



CABRAMATTERS

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

TERM 4 2024

BY THE STUDENTS

FOR THE COMMUNITY

TERM 3 2024 EDITION

CABRAMATTERS

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-

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D D D D D D D
D D D D

COVER ART BY HANCHI KIM (YEAR 8)

Y STUDENTS HAVE BEEN EXPLORING DIFFERENT ART MOVEMENTS IN THE FINAL TERM OF F YEAR 8 VISUAL ARTS. THE COVER IS AN APPROPRIATION OF GUSTAV KLIMT'S FAMOUSLY ROMANTIC PAINTING 'THE KISS' (1907).



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Principal's Message



Cabramatta
High School

Excellence | Innovation | Opportunity | Success

TERM 4, 2024



It has been another **amazing and successful year** at Cabramatta High School.

Our Year 12 students undertook their HSC exams with great diligence. The HSC supervisors commended our Year 12 students on their commitment to making their best effort in the HSC exams, and for being a highly respectful year group.

Early in the term we held **Green Day** with the assistance of volunteers from the Commonwealth Bank of Australia. Teams of students, staff and volunteers were involved in planting, weeding and mulching, and the school gardens and environment looked impressive after their hard work.

Our school was an integral part of the community **campaign event against domestic violence**, led by Fairfield Council and held at Cabra-Vale Park. Our students led the community walk with lion dancing drumming, performed with a Kapa Haka song and partner dance, and delivered a reading of an original student poem. On **Remembrance Day**, our student leaders read a poem and assisted a Korean War veteran with wreath laying at the community service.

In November we held our annual Peace Day, recognising the recipient of the **2024 Sydney Peace Prize, the International Red Cross and Red Crescent Movement**. Our Peace Day committee met weekly to plan the event, with over fifty student members contributing to the Peace Day committee. This year, the committee formed teams to undertake fundraising initiatives, and together we raised over \$5,000 for the Middle East Crisis Appeal. Peace Day was a celebration of multiculturalism, harmony, diversity and peace, and was a deeply meaningful experience for our school community, special guests and visiting schools.

The **graduating class of 2024**, celebrated their formal in style at The Highline in Bankstown, with high energy and special moves on the dancefloor. In early December, we held **Orientation Day** for our incoming Year 7 students and their parents / carers with presentations and even some high school taster lessons.

Our school held presentation day and celebrated the wonderful academic, sporting, citizenship and community leadership achievements of students throughout the year. We also celebrated our annual **Pacifica End of Year Showcase** with awards, lunch; and musical and cultural performances for our parents and families. The performances were impressive and students from Cabramatta West Public School performed a haka and a dance.

In sport, our girls and boys open volleyball teams competed at the **National Volleyball Competition in Queensland** with great distinction. Our girls team placed fourth and our boys team placed third in their respective divisions, an amazing achievement by both teams. A number of students were recognised at the CHS blues awards in the sports of athletics, cross country, swimming, touch football and volleyball. Our school excelled in cross country this year and won the Bernera zone major championship trophy for girls' cross country.

As a school we have achieved much over the course of the year and I would like to thank students, staff, parents and the community for their contribution to Cabramatta High School.

Thank you to the crack team of students and staff who have written, designed and published each outstanding edition of Cabramatters each term.

Enjoy the final 2024 edition of Cabramatters, and have a happy and safe holiday.

- L Erskine

GREEN DAY



What is GREEN DAY?



Green Day brings together **students, teachers, and volunteers from the Commonwealth Bank** to **enhance the appearance and functionality of Cabramatta High School**. Green Day promotes environmental awareness while fostering teamwork and a sense of pride within our school.

Each year, participants come together to perform a variety of maintenance tasks, including **planting new shrubs, mulching garden beds, pruning overgrown plants, and completing repairs** around the school grounds.



Importance and Operation

The day began with a briefing on the tasks at hand, with students, teachers and volunteers **dividing into teams** to **tackle different areas** of the school. Some focused on revitalising the school's garden spaces by **adding new plants** or **caring for existing ones**, while others worked on projects such as **painting garden posts** or **fixing equipment in the playground**.

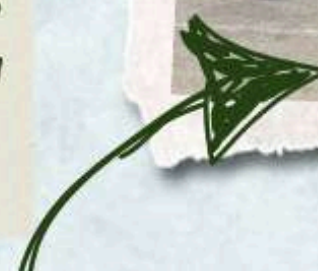
Beyond the physical transformation, Green Day fosters important values such as **environmental stewardship, community involvement,** and the **importance of caring for shared spaces**. The event serves as a reminder of how **small actions**—whether planting a tree or giving a wall a fresh coat of paint—can have a **lasting impact on a school's atmosphere and its students**.



CBA

VOLUNTEERS

Ultimately, Green Day is a celebration of **unity, hard work, and the pride** that comes from **taking care** of the spaces we inhabit. It's a day that **highlights how collective efforts** can help make the school not just a place of learning, but a **welcoming, vibrant environment for all**.



SRC CAMP RECOUNT

From the 29th to 30th of October, the Senior Prefects of 2025 were given the opportunity to experience camp at Port Stephens, as a way to build stronger bonds as a cohesive team. Before camp, we never got the chance to fully socialise and know each other as individuals. As a team, it just felt like a collection of students being put together to represent the school. This camp allowed us and our other prefects to connect with each other through scheduled activities such as the shark ray experience and unplanned moments.

First Day of Camp

On the first day of camp, we set on a three hour drive to Port Stephens. Despite the early morning, our excitement was enough for us to stay awake. The bus ride was filled with chatter and anticipation for the next two days. Our first destination at the shark ray experience, we got to first hand interact with the sharks and stingrays in the water with mini golf as our next activity. We were put into groups to complete different levels and obstacles, where some were significantly challenging than others.

After the two activities, arriving at our campsite offered us with a multitude of other activities to partake in, including a pool where everyone got to group up and feel like a united team of prefects. This moment marked a turning point in our camp experience. It was no longer about individual efforts but instead about enjoying each other's company and strengthening our bonds.

By the time the sun set, it felt like we had moved beyond the superficial interactions as a leadership body.

Second Day of Camp

On the second day, we were off on a cruise for dolphin watching, eager to catch a glimpse of the dolphins swimming by and got a chance to swim in a net connected to the cruise. Despite the chill and the occasional waves of water, it was incredibly fun and allowed us to create memorable moments together.

Overall, camp was an experience that everyone in the Perfect body will never forget. Our time at Port Stephens felt fleeting not just because it was two days, but time seemed to fly by when we were all having so much fun.

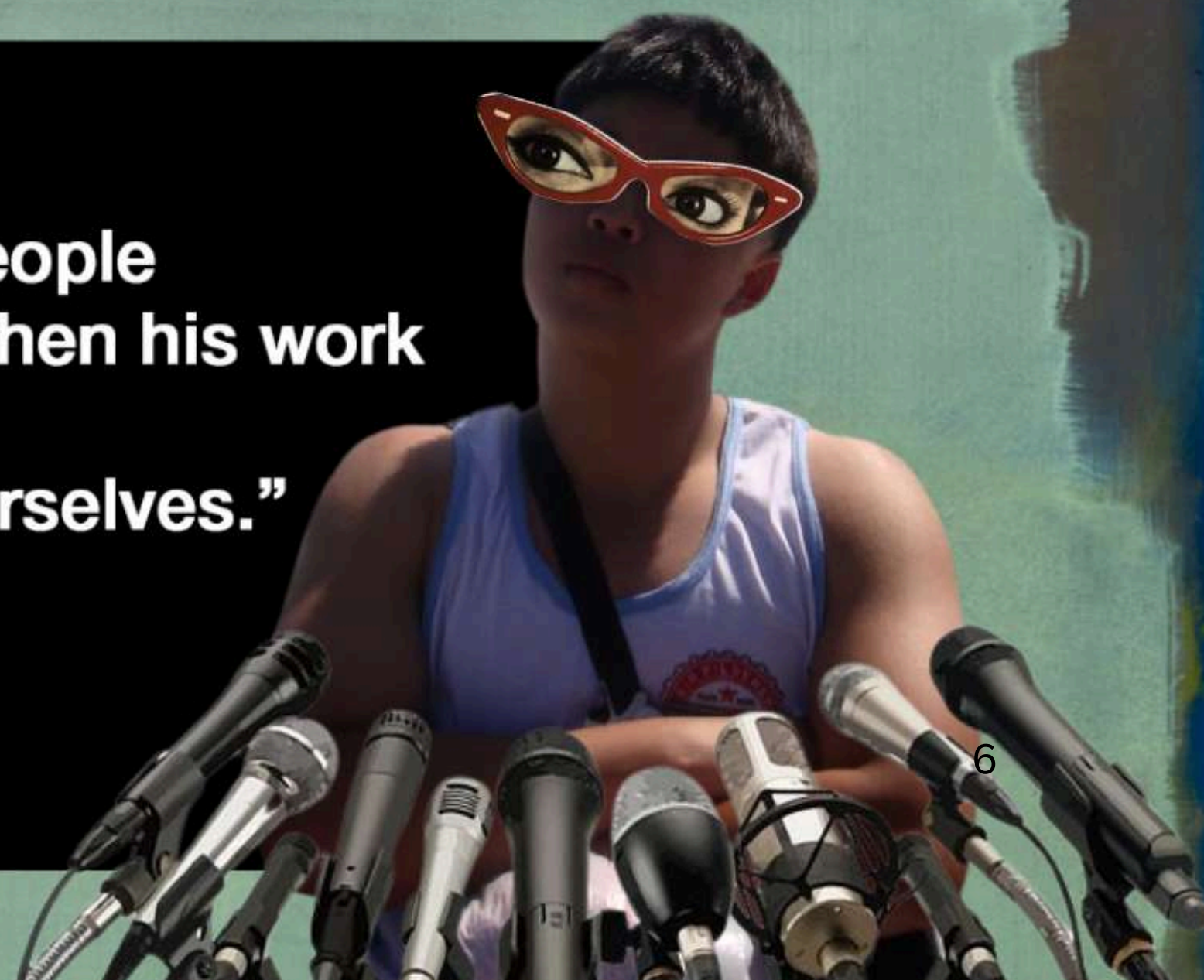
YEAR 12 PREFECTS

I AM
MY OWN
MUSE

“A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.”

Lao Tzu

Chinese philosopher and poet



Dylan & Dustyn are
**ENGA
GED!**

Dream
bigger.
Bigger.
Bigger.
BIGGER

**I
DID MY
BEST**

FIND WHAT YOU'D DIE FOR



White Ribbon Day

The International Day for the Elimination of Violence Against Women



A week ago, our community and school participated in **White Ribbon Day** at **Cabravale Memorial Park** which served as a powerfully confronting reminder that violence against women is not just a women's issue, but a societal issue that calls for collective action.

It acknowledges the suffering of female domestic violence victims who are silenced by their male perpetrators, lending a helping hand to these victims by bringing awareness to support services such as **Fairfield Womens' Health Services**. This day is a message from men, to men, to advocate against domestic violence for their female partners, sisters, mothers and friends because it is everyone's duty to solve it, not the victims' responsibility to tolerate it.

Today marks the **International Day for the Elimination of Violence against Women**.

This is a time for individuals, organisations and governments around the world to call for united action to eliminate violence against women and girls. It is also a time for us to reflect on the tragic costs of violence and how we can collectively prevent this from occurring.





White Ribbon Day

What we need to do as a society to stop violence against women

As a society, we all need to heal. Men need to learn how to properly deal with their emotional and mental wellbeing because

once you are at peace with yourself, you will be at peace with others.

This means we need education on healthy relationships, gender equality, respect, empathy and consent.

An increased focus on domestic violence in our community with greater intervention and support strategies protecting both current and future victims from ongoing and future domestic violence. If we don't put a focus on these strategies the issue of violence against women will continue to poison society as a whole.



Unfortunately, violence against women remains one of the most widespread human rights abuses in society today. **Since the age of 15, 1 in 3 women have experienced physical violence while 1 in 5 women have experienced sexual violence.** In their lifetime, 1 in 2 women has experienced sexual harassment where most incidents were committed by men.

Each year, 4 000 women die due to domestic violence. That is triple the amount of people at this assembly today. These statistics are only the incidents that have been reported, with so many flying under the radar.



"Break the silence!"

As a community we stand as one and pledge against domestic violence. We commit to fostering respect, kindness, and safety in all relationships. We recognise that everyone deserves to live without fear, and we refuse to remain silent in the face of abuse.

We promise to educate ourselves, support those in need, and speak out against any form of violence.



By standing united, we create a culture of empathy and understanding, where every voice is valued and protected. Together, we choose peace, equality, and strength. Together, we can make a difference.

-Year 12 Prefects - Social Justice Team

2024

GHS PEACE DAY



CELEBRATING DIVERSITY
AND PEACE



Representing
Afghanistan

FIND OUT WHO
THE SYDNEY
PEACE PRIZE IS.

CULTURAL
COLOUR &
FASHION

WHAT MAKES
CABRAMATTA
SPECIAL

Find out what teachers
and studentst have to
say about it

2024 PEACE DAY

2024 marked the annual celebration of the **Sydney Peace Prize** winner at Cabramatta High School. This year's recipient was the International Red Cross and Red Crescent Movement, with their continued support and assistance within war torn nations granting them this prestigious prize.

The International Red Cross and Red Crescent Movement have been selected for this prize, for courageous and highly regarded humanitarian work that serves our common humanity. In a year marking the 75th anniversary of the adoption of the 1949 Geneva Conventions, and amid unprecedented challenges to respect for international humanitarian law, the work of the global Movement is as important as it has ever been.

Wherever civilians are threatened by conflict, the International Red Cross and Red Crescent Movement is steadfast and courageous in its support for their rights and dignity even when facing increasing risk to their own safety and security.

Cabramatta High School hosted representatives of the Movement with cultural sound and colour! Cultural dress and costume provided vibrancy to a beautiful sunny day. Music, song and dance brought students, teachers and guests together in a wholesome celebration of our cultural differences and intrinsic similarities.

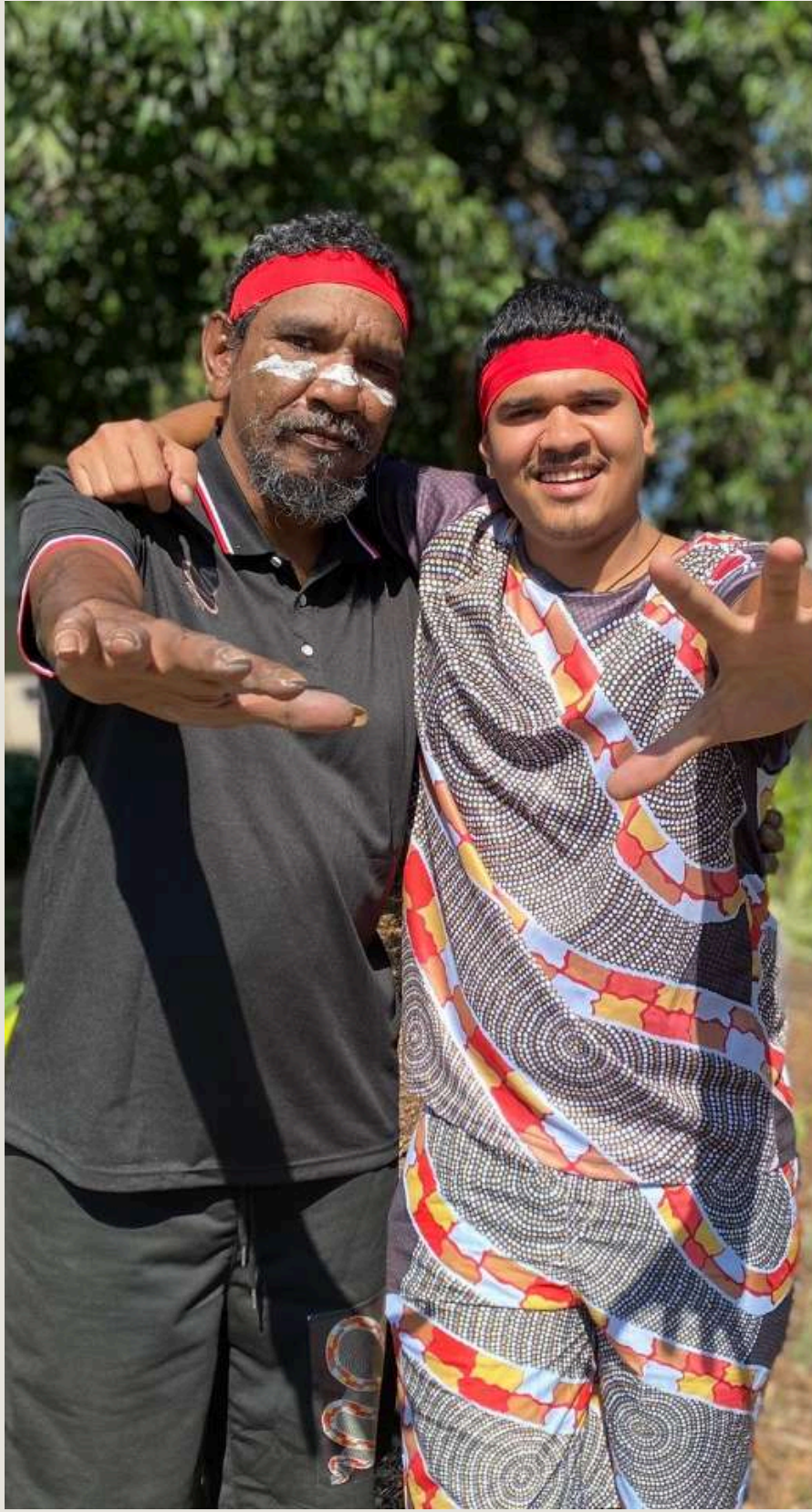
It is important that we continue to celebrate, pursue and work towards peace. For all peoples and places, for the good of all.



2024 PEACE DAY



2024 PEACE DAY



CABRAMATTARE HIGH VOLLEYBALL

2024
1
スクールカット

ニュース

向かいつい...



BOYS TEAM!

This volume features:
**DANNY
TRAN**



男子チーム部門!!

頑張れカブラ!

Teams Set for National Glory

カブラマッタ高校の活躍

GIRLS



TEAM!!!



At 2024 Schools Cup!

バレーボール

メンバーズ

Cabramatta high volleyball team members

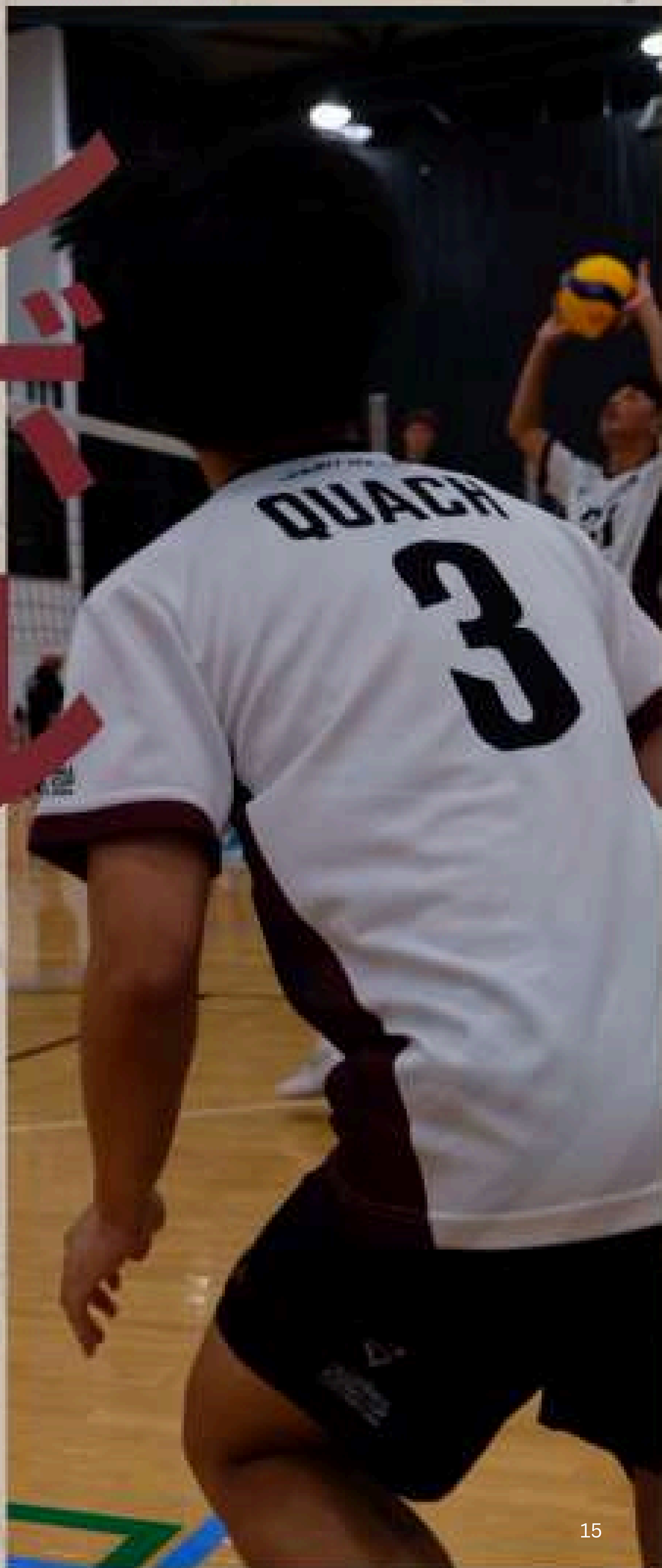
Girls Opens:

Angelina TRUONG (L/OH)
Chloe PHUONG (MB)
Amy CHAU (MB/OP)
Isabella PHUONG (OH)
Olivia PHUONG (OP/MB)
Claire PHAM (OH)
Chloe PHAM (S)
Uyen Ngoc Dan TRAN (L/OH)

Boys Opens:

Ricky YI (OH)
Phoenix NGUYEN (OP)
Anthony CHUNG (MB)
Minh Henry NGUYEN (OH)
Tyrese DANG (S)
Dustyn VO (MB)
Jayden NGUYEN (OP)
Alan PHAN (L)
Ryan LE (MB)
Danny TRAN (OH)
Edward NGUY (OP/MB)
Joshua CHAN (L)

Coaches: Mrs LE, Ms LU, Mr TRAN



CABRA HGH VOLLEYBALL 2024 schools cup



This year has been a **triumph for both teams**, marked by hard work, dedication, and a commitment to excellence.

The support from Cabramatta High School has been instrumental in their success, **providing resources, facilities, and encouragement** every step of the way.

As the teams take on this exciting **national challenge**, they carry the pride and hopes of their school community!



The Cabramatta High School's Open Boys and Girls Volleyball Teams are heading to the **Gold Coast** to compete in the prestigious **2024 Australian Volleyball Schools Cup** from **December 9th to 15th**. After dominating zone, regional, and state competitions, the teams are ready to showcase their talent against Australia's best.





PROUDLY REPRESENTING
**CABRAMATTA
HIGH SCHOOL**



AUSTRALIAN
**VOLLEYBALL
SCHOOLS CUP**
GOLD COAST, QUEENSLAND



DECEMBER 2024



INDUSTRIAL ARTS

BEFORE:



CONSTRUCTION:

Year 11 Construction have been working hard on restoring some of the school's outdoor benches as part of their schools-based project. They replaced damaged panels, sanded and scraped back the old paint and gave them a fresh coat of green.

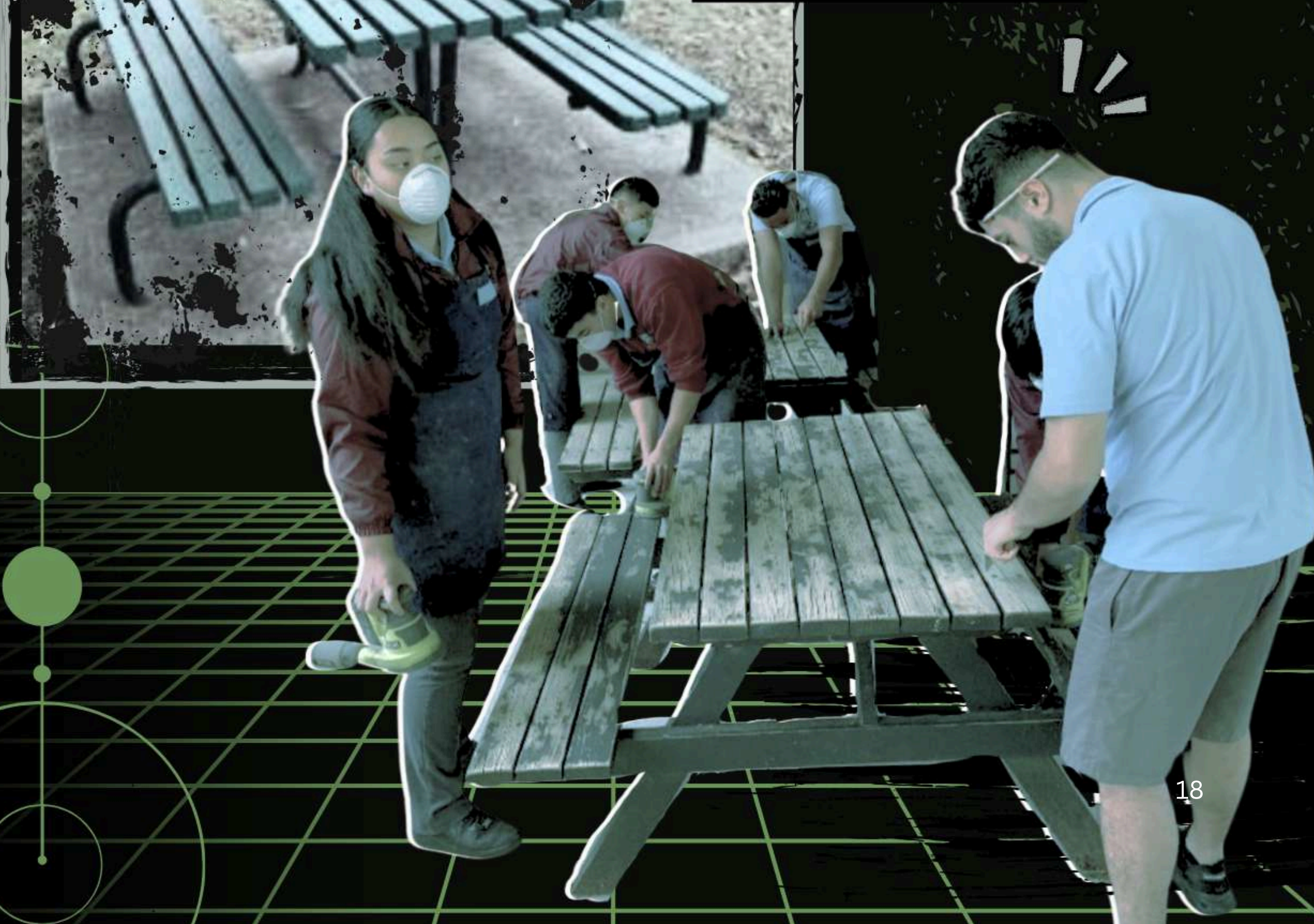
They now look significantly better and provide more outdoor seating for students.

AFTER:



GREAT JOB TO YR 11 CONSTRUCTION

AND MR UZELAC!



MULTIMEDIA:

Year 11 Multimedia students have been enjoying completing their training on flying the new Drone. Students must complete a certified safety exam and demonstrate they can perform basic manoeuvres. They will then use Drone to capture unique videos to be inserted into their Year 12 Major Projects for 2025.



PROCESSING...

WE CAN'T WAIT TO
SEE THE FINISHED
PRODUCT!!!

DRONE MODEL:



IEC 11BA @ the ABCN PROGRAM

This term, class 11BA from IEC went on an ABCN excursion to IAG, which is an Insurance Company. The class had a great chance to learn about careers and different pathways for their future. Aside from meeting the mentors and new teachers, 11BA made friends with students from Holroyd High School which was a great opportunity for Cabramatta High School and Holroyd High School to connect with each other. We had a splendid time!

– **Ngoc Gia Han (Natalie)**



11BA and Ms, Luc at the IAG quarters



Chingchiv shared:

“I had a great and fun time during the excursion as I met new friends and learned about effective teamwork skills. I also loved the food that ABCN provided us. (Yum chicken and chips) It was fantastic!”

Ha Vy also shared:

“I met new friends and we talked about different life topics They are all friendly and I would love to meet them again.”

IEC

LEVEL 3

AT MANLY BEACH

On the 14th of November, IEC's Level 3 embarked on an exciting, fun journey to Manly Beach. It was an incredible excursion to let students cool off. Everyone had fun and made unforgettable memories with their teachers, and friends. I am certain everyone will not forget this excursion until the last day of their lives.

Students arrived at school before 8:25 am and gathered at the IEC quad before heading to Cabramatta station. From there, they took a train to Circular Quay, where the students boarded a ferry to Manly Beach, marking the start of their fun adventure.

-Marleen 3A

Khanh Ngoc from 3A shared.

"The excursion to Manly Beach was a memorable and enjoyable experience filled with happy moments shared with friends and teachers. The beach's fresh atmosphere and beauty added to the excitement. A fun memory I remember was when there was a group sandcastle-building competition, where my group and I built a large castle but didn't win. Overall, the trip was fun and left me wishing to visit Manly Beach again."

Malk Alkani from 3C also shared:

"On the day of the excursion, I had lots of fun playing with my friends. I made memories that will remain in my mind forever, which includes taking off our shoes and running in the sand. I would also like to thank the teachers for accompanying us there."



2024 LION DANCING

THE CABRAMATTA HIGH LION DANCERS TRAIN TWICE WEEKLY ALL YEAR TO DELIVER CAPTIVATING PERFORMANCES AT LOCAL SCHOOLS AND EVENTS

THROUGH THEIR PERFORMANCES, THE TEAM SHARES THEIR CULTURAL HERITAGE, SPREADS JOY AND GIVES BACK TO THE COMMUNITY. THEIR DEDICATION AND PASSION MAKE LION DANCING A CELEBRATION OF TRADITION, UNITY, AND HAPPINESS FOR ALL.



THIS YEAR, THE LION DANCERS PROUDLY SHARED THEIR PERFORMANCES AT SCHOOLS INCLUDING CANLEY VALE, LANSVALE, CABRAMATTA, CABRAMATTA WEST, GUILDFORD, SPRING FARMS, PRESTONS, AND HECKENBERG PUBLIC SCHOOLS, AS WELL AS ELDELSLIE HIGH SCHOOL, DURING EVENTS LIKE HARMONY DAY, EDUCATION WEEK, MULTICULTURAL DAY, LUNAR NEW YEAR, COMMUNITY DAY, AND THEIR BIGGEST EVENT, PEACE DAY AT CABRAMATTA HIGH SCHOOL.



miniature studio gallery

material board

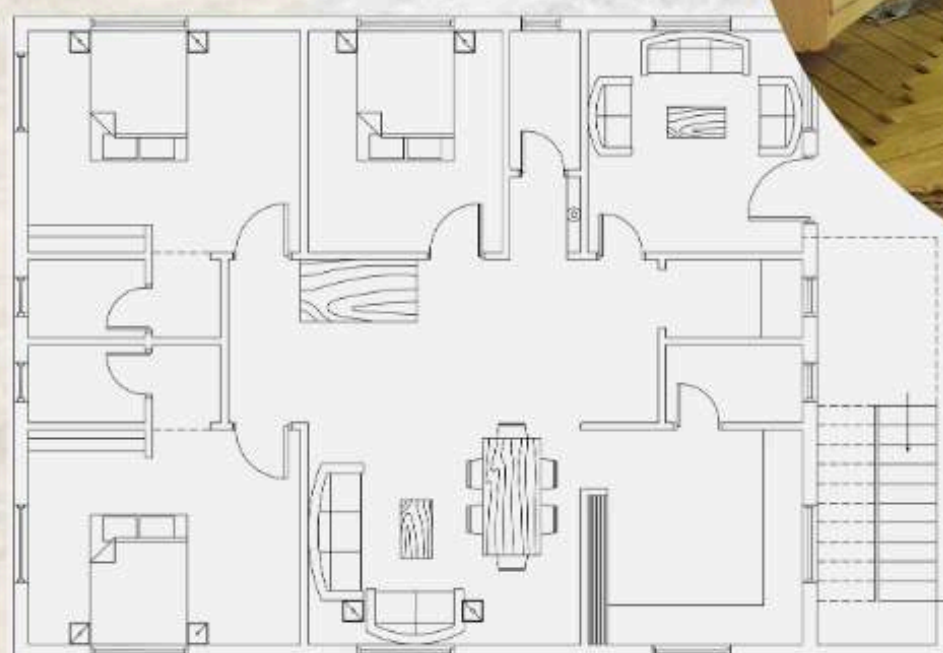


they used materials such as paddle pop sticks, fabrics, canvas, cardboard, paper cutouts, paint, pictures, stickers and so forth



colour palette

1pdm1 designed and constructed miniature studios as an assignment and it is visible that they excelled in these creations



plan

BUSINESS STUDIES



{year 11 excursion}

//Eat, Guess, Build, Solve//



ON A SUNNY FRIDAY MORNING IN WEEK 3, A GROUP OF YEAR 11 BUSINESS STUDIES STUDENTS VISITED **UBS AT CHIFLEY TOWER** TO EXPLORE CAREER OPPORTUNITIES IN FINANCE. WHILE THE HIGHLY ANTICIPATED TRADING

FLOOR—THE NERVE CENTER OF HIGH-STAKES FINANCE— WAS UNAVAILABLE, **ANY DISAPPOINTMENT WAS SHORT-LIVED.** WAITING FOR THE STUDENTS WAS A SURPRISE MORNING TEA, WHICH QUICKLY FUELLED THEIR EXCITEMENT FOR THE DAY AHEAD.

THE FIRST ACTIVITY WAS A **HEADS OR TAILS QUIZ** ABOUT UBS. THIS WASN'T JUST A TEST OF KNOWLEDGE—IT WAS **A TEST OF STRATEGY**, AS STUDENTS SCRAMBLED TO FOLLOW THE CROWD OR BREAK AWAY ON THEIR OWN, COMPETING FOR A CHANCE TO WIN MYSTERY PRIZES.

ONE MEMORABLE ACTIVITY WAS THE **FREDDO FROG CHALLENGE.** ONE GROUP VOLUNTEERED TO EAT AS MANY FREDDO FROGS AS POSSIBLE IN A MINUTE, WHILE THE OTHER GROUPS HAD TO GUESS HOW MANY THEY MANAGED. THE CATCH? THEY COULD ONLY FIGURE IT OUT BY ASKING QUESTIONS WHILE THE "CONTESTANTS" WERE MID-CHALLENGE, RELYING ON THE EATERS' HINTS AND GESTURES FOR CLUES. THE CONTESTANTS SOON REALISED THEY'D BITTEN OFF MORE THAN THEY COULD CHEW—LITERALLY—AS THE ACTIVITY TESTED **OBSERVATION, QUESTIONING, AND DEDUCTION SKILLS** IN A FUN AND INTERACTIVE WAY.





BUSINESS STUDIES



{ year 11 excursion }

// Eat, Guess, Build, Solve //

STUDENTS ALSO HAD THE OPPORTUNITY TO HEAR FROM **UBS EMPLOYEES ABOUT THEIR CAREER JOURNEYS**. THEY SHARED STORIES OF THEIR EXPERIENCES WORKING IN ONE OF THE WORLD'S LEADING FINANCIAL INSTITUTIONS, GIVING STUDENTS INSIGHT INTO THE DIVERSE CAREER PATHWAYS IN THE FINANCE INDUSTRY.

OF PARTICULAR INTEREST WERE DISCUSSIONS ON CADETSHIP OPPORTUNITIES, SPARKING CURIOSITY ABOUT **HOW TO GET A HEAD START IN THIS COMPETITIVE FIELD**. STUDENTS LEFT WITH A CLEARER PICTURE OF THE MANY ROLES AVAILABLE IN FINANCE—FROM INVESTMENT BANKING TO TECHNOLOGY AND BEYOND.

LATER, STUDENTS PARTICIPATED IN A TEAMWORK EXERCISE THAT REQUIRED THEM TO **BUILD A LEGO BULLDOZER**. ONLY ONE TEAM MEMBER COULD SEE THE INSTRUCTIONS, AND THE REST HAD TO RELY ON VERBAL GUIDANCE TO COMPLETE THE TASK. THE RESULTS RANGED FROM PARTIALLY CONSTRUCTED TO SOMEWHAT UNRECOGNISABLE, BUT THE EXERCISE HIGHLIGHTED **THE IMPORTANCE OF COMMUNICATION AND COLLABORATION**.

THE DAY ENDED WITH A **PROBLEM-SOLVING SESSION** WHERE STUDENTS **TACKLED INTERVIEW-STYLE QUESTIONS**, SUCH AS ESTIMATING HOW MANY TENNIS BALLS COULD FIT INTO A BOEING 747. THIS CHALLENGED THEIR **CREATIVITY AND REASONING** WHILE GIVING THEM A TASTE OF **REAL-WORLD INTERVIEW SCENARIOS**.

THE UBS EXCURSION PROVIDED STUDENTS WITH A MIX OF **LEARNING, LAUGHTER, AND PRACTICAL INSIGHTS INTO CAREERS IN FINANCE**. IT WAS A DAY FILLED WITH **VALUABLE LESSONS AND NEW PERSPECTIVES**, AND THE SCHOOL EXTENDS ITS GRATITUDE TO **UBS** FOR HOSTING SUCH A REWARDING EXPERIENCE.



Bánh Cuốn

By Ngọc Minh Thu Ho - Year 9 Vietnamese 2024

Bánh cuốn xuất xứ từ miền Bắc, nổi tiếng nhất là bánh cuốn Hà Nội, Cao Bằng, Hà Giang, Lạng Sơn... 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.

Món bánh cuốn sẽ có nhiều thành phần khác nhau tùy theo cách chế biến của mỗi tỉnh thành. Tuy nhiên bánh cuốn truyền thống thường được làm từ lớp bột gạo mỏng mềm, có phần thịt xay và mộc nhĩ thơm lừng làm nhân, 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.

Bánh cuốn là một trong những món đặc sản lâu đời của Việt Nam chúng ta. Nhờ hương vị đặc sắc 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 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. Tuy nhiên món ăn này cũng có thể được dùng như món ăn nhẹ cho bữa trưa.

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. 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. Ngoài ra, bánh cuốn cũng thường không có giá quá đắt, chỉ từ \$10 đồng đến \$15 / đĩa nên được rất nhiều thực khách yêu thích.



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, chỉ từ 12\$ -15\$ / đĩa hay 20\$ - 25\$ / kg. Nếu bạn khéo tay và có thời gian thì cũng có thể tự chế biến bánh cuốn tại nhà do các nguyên liệu thành phần của món ăn rất dễ tìm. Do đó, chúng ta hãy thử món ăn hấp dẫn này nhé. Chúc các bạn ngon miệng.

English Translation:

Bánh cuốn (Vietnamese rice rolls) is one of Vietnam's long-standing specialties. Thanks to its distinctive flavor and the perfect balance of essential nutrients, bánh cuốn is both delicious and nutritious. For that reason, today I would like to introduce this dish to you.

Bánh cuốn is typically eaten for breakfast, as it provides enough energy to start the day without leaving you feeling too full. However, this dish can also be enjoyed as a light meal for lunch. Bánh cuốn originate from the North of Vietnam, with the most famous varieties being from Hanoi, Cao Bằng, Hà Giang, Lạng Sơn, and other regions. With many different variations, bánh cuốn offers a range of unique and rich flavors, each reflecting the distinct culinary characteristics of different provinces.

Bánh cuốn is very popular due to its appealing flavor, mild taste, and ease of eating without being overly greasy. Made with simple, accessible ingredients, bánh cuốn can be enjoyed by people from various cultures, including both Vietnamese and Australian people, and many even come to love it. Furthermore, its combination of essential nutrients makes it an excellent choice for a healthy diet. It provides the necessary energy for the body without causing digestive discomfort. Another great thing is that bánh cuốn is generally affordable, with prices ranging from \$10 to \$15 per plate or \$20 to \$25 per kilogram, making it a favorite among many diners.

Not only is bánh cuốn delicious, but it is also a healthy dish. Bánh cuốn combines a full range of nutrients, such as carbohydrates from the rice flour wrapper, protein from the minced meat and sausages, fiber from the accompanying vegetables, and very little fat from the minced pork filling. Additionally, because bánh cuốn is steamed rather than fried, it doesn't use much oil, making it a healthier option. At first glance, bánh cuốn might seem like a light dish due to its thin wrapper, but thanks to the combination of sausages, herbs, and filling, it provides just enough sustenance to satisfy hunger. It's a perfect choice for those who want to have breakfast but don't want to eat too much.

Currently, in Sydney, Australia, there are many restaurants offering bánh cuốn, such as Bánh Cuốn Kim Thành in Bankstown and Bánh Cuốn Bà Oanh in Marrickville. The prices are reasonable, ranging from \$12 to \$15 per plate or \$20 to \$25 per kilogram. If you're handy in the kitchen and have the time, you can also make bánh cuốn at home, as the ingredients are easy to find. So, why not give this delicious dish a try? Enjoy your meal!

The dish can have various ingredients depending on how each region prepares it. However, the traditional version is made from a thin, soft rice flour wrapper, filled with minced pork and wood ear mushrooms, which create a fragrant filling. It is typically served with various types of Vietnamese sausages (chả) and fresh herbs. Different eateries may offer their own types of chả, but the most common are giò lụa (Vietnamese pork sausage) and chả quế (cinnamon sausage). In addition to the chả, bánh cuốn is often accompanied by fresh bean sprouts, cucumber slices, and sometimes chopped herbs to enhance the flavor.

What truly elevates the dish is the special dipping sauce, a combination of sour, spicy fish sauce, and crispy fried shallots. The combination of the delicate, soft rice flour wrapper with a subtle rice flour aroma, the well-seasoned minced pork filling, fresh herbs, bean sprouts, and cucumber creates a refreshing taste. The chả adds a tender yet chewy texture, while the fried shallots provide a fragrant contrast. All these elements come together with the sweet and sour fish sauce, making bánh cuốn an irresistibly delicious dish.

CCCCCCCCCCCCCCCC

안녕하세요, 저는
연이예요!



저의가족은 아
버지,어머니,
남동생, 여동
생이예요.



YEAR 8 KOREAN



저는랜스베
일에살아요.

저는베트남
사람이예요.

만나서반가워요!



안녕하세요!

저는제인이에
예요.

저는 시드니에 살아요.
저는 캄보디아 사람이예요.

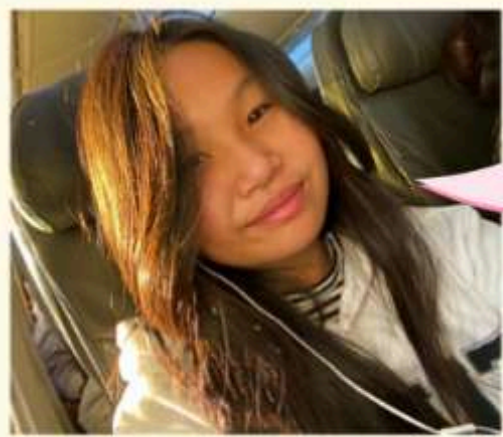


저의 가족은 아빠,
엄마, 오빠예요.



만나서반갑습니다.

안녕하세요!!



저는 바오차우예요.

저의 가족은 엄마, 아빠, 언니예요.



저는 캔리베일에 살아요.



캔리베일



저는 베트남 사람이에요.



만나서 반가워요.

안녕하세요

저는젠이에요.
저는시드니에살아요.
저는베트남사람이에요.



만나서반가워요.

MYFAMILY

저의가족은 할아버지,
할머니,아버지,어머니,
여동생,저예요.

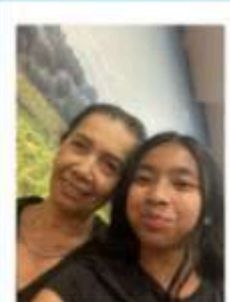
ABOUT ME!



안녕하세요!
저는안나예요.



저는보리그에살아요.



저의가족은할머니



← 아버지,



← 엄마,



← 오빠, 오빠예요.

저는캄보디아사람이에요.



만나서 반가워요!

ABOUT ME

안녕하세요!

저는 샬메인 이에요.



저는 호주에 살아요.



저의 가족은 할머니,
아빠, 엄마, 오빠예요.

저는 중국 사람이에요.



만나서 반가워요!



សកម្មភាពរបស់

គ្រួសារខ្ញុំ

-By Jullyya SAO

សារៈសំខាន់នៃសកម្មភាពរួមគ្នាមានដូចជា៖



- ជិះឡានទៅលេងសមុទ្រ ហែលទឹកជាមួយគ្នា ហើយញ៉ាំអាហារនៅទីនោះ។

- ចេញទៅក្រៅជុំគ្នាញ៉ាំអាហារថ្ងៃសម្រាប់អាហារពេលល្ងាច ។



- លាងចាន កាត់បន្ថែម សម្អាតតុ និងផ្សេងទៀត ដើម្បីជួយ ចម្អិនម្ហូបជាមួយម៉ែនិងបងស្រី។

- ទិញម្ហូបដូចជាបន្លែ និងសាច់នៅផ្សារជាមួយយាយនិងប្អូនស្រីរបស់ខ្ញុំ។



Double Happiness paper cutting is a hands-on approach to the Chinese culture.

Year 8 Chinese students were engaged in this fun learning activity, culminating in beautiful, finely crafted works of art.

With scissors in hand, these students share the finished results of their Double Happiness paper-cutting, demonstrating patience and artistic flair.

Chinese

paper cutting

DOUBLE

HAPPINESS



Giá trị dinh dưỡng



1

Với tỉ lệ gia tăng của nguy cơ mắc bệnh béo phì toàn cầu, những món ăn với hàm lượng dinh dưỡng đầy đủ lại hợp khẩu vị của nhiều người như gỏi cuốn được quan tâm sẵn đón.

2

Nghiên cứu cho thấy, trung bình hàm lượng dinh dưỡng có trong một chiếc gỏi cuốn gồm:

- Chất đạm: 3.4g.
- Tinh bột: 4.85g.
- Chất béo: 1.97g.

3

Gỏi cuốn cũng là một trong số ít các món ăn Việt mà ăn chơi ăn bởi cũng có thể thực sự làm no bụng người ăn. Hiện nay món ăn này có mặt tại hầu hết các cửa hàng Việt xứ Tây. Cách làm một món gỏi cuốn rất đơn giản, nhưng cũng đồng thời thể hiện được tâm ý người làm thấm nhuần trong từng nguyên liệu. Hãy một lần thử trải

Vietnamese Fresh Rolls

by Minh Ngoc Nguyen (Year 9 Vietnamese 2024)

Vietnamese fresh rolls were ranked among the top 50 dishes in the world by CNN in 2011.

They are popular to foreigners and Vietnamese people in Vietnam as well as overseas thanks to their delicious taste and nutritional values (less fat, more protein and carbohydrate). Its delicious balanced taste comes from the combination of the freshness of cucumber and herbs, the rich flavour of boiled pork and fried eggs, combined with the sweet and savory taste of freshly steamed shrimp. The dipping sauce for fresh rolls is equally enticing and varies by region. It features the salty taste of fermented black bean sauce, the sweet and nutty flavour of steamed mung beans and sugar, and the tangy-sweet touch of pickled carrots in vinegar.

Vietnamese fresh rolls are especially suitable to serve as a cool dish in summer. Besides, it is also easy to make, and the ingredients do not cost much.

ELECTIVE HISTORY

YEAR 10

EXCURSION

This term our 10 Elective History class has been studying Crime and Punishment in class. We visited the Justice and Police Museum and participated in a walking tour in Surry Hills on the 5th November to explore the city's colourful criminal past. The excursion provided an in-depth look at the darker side of Sydney's past, with a particular emphasis on how crime shaped the local community in Surry Hills.



First, we took part in a walking tour led by our tour guide Elliot. The focus of the day's visit was on Surry Hills, a suburb with a rich and often turbulent history. Once known for its high levels of poverty and crime, Surry Hills was infamous for its association with gangs, illicit activities, and the struggle for survival in a rapidly developing city. We learned about some of the most notorious crimes committed in the area, including robberies, murders, and the criminal underworld that operated during the late 1800s and early 1900s.

Here are students' thoughts of the day:

After the walking tour, we visited the Justice and Police Museum in Sydney. We examined exhibits showing criminal activities, justice systems, and law enforcement strategies from the 19th century through to modern times. The Justice and Police Museum is known for its extensive collection of artifacts, including old police uniforms, criminal records, and historical documents, all of which contributed to our understanding of how crime and punishment have evolved over time in Sydney. We also took part in a mock trial which was conducted in one of the courtrooms. Overall, it was an enjoyable day for all. - Julia

"I liked our tour guide Elliot, and the information he gave us about Kate Leigh and Tilly Devine, two queens of the Underworld. Learning about the notorious street of Surry Hills including May Smith who lived in the 1970s. The history of many houses, even criminals' records of some houses, even some weird crime stories like the 'Knee Sock Strangler'". - Aaliyah

"I liked the way our tour guide Elliot explained the stories, walking around the city, looking at different experience" - Filomena

"I liked the trip, as we learned about real people from 100 years ago, and their thinking during that time period." - Brian

"I liked the crime stories, and the tour engaged us with histories of Surry Hills" - Dylan

"The best part of the day for me, was the mock trial"

- Camila

"Stories in Surry Hills meant observing objects in the museum." - Jake

"The walking tour ... was the best excursion since it had real evidence from the past." - Anna



year II **CBA**

THIS YEAR, A GROUP OF 16 YEAR 11 STUDENTS HAD THE EXCITING OPPORTUNITY TO PARTICIPATE IN THE COMMONWEALTH BANK PARTNER A CLASS PROGRAM, A HANDS-ON INITIATIVE AIMED AT ENHANCING FOSTERING INNOVATION AND PROVIDING STUDENTS WITH REAL-WORLD INSIGHT INTO THE BANKING WORLD. THE PROGRAM, WHICH INVOLVES STUDENTS WORKING CLOSELY WITH THE COMMONWEALTH BANK (CBA), CONSISTED OF TWO ROUNDS OF PRESENTATIONS TO SENIOR EXECUTIVE MEMBERS AT CBA, CHALLENGING PARTICIPANTS TO DEVELOP CREATIVE SOLUTIONS TO REAL-WORLD FINANCIAL PROBLEMS.

IN THE MOST RECENT ROUND OF PRESENTATIONS, STUDENTS WERE TASKED WITH PRESENTING INNOVATIVE IDEAS FOR BANKING PRODUCTS OR SERVICES. WORKING IN TEAMS OF FOUR, STUDENTS BRAINSTORMED AND DEVELOPED CONCEPTS THAT SHOWCASED THEIR CREATIVITY.

ONE OF THE STANDOUT IDEAS WAS A SCAM AWARENESS PROGRAM (EMILY HONG, ANDRIANA MALINOVIC, ESTHER TANG AND TRACEY TRAN) DESIGNED SPECIFICALLY FOR TEENAGERS. THIS INITIATIVE AIMED TO EDUCATE YOUNG PEOPLE ABOUT HOW TO RECOGNIZE AND AVOID COMMON SCAMS,

EMPOWERING THEM TO MAKE SAFER FINANCIAL DECISIONS. ANOTHER IMPRESSIVE PROPOSAL WAS THE CREATION OF A WRISTBAND SAVINGS CARD (ANTHONY LE, SALINA SOK, EVITA NGUYEN AND DAISY DUONG), A PRACTICAL AND ENGAGING WAY FOR YOUNG PEOPLE TO MANAGE THEIR SAVINGS, WHILE

A THIRD TEAM PROPOSED A VIRTUAL REALITY HEADSET (BRYAN LUU, EDWARD YIN, LEYNA DANG AND JENNIFER KOUCH) THAT COULD HELP ELDERLY AND RURAL RESIDENTS ACCESS BANKING SERVICES FROM THE COMFORT OF THEIR HOMES. THESE IDEAS WERE NOT ONLY INNOVATIVE BUT ALSO HIGHLIGHTED THE STUDENTS' ABILITY TO THINK ABOUT BANKING SOLUTIONS FOR DIVERSE AUDIENCES.

THE WINNING TEAM, AFTER MUCH HARD WORK AND COLLABORATION, PRESENTED A FINANCIAL APP FOR STARTUPS (MATTHEW NGO, NATHAN BUI, DUSTYN VO, AND JAYDEN DO). THIS APP IS DESIGNED TO GENERATE SIMPLE FINANCIAL STATEMENTS, ALLOWING SMALL BUSINESS OWNERS TO FORECAST THEIR FINANCIAL PERFORMANCE AND PLAN FOR FUTURE SUCCESS. THE CONCEPT WAS DEVELOPED FOR ITS POTENTIAL TO SUPPORT ENTREPRENEURS IN MANAGING THEIR FINANCES MORE EFFECTIVELY, PROVIDING A PRACTICAL TOOL FOR ANYONE LOOKING TO LAUNCH A NEW BUSINESS.

THE COMMONWEALTH BANK PARTNER A CLASS PROGRAM PROVIDED OUR YEAR 11 STUDENTS WITH INVALUABLE EXPERIENCE, OFFERING THEM A CHANCE TO APPLY THEIR LEARNING IN A REAL-WORLD CONTEXT. THE PROGRAM HELPED BUILD THEIR CRITICAL THINKING, TEAMWORK, AND PRESENTATION SKILLS, WHILE ALSO SPARKING THEIR CREATIVITY. WE ARE INCREDIBLY PROUD OF THEIR ACHIEVEMENTS AND LOOK FORWARD TO SEEING WHERE THESE YOUNG INNOVATORS GO NEXT IN THE PROGRAM!

MATTHEW NGO

NATHAN BUI

Special Highlights

Compiled by our future leaders, SRC Members, Farouk and Jade!

Year 7 Fairfield Museum excursion



Year 8 Computer Studies Challenge

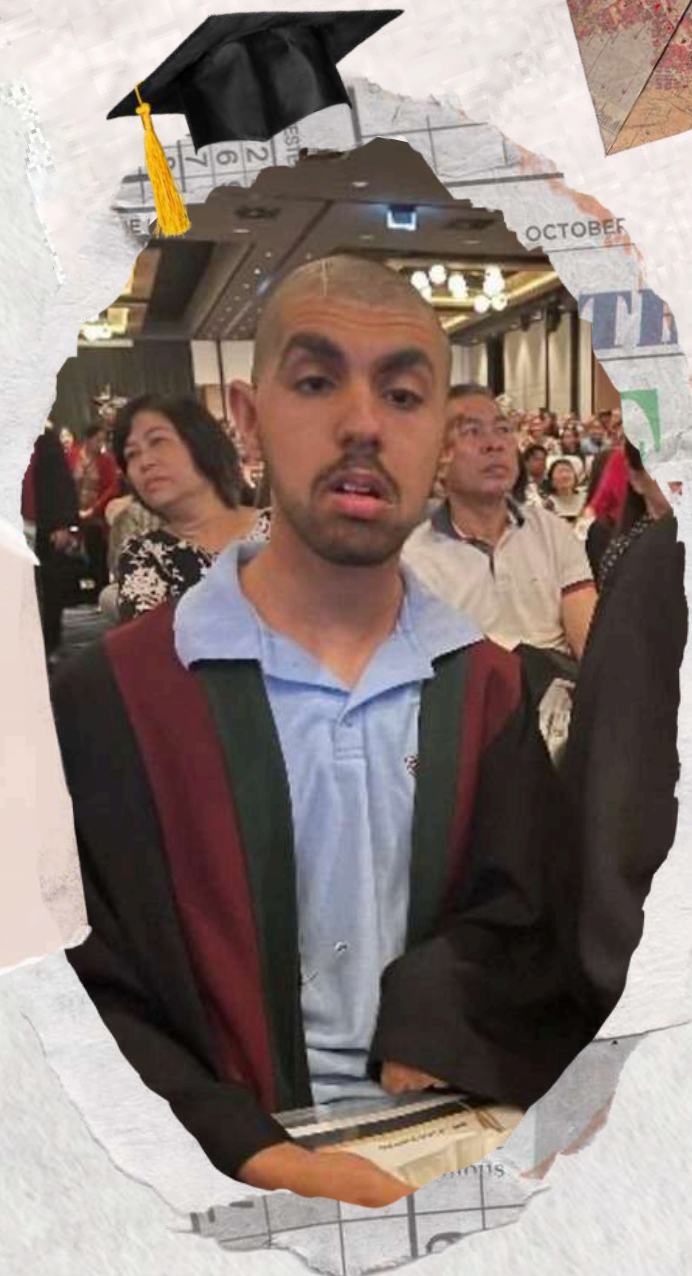


Juniors Bowling Competition & Social Skills



Special Highlights

Year 12 We made it!
Happy B-Day to Nathan and
farewell to Anthony



Peace day Celebration

peace



All Support Unit students and staff helped to make the PEACE wall hanger

Day





Year 11 → Commonwealth Bank Partner A Class

PROGRAM

One of the standout ideas was a scam awareness program (Emily Hong, Andriana Malinovic, Esther Tang and Tracey Tran) designed specifically for teenagers. This initiative aimed to educate young people about how to recognise and avoid common scams, empowering them to make safer financial decisions. Another impressive proposal was the creation of a wristband savings card (Anthony Le, Salina Sok, Evita Nguyen and Daisy Duong), a practical and engaging way for young people to manage their savings, while a third team proposed a virtual reality headset (Bryan Luu, Edward Yin, Leyna Dang and Jennifer Kouch) that could help elderly and rural residents access banking services from the comfort of their homes. These ideas were not only innovative but also highlighted the students' ability to think about banking solutions for diverse audiences.

This year, a group of 16 Year 11 students had the exciting opportunity to participate in the Commonwealth Bank Partner A Class program, a hands - on initiative aimed at enhancing fostering innovation and providing students with real-world insight into the banking world. The program, which involves students working closely with the Commonwealth Bank (CBA), consisted of two rounds of presentations to senior executive members at CBA, challenging participants to develop creative solutions to real-world financial problems.

In the most recent round of presentations, students were tasked with presenting innovative ideas for banking products or services. Working in teams of four, students brainstormed and developed concepts that showcased their creativity.





The winning team, after much hard work and collaboration, presented a financial app for startups (Matthew Ngo, Nathan Bui, Dustyn Vo, and Jayden Do). This app is designed to generate simple financial statements, allowing small business owners to forecast their financial performance and plan for future success. The concept was developed for its potential to support entrepreneurs in managing their finances more effectively, providing a practical tool for anyone looking to launch a new business.

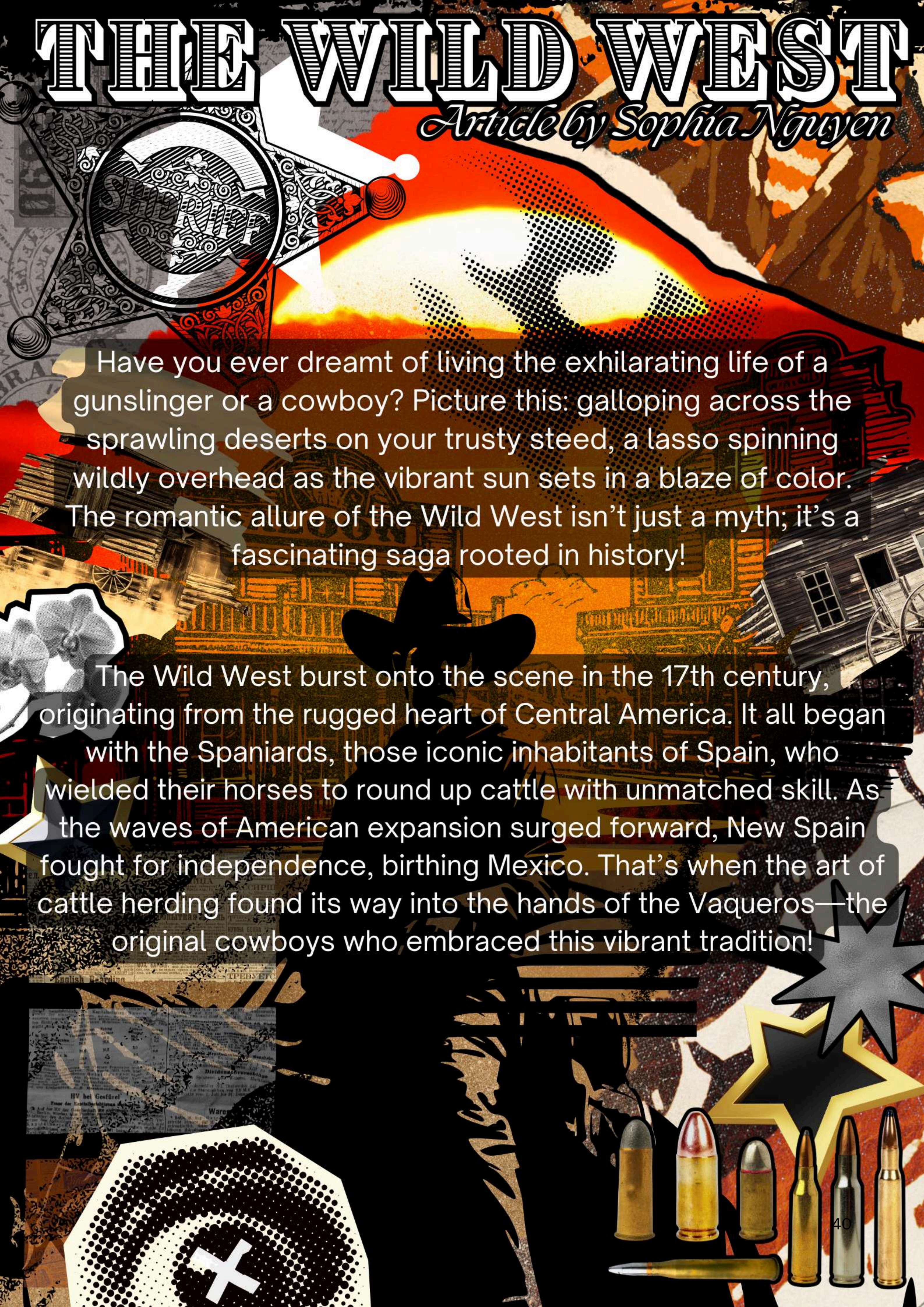
The Commonwealth Bank Partner A Class program provided our Year 11 students with invaluable experience, offering them a chance to apply their learning in a real-world context. The program helped build their critical thinking, teamwork, and presentation skills, while also sparking their creativity. We are incredibly proud of their achievements and look forward to seeing where these young innovators go next in the program!

Matthew Ngo and Nathan Bui



THE WILD WEST

Article by Sophia Nguyen



Have you ever dreamt of living the exhilarating life of a gunslinger or a cowboy? Picture this: galloping across the sprawling deserts on your trusty steed, a lasso spinning wildly overhead as the vibrant sun sets in a blaze of color. The romantic allure of the Wild West isn't just a myth; it's a fascinating saga rooted in history!

The Wild West burst onto the scene in the 17th century, originating from the rugged heart of Central America. It all began with the Spaniards, those iconic inhabitants of Spain, who wielded their horses to round up cattle with unmatched skill. As the waves of American expansion surged forward, New Spain fought for independence, birthing Mexico. That's when the art of cattle herding found its way into the hands of the Vaqueros—the original cowboys who embraced this vibrant tradition!



Then came the California Gold Rush, igniting the dreams of countless adventurers! The construction of railroads transformed travel and trade, convincing settlers from the eastern states to chase their fortunes in the west. Many found themselves working on farms and ranches as cowboys, farriers, and a host of other trades. Mining, carpentry, clerking, blacksmithing—you name it, the Wild West was bustling with opportunity!

The legends of this thrilling era sprang to life through daring individuals whose wild adventures captured the imagination of all (think of legends like Billy the Kid and Annie Oakley). These captivating tales were shared far and wide, receiving excitement through comics, shows, and films. The first to set off a wildfire of popularity was Buffalo Bill's Wild West Show, which introduced a charming array of cultures, traditions, and unforgettable characters that would forever inspire Hollywood.

Oh, and Hollywood did not hold back! They revelled in the rich stories of the Wild West, pumping out movies that celebrated 'guys with hats shooting stuff and riding horses' in every conceivable way. Spin-offs, sequels, and prequels flooded the screens, and the media couldn't get enough! The Wild West blossomed into an unstoppable phenomenon, producing music, video games, fashion, and literature, captivating generations with its thrilling stories and timeless charm. So let's saddle up and join the ride through appreciating the origins of the Wild West and its unique media!

Textiles & Design

Congratulations to the Year 12 Textile and Design students who successfully completed their Major Textiles Projects for 2024.

Some of the focus areas the projects were placed in were Costume Design, Non-Apparel, Textile Arts and Furnishings.

Their works were inspired by cultural, historical and contemporary factors and they explored a variety of themes which included:

- The ancient world of jellyfish
- The everchanging landscape of the ocean
- 3D floral arrangements exploring colour, texture, shape
- Traditional Chinese inspired costume
- Costume designs influenced by Disney princesses
- Costume design influenced by the series Bridgerton
- An interactive lamp inspired by Setsuko from "Grave of the Fireflies" a timeless message about peace, hope, resilience and strength.

Many new skills were explored this year, some of those being:

- drafting their own patterns
- creating their own lace using solvy
- using boning for their corsets in their costume designs

Other techniques students employed this year in their projects included:

- hand machine embroidery
- beading
- hand painting/dyeing/screen printing
- applique
- felting
- knitting/crocheting
- creating pleats, tucks and folds

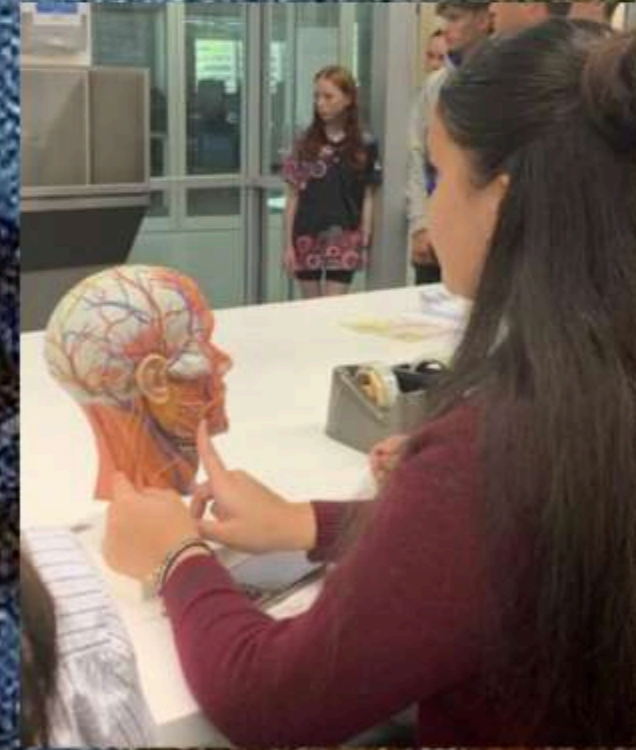
I am very proud of the dedication, hard work, time and effort my students put into completing their projects. Their works were innovative and aesthetically pleasing, each possessing a degree of difficulty. I wish my students all the very best in their future endeavors.

Mrs Cruz

Celebrating student achievements!



ABORIGINAL EDUCATION



TERM 4 BEGAN WITH SOME OF THE ABORIGINAL EDUCATION COMMITTEE MEMBERS ATTENDING A NATIVE FOODS HIGH TEA AT MIDDEN ON THE FORESHORE OF THE SYDNEY OPERA HOUSE. IT WAS A BEAUTIFUL SUNNY SUNDAY IN THE CITY WITH GREAT COMPANY AND SCRUMPTIOUS FOOD! NATASHA MORRISON WAS AWARDED A MEDALLION FOR HER ENTRY INTO THE NAIDOC WEEK COMPETITION RUN BY THE STATE NAIDOC WEEK COMMITTEE. NATASHA WAS 1 OF THE 25 WINNERS IN THIS STATE. WELL DONE, NATASHA! WE HAVE ATTENDED THE WESTERN SYDNEY UNI SCIENCE, ENGINEERING AND WORKSHOPS TO SEE WHAT CAREERS ARE AVAILABLE THAT WE MAY LIKE TO PURSUE AFTER GRADUATION. THERE ARE STILL QUITE A FEW ACTIVITIES THAT WE WILL BE PARTICIPATING IN BEFORE THE 2024 SCHOOL YEAR CLOSURES. STEFFANI KELLEHER WILL BE GIVING THE ACKNOWLEDGEMENT OF COUNTRY AT THE SCHOOL'S REMEMBRANCE DAY ASSEMBLY. A CRUISE ON THE 'TRIBAL WARRIOR' HAS BEEN BOOKED FOR 14/11. WE WILL SAIL FROM DARLING HARBOUR TO CLARKE ISLAND AND GO 'ON COUNTRY'. NATASHA AND JACK DUPOND WILL BE SASH STUDENTS REPRESENTING THE ABORIGINAL PEOPLE AT THE SCHOOL'S PEACE SAY ACTIVITIES ON 22/11. IN EARLY DECEMBER THERE WILL BE AN OFFICIAL OPENING OF BLOCK 7 INDIGENOUS STAIRCASE. THE SCHOOL LION DANCERS WILL PERFORM ALONG WITH RYKA ALI WHO WILL DO THE SMOKING CEREMONY. THE PARENTS AND CAREGIVERS OF OUR KOORI STUDENTS HAVE BEEN INVITED, AND HOPEFULLY QUITE A FEW WILL ATTEND AS THEIR CHILDREN ARE QUITE EXCITED ABOUT THE EVENT.

SRC

The SRC members have been busy this term acting as scribes for students in exams.



They have also helped out with Green Day – cleaning up the flagpole garden as well as the area outside the library and painting message rocks in the Peace Garden.

The SRC Leadership group recently attended the GRIP (generosity, responsibility, integrity and people) Conference at Castle Hill RSL.



The conference was fun-filled, interesting and exciting with the leadership group learning some new and great ideas about leadership.



ingat sekretaris (jajakerat memiliki tugas melaksanakan pen... pada 22 Juni baru... kerap sungenk saat... kerja kepala dinas mau... a daerah. "Selama ini i... OPD (organisasi perangs... (h) Mau nezuuzi dina...

Hospitality - Cookery

Fancy a Sandwich?

Year 11 Hospitality (Cookery) have recently finished making a range of sandwiches and this was a crowd pleaser that everyone enjoyed. The Croque Monsieur originates from France.



Let's cook



Croque Monsieur

Ingredients :

- 10g butter
- 10g plain flour
- Pinch nutmeg
- 130ml milk
- 2 slices Gruyere or Swiss cheese
- 20g Dijon mustard
- 4 slices white bread
- 70g ham
- 20ml olive oil
- 15g grated parmesan
- 15g grated tasty cheese
- Salt and pepper to taste

Procedure :

1. Preheat the oven to 220°C. Line a baking tray with baking paper.
2. Melt the butter in a small saucepan and add the flour and nutmeg. Using a wooden spoon or a whisk, cook out the flour mixture for 1 minute, stirring often, until it resembles coarse sand. Take off the heat.
3. Whisk in the milk in a steady stream and cook over low heat until smooth. Season and set aside to cool.
4. Spread mustard on one side of each bread slice and béchamel sauce on the other (keep the remaining sauce) place ham and Gruyère cheese on 2 slices of bread, place the top on.
5. Brush each side of the sandwich with oil. Fry the sandwiches for approximately 2 minutes on each side, until golden. Transfer to a baking tray.
6. Spoon the remaining béchamel sauce over the sandwiches. Sprinkle with Parmesan and grated cheese and bake at 220°C for approximately 5 - 10 minutes or until gratinated.
7. Place the sandwiches in the centre of each plate.



HERO SUSHI

review



3 9/5 STARS



PERSONALLY, I ENJOYED HERO SUSHI'S FOOD, NOT BECAUSE IT'S SUSHI, BUT BECAUSE THEY HAVE A VARIETY OF DELICACIES. FROM HOT FOOD TO COLD FOOD TO PLATES RANGING FROM SEAWEED ROLLS TO NIGIRI RUN DOWN A CONVEYOR BELT IS A UNIQUE AND ADMIRING PRESENTATION. WHEN I SAW THE STORE, I WAS CURIOUS. OBVIOUSLY, THE CONVEYOR BELT CAPTURED MY EYES!

BY: ELIZABETH DAM (7P)

PIZZA HUT

review



5/5 STARS



I RECENTLY VISITED PIZZA HUT ST ANDREWS, AND IT WAS AN AMAZING EXPERIENCE! THE MOMENT I WALKED IN, THE FRIENDLY STAFF GREETED ME WITH SMILES, MAKING ME FEEL RIGHT AT HOME. THE RESTAURANT WAS CLEAN AND HAD A COZY ATMOSPHERE WHICH IS PERFECT FOR ENJOYING A MEAL WITH FAMILY OR FRIENDS.

BY: KIERAN LAUGHLIN (7P)

International Student Success Stories

Xiao Leang Yee, who completed her HSC this year, has shown us how hard work and embracing a new community can lead to success.

Xiao Leang has been an SRC representative for the last two years. As an international student she has been a voice for the large international student body in the high school.

Last month she became a finalist in the NSW International Education Awards. This prestigious event recognised student leadership at the highest level. Xiao Leang was one of four finalists.

Xiao Leang is also a finalist in the NSW Government Schools 2025 International Student Awards in the leadership category. The winner will be announced on the 11th March next year.

Dang Tuan Dung NGUYEN, another Year 12 international student, has been nominated for the NSW Government Schools 2025 International Student Awards in the academic category. Dang Tuan Dung achieved first place in the following HSC courses: Extension 1 Mathematics, Extension 2 Mathematics and Physics. He also ranked in the top five for all of his other subjects.

Dang Tuan Dung has high aspirations and desires to pursue Actuarial Studies at university next year.



Cabramatta's Success

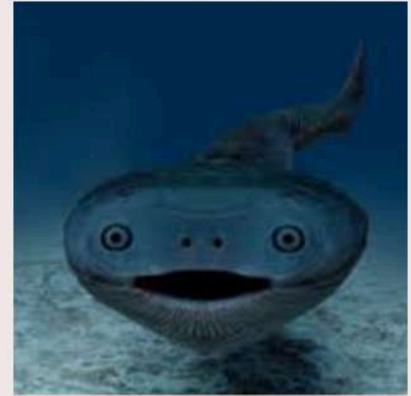


Farewell Year 10



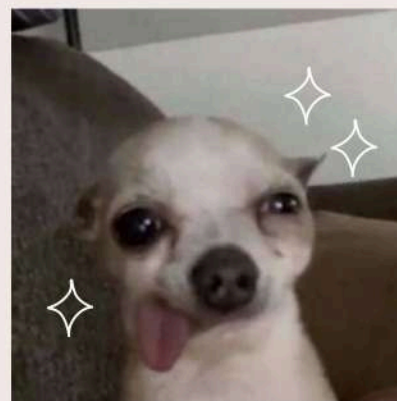
"My time here at Cabramatters was very fun 10/10 would Cabramatters again"

- Sophia Nguyen
Sophia



"Hawk one, hawk tuah, hawk red, hawk bluah"

- Rosalind Bai
Rosalind



"Good people, great articles, fabulous teachers, 100% would do it again. Wishing the best of luck to future years! (Trust me its worth it)"

- Katherine Ing
Katherine



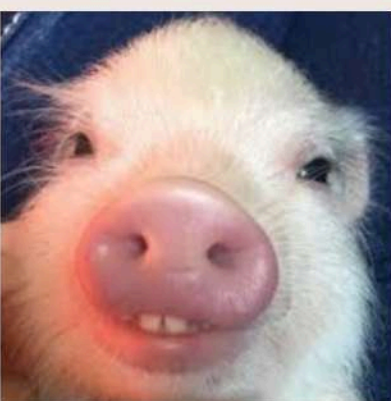
"POV: When life's getting too real you can't face reality ~~~!"

- Cherry Mak
Cherry



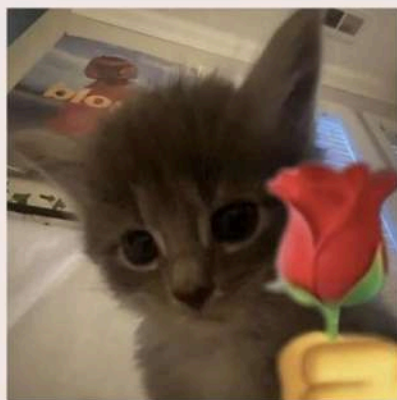
"Amazeballs to Ms Chan and Mr Nguyen and lots of love to Cabramatters Crew 🥰"

- Hanbi Kim
Hanbi



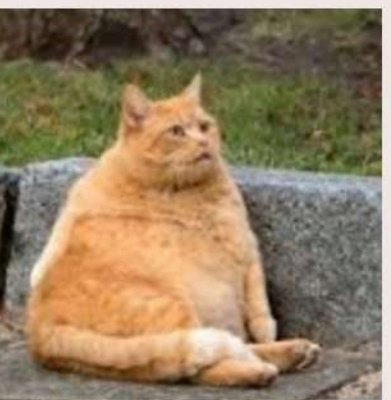
"Byebye cabramatters!!"

- Cindy Nguyen
Cindy



"I really enjoyed skipping class for this. Bye Cabramatters!!!"

- Shanel Barrientos
Shanel



"Later Alligators Cabramatters, it's been a good few years and best of luck to the juniors in future years!"

- John Ta
John



"Farewell Cabramatters! The Year 10s will now entrust our legacy to you. These past few years with the team have been magnificent and you are in good hands with Ms Chan and Mr Nguyen. Will miss Cabramatters lots and the memories made. See you later!"

- AMY CHAU
Amy

What are we looking forward to in senior years?

"My new subjects and I am looking forward in my studies and sports"

- John Ta

"I'm actually looking forward to how much I can study and learn in the last years of high school. I'm sprinting towards the finish line!!!!!! (HOPE I SURVIVE)"

- Cherry Mak

"Subjects, new uniform, senior jackets, graduating, new teachers, formal"

- Cindy Nguyen

"To see everyone working hard for their goals and dreams."

- Hanbi Kim

"Super delighted for the opportunities that await us!! Looking forward to the chosen electives and to delve further into our future and journey together!"

- Amy Chau

"I'm so excited to see what other opportunities seniors has for us and my new subjects! Especially hospitality and food tech. Also studying 24/7, very exciting. (2025 is my academic comeback)"

- Katherine Ing

"I'm looking forward to hopefully survive the next two years—with my sanity intact."

- Sophia Nguyen

We would like to offer our sincerest thanks to this crack shot team of editors, journalists, meme-lords and reporters. We wish them luck as they hit year 11!

Mr. T. Nguyen & Ms. M. Chan





WHAT IS YOUR ELF NAME AND QUIRK?

BIRTH DATE - NAME

- | | | | |
|------------|---------------|----------------|----------------|
| 1. Preppy | 9. Sparkles | 17. Ginger | 25. Shiny |
| 2. Rizzy | 10. Frosty | 18. Dash | 26. Waffles |
| 3. Joy | 11. Perky | 19. Snowball | 27. Tiny |
| 4. Jacked | 12. Spicy | 20. Pixie | 28. Pixie |
| 5. Big | 13. Crusty | 21. Wonder | 29. Wonder |
| 6. Clove | 14. Sprinkles | 22. Peppermint | 30. Peppermint |
| 7. Bubbles | 15. Coco | 23. Gumdrop | 31. Gumdrop |
| 8. Busy | 16. Flake | 24. Pearl | |

FIRST LETTER OF YOUR NAME - QUIRK

- | | | |
|---------------|------------------|-------------------|
| A. Mature | J. Clever | S. Extroverted |
| B. Patient | K. Modest | T. Natural leader |
| C. Kind | L. Persistent | U. Honest |
| D. Warm | M. Loyal | V. Confident |
| E. Mysterious | N. Outrageous | W. Generous |
| F. Powerful | O. Trustworthy | X. Elegant |
| G. Neat | P. Knowledgeable | Y. Cool |
| H. Flirty | Q. Welcoming | Z. Genius |
| I. Creative | R. Nervous | |

WHERE'S SANTA?

FIND THE 5 HIDDEN SANTAS



riddle ME

this

1. I come with many colors, very big and bright, I turn so many houses into a beautiful sight.

What am I? _____

2. I'm a cookie you might like to eat, and some might say I'm a favoured Christmas treat. I have brown arms, eyes, and don't forget my feet.

What am I? _____



