAL MAN WHO PROTESTED AGAINST THE PERSECUTION OF JEWS BY THE NAZI GOVERNMENT, HIGHLIGHTED THE UNIVERSAL STRUGGLE AGAINST INJUSTICE AND THE INTERCONNECTEDNESS OF DIFFERENT HISTORIES OF OPPRESSION. OVERALL, THE EXCURSION TO THE SYDNEY JEWISH MUSEUM WAS A PROFOUNDLY ENRICHING EXPERIENCE. IT EXPANDED OUR KNOWLEDGE, DEEPENED OUR EMPATHY, AND LEFT US WITH A RENEWED COMMITMENT TO REMEMBERING AND EDUCATING OTHERS ABOUT THE ATROCITIES OF THE HOLOCAUST. FOR FUTURE STUDENTS, THIS VISIT COMES HIGHLY RECOMMENDED, AS IT IS NOT ONLY AN EDUCATIONAL JOURNEY BUT ALSO A DEEPLY HUMAN ONE.



... sensation swept through me as quick as lightning. I was conscious of the presence of the Count, and a storm of fury. As my eyes opened, involuntarily I saw his strong hand grasp the slender neck of the woman, draw it back, the blue eyes transformed with fury, the white teeth champing with rage, and the lips set in a passion. But the Count! Never did I imagine such wrath and fury, even to the demons of the pit. The red light in them was lurid, as if the flames of hell-fire blazed behind them. His face was as if it were hard like drawn wires; the thick eyebrows that met over the nose now seemed like a heaving bar. With a fierce sweep of his arm, he hurled the woman from him, and then motioned to the others, as though he had the same imperious gesture that I had seen used to the wolves.

IN A RUINED CASTLE, HIGH IN THE WILDERNESS, A MYSTERIOUS PRESENCE IS LURKING. IS IT MAN OR BEAST? ANGEL OR DEMON? FOR CENTURIES, COUNT DRACULA HAS HELD HIS REMOTE CORNER OF THE WORLD IN A VICE GRIP OF TERROR. BUT EVIL IS ON THE MOVE AND THE RESIDENTS OF LONDON WILL SOON FALL UNDER ITS BEWITCHING, TRANSFORMATIVE SPELL.

Year 11 Drama had their theatrical hunger sated by attending a performance of ‘Dracula’ (originally written by Bram Stoker) and directed by Kip Williams at the Roslyn Packer Theatre. This haunting and technically impressive one woman show, led by Zahra Newman, dived deep into the gothic tale of the world’s most famous vampire and those unlucky enough to cross his bloody path.

Students were given a rare opportunity to watch a high production solo performance, experiencing the fullness of the famous tale alongside a packed audience. With powerful imagery, immaculate stagecraft and a layered performance by the lead actress, ‘Dracula’ was the perfect excursion for our senior student’s to witness.

In the wise words of our 2024 school captain, Sebrina Tupuola Tea, the “**performance ate!**”

EXCUTIONS DRACULA

Morning of 16 May. – God preserve my sanity, for to this I am here there is but one thing to hope for, that I may not go mad, if only all the foul things that lurk in this hateful place the Count is the whilst I can serve his purpose. Great God! merciful God! Let me things.

*“How dare you touch him, forbidden it? Back, I tell you him, or you’ll have to deal with to answer him:—
“You yourself never loved; you mirthless, hard, soulless law hear; it seemed like the plea face attentively, and said in*

ROMEO & JULIET

SPORT FOR JOVE PRODUCTION

Year 11 and 12 drama attended an adapted performance of Shakespeare’s tragedy ‘Romeo & Juliet’ early term 2 . Bathed in the sweltering heat of an Italian summer, two families in Verona come at odds when their children swiftly fall in love with one another. What begins as a whirlwind romance soon turns into a bitter culmination of ancient rivalries and unnecessary death.

The central tenet of this production was to genuinely hear the voices of young people, to observe their wonderful natural awkwardness, their chaotic exuberances and desires, their filthy jokes which Shakespeare beautifully counterpoises with their gloriously self-conscious poetic inspirations. this production’s teenagers are real teenagers, something rarely seen with this play.

IT TAKES A VILLAGE TO KILL A CHILD. THIS PLAY IS ABOUT THE ENTIRELY UNNECESSARY DEATHS OF CHILDREN AND THE COMMUNITY OF ELDERS WHO STAND IN THE GLOOMING DAWN OF AN ORDINARY THURSDAY MORNING TO LEARN THE APPALLING COSTS OF THEIR IGNORANCE, MORAL POLLUTION AND GRACELESSNESS.

Tragedies before this play were never about love, but about politics, pride, monarchy, spiritualism. Shakespeare elevates love to the plane of these huge human concerns. His loving couple have a talismanic power, putting honesty, romantic and spiritual desire, and selflessness back on their pedestal among human values.

The play is a journey of constriction and tightening of space, moving from outdoor open spaces - piazzas, streets, estates, orchards, fields and gardens - to bedrooms, cells and finally a tomb. It was a simple ensemble approach to storytelling, using song and voice, and celebrating the actors’ natural instruments and energy to create the sense of ‘community’ that Shakespeare works so hard to foster in his play.

These violent delights have violent ends

These violent delights have violent ends

These violent delights have violent ends

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These violent delights have violent ends

These violent delights have violent ends

MUNA

On the 22nd and 23rd of June, Cabramatta High School attended the Model United Nations Assembly, held at Nepean Performing Arts School in Emu Plains.



We. (Evita, Leyna, Katherine, Imelda) were representatives for the delegation of Australia and spoke on the country's behalf on certain political and social issues of the world, along with other students from different schools who were representing other countries.

The leadup to the weekend consisted of staying back after school to come together and write our responses to various resolutions of the issues presented. The MUNA weekend itself was both fun and educational as we were encouraged to mingle with other countries in hopes of making alliances while also getting to know their country's stance on international issues such as trade, safe drinking water and weapon systems. It was an opportunity to learn about the world outside of the classroom.

Even though we were not able to present all our speeches, those who did speak did so very well and should be proud of the bravery they showcased by talking in front of hundreds of people (shoutout Leyna and Katherine).



Aboriginal Education

This term our Koori students attended the Gandangara Local Aboriginal Land Council 2024 National Reconciliation Week celebration held at the Whitlam Centre. We listened to didj playing, ate lots of free food, got up close and personal with a snake, looked at all the stalls, participated in a Welcome to Country and saw Natasha's parents and Steffani and Mary's dad there. Overall we had a good day.



Last Thursday (30 May) as a school we celebrated Reconciliation Week with all our Year 7s as well as our Koori students. We had an Aunty, an Uncle and 2 sistas from the First Nations Performance Group, formerly Koomurri, to lead us in the workshops that ran that day. We did workshops on Torres Strait Islander dancing, as well as boomerang throwing, yarning and art.



GALLIPOLI

> Pilgrimage to Gallipoli, and the Western Front

'Your sons are now lying in our bosom and are at peace after having lost their lives on this land, they have become our sons as well.' - Ataturk

In late- November, and early-December 2023, some of our students from Special Education, and the Tasi Le Loto Girls' program, wrote letters, and created remembrance cards for Australian soldiers who sacrificed their lives during the First World War. I had worked with students at Miller Public School on a similar project in 2011, when I laid cards created by the students by the headstones of Australian soldiers in war cemeteries in Ieper (Ypres), Belgium. I was traveling to Gallipoli, Turkey in December, and the former Western Front of Belgium and France, as part of trip to the Middle East, Europe, and the United Kingdom; and thought that having our students participate in this initiative, where our students would be allocated a specific soldier, given their respective photographs of their cards or letters by the soldiers' headstones, and then do a brief research project about them, would be an educational and powerfully impactful experience. Under the guidance of Deputy Principal – Isabel Pachio, and Head Teacher Special Education - Shonrita Prasad, several of our students either created and coloured cards (adding personal messages) or wrote heartfelt letters to the soldiers.

It was Winter, and after driving southward from Istanbul, following the coastline of the Sea of Mamara, I arrived in the city of Cannakale on the eastern side of the Dardanelles Strait, on a wet and windy morning. My first destination was the Akbaşı Kalesi and Şehitliği (Martyrs Cemetery), and although I was there to visit and pay respects to the Australian and New Zealander soldiers who had paid the ultimate sacrifice here; I walked amongst the headstones, reading names, and offering my heartfelt sentiments to the Turkish soldiers who defended their lands, and people, in this campaign. At the front of the site was a large white memorial with two central columns, two large bronze statues of Turkish soldiers standing either side, and a flagpole with the Turkish flag which was flapping wildly in the wind. To the southern side of the cemetery was a statue of a Turkish soldier carrying a wounded comrade, and it reminded me that no matter what side we are on during times of conflict, we are all the same, and the importance of compassion and humanity is held by all.

I drove to Anzak Koyu (ANZAC Cove) and stopped on the roadside to walk along the strip of land just above the beach, where there was a large sandstone memorial plaque with the aquamarine blue waters of the Aegean Sea behind it. The memorial read 'Those heroes who shed their blood and lost their lives. You are now lying in the soil of a friendly country therefore rest in peace. There is no difference between the Johnnies and the Mehments to us where they lie side by side here in this country of ours. You, the mothers, who sent their sons from faraway countries, wipe away your tears; your sons are lying in our bosom and are in peace after having lost their lives on this land, they have become our sons as well. - Ataturk 1934. The rain was falling as I made my way toward the Ari Burnu Cemetery, and in my mind, it symbolised the tears that were shed over all those who lost their lives here over a century ago. I had two clear plastic folders containing the cards and letters, and I began to take a few out at a time, then placing them one-by-one, next to the headstones of Australian soldiers. Initially, I was able to place the heavier cards and take photographs, however, the conditions worsened, with the wind picking up and starting to blow the cards and letters away, and the rain became heavier, soaking the letters, causing them to stick to the headstones. It was about 5° Celsius, and with the driving rain, the windchill factor was taking its toll; I was absolutely drenched and freezing but I still had cards and letters to deliver and photograph.



My task now completed, I sang both the Australian and New Zealand national anthems, said my farewells, and walked down to the beach, which consisted of small pebbles, reaching down to scoop up a handful of water and letting it run through my fingers. In my culture (Māori), whenever we visit a cemetery, we cleanse ourselves with water as we leave, which symbolises us leaving those who have passed, and us returning to the realm of the living. To me, it also represents a link between this place and Australia, and New Zealand; the waters acting as a medium connecting us through time and space.

Back in the car, I drove up to the Lone Pine Monument and Cemetery, a location where New Zealand soldiers had captured, and where Australian and New Zealand soldiers now rested in peace. I walked around the boundaries of the cemetery, reading the countless names of soldiers' units and names, and then wandered through the headstones within. A sombre experience. The inclement weather conditions began taking its toll, and I was shivering in soaked, cold clothing; my eyes watering, and my hands shaking and becoming numb, as I tried to take photographs. I made my way across to the tall obelisk-like monument, where additional unit and soldier names were etched into marble plaques on all four faces of the structure. The Māori Contingent names were on the plaque facing the north, and it was at this time that I decided to visit a few more of the nearby cemeteries, both Allied and Turkish. I drove to Quinn's Post, and the Nek Cemetery, both Commonwealth War Cemeteries, which had stunning views of the landscape and the sea on one side, and the Dardanelles on the other. The former was named after Major Hugh Quinn of the 15th Battalion of Charters Towers, Queensland, and the latter was the location of the Battle of the Nek, a battle on a narrow stretch of ridge. I had planned to hike around the entire Anzac Cove site, however, the conditions were such that this was always going to prove problematic; with some sites inaccessible due to possible mudslides, and temporary road/site closures. I drove to the Turkish memorial, Türk Askerine Saygı Anıtı, where a giant bronze statue of a Turkish soldier took pride of place. I was also humbled to visit the Mehmetçik Respect Monument (also known as the Respect Monument); that depicts a Turkish soldier carrying a wounded Australian officer during the Battle of Gallipoli. Under the monument, there is a quote (in Turkish) from the former Governor General of Australia, Lord Casey, dedicated to the Turkish soldiers. As the weather worsened, with the clouds casting a darkness across the hills and valleys of Gallipoli, I bid farewell to all of those who lay here, both Allied and Turkish. I ended my Turkish experience two days later, by delivering a presentation based on New Zealand history, at the New Zealand Embassy in the capital, Ankara; with guests including several diplomats and other distinguished guests, and also had the opportunity to meet with the New Zealand and Australian Ambassadors - Her Excellency Zoe Coulson-Sinclair, and His Excellency Harry Hall.

During my travels through Europe, I was planning on visiting a few World War One cemeteries in Belgium, and France, and Mrs Nguyen asked me if I was going to visit the Nieppe Communal Cemetery, as her great uncle, Wilmot Grooby, lays there (near Armentières); and she wanted me to visit him and deliver a personal message from her family, none of whom had had the opportunity to do so to date. I hadn't planned on visiting that particular cemetery, however, I did a quick search on Google Maps and realised that it was only about 5 kilometres away from a cemetery that I was visiting; so, I committed to visiting her great uncle who lost his life on the battlefields of France at the tender age of 20, to pay my respects, and share with him this personal message.

I arrived in Armentières by train, late at night in the cold and the rain, and immediately began walking out to the cemetery, taking the Rue des Résistants, crossing over the Lys River (Leie River), passing a war memorial along Rue d'Armentières; before finding the cover of a shop awning to seek shelter from the elements for the night. Early the next morning, still in the darkness of this European Winter, I walked down Rue de Warneton in the rain until I arrived at the Nieppe Communal Cemetery; where I tried to read the cemetery map, to locate where Wilmot Grooby's headstone was located. I tried to use the light on my mobile phone but the Perspex cover to the map was opaque with age, and the light just made it cloudy and unreadable; so, I began walking through rows of headstones in the cemetery until I found recognisable shaped (military style) headstones, and then read the names.



I came upon several New Zealand soldiers first, which included Mrs Nguyen's great uncle Wilmot (V.B.3.), and then the final resting places of some Australian soldiers nearby. I waited until the first glimmers of light began falling upon the cemetery and the headstones were illuminated and began laying the cards and letters by the Australian soldier's graves and photographing them. I then returned to Wilmot Grooby's resting place to read out the message which Mrs Nguyen's family had written for him. I will not share the contents of this letter as it is personal, however, his service details are as follows: 31491 Private Wilmot Grooby. Canterbury Regiment, N.Z.E.F. 2nd Bn. Died 12 August 1917. Age 20 years. Having kept my promise of delivering Mrs Nguyen's family's message, and gifting more of our students' cards and letters to Australian soldiers, it was onto my next destination to both visit one of my own family members, and gift the remainder of our students' cards and letters, and two artworks (on canvas) which a pair of our students had painted.

I caught an Uber across the border into Belgium to visit one of my own family members, Hemi Hill, who had lost his life on the Western Front on the first day of the Battle of Messines, on 7th June 1917 (just two months earlier than Wilmot) and who rests peacefully in the Kandahar Farm Cemetery, Wulvergem. I walked the rows of headstones until I located the Australian soldiers and laid out the last of the cards and letters and photographing them; before placing the two paintings in front of headstones, and then leaving them in a nearby vestibule on the eastern side of the cemetery to protect them from the rain. I had now kept my commitment to Mrs Nguyen's family, and our students, and went to spend some personal time with Hemi Hill, who I had previously visited on 7th June 2011, as part of a research trip in order to write a historical novel focusing on my family's military history. 8087 Private Hemi Hill was a member of the New Zealand Pioneer Battalion, who was wounded by German shrapnel whilst working on tram lines and communication cables just outside of the town of Messines (Mesen). His adopted brother's sibling carried him all the way to the Kandahar Farm Dressing Station for treatment, however, Hemi did not make it and now rests peacefully where he passed from this world.

Our students will be given colour photographs of their cards or letters, and they will then be able to complete research tasks of their respective soldiers, and possibly deliver brief presentations to their classes, or the school, at a later date. It is at times like ANZAC Day, and Remembrance Day, that we are able to acknowledge and appreciate what these, and other soldiers and service personnel have sacrificed in the service of our nation, and I am both humbled and honoured to have been able to provide our students with an opportunity to do so at this time.

Lest We Forget.

Mr Kerehona served in the Australian Army (between 1995-2005) initially as a Paratrooper, before corps transferring and becoming a Military Policeman. He was awarded the prizes for 'Most Outstanding Soldier', and 'Best at P.T.' (Physical Training) at the School of Infantry in 1996, was awarded the Provost Marshal Certificate of Merit for his role in saving lives during bushfires in 2002 and served on Operation Relix II border patrol operations in 2003.



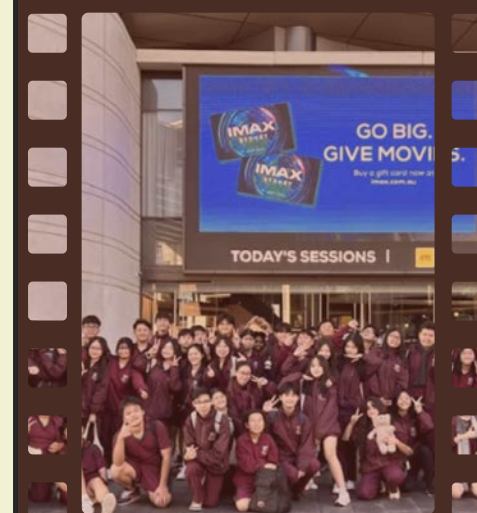
IEC EXCURSION - IMAX

For this term excursion, Level 3 IEC had a great time at IMAX. We watched a cute and educational movie about rescue dogs from all around the world. The movie is very heartwarming, a lot of students felt amazed and interested about how dogs could save a human life. A lot of students had expressed their interest about the movie and would love to watch it again. We had also learned a lot from this excursion and were very happy to participate in the trip. The trip was full of laughter from both teachers and students. Everyone was enjoying the trip, we made many new friends in different classes. Here are some comments students made about the trip!

"The dogs were so cute. I couldn't take my eyes off the movie." - Nyna Lim (3B)

"I have learned a lot about dogs and felt amazed because besides being a pet in your house, it could save your life." - Hoang Bao Nghi Nguyen (3A)

"For the excursion for the IEC level 3 students in term 2, there was such a magnificent trip which was full of emotions. We watched a documentary about dogs in the IMAX cinema and we had about an hour of free time to travel around, have beautiful pictures. The movie is really interesting and meaningful. I learnt that dogs are not only pets. They can be friends, assistants and also protectors sometimes. This is a wonderful, amazing and memorable movie and the best excursion ever." - Minh Triet (3A)



MOCK TRIAL

2024 COMPETITION

“SILENCE, ALL STAND. THIS MOCK COURT IS NOW SITTING.”

Our mock barristers, solicitors, witnesses, court officers have been on a winning streak since Term 1. The Mock Trial Team, which comprises a group of skilled debaters in year 10, has been working diligently to present their cases for the competition. In the first round, the team faced off against Freeman Catholic College where they demonstrated their expertise in argumentation, legal reasoning, and courtroom strategy. The competition was intense, with both teams presenting

compelling cases and engaging in rigorous cross-examinations. Ultimately, the magistrate recognised the school's skillful presentation and awarded us the victory. Following their initial triumph, our Mock Trial team proceeded to the second round against Unity Grammar. Once again, the courtroom was charged with tension as both sides passionately debated the facts of the case.



“verdicts & iustitia”

The teams exchanged strong rebuttals and effectively defended their positions, showcasing their dedication to mastering legal principles. These back-to-back victories have underscored the Mock Trial team's perseverance, teamwork, and commitment to excellence. Each member has contributed their skills in analysing legal facts, public speaking, and teamwork.

DURA LEX, SED LEX.



Year 9 Imagined Futures

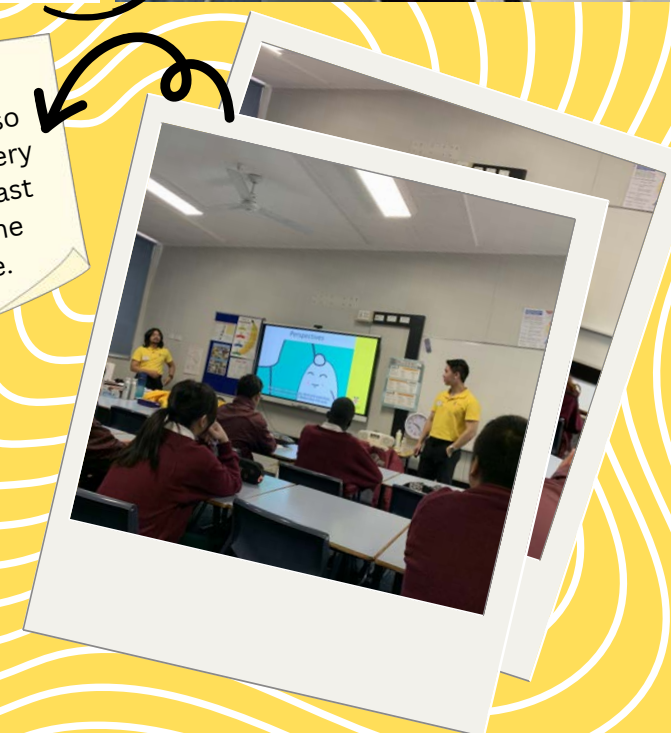
On the fateful first day of May, all Year 9 students had a trip to the Kingston campus of **UNSW** (University of New South Wales) – a kickstart to the **Equity Program** for the rest of the term. The program strives to assist students with navigating their **future careers** and **education pathways**, as well as visualising and ambitiously thinking through all aspects regarding the **adulthood life** ahead beyond high school.



In the afternoon, discussions about the **future of AI** in a **school setting** blossomed from the classes. Year 9s were challenged with the task of teaching a robot about... surprisingly **teaching**! The robot examined the important qualities that an educator must possess and learned through the way people work with each other from the **tower challenge**, where teams must construct a tall yet long-lasting tower that underlyingly showcased their **problem-solving skills**, their **creativity**, and their **communication** skills that AI could pick up and better themselves with it.



UNSW student ambassadors also came to CHS every fortnight! The last visit was on the 21st of June.



THE HISTORY OF Sanrio CHARACTERS

Koro-Chan

Koro-Chan is the first original Sanrio character with croquettes on his cheeks which inspired his name.



1973

Little Honey

Little Honey was introduced shortly after Koro-Chan. Her name changed twice from Little Honey > Cathy > Daisy.



1973

Hello Kitty

Hello Kitty was nameless and was referred to as "the white kitten" before receiving her name. Fun fact: Hello Kitty was named "Kitty" before having the "Hello" added for global appeal.



1974

Patty and Jimmy

Patty and Jimmy are a pair of best friends which influenced more human characters.



1974

The strawberry King

The Strawberry King was created because strawberries were popular at the time.



1975

The Twin Stars

The Twin Stars were introduced around Christmas which were originally nameless before getting their names voted as Kiki and Lala.



1975

My Melody

My Melody was Sanrio's interpretation of "The Little Red Riding Hood".



1975

Robbie Rabbit

Robbie Rabbit was created as My Melody was popular, he failed to capture attention and was forgotten.



1983

Minna No Tabo

Minna No Tabo was another human character which was popular back in the 1980s and fell in popularity afterwards.



1984

Zashikibuta

A pink pig which fell in popularity.



1984

Hangyodon

A fish character which fell in popularity.



1984

Mimi

Mimi is Hello Kitty's twin sister and was released with the stop motion film "Kitty and Mimi's new umbrella".



1981

Button Nose

Button Nose was animated and released with the tv series "Button Nose".



1978-1985

Keroppi

Keroppi was a Frog character introduced when Sanrio made their first batch of Ovo episodes and gained popularity quickly.



1987

Pochacco

Pochacco was created after Sanrio had lost the licensing rights for Snoopy.



1989

Pekkle

Pekkle is a duck character which released around the time of Pokopon which fell in popularity.



1989-1994

Pokopon

Pokopon is a racoon character created when Sanrio Ovo episodes were releasing and fell in popularity.



1989-1994

Badtz-Maru

Badtz-Maru is a penguin character released alongside Pekkle and Pokopon and gained popularity quickly.



1989-1994

Spottie Dottie

Spottie Dottie is a dalmatian character but only gained small bouts of popularity.



1990

Monkichi

Monkichi is a monkey character but only gained small bouts of popularity.



1992

Pippo

Pippo is a pig character but only gained small bouts of popularity.



1993

Pompompurin

Pompompurin is a dog character made during Sanrio's new animation series and gained popularity quickly.



1996

Corocorokuririn

Corocorokuririn is a hamster character which fell in popularity.



1998

Usahana

Usahana is a Bunny character made after Sanrio had lost popularity due to Pikachu and San-x.



2001

Pandapple

Pandapple is a panda character released with Usahana but both were considered as flops due to their poor sales.



2001

Cinamoroll

Cinamoroll is a white puppy which was created in attempt to gain popularity back. Cinamoroll succeeded and now is one of the most popular Sanrio characters.



2002

Chiffon

Chiffon is a beige puppy which was created alongside the movie Fluffy, Fluffy Cinamoroll.



2007

Mocha

Mocha is a brown puppy which was created alongside the movie Fluffy, Fluffy Cinamoroll.



2007

Milk

Milk is a baby puppy which was created alongside the movie Fluffy, Fluffy Cinamoroll and got his name through his love for milk.



2007

Cappuccino

Cappuccino is a tan puppy who hated exercising which was created alongside the movie Fluffy, Fluffy Cinamoroll.



2007

Espresso

Espresso is a cream puppy who had brains and was created alongside the movie Fluffy, Fluffy Cinamoroll.



2007

Charmmy Kitty

Charmmy is a cat character advertised as Hello Kitty's cat as she had more cat character traits and was more of a traditional cat.



2004

Kuromi

Kuromi is a white rabbit rivaling My Melody which was created alongside the series Onegai My Melody and gained popularity rapidly.



2005

Kurouusa

Kurouusa is a bunny who was released with his twin Shirouusa.



2007

Shirouusa

Shirouusa is a bunny who was released with her twin Kurouusa.



2007

Berry

Berry is a demon who is jealous of Cinamoroll for his popularity and was released alongside Cherry.



2007

Cherry

Cherry is a demon who is friends with Berry and released alongside him.



2007

Yoshikitty

Yoshikitty is a cat character which closely resembles Hello Kitty but dressed dramatically like the musician Yoshiki.



2009

Wish Me Mell

Wish Me Mell is a bunny character created to go back to the theme of cuddly characters.



2010

Bonbon ribbon

Bonbon ribbon is a pink bunny who was released alongside Wish Me Mell to go back to cuddly themes.



2010

Ichigo Man

Ichigo Man was inspired by the trending hipster style which represented Hello Kitty's superhero alter ego.



2011

Gudetama

Gudetama is an egg yolk which represented a lazy and exhausted egg.



2013

Kirimi-Chan

Kirimi-Chan is a salmon character released alongside Gudetama who just wants to get eaten.



2013

Retsuko

Retsuko is a 25-year-old red panda who works at a 9 to 5 job as an administrative officer.



2015

CHS VOLLEYBALL NEWS!

Benera Zone Knockouts

This term, the Open Girls and Boys Volleyball Team competed at the Bernera Zone knockouts on the 29th of May. Both teams played very hard with some challenging and tight sets. After playing their respective three games, both teams are now qualified for the Sydney South West Regional Finals.

SSW Knockouts

Following their Bernera Zone wins, the Open Girls and Boys Volleyball Team competed in the Sydney Southwest Regional Knockout Tournament on the 30th of May and 5th of June respectively. The tournament featured winners of each zone in the SSW region. Both teams now progress to the NSW Combined High School Statewide Knockout Volleyball Tournament next term where they will be competing against the top 20 schools in NSW.

Congrats & Good Luck!



School Sport Australia Volleyball National Championships

On the 3rd-7th June, Danny Tran of Year 9 captained the NSW All Schools Team at the U15 Volleyball National Championships. Throughout the week, they versed teams like QLD, WA, SA, ACT and VIC. They came out undefeated in the pools but unfortunately, narrowly lost a close 5 set game by a mere 2 points in the gold medal match against QLD. **Congratulations Danny!**



NSW DEF VIC 3-0
NSW DEF QLD 3-2
NSW DEF SA 3-0
NSW DEF WA 3-0
NSW DEF ACT 3-0



CHS CHAMPIONS!

1st - Boys Bernera & SSW Cup

1st - Girls Bernera & SSW Cup

Sir Joseph Banks HS (3-0)
 Thomas Reddall HS (2-0)
 Eagle Vale HS (3-0)

Eagle Vale HS (2-0)
 Moorebank HS (2-0)
 Fairfield HS (2-0)

YEAR 10

In the Vietnamese language class for Year 8, I took the students on a tour around the school to change their learning environment. As we walked, the students learned about different subjects, school days, and class periods in Vietnamese. We stopped at each school block to explain its function: Block A for English subjects, etc. This hands-on approach helped the students become



familiar with their surroundings and effectively remember the names of subjects and classroom locations.

Teacher message

During the tour, I also asked the students about their schedules and timetables to help them prepare for upcoming exams. Questions in Vietnamese like "What days do you have Math?" or "When do you have History classes?" prompted the students to recall their timetable and plan their study time. This combination of practical experience and language learning enhanced their Vietnamese skills and improved their ability to organize and prepare for their exams.

As you can see, the students had SO MUCH "FUN" when I asked them to take photos.



HOSPITALITY

(cookery)

We are often asked for recipes that are cooked in hospitality (cookery). This is a crowd pleaser, the best cake recipe we have made. It is cooked with year 11 to teach the importance of accurate measurement and equipment use.

Perfect on a cold winter's day served warm with caramel sauce and whipped cream or ice cream. We hope you enjoy this as much as the hospitality students...

Sticky Apple and Treacle Cakes

Serving: 16

FOR THE CAKE:

FOR CARAMEL SAUCE:

Ingredients

180g butter
150g brown sugar
2 eggs
60g treacle
1 tsp ground ginger
2 c SR flour
125ml milk
2 granny smith apples

Procedure

1. Line the muffin tray with 16 muffin papers.
2. Preheat the oven to 180degC.
3. Peel, core and chop apple.
4. Cream the butter and sugar with the electric beaters until it is light and fluffy.
5. Add the eggs and beat well.
6. Stir in the flour, treacle, milk and ginger and fold in the apple.
7. Pour into the muffin pans and cook for 15 minutes or until when tested, the skewer comes out clean.

50g brown sugar
36g butter
60ml cream

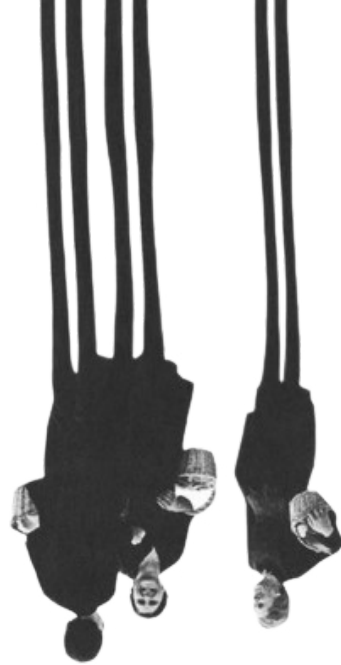
1. Place cream, sugar and butter in a pan and stir over low heat until the sugar dissolves and the butter melts.
2. Simmer uncovered until the mixture thickens slightly.
3. Use a toothpick to poke holes in the cake and pour sauce over, return to the oven for 5 minutes



INDUSTRIAL

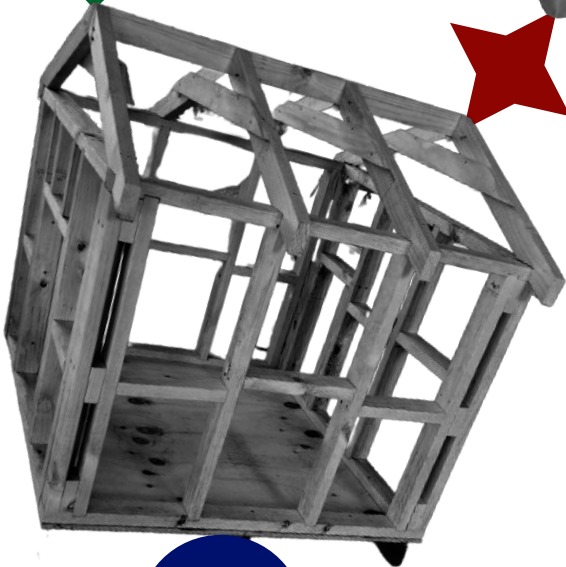
NAIL BOX

YR 11 CONSTRUCTION
-OLIVER LE



NAIL BOX

JYR 11 CONSTRUCTION
-JA\YDEN DO



DOG KENNEL

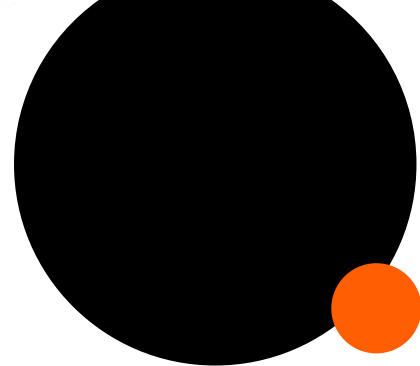
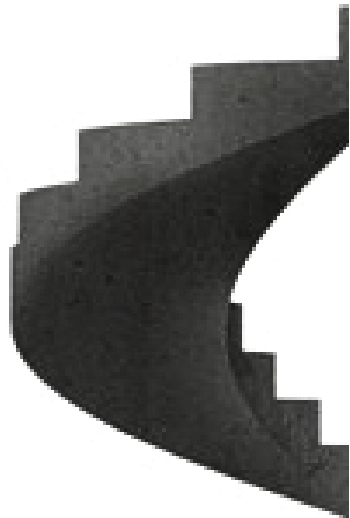
YR 12 CONSTRUCTION



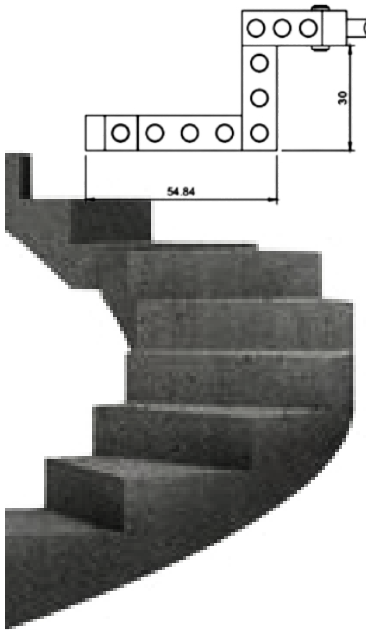
YR12 ENGINEERING

PASTA BRIDGES

HANBIKIM



LEGO TOYS DESIGN
YEAR 9 GRAPHICS

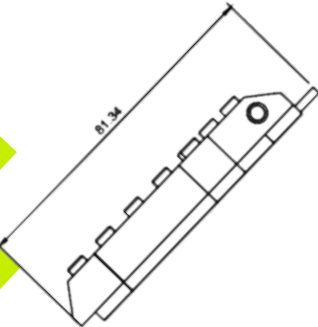


YEAR 10 TIMBER
STOOL

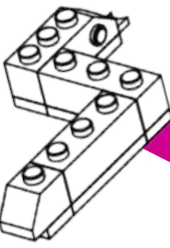
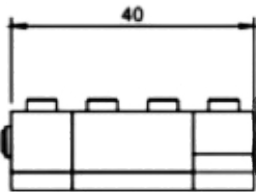


STOOL NO.2

YEAR 7 TECHNOLOGY

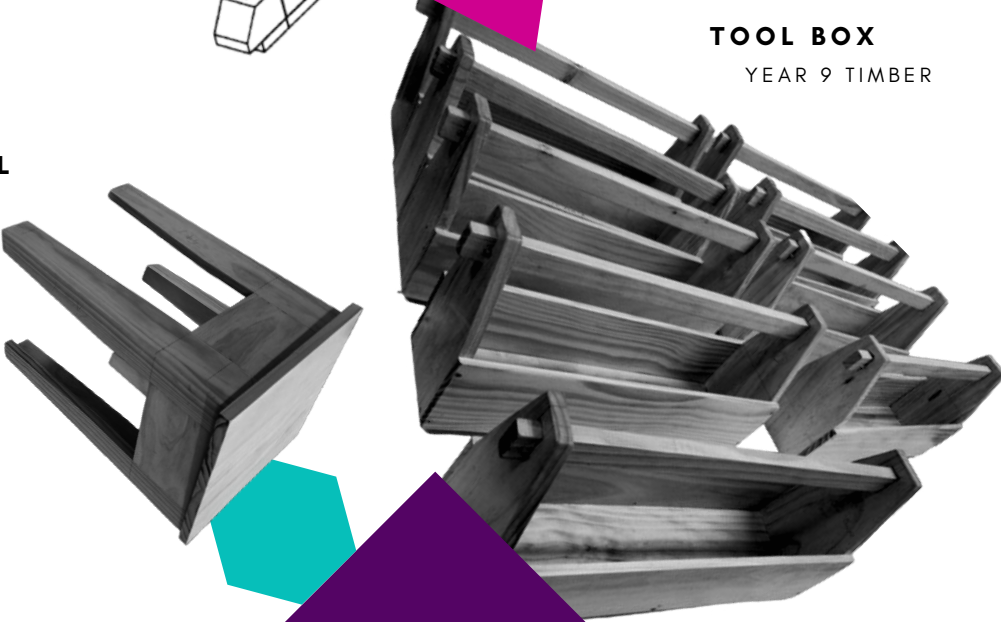


PROSTHETIC LEG
STAGE 5



TOOL BOX

YEAR 9 TIMBER



BÁNH CUỐN – VIETNAMESE STEAMED PORK ROLLS

BY NGOC MINH THU HO YR 9

Bánh cuốn là một trong những món đặc sản lâu đời của Việt Nam chúng ta. Nhờ hương vị đặc sắc, cách chế biến lành mạnh cùng với sự kết hợp của đầy đủ các chất dinh dưỡng cần thiết, bánh cuốn là một món ăn vừa ngon miệng vừa bổ dưỡng. Vì thế, hôm nay mình muốn giới thiệu đến các bạn món ăn này.

Bánh cuốn không phải chỉ là món ăn đặc sản của một tỉnh thành mà đây là một món ăn phổ biến, trải dài trên khắp đất nước. Nhiều tỉnh thành tại Việt Nam có món bánh cuốn mang hương vị rất đặc trưng như Hà Nội, Cao Bằng, Hà Giang, Lạng Sơn,... Tuy chỉ là từ một món bánh cuốn, nhưng với nhiều cách biến tấu khác nhau, món bánh cuốn lại mang nhiều hương vị đặc sắc, phong phú, đặc biệt thể hiện rõ sự đặc trưng trong ẩm thực của từng tỉnh thành.

Bánh cuốn thường là món ăn sáng do món ăn này cung cấp đủ năng lượng cần thiết cho một ngày làm việc, học tập mà không đem lại cảm giác quá đầy bụng. Nhưng món ăn này cũng có thể được dùng như món ăn nhẹ cho bữa trưa. Do bánh cuốn dễ ăn, hấp dẫn, đem lại cảm giác vừa đủ no nên chúng ta có thể dùng món ăn này cho bất kì bữa ăn nào trong ngày, đặc biệt là bữa sáng.

Món bánh cuốn sẽ có nhiều thành phần khác nhau tùy theo cách chế biến của mỗi tỉnh thành. Nhưng với bánh cuốn truyền thống ở Sài Gòn, bánh cuốn được làm từ lớp bột gạo mỏng mềm, có phần thịt xay và mộc nhĩ thơm lừng làm nhân. Bánh cuốn truyền thống còn được ăn cùng các loại chả và rau thơm. Với các loại chả, mỗi hàng ăn sẽ có các loại chả riêng của quán, nhưng thường là giò lụa và chả quế. Ngoài ra không chỉ chả mà bánh cuốn còn kết hợp sự tươi mát từ giá, dưa leo, vài quán còn thêm cả rau thơm cắt nhỏ để đánh bật hương vị của bánh cuốn. Đặc biệt, phần nước mắm chua cay và hành phi sẽ là phần gia vị chính của món ăn độc đáo này. Nhờ sự kết hợp tinh tế từ bánh cuốn mềm mỏng, thơm thoang thoang mùi bột gạo, phần nhân thịt được nêm nếm vừa miệng, ăn cùng rau thơm, giá, dưa leo, đem lại sự tươi mát cho món ăn, phần chả với kết cấu mềm mà dai, hương thơm bắt vị của hành phi, hoà cùng vị chua ngọt của nước mắm, quả là một món ăn hấp dẫn khó có thể cưỡng lại!

Không chỉ ngon miệng, món bánh cuốn là một món ăn tốt cho sức khoẻ. Vì bánh cuốn là món kết hợp đầy đủ các chất dinh dưỡng như tinh bột từ phần bột gạo của bánh, đạm từ phần thịt nhân và chả, chất xơ từ các loại rau ăn kèm và chỉ chứa ít chất béo từ phần thịt xay của nhân. Ngoài ra, cách chế biến của bánh cuốn là hấp nên không sử dụng quá nhiều dầu mỡ, tốt cho sức khoẻ. Món ăn này thoạt nhìn có thể nghĩ là món ăn nhẹ do phần bánh khá mỏng, tuy nhiên nhờ có sự kết hợp của các loại chả, rau, nhân, bánh cuốn sẽ đem lại cảm giác vừa đủ no cho thực khách, một món ăn hoàn hảo cho những ai không muốn bỏ bữa sáng nhưng lại không muốn ăn quá đầy bụng.

Món bánh cuốn là món ăn rất phổ biến nhờ vào hương vị hấp dẫn, thanh đạm, dễ ăn mà lại không gây ngán. Ngoài ra, bánh cuốn cũng thường không có giá quá đắt, chỉ từ \$10 đồng đến \$20 nên được rất nhiều thực khách yêu thích. Không những vậy, món ăn này cũng rất thích hợp để chiêu đãi bạn bè khi có dịp tụ họp. Vì món ăn được làm từ các nguyên liệu đơn giản, dễ dùng, nên người Việt hay Úc đều có thể ăn, thậm chí là yêu thích món ăn này. Bánh cuốn còn là sự kết hợp của các chất dinh dưỡng thiết yếu nên món ăn này cũng phù hợp cho các chế độ ăn uống lành mạnh, đặc biệt còn cung cấp năng lượng cần thiết cho cơ thể mà không gây khó tiêu.

Mình cảm thấy món bánh cuốn là một món rất hấp dẫn mà lại cân bằng các chất dinh dưỡng, dễ tiêu. Từ lâu, bánh cuốn đã là món ăn thân thuộc với người Việt Nam chúng ta nên mình muốn giới thiệu món ăn này đến các bạn. Hiện nay, tại Sydney, Úc có rất nhiều hàng quán bán món ăn này, như Bánh Cuốn Kim Thành tại Bankstown, Bánh Cuốn Bà Oanh ở Marrickville, giá cả lại phải chăng. Hay thậm chí, món bánh cuốn cũng có thể được chế biến tại nhà do các nguyên liệu thành phần của món ăn rất dễ tìm. Thậm chí để đồ phần bánh, ta có thể thay thế phần bột bánh bằng bánh tráng và cũng không khó để chế biến món ăn này. Vì thế, chúng mình hãy thử món ăn hấp dẫn này nhé!



BÁNH CUỐN – VIETNAMESE STEAMED PORK ROLLS

Bánh cuốn (steamed pork roll) is one of the long-standing specialties of Vietnam. Thanks to its unique taste, healthy processing along with a combination of all the necessary nutrients, rolls are a dish that is both delicious and nutritious. Therefore, today I would like to introduce this dish to you.

Banh cuon is not just a specialty dish of one province, but it is a popular dish, spread across the country. Many provinces in Vietnam have banh cuon dishes with very specific flavors such as Hanoi, Cao Bang, Ha Giang, Lang Son, etc. Although it is just a banh cuon dish, with many different variations, banh cuon The rolls have many unique and rich flavors, especially clearly showing the culinary characteristics of each province. Banh cuon is often a breakfast dish because this dish provides enough energy for a day of work or study without making you feel too full. But this dish can also be eaten as a snack for lunch. Because banh cuon is easy to eat, attractive, and gives a feeling of fullness, we can use this dish for any meal of the day, especially breakfast.

Banh cuon will have many different ingredients depending on the preparation method of each province. But with traditional banh cuon in Saigon, the banh cuon is made from a thin layer of soft rice flour, with ground meat and fragrant wood ear mushrooms as the filling. Traditional banh cuon is also eaten with rolls and herbs. As for the types of rolls, each restaurant will have its own types of rolls, but they are usually pork rolls and cinnamon rolls. In addition, not only spring rolls but also banh cuon combine the freshness of bean sprouts, cucumber, some restaurants also add chopped herbs to highlight the flavor of banh cuon. In particular, spicy and sour fish sauce and fried onions will be the main spices of this unique dish. Thanks to the delicate combination of soft, thin rice rolls with a slight scent of rice flour, the meat filling is seasoned to taste, eaten with herbs, bean sprouts, cucumber, bringing freshness to the dish, the patty with Soft yet chewy texture, delicious aroma of fried onions, mixed with the sweet and sour taste of fish sauce, this is an attractive dish that is hard to resist!

Not only delicious, banh cuon is a healthy dish. Because banh cuon is a dish that combines a full range of nutrients such as starch from the rice flour part of the cake, protein from the meat and rolls, fiber from the accompanying vegetables and only contains a little fat from the ground meat part of the cake. core. In addition, the way to prepare banh cuon is steaming, so it doesn't use too much oil, which is good for your health. At first glance, this dish can be thought of as a light dish because the cake is quite thin, however, thanks to the combination of rolls, vegetables, fillings, and rolls, it will make diners feel just enough to be full, a delicious dish. Perfect meal for those who don't want to skip breakfast but don't want to overeat.

Banh cuon is a very popular dish thanks to its attractive, frugal flavor, easy to eat and not boring. In addition, banh cuon is usually not too expensive, only from \$10 VND to \$20, so it is loved by many diners. Not only that, this dish is also very suitable to entertain friends when gathering. Because the dish is made from simple, easy-to-use ingredients, both Vietnamese and Australians can eat and even love this dish. Banh cuon is also a combination of essential nutrients, so this dish is also suitable for healthy diets, especially providing the body with necessary energy without causing indigestion.

I feel that banh cuon is a very attractive dish that is balanced in nutrients and easy to digest. For a long time, banh cuon has been a familiar dish to us Vietnamese people, so I want to introduce this dish to you. Currently, in Sydney, Australia, there are many restaurants selling this dish, such as Banh Cuon Kim Thanh in Bankstown, Banh Cuon Ba Oanh in Marrickville, with reasonable prices. Or even, banh cuon can be prepared at home because the ingredients of the dish are easy to find. Even to fill the cake, we can replace the cake dough with rice paper and it is not difficult to prepare this dish. So, let's try this delicious dish!

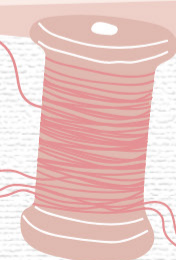
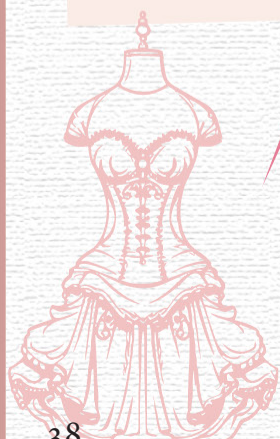
DRESS TO IMPRESS

Remember **ROBLOX**? The one online game that has everyone in the world in a chokehold? From spontaneous action games with guns and parkour slides to roleplaying in a bustling city to actually getting work experience at an aesthetic cafe or restaurant. In ROBLOX, you can be anything you imagine of. What about the trendsetters and fashionistas of the inner web, well, we got the perfect game just for you!



"Dress to Impress" is the top trending game, rising in the ranks of ROBLOX experiences with a total of 1 billion visits only after being released 8 months ago in November 2024. It can definitely be said that this game has captured the hearts of countless Robloxians. Every round, a specific theme is chosen for players to compete under 5 minutes to earn stars in which you climb ranks from "New Model" to the glorious "Top Model". The art behind this game is absolutely awestruck - whether you're hoping to express the creativity within you or a runway to strut down with fabulous themes of fashion, Dress to Impress meets all of your desires.

If you you're stuck on a theme, here's some looks on some of the themes we've got:



Theme: *Your Style*



tight-fitting corset, ruffle sleeves, skinny jeans, air force one with leg warmers, pink bow

Theme: *Formal*



sleek glasses, necklace set, elegant shoulder blouse, floral pants, high heels, handbag

Theme: *Dream Job*



bubbly waves, traditional microphone, white skirt, puffy sleeves, high heels/sandals.

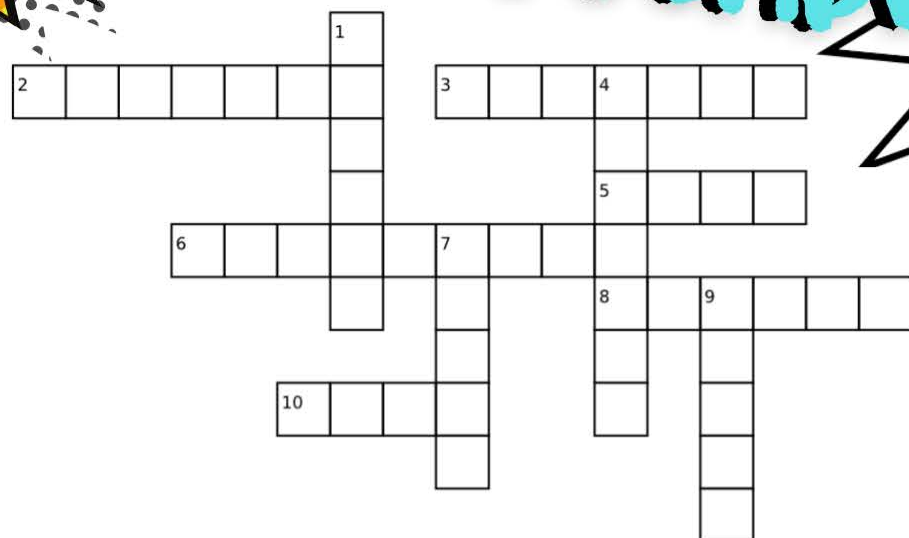
Theme: *Goth*



shades, red highlights, winter coat, retro bag, leopard print skirt, boots, bold makeup

COMIC BOOK

VOCABULARY



Down:

1. complete or full; "I finished the __ book."
4. a place where books are available for people to use or borrow
7. the outer part of a book
9. the name given to a book to identify or describe it

Across:

2. a character in a story who does bad things
3. to make a book available to the public
5. printed sheets of paper that are held together inside a cover
6. a person in a book
8. the writer of a book
10. one side of a sheet of paper in a book

What Is Your Superhero Name?

First Name Initial

- | | |
|--------------|---------------|
| A. Doctor | N. Pip |
| B. Alpha | O. Quantum |
| C. Professor | P. Purple |
| D. Cyber | Q. Big |
| E. The | R. Amazon |
| F. Sailor | S. Skibidi |
| G. Master | T. Sliver |
| H. Agent | U. Flying |
| I. Misty | V. Fearless |
| J. Phantom | W. Mighty |
| K. Red | X. Mysterious |
| L. Electric | Y. Golden |
| M. Hypnotic | Z. Sigma |

Last Name Initial

- | | |
|--------------|----------------|
| A. Spectre | N. Scythe |
| B. Rizzler | O. Quantum |
| C. Siren | P. Psycho |
| D. Crane | Q. Mockingbird |
| E. Ninja | R. Lady |
| F. Shadow | S. Snake |
| G. Blade | T. Toilet |
| H. 'inpaddle | U. Mage |
| I. Wolf | V. Dancer |
| J. Nut | W. Termite |
| K. Rhino | X. Man |
| L. Storm | Y. Zoom |
| M. Mantis | Z. End |

YOUR BIRTHDAY MONTH - YOUR ROLE

Sidekick: November, June, February

Superhero: August, May, July

Villain: January, March, September

Anti-Hero: October, April, December

YOUR BIRTHDAY DATE - YOUR POWERS

- | | | | | |
|------------------------|-------------------|--------------------------|--------------------------------|---------------------|
| 1. Elemental control | 7. Animal speech | 14. Really good at maths | 20. Density manipulation | 25. No powers |
| 2. Magic | 8. Nine lives | 15. Clone powers | 21. Teleportation | 26. Time control |
| 3. X-Ray vision | 9. Immortality | 16. Super speed | 22. Reality warping | 27. Super genius |
| 4. Super strength | 10. An extra hand | 17. Flight | 23. Jokes land 60% of the time | 28. Shape shifter |
| 5. Weather control | 11. invisibility | 18. Super senses | 24. Dairy control | 29. Giraffe legs |
| 6. Poison gas creation | 12. Blood control | 19. Telepathy | | 30. Detaching limbs |
| 7. Animal speech | | | | 31. Elasticity |

TEST YOUR KNOWLEDGE

COMIC BOOK ONOMATOPOEIAS!



- | | | |
|--------|-------|------|
| KABOOM | VROOM | SLAP |
| CRASH | THUMP | CLAP |
| BOINK | SPLAT | ZOOM |
| SMACK | BANG | ZIP |
| QUACK | BEEP | ZAP |
| CRACK | POOF | |

HMM

