



# CABRAMATTERS

TERM 1 2022

BY THE STUDENTS

FOR OUR COMMUNITY



The **CABRAMATTERS** TEAM

Mr M. Avery  
Mrs A. Sentic  
Mr T. Nguyen

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Malinda Deng  
Summer Kendall  
Lauren Martin  
Serina Nguyen  
Jullyya Sao

This Edition would not be possible  
without the help from this group of  
students.

Thank you to all staff and students  
who submitted articles this Term!

Cover Art by Afifah Sarif (2022)

'The artwork portrays the perspective in which I see myself. In life, I see myself in an ambiguous form, as I can be seen in various ways. I could be big, I could be small, it is never solid. The artwork is a tear from myself as a whole. It is a play on my emotional and spiritual ambiguity.

In recent years, the manner of what I draw began to reflect parts of my spirituality. Whilst developing my style in illustration, the subject would transition to personal themes. These drawings could appear to have a dark meaning, yet would actually have some insightful themes. As mentioned, the meanings of my artworks are ambiguous.

My style has developed in the last 4 years or so, focusing on how I make and draw characters. I started out drawing stuff I liked or found cool, because it's fun. As my style changed and developed, I started to draw what younger me would think was a bore. Especially as of now, any characters or entities I drew had more meaning than a uniform appearance. They were no longer made to look appealing.

The painting was a way for me to explore with my style, as I have only been developing my style through drawings and digital art. It was my chance to make a completely coloured and fully realised artwork.

# Principal's MESSAGE

Term 1 2022



It has been another **great** term of teaching and learning at Cabramatta High School.

We began the year with news of our HSC student results for 2021. Our HSC students had complexities and challenges in 2021, and an extended period of learning from home. The HSC results were amazing and truly reflect the dedication, perseverance and ability of our students and staff. The dux of the school, **Hieu Nghia Vuong**, achieved an ATAR of **99.15** and was placed on the NSW All Rounders list. As a cohort, our Year 12 students more than doubled the number of top band results across all HSC subjects. **Teona Petreska** achieved first place in NSW in Macedonian Continuers and **Lisa David** achieved first place in Khmer Continuers. **Mai Phuong Nghi Nguyen** achieved second place in NSW in Vietnamese Continuers. It was very impressive to see all the wonderful achievements of our HSC students.

Early in the Term 1 Cabramatta High School was announced as an **Ambassador School**, one of only ten schools in NSW. Ambassador Schools are recognised as high-performing schools, particularly in the areas of reading, numeracy, attendance and HSC performance. University research teams will be conducting research to find out what the effective practices in Ambassador Schools are, and how they can be shared with other schools. We look forward to participating in the Ambassador Schools program. A special video about our school was made late last year for the Ambassador Schools program. Check it out on our school website.

There has continued to be an impact of COVID-19 in schools across the state. While we have had cases in the school, thanks to the dedication of staff who have been voluntarily taking additional classes, we have been able to continue to cover all lessons. When there are cases in our school community, this is communicated via social media.

This term we also celebrated **Harmony Day** as a school. There was a special assembly with a student performance and speeches. At lunch we had an international food festival, showcasing cuisine from around the world. Many students and staff prepared and cooked food for the food festival, and there was a Lion Dance performance. It was a wonderful celebration of the diversity, harmony and multiculturalism at our school.

In sport, there have been many students and teams which have excelled. **David Leuma** of Yr12 has been selected in the NSW Boys Volleyball team. In the NSW Volleyball School Cup our boys team placed first in the state, and our girls team placed third in the state. **David Leuma, Edward Tran, Jason Thai** and **Talitha Rait-ekiteki** represented Sydney South-West in Volleyball, with the girls team ranking 3rd and boys ranking 4th in the state. In the Benera Zone representative teams, we have 37 students who have been selected at zone level. In March our house captains participated in an AFL Harmony Day, and celebrated their cultural stories.

Enjoy this edition of Cabramatters. I wish all our students and their families a happy and safe holiday, and look forward to Term 2!



# From the Enviro Club

What a year it has been! From COVID to bushfires to floods, our poor Planet is ever changing. The Enviro Club in **2022** has become more holistic and we are looking at more ways to help our planet as everything we do impacts on the **ONLY** planet we have. We aren't only collecting **Plastic, Aluminium and Glass (PAG)** bottles only, we are trying to create awareness in our school about how everything we do in life impacts on the environment, from walking to school rather than being driven, recycling our rubbish, having a shorter shower, eating less red meat to making sure we are turning off lights as we leave a room.

Last year was an amazing year for us but this year we have so much more planned! We were involved in Harmony Day and our ambassadors Lisa, Andy and Jordan spoke about how we need to live in Harmony with our Planet.

Now, we are conducting a **FOOD AUDIT** on our school – as we walk around our school, we are finding scraps of half-eaten food on the verandas, around and in the bins!

## ***Did you know...***

***Cows are responsible for 40% of all global methane emissions because of how gassy they are!***



***If you would like to join the Enviro Club, we meet in C2 on Thursday lunch 1 Week A, and Wednesday lunch Week B.***



Did you know that all that food that ends up in the rubbish tip produces the most dangerous type of gas for our environment- **METHANE** gas! Methane gas is the main contributor to the hole in the Ozone layer!

So, the next time you go to pack your lunch please only pack enough food, so you do not waste your leftovers. If you do have leftovers, place them in a reusable container and eat it later or place it in a compost bin.

Making simple choices, may help avoid the serious consequences of global warming, and that is the aim we have as a community!



# Green Day 2021

Every year students of Cabramatta High School team up with volunteers from the Commonwealth Bank to refresh the gardens and green spaces throughout the school. In 2021 the volunteers were unable to attend due to COVID restrictions.

That didn't stop Ms Constantinidis, Ms Cladouhos and Ms Kurovsky from organising a group of students to tidy up and enhance the **Peace Garden**. Students and teachers worked through the very warm weather and the garden came out looking fantastic.



**Thank you to all students and Teachers  
who took part in Green Day!**

## Congratulations CABRAMATTA HIGH SCHOOL

### Class of 2021



**Hieu Nghia  
Vuong**

achieved an ATAR of  
**99.15**  
and is the Dux of Cabramatta  
High School for 2021.



**Teona Petreska**

1st in the state  
Macedonian Continuers



**Lisa David**

1st in the state  
Khmer Continuers



**Mai Phuong  
Nghi Nguyen**

2nd in the state  
Vietnamese Continuers

21% of HSC students achieved a place on the Distinguished Achievers List



### CABRAMATTA HIGH SCHOOL

Excellence | Innovation | Opportunity | Success

Principal: Lachlan Erskine

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

Connect with us on: Instagram: @cabramattahighschool

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It's official,  
**KOALAS ARE  
ENDANGERED**

The Port Macquarie Koala Hospital operates emergency koala rescue 24 hours a day, 7 days a week. How do we do this?

Amazingly, all our rescuers and the people that answer the emergency phone line are volunteers. We are lucky to have dedicated people who understand the importance of rescuing sick or injured koalas whenever possible, and who want to make a personal contribution to the conservation of the species.

*'I believe this work is crucial, we literally need to save every koala we can.'* (Rescuer, Dale Cooper)

The commitment is significant – training in rescue protocols, operating the overnight phone line, being ready and available to drop everything and head out rain or shine, day or night to assess koalas and if necessary bring them into care, also dealing with the trauma rescuers experience during some rescues. Calls to the emergency line usually come in from members of the public who have seen a koala with signs of disease or trauma (most commonly car accident or dog attack). Koalas can be found in dangerous or unsuitable locations. These koalas are sometimes brought in to the Hospital for a health check, or in some circumstances may be quickly relocated to a safe area nearby.

*It's not easy to rescue a koala but the rewards are huge. After a rescue, I follow their progress through rehabilitation. And their obvious joy when they go back to the wild, it's priceless.* (Rescuer, Carol Dalton)







# Harley at Cabramatta High

CABRAMATTA HIGH SCHOOL IS LUCKY TO HAVE ITS VERY OWN 'SUPPORT DOG'.

Written by Mrs Bethaney Waters

Harley has been a part of our community since 2017 and has worked with Students, Staff and Parents during this time. Harley attends Cabramatta High School every Wednesday in 2022 and has already performed many of his duties to support everyone's learning, wellbeing, and overall health.

Research has found that animals are useful in the promotion of health, wellbeing, and normal development in children.

Pets can be a way of improving quality of life as a tool for socialising, relaxation, and communication, they can also help a child who may be experiencing anxiety and stress. Occasional contact with animals is beneficial in providing children with the opportunity to display independence and confidence by looking after a pet.



- WORK INDIVIDUALLY WITH STUDENTS IN DISCUSSION SETTING.
- COMPLETED TRAINING INCLUDING BEHAVIOUR TRAINING.
- USED TO DEESCALATE STUDENTS DURING EMOTIONALLY INTENSE MOMENTS:
- STUDENTS WITH BEHAVIOURAL ISSUES
- TRAUMA BACKGROUND STUDENTS
- PTSD AND ANXIETY STUDENTS
- GROUNDS STUDENT IN THE PRESENT
- HELPED STUDENTS WITH ASSESSMENTS AND CLASSWORK.
- BUILT RAPPORT AND GONE FOR A WALK WITH HARLEY.
- MEET AND GREET STUDENTS IN THE PLAYGROUND, PLAYING BALL AND CHASINGS.
- LISTEN TO STUDENTS READ AND EVEN ATTEND CLASSES FOR STUDENT LEARNING.

Harley is owned and cared for by Mrs Bethaney Waters the Head Teacher of Creative and Performing Arts.



# K-POP

## WHAT DO YOU KNOW ABOUT THE FAMOUS MUSIC GENRE K-POP?

YOU MIGHT LIKE K-POP OR MIGHT  
HAVE HEARD IT, SO HERE IS A FUN  
AND EXCITING ARTICLE ABOUT K-  
POP!

K-pop is the genre of Korean Pop music. Famous K-pop bands such as Bts, Blackpink, Seventeen, Twice, Enhypen and TXT are some you may have heard of before. K-pop not only consists of bands but also has very talented soloists. Some famous soloists you might know of are IU, Somi, Taeyeon and HyunA.

Many people are interested in different bands depending on their different tastes and preferences. K-pop can consist of various types of songs such as hip-hop, R&B, and pop songs. Their songs are catchy with astounding dance choreographies. Your taste won't be judged, whether you prefer boy-group, girl-group or even mixed gender groups!

K-pop began in 1992 with the group Seo Taiji and Boys. This K-pop band started with a debut song, 'I Know', which featured the music genres Hip-Hop and R&B. They went on to create 28 more songs and 7 albums. The K-pop group included 3 members, Seo Taiji, Yang Hyun-suk and Lee Juno.







There are so many different kinds of K-pop songs out there to listen to and vibe to. It's always good to try out a variety of other musicians and artists. If you're a BIG fan, you would probably look up all about your favourite groups and idols to find what they like, their age and their favourite colours.

Share all you know about them with your friends to get them into the great K-pop phase. K-pop is a widely liked and favoured genre of music worldwide. You'd likely find that many other people online want to listen to it too. K-pop is known all around the world and is liked by millions of people globally.

K-pop is also extremely popular and beneficial among social media. You'll discover that K-pop music is often posted about and shared around if you're on social media. We love K-pop, do you?





# The High School Experience

ANDY NGO - 7z

The first time I started Cabramatta high school, I was scared but almost excited. Luckily my friend Jordan was in my class, so I was fine. I had someone to talk to, but as the weeks went by I made more and more friends such as; Nathan, Daniel and Ricky. High school has been a good experience.



ANONYMOUS

Enormous gates that stood like soldiers, welcoming my presence. The shoe prints I trailed along my path and the pleasant eyes that hovered above me made me shiver. A trillion crowds painted the buildings with their crimson uniforms. Silky jackets, cotton sweaters and pale shirts.



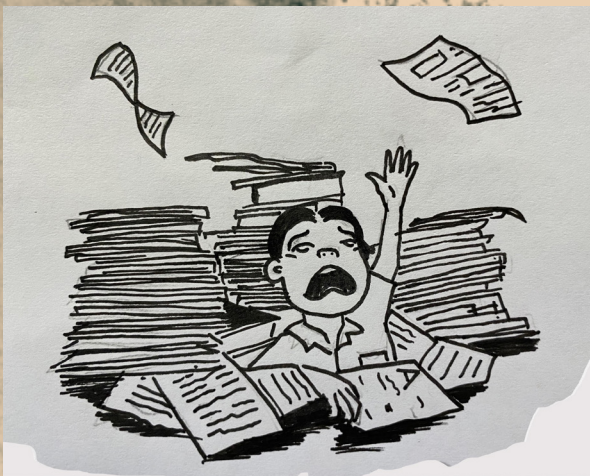


Ricky Tang - 72

When you're in primary school, you feel lots of emotions such as sadness, depression, and you can't help but cry on your last day of school. You think primary school is the best, and high school is a living hell as you hear about too much homework and tests. But once you enter high school, you will experience it for yourself. You never will know what high school is like until you step foot in it. It is normal to enter high school at first and feel nervous, but always know that you're not alone; others feel the same way you are.



But once you enter high school for a few days, you will adapt to it, and everyone will adapt. High school will become like primary school but more fun. The reason is you will make friends. Although high school systems are entirely different, they have more excursions and events than primary school ever has. High schoolers can all agree high school is more fun than primary school. So, you don't need to worry about entering high school. It is so fun.





# SIO TURTLE PAINTINGS











# IEC Art Club



At the beginning of this year, the Art Club was launched at the IEC. The aim of the art club is to give budding artists the opportunity to explore their talents and passion for visual art while practising their English-speaking skills in a casual setting.



Participating students were welcomed with an Art Club “show bag,” which contained some of the materials needed for their first project: an introduction to printing using stencils. Students enjoyed designing and printing their canvas bags in a relaxed and supportive atmosphere.

The Art Club runs every Thursday at lunch time, and is looked after by two of the IEC art teachers, Ms Ackroyd and Ms Karp.





# YEAR 11 SELF PORTRAITS

Students were tasked with exploring the idea of the 'self' and how that can be communicated through the medium of painting. These are just some examples of their works after being asked the age old question..."who are you?".



By Blessings Mataio



By Minh Nhat Phan



By Stephanie Ha



By Neath Chuon





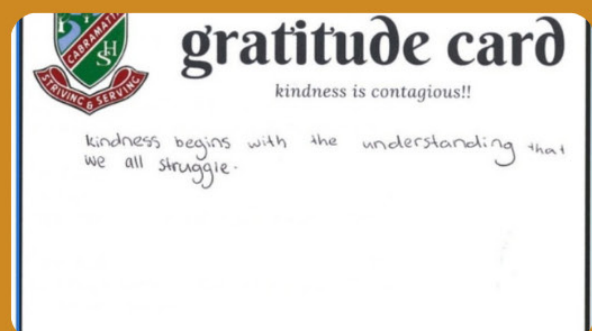
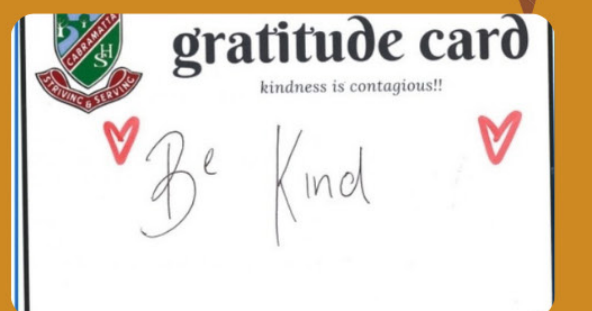
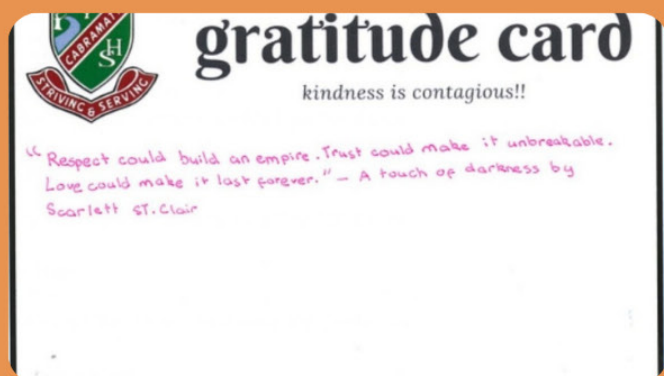
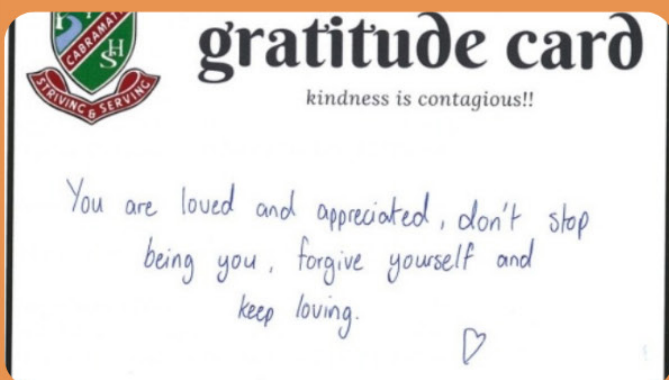
# HARMONY DAY



On Friday the 18th of March 2022, Cabramatta High School participated in the National Action Day against bullying and violence. This year's theme is 'Kindness Culture', where as a school community we promoted inclusion, respect and belonging for all students.

The Student Wellbeing Team raised awareness and focused on informing students to be kind online, block negative content, learn to report it and to be supportive if they see or experience bullying.

Students were each given orange ribbons to acknowledge the significance of the day. Classes were additionally presented with a PowerPoint on bullying behaviors and how to be an upstander. At the end of the presentation, all students wrote down on a sheet of paper what they were grateful for and how they demonstrated kindness.





# Weather Science



Year 9 and 10 SLS1  
class and their  
designs



Simulation of a  
flood in a tray



## Science Stem Project

Ms Cecilia Nguyen's Year 9 and 10 Life Skills class have been learning about weather science. They were tasked planning and creating a flood proof house over two periods with materials provided. The designs were placed into a tray, and water was added to simulate a flood. Some of their designs and the simulation are showed in the pictures. This STEM project engaged students' creativity, problem-solving skills as well as team-work.



# WHITE CARD TRAINING

Recently we invited Coastal OHS Services to undertake the instruction and training of some of our students to get their white card.

The course was 7 hours long and we had to be at school for an 8am start.

Our students were extremely well behaved, very interested in the topic and an extra bonus was that all 13 candidates PASSED and now have their white card licences!!!

"It was fun and easy!".- **Mohammed**

"Can we do some more courses ?"- **Michelle**

"Great! I have work lined up!"- **Rivaldo**



"So excited, I passed!!!"- **Jason**

"The whole white card training was really helpful, it helped understand hazard signs more and helped me to focus more on things."- **Tzara**



# What's Going on at Cabra High?

## FUN WITH FRIENDS AFTER SCHOOL

CHS students meet Thursdays after school to improve their sporting skills. The **After School Sports Program** started in 2020 but didn't run for a while. It has recently restarted with around 40 students participating in either basketball or soccer.

Students get the chance to meet with professional coaches and play exciting sports. They have fun hanging out, making new friends and practicing new moves to improve their game. New members are always welcome, but places are limited.

If you are interested in playing, please talk to **Ms Pappas** or **Mr Ward**. Come along and enjoy the fun!







**Come join us!**  
**We'll see you there.**



# Hijack your readers mind with the power of language

Have your English teachers ever told you to be more descriptive? Have they insisted you add more detail? Maybe, appeal to your senses, or add that extra bit of 'zhuzh' in your creative writing?



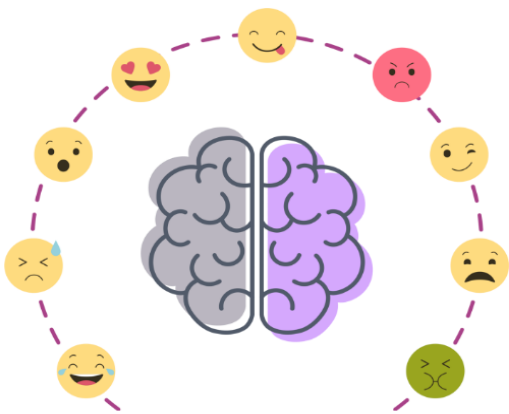
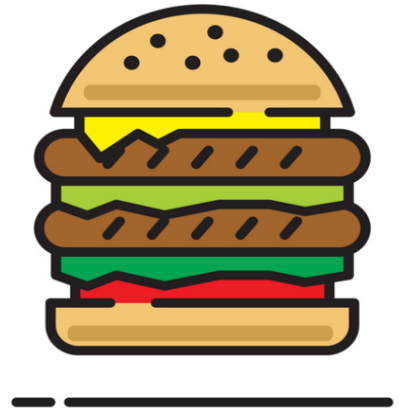
What your teacher is talking about is 'sensory imagery.' Sensory imagery is necessary for enabling readers to imagine and visualise what is going on in your narrative. A lot of the time, this is what you are missing in your writing! Suppose you think about reading as an act of essentially looking at a bunch of scribbles on a page that allows you to conjure images in your mind. In that case, it

becomes clear how important it is to empower those scribbles – better referred to as written language – with the magic of imagery so that your readers' imaginations will be fired up. Your readers should experience vivid and visceral scenes in your imaginative writing! Since reading is often for entertainment: to 'travel' to distant lands or strange planets; to feel excitement, thrill, or horror; to be enlightened; to be so absorbed into something that you forget about everything around you; it is imperative that you capture your readers into your stories so that you can successfully achieve those aforementioned purposes. Without imagery, your 'creative' writing falls flat, disappearing into the ether of boring exposition.

Recall the numerous times when you fade in and out of focus and attention when you are caught up in small talk about the weather or the long journey someone undertook home after school during the sweltering summer heat. The conversation usually goes something like this: "It was so hot. It took me ages to get home!" Had the speaker mentioned their smelly socks, which were oozing with the salty sweat that soaked into the material, squelching with every step they take in their leather shoes, perhaps you'd be shaken awake from your boredom. [\[1\]](#) Had the speaker mentioned their feet as heavy as textbooks, shoes dragging against the crumbly concrete pavement and face seared by the sun's biting rays, perhaps you would've finally met their illuminated eyes with yours. These descriptions make the listener feel as hot and sweaty, and exhausted as the speaker. We understand that the speaker's feet aren't heavy textbooks but rather that their feet were as heavy as "maths" textbooks [\[2\]](#) and that the sun's heat felt like they were figuratively biting at the speaker's face. These vivid and sensory descriptions are what sets apart an engaging story from a boring one – both in conversation and writing.



So, what is this magical thing they call “Show, Don’t Tell”? Well, you need to show as much without telling too much. The art of showing through your writing requires the art of artistic flair and creativity. Writing beautifully without boring the readers to death with the nonchalant rant of your everyday existence seems too far-fetched. The irrelevancy of everyday talk can do an injustice to your writing you simply were born to slay. Take your readers on a journey through every fibre of their beings. Ignite their senses that will enrich their sight, sound, taste, smell, and touch. It’s simply not about a delicious burger but a soft seeded buttery bun topped with tomato, lettuce, and cheese. With every bite you take will surely fall you to your knees. You need to sell the readers with mental images to draw the audience into your imaginative world.



The strategy most often promoted in the classroom to help imbue your writing with the powers of imagery is: Show, Don't Tell – something you've heard repeatedly in your English classes. If, for some reason, this strategy doesn't ring a bell, here is a summary by MasterClass (2021): "Show, don't tell" is a writing technique that allows the reader to experience details of the story through actions, sensory details, words, or the expression of characters' emotions, as opposed to through the author's own description of events." Metaphorically speaking<sup>[3]</sup>, "show, don't tell" is like when you cook up a delicious meal for your diners to consume and experience for themselves rather than just telling them verbally that you've cooked an awesome meal, going into describing the wonderful flavours for them and not ever giving them a bite to taste. Nothing is worse than having to listen to someone describe a cake they've baked and knowing that they haven't even brought a piece for you to try. With "show, don't tell", you allow your readers to taste the meal, or rather to experience the story. Readers can step into the shoes of your characters to vividly experience their state of mind, get deeper insights into their point of view, and, in a sense, wield that very same sword.

By Caroline Yim, My Nguyen & Mariam Waniya (English)



“The day has ended, but another rises, the rain falls, but it eventually stops, the moon shines bright in the night, but it is morning, you're still here. Enjoy it” – Kevin 2022

KEVIN MAI

# Excuses

The sky we once knew is heavenly no more.  
But at what cost? What for?  
Polluted for our lives to be powered.  
Making us sacrifice our sky in fear of losing energy, overpowered.

Powered for the internet, fridge,  
social media and cars that we drive.  
This is good at the moment, but in the long term how will we survive?  
The sky was once blue and alive.  
But we had to sacrifice that so we could “thrive”.

The birds who once were chirping in the sky.  
Would now always face Air pollution and eventually die.  
It's sad but this is how the world is now at.  
It's time we face reality and take off the hat.

No more Excuses that can be used.  
If we don't solve the situation now we will be forever cursed.  
The days I live for are becoming low.  
It will keep getting lower as I grow.

Eventually the Earth will give in and implode.  
But right now the air of the earth is cold.  
If we don't do anything the world we live in will be no more.  
Every day the pollution takes a toll on the core.

The Air becomes colder as humans live on.  
If we survive one day it will happen to the Sun.

**The Poem is about climate change and pollution.  
The impacts of what it would do. The aftermath of our decisions.**





# Field

The wind blows across the city to  
the fields.  
The fields the city needs.  
The forest that sits on the edge.  
The river that splits the city with  
the fields with a bridge.

The roads that cut through the  
land.  
The empty land looking bland.  
But the occupants are flowers.  
In the distance in the city shine  
towers.

The river flows water every day.  
The forest animals who always  
play.  
The cars that occupy the roads.  
Trucks running with loads.

The sky that fills with blue.  
Then the wind blew.  
The flowers that sit.  
Eventually it will be split.

By the roads that cut through.  
Eventually, more flowers will  
grow and  
eventually you.  
The fields that seem endless.  
Behind you the city looking  
tremendous.

The river that offers peace between.  
Now that offer is seen.  
The city is always busy while the  
fields lay to rest.  
While the sky stays and will forever  
Suggest.

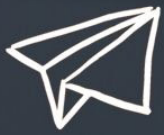
In the background the mountains sit.  
They talk and assist.  
As the world around me grows.  
The flower field minds its own while  
the wind blows.

The flower field is quiet.  
Look at the beautiful climate.

By Kevin Mai, Year 7







# ACCELERATED MATHS



## What Has Been Your Experience In Accelerated Class?

So far accelerated maths has been a big leap. From learning simple things like fractions and basic algebra in primary school, accelerated maths was a shocker to me. Being in an accelerated maths class has allowed me and my peers to learn at a pace that is challenging but beneficial at the same time. In every single class, I am challenged by my peers and my teacher in a fun and engaging way. At the end of every class, I was astonished by how fascinating but hard maths can be. Being a part of this curriculum has strengthened my understanding of maths while also allowing me to make connections to new concepts and topics taught.

## How Is The Accelerated Maths Class Different From Other Classes?

In accelerated maths, we are always multiple steps ahead of the other classes as we learn from the year 8 textbook as well as the year 7 textbook. This will set us up for our future in maths as it will provide a foundation of skills needed to do accelerated maths for the following years. The accelerated classes are smaller and allow us to have more one-on-one time with the teacher as they have more time to focus on individual students' learning needs.

## How Has Accelerated Maths Extended Or Challenged You?

Not only do the topics taught challenge me, my peers and my teacher have also challenged me in a variety of ways. In class, the work taught is at a faster rate which means that I have to keep up with the work that is given while also doing some extra studies in my home time. This has extended my time management and organisation skills which would definitely be beneficial for me in the future years.

## What Do You Enjoy About Maths?

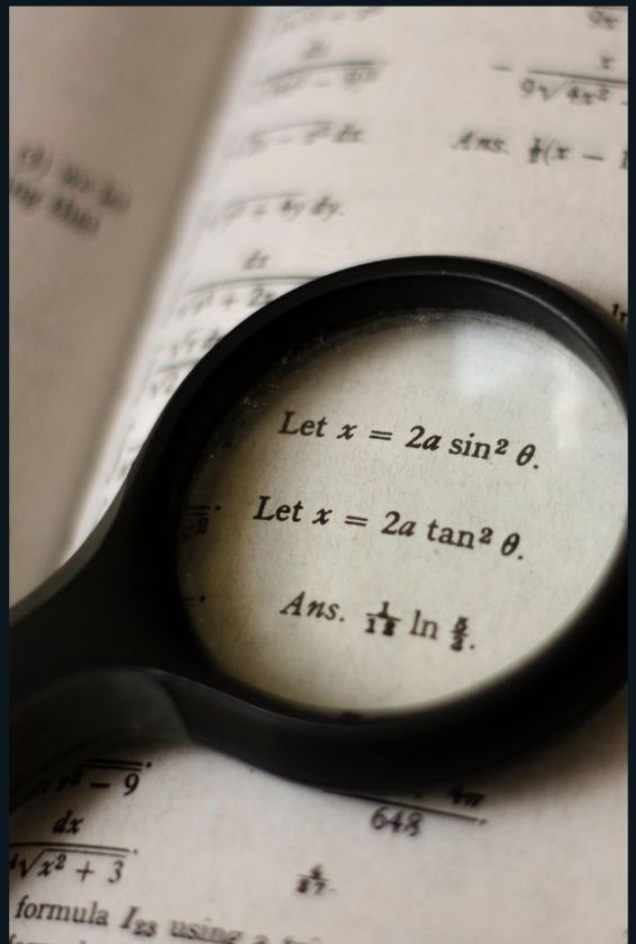
Maths, unlike any other subject, is black-and-white. I enjoy how each problem has a clear answer, and this objective approach brings with it a sense of certainty. In maths, there is always something new to learn, and as you progress, you will discover that everything falls into place.





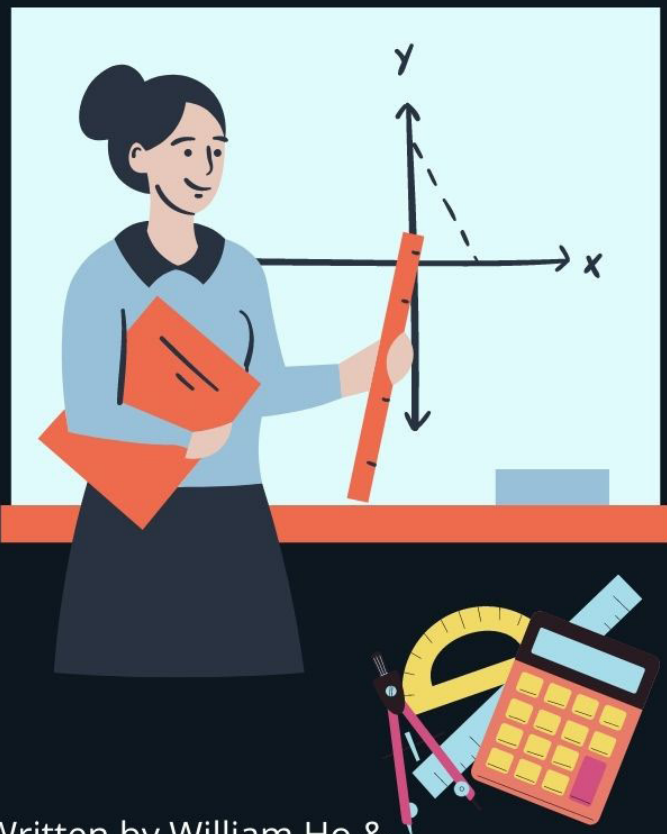
## What Does Maths Mean To You? (Is It Just Learning About Numbers Or Is There More To It?)

Maths is all about figuring out how to solve problems. Not only will you learn how to solve complex mathematical problems, but the skills you gain from working with mathematical equations can also help you solve problems in other ways, such as pattern spotting and problem solving. Math is a very important subject to me because it is a subject that will help me succeed in the near future. As the world evolves, maths becomes more important and significant. It is the building block for our everyday lives which includes technology and the majority of the jobs that my generation will pursue.



## How Will Maths Help You In the Future?

Maths will help me get into my dream university and course. I believe that maths will assist me in achieving my goal of becoming an optometrist in the future. Different mathematical strategies can be used to fit glasses particularly since the distance and angle of the eyeball to the lens are crucial in making an accurate vision correction.



Written by William Ho &  
Julie Chhoeung (7Z)

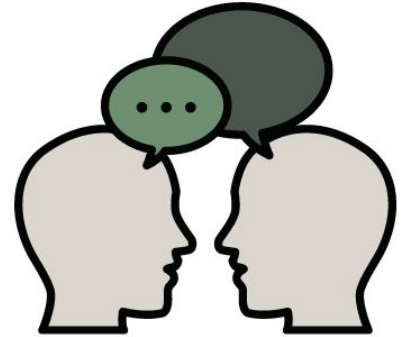


# Mock Mediation

## ROUND 1: MOCK MEDIATION

Mediation is an alternative form of conflict resolution where respective parties express their grievances and with the guidance of 'expert' mediators reach an amicable solution to their disagreement that brought them to mediation to start with. Mediation is a widely used method of conflict resolution in civil matters where there has been a break down in a relationship.

Cabramatta High School's 2022 team is made up of the mediators, played by Jennifer Tran and Ethan Trejo Granados and Party A played by Nadia Duong and Cindy Tieu. Along with Party B played by Marrika Tous and Kevin Cao who after a few sessions of preparation were thrown into the deep end of the legal world of mediation.



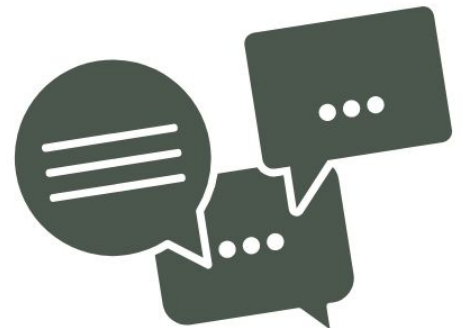
You are probably wondering what is "Mock Mediation"? Let us enlighten you. Mock mediation is a competition organised by the Law Society of NSW that provides an opportunity for Year 10 students to learn about legal methods of resolution and the processes involved.



## ROUND 1: MOCK MEDIATION

Round 1 presented the team with a complex yet typical scenario of a falling out between a group of high school friends where mutual trust has been broken and replaced by hard feelings and grudges. Through the use of the mediation model and guidance by Mrs. Passarelli, the team navigated the challenge before them. After two years of disruptions to the program by the pandemic and subsequent lockdowns and restrictions, it was a steep learning curve for all involved. The team displayed excellent communication skills and were commended on their teamwork and ability to convey and express their roles by the external judge. It seems we have some budding legal eagles amongst us, and it provided an opportunity for the students to receive feedback from legal professionals in the field.

The team demonstrated initiative and were able to work effectively together to achieve so much in such a short turn around. After a debrief of Round 1 results the team look forward to improving their mediation and conflict resolution techniques for Round 2. Well done team and a special mention to Tamia Ngo for her technical support through the recording of the mediation session. All the best for Round 2!







## MEASURING AND CUTTING:

*Tommy, Malak, Sam, Rickey,  
Romeo, William, Jonathan, Tym,  
Anja, Phoenix*

## AN ESCAPE TO SEWING BAGS!

*Anja Trifunovic and Phoenix Solomona*

All students in the Support Unit had fun sewing bags for "Escabags Ltd Australia" for the victims of domestic abuse. Each 'Escape Bag' contains products to comfort the victims in crisis.

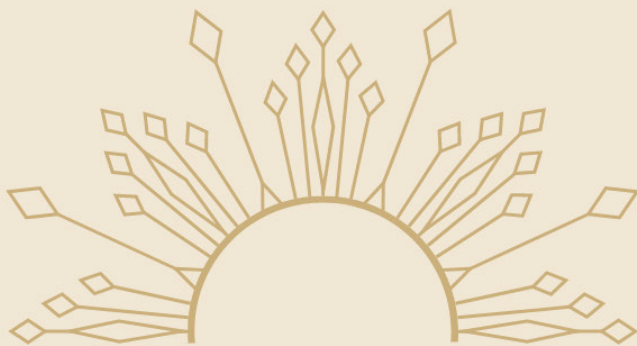
## VIGOROUS SEWING & IRONING

*Jacob, Danny, Justin, Daniel,  
Desmond*

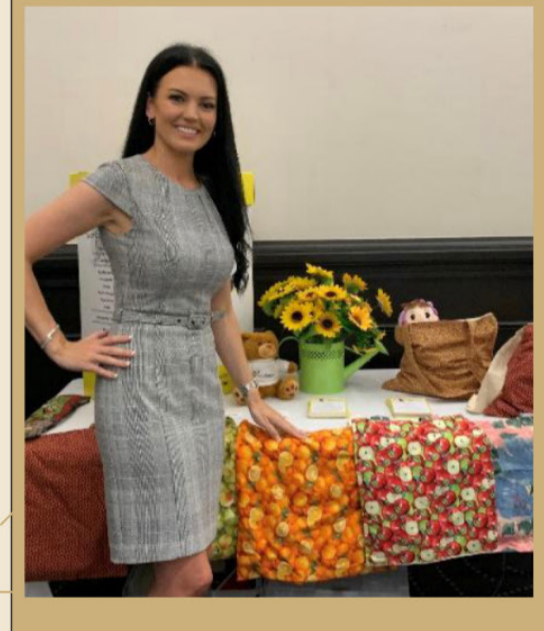


We had the opportunity to deliver the escabags to Stacy who began her charity, Escabags, earlier this year. Stacy herself had previously escaped a domestic violence situation and knows how these bags are needed.

We feel very proud and privileged to be part of the Escabags project to help out and make a difference in a victim's life. Thank you to all the staff and the community members for donating the lovely fabrics.



# Finished Bags Ready to Go!



STACY RECEIVING OUR BAGS  
WITH PRIDE AND  
ACKNOWLEDGING OUR HARD  
WORK



## A SOLUTION FOR REDUCING

# PAPER USAGE IN AUSTRALIA

## REDUCE PAPER USAGE



### Easy solutions:

- THINK BEFORE YOU PRINT
- TAKE PAPERLESS NOTES
- USE BOTH SIDES OF THE PAGE
- REUSE PAPER THAT HAS BEEN PRINTED ON ONE SIDE
- SWITCH TO ELECTRONIC COMMUNICATIONS

PROBLEM: AUSTRALIA PRODUCES OVER 70% OF PAPER EVERY YEAR WHICH IS MORE THAN 4,000,000 TONNES OF PAPER. THIS CAUSES DEFORESTATION AND LOSS OF ANIMAL HABITATS.

SOLUTION: BY RECYCLING, YOU COULD SAVE UP TO OVER 1000 TREES A YEAR TO PAPER PRODUCTS. YOU COULD ALSO SUBSTITUTE PAPER PRODUCTS FOR LONGER LASTING MATERIALS.

## DONATE NOW!!

[HTTPS://ONETREEPLANTED.ORG/PRODUCTS/AUSTRALIA](https://onetreeplanted.org/products/australia)

EVERY \$1 DONATED ONE TREE GETS PLANTED



# PAPER

DID YOU KNOW THAT AUSTRALIA CONSUMES AROUND 4 MILLION TONNES OF PAPER EACH YEAR? THIS IS AROUND 200KG PER PERSON.

## WHAT'S THE IMPACT OF PAPER?

Though paper is incredibly important, the use and production is extremely damaging to the environment. The manufacturing of paper releases nitrogen, sulfur and carbon dioxide, increasing pollution, acid rain and greenhouse gases. Paper is also a factor of deforestation.

## HOW TO REDUCE THE USE OF PAPER

Emailing instead of mailing with normal paper envelopes and using Google Classroom instead of using actual worksheets saves a lot of paper and prevents more damage. Replacing paper with technology is a great way to reduce pollution





# The Paper Society



## FUN FACT

Did you know that Australia has used over 4 million tonnes every year?



By creating more paper, it will cause deforestation, destruction of habitats and creates air pollution.

## SUGGESTIONS

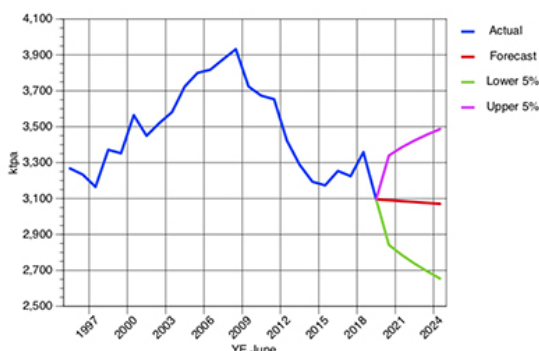
- Think before printing
- Use online files
- Use paperless notes



## Statistics

To the left, there is a forecast of the amount of paper Australia has used over the years.

Forecast of Total Australian Paper & Paperboard Consumption: 1995 – 2024 (ktpa)



# PAPER AND ITS EFFECTS



The environmental effects of paper production include deforestation, the use of enormous amounts of energy and water as well as air pollution and waste problems.



## PAPER USAGE IN AUSTRALIA PER YEAR

Each year, Australia consumes around four million tonnes of paper and paperboard!



## PAPER AND ITS IMPACTS

- pollution
- acid rain
- greenhouse gases



## WAYS OF REDUCING USAGE OF PAPER

- think before you print
- adapt to online notes/files
- keep recycling bins handy





## My thoughts on Mr Erskine

When I first stepped foot into this large school, there were many buildings and people. My siblings came to this school, so I already knew about the Principal. Mr Erskine, the master of Cabramatta High School! How mysterious he is. Well, that's what I think personally. I don't know if any of you guys reading this shared similar thoughts when he's in your sight. If it'd be in the classroom, playgrounds or elsewhere, like the Principal's office.

### He's so fancy!

He's so fancy like there's no way even when he's not having a photo taken like it's mind-blowing! He has a clear, strong voice, and he's quite tall. Tall people make me feel like a dwarf, if I say so myself. I wonder what it's like being in their shoes. How does it feel? No offence, but Mr Erskine, your shiny bald head makes you stand out if you're reading this. Hence, you're easier to spot. Maintain that clean look, sir! I think you are awesome!

My total rating



IN TOTAL YOUR GOLDEN RATE WILL BE...



10 STARS AMAZING!

THIS IS MY OPINION AS HE'S DISPLAYED A GOOD SENSE OF FASHION, KNOWLEDGE BUT HE SHOWS HIS CARE AND PRIDE IN THIS SCHOOL.

Review by Johnston Pham, 7Z



# What else has been going on?



**Cabra CAPA  
Clean-up**



Mr Erskine and Mr Portelli at the end of a long Friday spent cleaning up the CAPA Art Studio after a plaster of Paris spill.

## Have you seen a mysterious Kitten?

Rumour has it that a very cute cat has been sighted scampering around near **T Block**. If you come to school very early you may catch a glimpse of the black and white kitten! Please send all photos of this mysterious feline to the Cabramatters team, it is essential we get to the bottom of this!



Have u seen me?

## Riddle me this...

Three lives have I.  
Gentle enough to soothe the skin,  
Light enough to caress the sky,  
Hard enough to crack rocks.

I can be long, or I can be short.  
I can be grown, and I can be bought.  
I can be painted, or left bare.  
I can be round, or square.  
What am I?

3				7		4	1	5
					9	3	2	8
4	2				5			9
	8	1	5				7	
	4		2		7		5	
	5		3		1	6		4
				5	3		8	
8		7	9	1	6			
	1				8	9	3	

Did you know "strengths" is the longest word in the English language with one vowel?

