



Chinese Winter Solstice

We're in Australia, enjoying the sunshine and warm weather, but there's a little taste of China in the air because it's time for the Chinese Winter Solstice, known as *Dongzhi*, this year *Dongzhi* lands on 22/12/23.

Now, the winter solstice is that time of the year when the sun takes a bit of a breather, giving us the shortest day and the longest night. In China, they turn this astronomical event into a fantastic celebration called *Dongzhi*.

First off, families come together for a real shindig. It's like a mini family reunion, but instead of the beach, it's around the dinner table. And speaking of dinner, they're all about these little round delights called *Tangyuan*. Picture them like sweet dumplings made of glutinous rice, floating in warm soup. They're not just delicious; they're a symbol of family unity. It's like a Chinese comfort food hug!

Now, why *Tangyuan*? Legend has it that they were used to sweet-talk the Kitchen God, who would then report to the big shot, the Jade Emperor. Smart move, right? It's like ensuring you get a good review from the higher-ups.

Tangyuan is a traditional food during Chinese Winter Solstice for southern part of China.



But it's not just about the food. *Dongzhi* is a bit like a Chinese version of Thanksgiving, minus the turkey. Families share stories, maybe recite a poem or two, and possibly engage in some traditional games or crafts. It's a cultural potluck of sorts.

And here's the cool part—*Dongzhi* is not just about winter blues. It's a celebration of balance, of *Yin* and *Yang*. The longest night symbolizes the peak of *Yin* (the dark and cold), but guess what? After that, it's *Yang's* time to shine, bringing in longer, brighter days. It's like saying, "Chin up, mates, spring is on the horizon!"

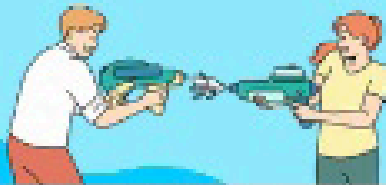
So, while you might not be shivering in the cold like our friends up north, you can still join in the warmth of *Dongzhi*, appreciating family, good food, and the cosmic dance between darkness and light. It's a celebration that transcends borders, bringing a touch of Chinese tradition to the Aussie sunshine. Cheers to *Dongzhi* down under!



Dumpling is a traditional food during Chinese Winter Solstice for northern part of China.

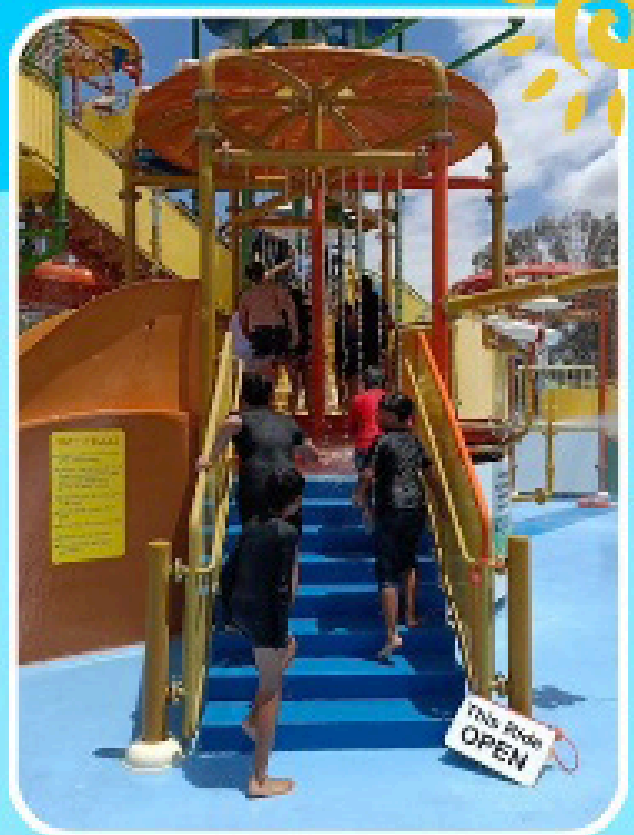


AQUATOPIA 2023



Every year Cabramatta High School invites all their high achievers and sport enthusiasts to a fun day at Aquatopia! This year's excursion was a day to remember with students from years 7 to 12 making the most out of this fantastic day.

Although the weather was a bit gloomy the students did not allow this to water down their spirit, making sure to enjoy a day of splashing and fun!



VOLLEYBALL NSW SCHOOL CUP

In an impressive display of skill and teamwork, three volleyball teams from Cabramatta High School participated in the **Volleyball NSW Schools Cup** at Sydney Olympic Park on November 6th. The Open Girls team emerged as champions in the **Year 11 Division 2 competition**, defeating Arthur Phillip High School. Similarly, the Open Boys team claimed victory in the Year 11 Division 2 finals against Rooty Hill High School. The Year 8 Boys team showcased their potential by securing a commendable second place, narrowly losing to Tempe High School in the final. All three teams returned home with well-deserved medals. With the momentum gained from their outstanding performances, the Cabramatta High School volleyball teams are poised for a successful 2024 season. Their dedication and passion for the sport are truly inspiring. As they continue to push their limits and strive for excellence, we can expect even greater successes from these talented athletes in the future.

A congratulations to Ricky Yi (12), Daniel Vong (12), Tyreese Dang (10), Danny Tran (8), Chloe Pham (8), Claire Pham (8), Isabella Phuong (8), Olivia Phuong (8) and Angelina Truong (10) for making the Benera Zone Volleyball Team.



YEAR 8 BOYS TEAM

Danny Tran (**Captain**)
2. Joshua Chan
3. Jonathan Tang
4. Thomas Vantha
5. Edward Ngov
6. Jayden Nguyen
7. Quy Nguyen
8. Caiden Trieu Lam
9. Phuoc Tran
10. Eh Hso Eh Hso



OPEN GIRLS TEAM

Angelina Truong (**Captain**)
2. Thao Nguyen
3. Chloe Phuong
4. Amy Chau
5. Uyen Ngoc Dan Tran
6. Michell Nguyen
7. Claire Pham
8. Chloe Pham
9. Olivia Phuong
10. Isabella Phuong



OPEN BOYS TEAM

Ricky Yi (**Captain**)
2. Phoenix Nguyen
3. Minh Henry Nguyen
4. Daniel Vong
5. Anthony Chung
6. Anthony To
7. Alan Phan
8. Tyreese Dang
9. Jayden Nguyen
10. Dustyn Vo
11. Jimmy Tran

EXCERPT OF AUTOBIOGRAPHY

MARCUS HORATIUS LICINIUS BY OLIVER MAUNG 7Z

INTRODUCTION

I am Marcus Horatius Licinius, one of the many gladiators who fought for the entertainment of Rome.

SECTION 1: THE PATH TO BECOMING A GLADIATOR

Before we begin, you need to know why and how I became a gladiator and my life before a gladiator. Before serving the army as a gladiator, I was a normal plebian businessman who worked as a baker in the local forum, serving the people of the city and the Roman army.



Figure 1: The local forum drawn by the local artist, Leo.



Figure 2: A sketch of my coworkers and me working at the bakery, sketched by Leo, the local artist

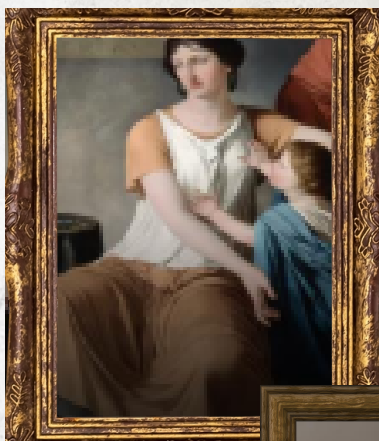


Figure 3:
Picture of Leanne,
tending to one of
my children,
painted by herself.



Every day, I would make 40-50 denarii per day, more than enough to feed my family, leftover money would go towards an education for my children, paying taxes to those sodding equites, and purchasing more supplies for the bakery. Every five years when the censor was being held, I would nominate myself to be a tribune as the salary of being a tribune paid more handsomely than being a baker, also, during times of inflation, the cost of living has increased, so I needed more money to cope with these changes, however sadly, I have not been elected.

My family consisted of nine people (me included) my wife, Leanne, and my seven children. My wife, Leanne stayed at home doing chores and housework, raising our children, and constantly influencing me about almost anything and everything while I had to succumb to her endless complaining and yammering and complaining. Leanne also had a knack for painting, which is greatly reflected in the pictures in this autobiography.

GREEN DAY 2023

Green Day took place on the 13th October this year. Every year volunteers from the Commonwealth Bank team up with students to beautify the school by tidying gardens, planting trees and making positive changes to the school environment.

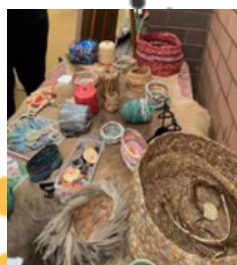


This year, joining the CBA volunteers were students from the IEC, Support Unit, the SRC, the Outdoor Education Team and the Enviro Club. Areas of focus included the Peach Garden, the entrance to the school and gardens in front of Block 2 and 3.



Aboriginal Education

On the first Sunday after term 4 started, seven staff members dove down to Mount Keira to attend the Aboriginal Cultural Immersion Day. We had a great time participating in an art workshop, eating bush food, learning to weave, speaking language, participating in a smoking ceremony and yarning.



"Looking at Cabramatta High School is like glaring through a kaleidoscope with each component of glass symbolizing many separate cultures and traditions. One of the many cultural activities we offer here in Cabramatta High School is the school lion dancing team. Lion dancing is an art that helps many students build better relationships with peers, boost leadership skills, and learn how to work in pressuring situations. Lion dancing has taught us many things like basic respect all the way to learning how to do things people never knew their body could do. It has also taught us discipline to be able to push through all types of physical pain

Lion dancing has helped me and many of the other students find a purpose since, in the performance and ritual of it, there's always room to grow. Whether it's learning new beats on your instruments or doing your new moves in a lion. All these things help many of the students push through vigorous training and be **consistent**. I couldn't imagine myself doing anything different."

Anonymous
Cabra Lion Dancing Team

XIAO LONG BAO

WHAT IS IT?

Xiaolongbao, also known as **soup dumplings** or **Shanghai dumplings**, are a delicacy that has captivated taste buds worldwide. The art of creating Xiaolongbao lies in achieving the perfect balance of textures and flavours, ensuring a symphony of culinary delight with every bite.

ORIGINS

The origins of xiaolongbao can be traced back to the late **19th century** in **Nanxiang**, a town just outside of Shanghai. The dish is attributed to a man named **Huang Mingxian**, who sought to create a dumpling that would release its broth upon biting. His invention, initially known as "**Nanxiang Mantou**," quickly gained popularity, attracting crowds from Shanghai and beyond.

PROCESS

Creating xiaolongbao is an intricate process that demands precision and skill. The dough is meticulously prepared, using a blend of wheat flour and water, sometimes with the addition of yeast for a slightly fluffy texture. The filling, typically a combination of pork, ginger, and scallions, is carefully seasoned and enveloped within the thin wrapper. The dumplings are then delicately pinched and pleated, forming a delicate purse-like shape.

CULTURAL SIGNIFICANCE

The dish is often served in **dim sum restaurants** or **social gatherings**, whether it's a family reunion, a business lunch or a casual outing with friends, where it is enjoyed as part of a leisurely and communal dining experience.



YEAR 7 MACQUARIE



Cabramatta High School:

I recently had the pleasure of collaborating with students from Cabramatta High School, as part of the National Equity Consortium (NEC) program. My experience with these students shifted the expected dynamics, where instead of delivering the program, it was the energy and enthusiasm of students that made this a collaborative effort. Students arrived at each lesson with a smile on their faces, and were nothing short of kind and understanding. The real highlight of this program was seeing students here develop their newfound skills over four weeks, and their growing tenacity for their passions.

Mahtab Hassanzadeh

Cabramatta HS

It was a pleasure to have Year 7 students from Cabramatta High School attend our University Experience Day at Macquarie University recently. Their inquisitive nature ensured they made the most out of the experience onsite, to learn and explore the opportunities available, if they decided to aspire to higher education after high school. By attending on campus, it also allowed students to finally piece together what they have learned at school in Term 3 through the 'Imagined Futures' Program co-delivered by their classroom teachers and our Equity Ambassadors.

Students from Cabramatta High School were always well behaved and made both our staff and Ambassadors feel welcome at their school. Students were always open to new ideas and asked great questions during lesson delivery. We hope students enjoyed the experience and continue to aspire to what their future selves may potentially look like and become!

Reflection from Jason Chan (Senior Program Coordinator - MQ Widening Participation Unit)





Commerce

This term, all Year 10 Commerce students have been studying the topic 'Towards Independence'. We learned about being independent and what it meant including reasons for moving out, cost of moving out, support systems, different housing options for young adults and contracts/paperwork. This was a great opportunity for students who plan to prepare themselves for adulthood.

The Year 10 Commerce cohort went on an excursion on the 13th of November to Ikea in Rhodes. This puts all the knowledge students have been learning to the test. With a budget of \$5,000, we had the task of furnishing our own living spaces. We were given a budget, a floor plan and an hour and thirty minutes to find suitable furniture and other items to fit our individual needs in our hypothetical home. This activity was enjoyable, exciting and enlightening especially with fellow peers as well as getting 'a taste' of life as adults.

The objective of this excursion was to enable students to creatively imagine life after high school and the true meaning of becoming an adult. This excursion has prepared each and every one of us on how to create and stick to a budget, utilise a floor plan and space efficiently, and think about the necessities needed for moving out. More importantly, it taught us how to manage our money wisely by comparing prices and spending wisely. Overall, we all enjoyed our time at Ikea and will definitely put the skills we learned to good use in the future.

**JULIA TRUONG & ANDRIANA
MALINOVIC**





On the 13th of November, all four Year 10 Commerce classes engaged in an excursion to IKEA located in Rhodes Waterside. This served as a significant component of our ongoing Year 10 Commerce curriculum centered around *Towards Independence* where the contents of this topic was put to use in the real world.

As a pre-activity before the excursion, we were given the task of grouping into teams of 3-4 where we acted as roommates and had to plan a set of rules for the shared apartment that each group member agreed with. These rules related to privacy, noise concerns, visitors, as well as expectations for each room within the apartment such as knocking on the door and being granted permission before entering one's bedroom.

Before entering IKEA, we were all given a floor plan of a shared apartment where each group was assigned a different floorplan to furnish and suit the needs in their home whilst simultaneously acknowledging the costs. We were given a budget of \$5000 and had to identify practical purchases for our apartment whilst staying within the budget. Whilst meticulously considering the dimensions of each furniture piece to ensure a comfortable fit, preventing it from the space feeling cramped.

Once we entered IKEA, many of us started in the living room section which featured an abundance of showrooms, each with their own theme that varied from cozy to modern. We discussed the theme that we wanted consistent within the shared areas of the apartment and searched for affordable furniture that reciprocated our needs. Next was the dining and kitchen space which also featured open show rooms with a diverse range of designs and themes from rustic to modern. However, many of us skipped on furnishings such as dining tables as it did not fit within the given budget and purchased bar stools for the kitchen island instead. This task allowed us to think carefully about the purchases we made, making us more financially aware of the needs required when moving out.

The excursion which was organised by our commerce teachers correlates with future financial planning, highlighting the significance of understanding pivotal aspects, especially in the context of significant investments such as home ownership and a sense of adulthood. By intricately exploring the concept of independence, the students are able to get a better grasp of both prior to and following the acquisition of a home. This excursion intends to equip us with a comprehensive understanding of financial decisions particularly delving into significant transactions in our lives. By the end of the excursion, we gained valuable insight that will contribute to our financial independence and greater responsibilities in the years to come.

REBECCA LE AND EMILY HONG





Year 11 Legal Studies excursion to NSW Police Justice Museum and NSW Parliament.



17TH NOVEMBER 2023

LEGAL STUDIES EXCURSION



On 17th November 2023, Year 11 Legal Studies class went on an excursion to NSW Police Justice Museum and NSW Parliament as part of the requirement for their Legal Studies topic Crime.



Students were invited to a guided tour of the NSW Parliament, where they participated in an immersive demonstration of the enactment of a bill, in both the Legislative Assembly and Legislative Council. This process is part of making statute law. Students also participated in a mock role play and debate between the government and opposition in the actual parliament room. Following this, students went to the NSW Upper House (Legislative Council) and were informed of the role of senators in making the law and keeping the government to account.

In the second part of the excursion, students visited the Police Justice Museum where they learnt about the history of Australia's settlement and the establishment of penal colony and how British Common Law replaced Indigenous Customary Law under 'terra nullius' and the Doctrine of Reception. Students were informed about the operation of the common law court system in the early years of settlement. They were guided through a few famous criminal cases and how the law provided justice to the victims and society. Students were also informed about how historical court processes and cases influenced the current day legal system.

Overall, the Legal Studies excursion to both of these venues were a good learning experience and the knowledge gained was invaluable.

KITANA PHAM
YR. 11 LEGAL ST CLASS



FIVE NIGHTS AT FREDDY'S

A BELOVED JUMPSCARE FRANCHISE TURNED FILM

BY: ALEXA IVONOV YEAR 8

The movie Five Nights At Freddy's is a great movie, why? That's what I'll be explaining! I will be giving my review and personal opinion on this movie!

Five Nights At Freddy's is a movie produced by the company Blumhouse, and written by Scott Cawthon. This movie has caught the attention of a majority of the younger population of the Earth, spreading over multiple countries even days before the release of this movie (which was the 26th of October, 2023), as well as the days and weeks after the release. The movie was made after the quite well-known indie horror game 'Five Nights At Freddy's' By Scott Cawthon, who also directed the film.

Five Nights At Freddy's is a Chuck E Cheese-style chain restaurant, both pizza places owning animatronics, yet FNAF has quite the twist to the story. The most that Chuck E Cheese is known for is the false rumors of the disappearance of children and using old pizza, while FNAF's lore is very dark. Such as the countless mysterious deaths whose souls haunt the animatronics, all caused by a man named William Afton. There are 9 fnaf games in total, as well as this movie, yet the lore still expands. With new games being produced to this day. Even when fnaf was made all the way back in August of 2014.

Following the lore of the movie, a man named William Afton disguises himself to try and lure the protagonist Mike's little sister Abby into his trap with the animatronics. Yet his plan backfires when Abby finds out she can draw pictures to change the animatronics memory of William, who had them under his control. Many fans believe that William had gone

crazy, due to the murder of his son, along with all his other family members years later. The lore of the movie is the most similar to the FNAF 4 and the newest game FNAF: Security Breach. Yet the entire lore across the 9 games varies. Leading a lot of people to make many theories about these 9 games over the years of FNAF's release.

Why is the FNAF franchise so popular? Because of people with big platforms playing what started off as a small horror game. Growing in popularity; specifically in 2015. In 2015, the game started to spread, becoming more mainstream. The game earned the title of 'most uploaded video game on YouTube.' Leading to more and more popular influencers to produce videos of their experience with FNAF. But why did these videos as well as the game itself gain so much popularity? Well, because of the game's ability to create a tense atmosphere, as well as the anticipation that comes with the gameplay. Fans also enjoy the Five Nights At Freddy's franchise because of how the games are repetitive but aren't boring. Each game that has been released from 2015 to now have had a similar gameplay, yet they are all different. Whether it be the setting, the characters or the overall play style of the games. But why do people like the FNAF movie so much? People like the FNAF movie because of how it adds shock to the mix of funny and slightly frightening. With the various scenes, which are either jaw dropping or worthy of a good giggle. The movie isn't necessarily gorey, making a good movie to watch, if you're over the age of 10, that is. This movie is not really a family movie, so if you were planning on watching it for a movie night with your family, maybe choose another movie.



Unexpected Encounters

Story by: Sophia Nguyen (Year 9)

Illustration by: Hanbi Kim (Year 9)

I looked at myself in the mirror for the billionth time and teased my fringe for the zillionth wishing that my neckline wasn't so high.

My grandmother had volunteered to make my dress. Short, black and velvet with a nice neckline, I had told her. Instead it was emerald green, (because only people in mourning wear black, she informed me), it came to my knees, and the neckline was almost choking me.

'I feel like the Virgin Mary with this neckline.' I tell my mother, looking over to her with little patience.

'I don't think the Virgin Mary ever wore a velvet dress to her knees. Now do something to please me and fix your hair.'

'Just say nobody asks me to dance,' I asked, getting flustered.

'Because you don't have a low neckline?'

'No,' I said 'Because they might find me unattractive. Just say the music starts and every girl is dancing with a boy, except me.'

'For the one-hundredth time, Josie, you look beautiful. You should wear your hair out more often. I can't believe that you were lucky enough to have beautiful curly hair and you don't appreciate it.'

'You're just saying that because you're my mother.'

The doorbell rang and she pulled me away from the mirror. 'Go get your shoes and I'll let the girls in.'

I groaned for the fifth time, the first time was when I had to fit in the god-awful velvet, the other times were just to annoy my mama.

'Enough with the whining Josephine. It makes you look less pretty' she teased with a direct tone, contradicting her small grin. I rolled my eyes, grumbling under my breath as I dragged myself downstairs, contemplating if I should just change out of this suffocating dress and call it a day, until I heard ma yell out a familiar name.

'Valerie! Sweetie, how are you?'

I tripped down the stairs and stumbled while I attempted to pick myself up, that was when I turned around, dusting off my dress, and realised that everyone was staring at me.

First mama who looked disappointed, shaking her head silently, then Valerie with two other girls I've never seen before in my entire life. I stood there, my cheeks burn up as I tried to play it off cool.

"Woah, be careful with that step!" I forced out a laugh as it drowned out from the silence deafening from everyone's glare. Valerie chuckled and I felt myself becoming even more of a tomato. She approached me and in that moment I felt time freeze.

She was in a long and dark blue dress all the way to her ankles, hugging her with her golden hair tied up to a messy bun. Only she could make that much foundation look good. I noticed her eyelashes were curled, oh my marbles, she was just so pretty. Wait, did she say something? And did I just said "oh my marbles?"

"Are you alright Jose?" Valerie repeated, her voice soft and delicate and I quickly cleared my throat.

"Yeah! Just pins and needles!" You know how it is..." I felt stiff, correcting my posture quickly as she stared at me.

"Be careful, if you trip again I might just have to carry you to the car."

My jaw dropped, I blinked, I looked over to my mother who stood there, her mouth agape. Whereas the two girls just glanced to the exit, not amused. I cringed and Valerie soon did as well. I laughed.

"No need, I can carry myself." I smiled.

Suddenly I felt lighter, talking and being with Valerie just made me forget about my previous troubles for the following night. I took a deep breath and held my hand out to her which she took with grace. I grinned wider, my cheeks flushed with more pink.



THE FRANKEN-CHILLI

Story by: Raeley Antonio (Year 9)

Illustrations by: Jullyya Sao (Year 10)

My tongue is on fire. My nose is clogged up with chili. I can't breathe.

'Do you think it's too hot, Albert?' Mum asks.

I run over to the tap and try to suck it dry. It's no use. My taste buds are shot.

My parents run a tiny restaurant called Yip's. We live at the back of the restaurant and we have our dinner just before the restaurant opens in the evening. It's an innocent dinner until Mum drills me with questions. I am their guinea pig. Tonight's experiment is red curry. Dad tastes the curry with his spoon. 'Not bad for a mild curry.'

"Ha, yeah it really isn't that bad." I bragged as I started to sweat - not from lying - but from this absolutely diabolical chili. No, that's not a chili, that's some sort of nuclear waste.

My dad is a chili breeder, a mad scientist. Every so few weeks he produces a new one, a Frankenstein that haunts me through the night. Causing me to spring up from bed some nights, drowned in the pool of sweat from the spiciness I have to endure every once in a while. It's baffling that this spicy cult called "Yip's" is still up and running, every last customer succumbs to the food mum makes, but also dying inside from the molten lava my parents call chili.

The restaurant opens, it's the same old routine. Serving customers, taking orders just an ordinary Tuesday night until she walked in.

Her stance was menacing, terrifying, her stare could kill, I struggled to even look at her. I sat her down, "Good Evening, wha-."

"Red curry." She didn't let me finish?

"Red Curry." She repeated, it didn't help that she was staring into the deepest part of my soul. I almost shed a tear, I felt my knees tremble in fear. She even brought out a notebook, whoever she was, my dad wanted to look for himself.

"She looks scarier than Mum don't you think?" He laughs, handing me a hot plate of red curry. I can feel the nerves on my fingertips vaporising from the heat.

I stole quick glances at her from across the room until I heard the brief sound of a spoon falling to the ground with a faint pitter patter. The lady's face went red, tears pooled in her eyes, mixing in with the sweat from her glistening and shiny forehead, she stood up.

"WHO MADE THIS CURRY!" She was so loud it sent a shock throughout the room and my Dad ran to tend to her immediately.

"I did ma'am." She pulled out her ID "AVERY ERSKINE" in all caps. "I'm a health inspector, it was rumored that your new dish, the red curry, was deemed unsafe to consume, but customers kept coming back for more, like a looming addiction..."

I looked down, Dad's leg was bouncing and he started to play with his hands.

"Take me to the kitchen immediately." she snarls.

Ms Erskine put on gloves and snooped everywhere, in hope of finding evidence to put Yip's to an end, but something caught her eye. This mass producer of veggies that could kill, Dad's chili garden. Unknowing of her intentions she poked around stoof up straight and look at my dad.

"Mr Phommavanh" She started, "The chilis you've been growing have been a new discovery of something lethal. Although you were somehow immune to it, we are going to have to shut this down!"

They took down Yip's and the garden, the restaurant too, and thus it was the end of an era. No more trying death causing chili's.

However, unbeknownst to anybody after the "Yip's Chilli Incident of 2010," ever since the garden got removed I've seen small sproutlings from where the garden once resided and I decided to investigate.

Under the moonlight and the cool summer breeze I look down in horror, shining my flashlight at the newly grown chili different in appearance to what caused the shutting down of Yip's.

"I'm not even gonna try..."





Top 5



highest grossing movies of 2023



#1

Barbie

July 20

She's everything. He's just Ken.

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken.



#2 The Super Mario Bros. Movie

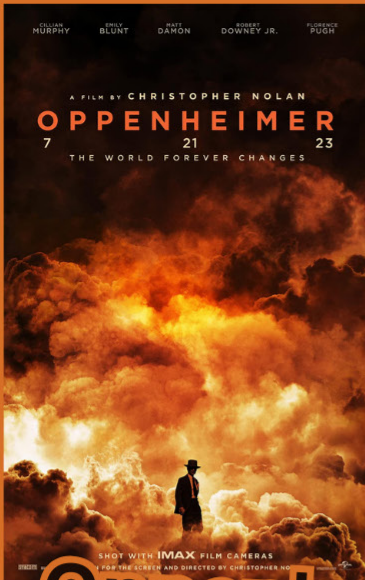
April 06

Mario and Luigi go on a whirlwind adventure through Mushroom Kingdom, uniting with a cast of familiar characters to defeat Bowser.



July 20

THE WORLD FOREVER CHANGES



During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

#3. Oppenheimer

May 05

ONCE MORE WITH FEELING

In Marvel Studios "Guardians of the Galaxy Vol. 3" our beloved band of misfits are looking a bit different these days. Peter Quill, still reeling from the loss of Gamora, must rally his team around him to defend the universe along with protecting one of their own. A mission that, if not completed successfully, could quite possibly lead to the end of the Guardians as we know them.



#4. Guardians of the Galaxy Vol. 3

May 19

THE END OF THE ROAD BEGINS

Over many missions and against impossible odds, Dom Toretto (Vin Diesel) and his family have outsmarted, out-nerved and outdriven every foe in their path. Now, they confront the most lethal opponent they've ever faced: A terrifying threat emerging from the shadows of the past who's fueled by blood revenge, and who is determined to shatter this family and destroy everything--and everyone--that Dom loves, forever.



#5. Fast X

Be Mobile

BENEFITS OF NO MOBILES AT SCHOOL

I AM NOT IN TROUBLE FOR USING MY PHONE - KRESTEYANO YR 7

I DON'T GET BAD GRADES AT SCHOOL. I CAN FOCUS IN CLASS - JOHNNY YR 12

I CAN GET HEALTHY BY BEING PHYSICALLY ACTIVE 🏀 - WILL YR 12

PEOPLE DON'T TALK ABOUT YOU ON SOCIAL MEDIA 📱 - TU QUYEN YR 8

I WILL BE MORE SOCIABLE AND UNDERSTAND MY SCHOOL WORK BETTER - JOVAN YR 12

I AM NOT DISTRACTED BY MY PHONE - JASMINE YR 10

NO PHONES MEAN NO CYBERBULLYING ANYONE 🙅 - TOMMY YR 10

NO PHONES ALLOWS ME TO PLAY MORE SPORTS - DANIEL YR 9

I CAN SOCIALISE AND MAKE MORE FRIENDS AT SCHOOL 😊 - DANNY YR 9

I AM ABLE TO MAKE MORE FRIENDS AND PLAY OUTSIDE WITH THEM - ETHAN YR 8

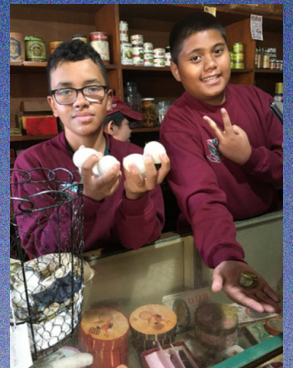
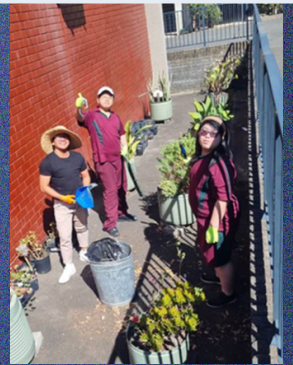
I DON'T HAVE TO CARRY MY PHONE 🚫 - JADE YR 7

14+ MESSAGES

LESS DISTRACTION IN THE CLASSROOM AND DOESN'T MAKE ME FALL BEHIND IN CLASS WORK 📚 - STEPHANIE YR 12

AT LUNCH YOU CAN WALK AROUND THE SCHOOL AND TALK TO YOUR FRIENDS 🗣️ - TIFFANY YR 8

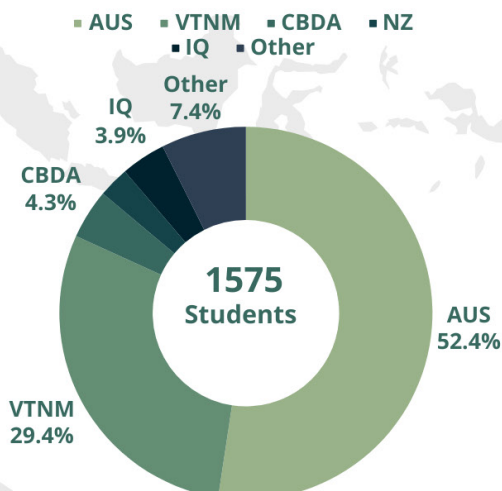
I LEAVE MY PHONE AT HOME AND FEEL GOOD THAT I AM NOT DISTRACTED - ROMEO YR 10



COUNTRY OF BIRTH

CABRAMATTA HIGH SCHOOL

POPULATION 2023



• AUSTRALIA (AUS)

52.4% of the students in Cabramatta HS were born in Australia.

• VIETNAM (VTNM)

29.4% of the students in Cabramatta HS came from Vietnam.

• CAMBODIA (CBDA)

4.3% of the students in Cabramatta HS came from Cambodia.

• IRAQ (IQ)

61 students out of 1575 (3.9%), came from Iraq.

• NEW ZEALAND (NZ)

42 Cabramatta HS students out of 1575 (2.7%), came from New Zealand.

• OTHER

7.4% of the students in Cabramatta HS came from other countries not listed.

Created by Natalie C and Crystal H

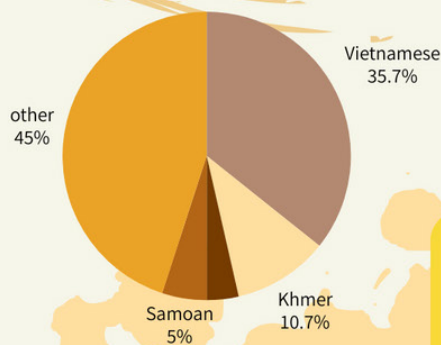
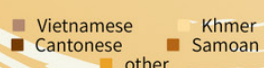


CABRAMATTA HIGH SCHOOL 2023

7-12 LANGUAGE BACKGROUNDS

Background info:

Cabramatta high school is a diverse place consisting of multiple language backgrounds including mostly of Vietnamese, Khmer and Samoan.



NUMBER OF:

- o Vietnamese-speaking students: 603
- o Cantonese-speaking students: 55
- o khmer-speaking students: 182

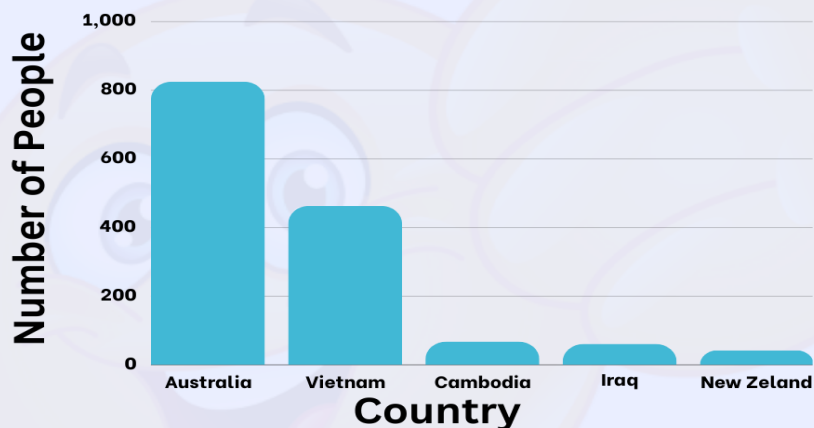
OTHERS:

Spanish: 17
Swahili: 10
Teochew: 16
Serbian: 17
Thai: 14
Tongan: 22
tTagalog: 18

TOTAL

The total of Cabramatta students in 2023 is 1218 which is used to calculate the percentage of background languages of our school.

Student Country of Birth in Cabramatta High School (2023)



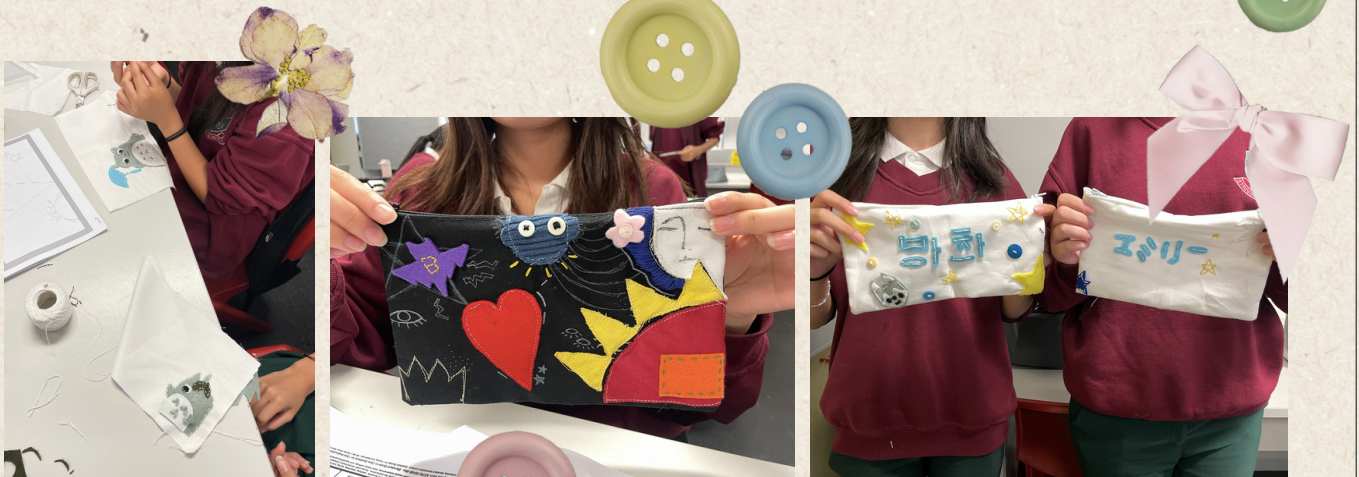
I wonder if these stats will change next year? Guess we'll have to find out!

Home Economics



This year, in a Technology Mandatory rotation for Year 7, students studied textiles in a unit called Sew Do It! This unit introduced students to the tools of the textiles trade, developed their skills in sewing and surface decoration techniques. Students were given a brief to design and create a pencil case which reflected concepts that inspired them.

Students found inspirations for their designs through various sources such as their culture, their favourite foods, favourite studio ghibli anime and much more. Some students came up with a lot of different creative designs. One pair of students even made a matching set of pencil cases! This outcome shows the tremendous work our students put in daily to try new things and create items they would not usually attempt whilst learning new life skills. Well done Year 7 Textiles!





Women Empowerment Poem

By: Uyen Ngoc Dan Tran

Year: 8

In a world where dreams are wide,
Women rise, side by side.
With passion burning in their core,
They break through every closed door.

Strength and resilience they possess,
Their power, the world will confess.
With voices fierce, they make a stand, Creating
change, hand in hand.

Unleashing their potential, they soar, Shattering
limits, forevermore.
Women empowered, strong and true,
The world is brighter because of you!

Peace day Submissions



TEACHER'S PETS

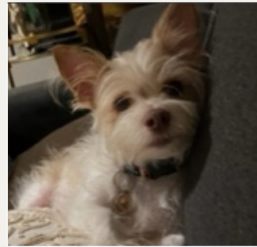
MATCH THE PETS WITH THEIR OWNERS



PERCIVAL



Mr. PEANUT
Butter



SOSO



LOKI



COCO CHANEL



WILLOW



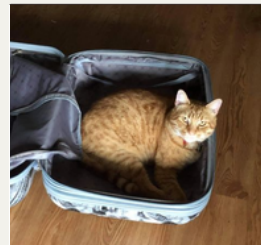
MOCHI



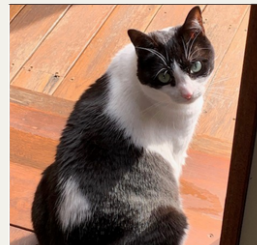
Biscuit



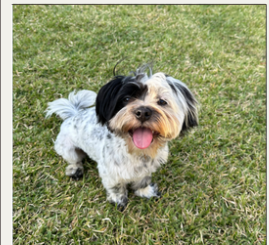
Mina



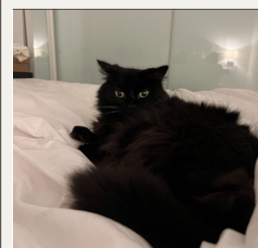
MILO



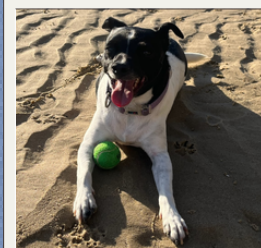
Pippa



SNOOP



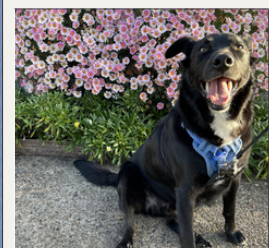
KATNISS



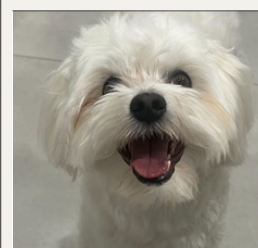
TASHA



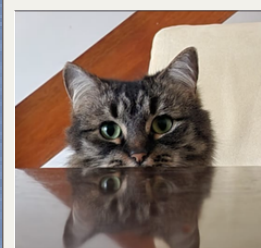
NALA



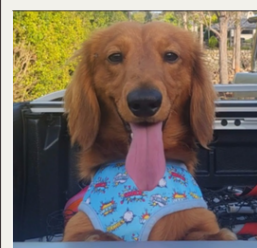
BENTLEY



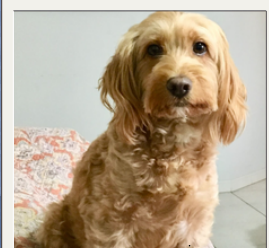
HIRO



Mouse



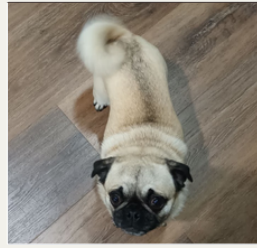
CHEWBAGGA



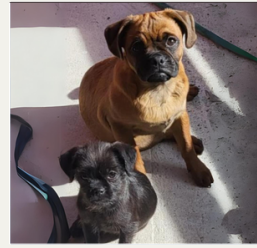
MCNET



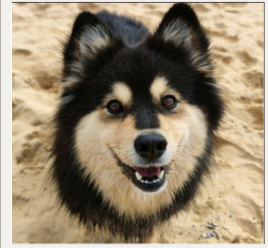
Mastani



Zoe



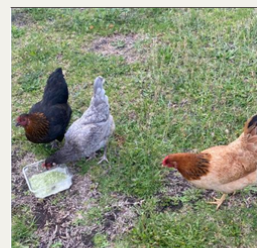
Leon & Meli



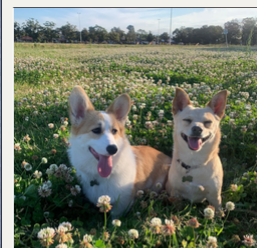
ZOE



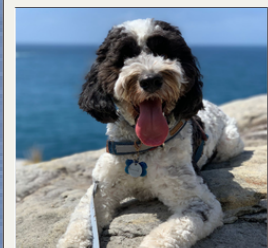
ARNAB



COAL, PIGEON &
POPCORN



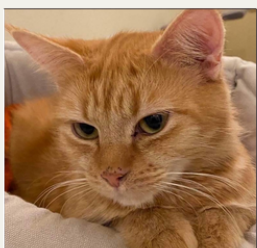
MIKO & YUMI



OSCAR



Lucy



saffron



Molly



DIGGER

HERE'S SOME CLUES TO HELP :

Ms. J Lozano – Cookie dough and Chocolate chip
 Ms. C. Ong – Ocean side view, so beautiful!
 Ms. S. Van Dyk (ART) – Adorable Queen of Darkness
 Mr. T. Nguyen (ART) – A sophisticated scholar
 Ms. M. Chan (ENGLISH) – A goofy, crunchy dog
 Mrs. M. Nguyen (ENGLISH) – Crunchy flat sweet or savoury snack
 Mrs. J. Tawse (ENGLISH) – Peppa pig
 Ms. C. Yim (ENGLISH) – Vroom vroom
 Mrs. P. Greci (ESL) – No. 5
 Ms. D. Lee (ESL) – Yoyo, momo, coco, _ _ _ _
 Mrs. L. Nguyen (ESL) – Takes anxiety meds
 Ms. C. Huynh (HSIE) – God of Mischief
 Mrs. R. Hussayni (HSIE) – Arabic for rabbit...very original
 Mrs. T. Ngov (LITERACY) – The three musketeers (But tastier)
 Ms. L. Kumar (MATHS) – Don't tell anyone I stole a cookie!!
 Mrs. S. Prasad (SPECIAL EDUCATION) – Born on ANZAC Day but high in Christmas spirit!
 Mrs. L. Van Groeson (SUPPORT) – A very red, rare, and expensive spice

Mr. V. Pham (PDHPE) – A fluffy, curly caramel
 Ms. J. Vu (PDHPE) – Snoop dogg's biggest fan
 Mrs. S. Le-Terrenal (PDHPE) – Co-pilot of Han Solo and loyal friend
 Mr. C. Strauss (PDHPE) – I'm totally looking straight at you
 Mrs. K. Olivera (PDHPE) – The Lion QUEEN
 Mrs. S. Reynolds (SCIENCE) – Sunbathing at the beach
 Ms. V. Chau (SCIENCE) – Yur a wizard harry
 Mr. R. Duong (SCIENCE) – Named after my prey
 Ms. C. Nguyen (SCIENCE) – Going back to the North Pole!
 Ms. S. Khan (SCIENCE) – I volunteer as tribute!
 Ms. C. Ung (IEC) – Baymax's best friend
 Mrs. S. Choi-Simpson (IEC) – Named after the painter of the water lilies.
 Mrs. S. Tomarchio (COUNSELLOR) – Rough sand between my paws
 Ms. M. Lam (HOME EC.) – The flowers between our paws and the wind in our fur.
 Mr. B. Kerehona (WELFARE) – The BEST chocolate milk powder brand

ACTIVITIES

SUMMER WORD SEARCH

C	S	S	U	N	S	H	I	N	E	E	A	T	R
A	T	D	R	I	N	K	S	U	A	O	E	R	F
T	R	U	P	C	A	I	Q	P	A	R	K	I	T
U	A	M	K	E	M	E	E	S	B	F	R	Y	I
Y	W	S	S	C	B	B	Y	P	S	E	H	C	N
A	B	S	I	R	T	D	E	I	W	S	O	H	O
L	E	O	A	E	A	P	O	O	L	T	L	E	I
P	R	B	B	A	A	A	R	K	B	I	I	A	T
C	R	S	E	M	Y	K	E	O	N	V	D	T	A
I	Y	E	A	S	S	B	T	R	P	A	A	A	C
N	S	A	C	N	R	Q	O	C	E	L	Y	T	A
C	P	N	H	D	F	O	H	K	A	T	S	S	V
I	R	R	R	E	M	M	U	S	T	S	A	N	D
P	N	M	L	S	W	I	M	M	I	N	G	W	W

BARBEQUE

BEACH

CREAM

DRINKS

FESTIVAL

FIREWORKS

WATER

POOL

SAND

SUMMER

HOLIDAYS

SUNSHINE

STRAWBERRY

HEAT

HOT

ICE

PARK

PICNIC

PLAY

SWIMMING

VACATION



RIDDLES

1. WHAT DO YOU CALL A ROOM WITH NO DOOR OR WINDOWS?

2. WHAT STARTS WITH A T, ENDS WITH A T AND IS FULL OF T?

3. WHAT SOMETIMES FREEZES AFTER IT HAS BEEN HEATED UP?

ANSWERS : A MUSHROOM, TEAPOT, A COMPUTER

FUN FACTS

UNLIKE OTHER BIG CATS LIKE LIONS - **CHEETAHS DON'T ROAR**, THEY CHIRP, PURR AND MEOW.

SCOTLAND CHOSE THE **UNICORN** AS THEIR **NATIONAL ANIMAL**.

ONE OF THE INGREDIENTS NEEDED TO MAKE DYNAMITE IS **PEANUTS**.

GOODBYE FROM YEAR 10s

After two years assisting in the creation, brainstorming and editing of Cabramatters, the year 10 team will be signing off as they depart to the shores of year 11. A fond farewell to this amazing team!



(mizu from blue eye samurai just bc I like her)

Goodbye Cabramatters!
Take care of the newsletters
and have lots of fun, long
hours await you keke
- Julyya Sao



Bye Bye Cabramatters!
we are retired
now, don't dissapoint
us and do your
best!
- serino, lavien

Farewell
Cabramatters

Goodluck next
year!! Have
lots of fun &
eat lots of
food!!

- Yadda Marie
Chio



even though I've only been here
for three terms, I still had lots of
fun being apart of this amazing team!
thank you and best of luck with the
future newsletters ♡ - alicia



Goodbye and Goodluck
Cabramatters!!
I hope you continue to
enjoy creating the
newsletter ♡
-Tara



As much as I don't want to
leave these past two years
were so fun!! farewell and
good-luck to new members <3
- Summer K :)



(This is so me)

Goodbye Cabramattersss, It's
been a fun 2 years. Wishing
everyone all the best!
- Malinda Deng

(Drawing of snoopy)



