

2024 Orientation Pack for Cammeraygal High School



The Cammeraygal High School (CHS) P&C (Parents & Citizens) Association would like to welcome you and your family into the Cammeraygal community.

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The CHS P&C meets on the first Tuesday of each month during school terms, and all parents and carers are very welcome to attend. At these meetings we benefit from comprehensive presentations from our Principal, executive team, teachers, staff, students, sports, wellbeing, environment and community speakers.

At P&C meetings, parents gain valuable insight into the school and have an opportunity to shape our schools systems, policies, extracurricular activities and culture. The journey continues in 2024 – we want your input into shaping our school community as it continues to mature. We welcome all parents and guardians of CHS students to participate in the P&C discussions.

When voting on a motion at a P&C meeting, attendees need to be official members of the P&C which carries a nominal \$1 fee and completed application.



QR Code to Join the CHS P&C


When voting on a motion at a P&C meeting, attendees need to be official members of the P&C which carries a nominal \$1 fee; application.



To join the CHS P&C community please use the adjacent QR Code, or click on the link <https://forms.gle/VfzoCXjqosAdjVc>

More information about the Committees and other P&C activities can be found at our website:
<http://cammeraygalpandc.org.au>

On Tuesday 5 December, at 6:00pm we are holding our final General P&C Meeting for 2023 followed immediately by the AGM on ZOOM,
where we will elect P&C executive and committee leads for 2024
and hear from key Cammeraygal High School leadership and staff.
Everyone is welcome, but you will need a (free) Zoom account to participate.
ZOOM Meeting ID: To be shared via email closer to the date of the meeting
Passcode: To be shared via email closer to the date of the meeting

You are welcome to nominate yourself or someone else for any of the following positions. To do so, please use the QR code below, or click on this link <https://forms.gle/YWJhKeCiy4mdGFDU9>

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|  | <p>P&C Officers</p> <ul style="list-style-type: none"> • President • Vice-President (2 positions) • Treasurer • Secretary | <p>Committees</p> <ul style="list-style-type: none"> • Communications • Creative & Performing Arts (TBC) • Environment (TBC) • Sport • Social & Fundraising • Wellbeing |
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| <p>P&C Contact List</p> <p>To stay in the loop with the CHS P&C Community please sign up by scanning the QR Code on the right or click on the link https://forms.gle/6y8w2Kogk4k474QJA</p> |  |
| <p>Join our Facebook Group: Cammeraygal High School Parent Network</p> <p>https://www.facebook.com/groups/cammeraygalpandc/</p> <p>Please answer the membership questions or you will be declined.</p> |  |

We look forward to getting to know you in 2024. If you have any comments or questions, please contact the P&C Executive Committee at secretary@cammeraygalpandc.org.au

The annual Family Contribution is the main fundraising vehicle for the P&C. It's the perfect way for busy parents who are unable to volunteer much of their time to make a valuable contribution to the school. Using the money raised from these annual contributions, we are able to significantly enhance the quality of the educational experience at CHS, supporting learning, wellbeing, sports, arts and equipment which cannot be funded from the school budget.

All students at CHS benefit from P&C funding. The P&C has supported the installation of air conditioning and solar panels at the school, funded a number of hugely successful wellbeing initiatives for students, assisted with student-led funding requests, funded the Year 12 graduation event and funded enhancements to both campuses. Enhancements have included a grand piano on the senior campus, a library upgrade and purpose designed hall lighting on the junior campus. The P&C has also recently contributed towards the transformation of the girls' junior campus toilets with artwork enhancing the environment with positive messaging and a water fountain for each campus.

In 2024 the recommended contribution is \$250 per child. This amount is commensurate with the amounts suggested at CHS's feeder primary schools and other public high schools in our area. We like to point out that it's less than 1% of the annual school fees at nearby private schools!

Funding decisions are made at P&C meetings and you are invited to join the regular meetings and be part of the decision making process. Become a voting member using the QR code shown on page 2.

The P&C Contribution has been included in your schedule of fees and can be paid via the school payment system. The school generously collects the fees on our behalf to make both paying and collecting easier for parents and the P&C. You are, of course, welcome to contribute more or less than the recommended amount, because all contributions are greatly valued.

Thank you for your support. We look forward to creating a fulfilling high school experience for your student.

The school will provide you with a stationery list in the Orientation Packet, and/or post the list on the school website [here](#)).

OfficeWorks offers a “School List Service” at competitive prices whereby you can upload your shopping list to their website and their team will prepare the pack for you. You can then have it delivered or pick it up from your local store.

Go to: <https://www.officeworks.com.au/app/school-list-upload/>

Another option which will be available is through COS who will be setting up an online shopping cart for CHS Year 7 2024 stationery. You will be emailed a link with a code to access this shopping cart and you can individually order and pay for items on the list and they will be delivered to you.

Cammeraygal High School has a fantastic parent, student and carer community with high participation rates in P&C sports, events, wellbeing presentations and social activities.

We hold plenty of social events for parents, carers and teachers to get to know each other, have some fun and become more connected as a school community.

Look out for upcoming events in the newsletter or our Facebook page (link on page 3). If you are willing to help out our social committee or know of any great local businesses that could help with catering or event idea, please get in touch!

Feel free to contact the Social Committee directly at: social@cammeraygalpandc.org.au add your interest to the P&C Contact List below.

2024 P&C Contact List

To stay in the loop with the CHS P&C Community please sign up by scanning the QR Code on the right OR at <https://forms.gle/YGgsj6R86GjX4cwb8>



A note on new uniforms:

There is no 'uniform shop' at CHS. New School and PE uniforms are available from:

NOONE – Chatswood Store Website: www.noone.com.au
Ground Floor, 328 High St, Chatswood, NSW 2067

If it is your first time ordering a uniform for CHS, we recommend that you book a fitting with Noone. Contact details are shown on their website.

Second-hand uniforms:

Second-hand uniforms are available through the Sustainable School Shop website.

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

Our aim is to create a sustainable community for second hand uniform reselling, with items available for purchase when you need it. This is a fairly new initiative and it will take time to grow. It also requires the wider school community to be actively involved for this to be successful.

Whether you need something now or not, please register. You will then receive emails with the stocktake report. <https://www.sustainableschoolshop.com.au>

- Families will be able to buy items when needed (not wait for a second hand sale day).
- It's free to register and search all the ads.
- You sell your uniforms directly to the buyer and you keep the money.
- No fee for the buyer or for the seller as the P&C has paid a fee to the business running the site, so sellers do not have to pay individual listing fees.
- P&C is not involved in the financial transaction.

The aims of the P&C Environment & Community Committee are to provide a forum for parents to discuss ways to improve the school's physical environment in line with sustainability principles and where possible and give support to student-led environmental initiatives.

The Committee is looking for enthusiastic parents, particularly those with a risk management background and those with report writing/grant application experience, to assist sustainability/environment initiatives within the school.

To contact the committee, email: environment@cammeraygalpandc.org.au

Wellbeing has been a focus at Cammeraygal High School from the very beginning.

The P&C Wellbeing committee plays an important role in supporting students, teachers and parents' wellbeing through recommending funding allocations which support CHS wellbeing program by providing:

- Information about a range of young people's wellbeing issues
- Resources about raising and guiding young people to become healthy, resilient and responsible adults.

We work closely with the CHS Wellbeing team to provide support linked to the wellbeing strategies that are being implemented at the school.

We focus mainly on:

- Inviting speakers to present to students and also to parents about current wellbeing issues and sharing any resources they provide such as Paul Dillon, Cybersafety solutions and the Tomorrow Man/Tomorrow Woman programs etc...
- Communicating with Parents via "Cammeraygal High School Parent Network" Facebook page to discuss challenges and issues faced by teenagers but also by parents of teenagers, such as
 - Friends, social groups
 - Social media and Peer pressure
 - Confidence and self-esteem
 - Body image
 - Perfectionism
 - Pressure about school success and their future / perceived expectations/ exam pressures
 - Bullying and cyberbullying
 - Drugs, alcohol and other risky behaviours
 - More serious mental health concerns – stress, anxiety, depression, eating disorder, etc...

- Discussing which topics Parents are interested in to best support their teenagers and open the conversation.
- Organising parents' workshops and seminars related to some of the wellbeing activities organised for the different year groups.

If you have any questions, please do not hesitate to contact the Wellbeing committee:

wellbeing@cammeraygalpandc.org.au



Start Y7 with a boost: Join our highly popular P&C Extracurricular Sports

Cammeraygal P&C's Sports program

The Cammeraygal P&C recognises the importance of participating in sport for young people and offers a wide range of sports in its P&C Sports Program. The focus for each of these sports is on participation, friendships and teamwork. These sports complement the wonderful in-school offering that takes place during school hours. The P&C Sports offered are:

Basketball | Netball | Tennis | Speed & Agility

Volunteers welcome

The success of the P&C Sports Program is due to the active participation of parents with the organisation and management of each sport being mostly run by parent volunteers. We are always looking for volunteers to assist as a committee member, team manager, umpire or coach. If you would like to volunteer, or you would like to champion a new sport not listed, please contact the Sports Committee at Sports@cammeraygalpandc.org.au

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| Basketball | NSBA Competition One: Jan to June 2024. Entries close Dec 2023. NSBA Competition Two: July to Dec 2024. Entries close June 2024. |
| Netball | NSNA Competition: Mar to Sept 2024. Entries close early Feb 2024 |
| Tennis | All year around |
| Speed & Agility | Term to term |

Team numbers are limited in all sports so sign up and pay any deposit as soon as possible to avoid disappointment. All teams are usually full by the beginning of January.

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| <p style="text-align: center;">2024 P&C Sports Signup</p> <p style="text-align: center;">To Sign up for P&C Sports go to https://www.trybooking.com/CLATY OR scan the QR code to the right.</p> |  |
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P&C - Basketball Information

Basketball is very popular with 190 students currently playing across 23 teams. Cammeraygal plays in the Northern Suburbs Basketball Association (NSBA) competition, which offers competitions all year round. Games mainly occur Friday nights & Saturday afternoons for Year 7 students. Venues are across the lower North Shore, from North Sydney Indoor Sports Centre to Willoughby Leisure Centre, North Sydney Boys High School, Redlands and Marie Bashir Centre. Draws are managed by NSBA.

All abilities welcome, girls and boys.

Training - Training takes place before school (7.15 - 8.15am) at North Sydney Indoor Sports Centre (NSISC), Hume Street, Crows Nest during school terms.

Grading - Player grading for Year 7 students will be held over 2 days on **Sat 9th December 10.30am - 12.00noon and Sun 10th December 2023 10.00am - 11.30am**, at the Cammeraygal High School, Senior Campus, enter via Rodborough Avenue, Crows Nest. You must register your interest to attend via the trybooking QR code to attend and please attend both days if possible.

Fees (2023) - Approximately \$480 per comp (\$430 with Active Kids Voucher) which includes NSBA team registration, game fees, coaching fees and court hire. Excluded 12 months membership fee for BNSW.

Uniforms - Uniforms can be purchased from the club supplier, Noone Imagewear in Chatswood.

Key Basketball Dates 2023/2024

Sat 9th Dec 2023 – Grading Day (1) 10.30am - 12.00noon

Sun 10th Dec 2023 – Grading Day (2) 10.00am - 11.30am

Early Jan 2024 – Payment and final Registration will close in PlayHQ

Feb to June 2024 – Competition One

Jul to Dec 2024 – Competition Two

Please register your early initial interest for Basketball via the P&C Sports QR code to receive updated information and attend grading day.

It is advisable to register early as many CHS basketball teams can have waiting lists. Exact dates/details of key dates will be advised once NSBA releases the 2024 Calendar.



P&C - Netball Information

Cammeraygal has had its own Netball Club since 2018. Cammeraygal Netball Club (CNC) currently has 105 players across 12 teams. We are a community club and open not just to students from Cammeraygal High School, but also any private or other public school in our neighbourhood.

CNC plays in the Northern Suburbs Netball Association (NSNA) competition from April to September. Games are held at the netball courts behind Willoughby Leisure Centre. Under 13's (Year 7's) play on Saturday mornings.

The Club is run by a Committee of passionate, hard working volunteers, and we welcome any and all types of assistance, big and small.

Welcome session - Join us on **Sat 9 December 2023 from 8.30am - 10.00am** for a more detailed introduction about our club to new interested Year 7 players and parents. Session will be held at Cammeraygal High School, Senior Campus, access via Rodborough Avenue, Crows Nest.

Interested players please wear sports clothes, we would like to see you play some netball and get an idea of possible team formations

Pre-season netball skills and fitness - We run a pre-season skills and fitness clinic before the season begins (6-8 sessions @ \$10 a session). Held on Wednesdays after school, 3.10pm - 4.10pm.

Training - Takes place at North Sydney Indoor Sports Centre (NSISC), Hume Street, Crows Nest on Wednesday before school (7.15 - 8.15am) and commences in February. Parent volunteers are needed to assist with coaching and managing teams.

Umpiring and Coaching - CNC offers umpiring and Junior coaching opportunities to players.

Grading - Player grading will be held early February 2024 on the Cammeraygal High School, Senior Campus, access via Rodborough Avenue, Crows Nest. More information will follow before the end of Term 4 2023.

Fees (2023) - Approximately \$340 to \$450, which includes coaching, umpiring fees, training, court hire and Netball Association fees. We aim to keep fees as affordable as possible.

Uniforms - Players will be fitted for uniforms at the grading session for parents to purchase from the club supplier.

Sponsorship - We currently partner with local businesses and we would like to thank North Sydney Orthodontics for their valuable contribution to our community club. We are currently seeking expressions of interest from local community businesses who may wish to partner with CNC in the 2024 season. Sponsorship prospectus is available upon request.

Key Netball Dates for 2023/2024

Sat 9th Dec 2023 - Welcome session for interested Year 7 players

Early Feb 2024 - Grading Day and Uniform sizing

End Feb 2024 - Payment and final Registration will close

Early Feb 2024 - Pre-season netball skills and fitness clinic

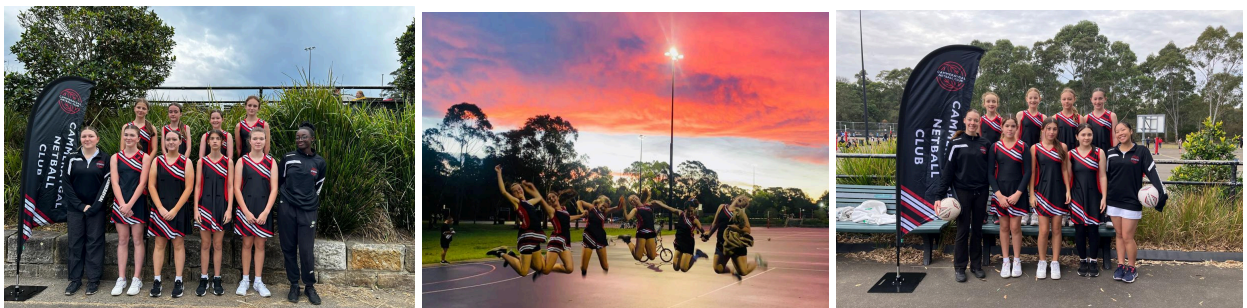
Mid Mar 2024 - Training will start

Early Apr 2024 - Round 1 begins and continues until September

School Holiday - 1 day Skills Clinic, 9am to 3pm approximately \$95.00.

Please register your early initial interest for Netball via P&C Sports QR code to receive updated information.

Exact dates/details of key dates will be advised once NSNA releases the 2024 Calendar.



Photographs show YEAR 7 Teams 2023 CNC 11 CNC 12

P&C - Tennis Information

Tennis is played all year around.

The competition includes:

- UTR verified Cammeraygal High tennis tournaments - all year around.
- Northern Suburbs Saturday morning between the school's competition in Term 1 and Term 4.
- Eastwood-Thornleigh District Tennis Association Secondary School Challenge in Term 1, 2, 3 one Saturday in a term
- Combined High School Tennis Knockout – Stan Jones Cup – teams
- Combined High School Tennis Individual Championships

Team allocation - Entry to the team is strictly by tennis trials or an invitation. Please register your initial interest early through the P&C Sports QR code. The sports admin will pass on your contact details to the tennis convener and will be in touch with you in regards to the trials.

Training and Match Play - Tennis team training occurs during school term, seven days a week, after school on a Monday to Friday; and on Saturday and Sunday mornings. Each team member has his/her own schedule tailored for his/her skill development. A student may have less training days if the player's standard is at a lower level.

Tournaments - can be during school hours and on weekends and holidays.

Cost - The cost will depend on numbers. The cost of tennis participation depends on the chosen activity. It varies from as low as \$14/person for 1 hour of group tennis fitness, and up to \$80 for 1 h private lesson (1:1 coach to student ratio). School tournaments are approx. \$25 per event/day.



P&C - Speed & Agility Information

Do you want to learn how to train and move fast like a professional athlete?

Speed & Agility training will help athletes of any sport and ability improve their fitness, speed and movement with challenging drills each week.

Rich Frost is an accomplished Athletics Coach who has worked with many High School students and some of Australia's fastest athletes.

Week by week the students will learn how to warm-up effectively, how to develop efficient run mechanics, change direction quickly and safely, how to become more explosive and sprint correctly. The sessions also include cardio-vascular development to build speed endurance. We have seen positive results in various sports from athletes who do this training, come along and try it out as new athletes are all welcome.

Session Day - Wednesday afternoons (3.10pm – 4.10pm)

Location - Cammeraygal High School, Senior Campus or Junior Campus. Advised weekly.

Cost - \$120 per term (10 sessions per term). The price is reduced weekly to allow students to join at any stage throughout the term.

Please register your early initial interest for Speed & Agility via the P&C Sports QR code to receive updated information.

P&C - Football (Soccer) Information

Please note that you cannot play with a CHS team if you are also in a development or academy squad at NSU, Northbridge etc.

Cammeraygal High School has a significant number of soccer players across all year groups. Whilst the P&C Sports does not offer a dedicated soccer program, students are encouraged to join North Sydney United Football Club (www.northsydneyunited.com.au) for both winter and/or summer soccer.

Winter soccer generally runs from late March through until late August. Teams usually have one training session during the week and play a match on either Saturday mornings (boys/mixed teams) or Sunday mornings (girls teams).

The summer soccer competition runs during the week throughout term 4 and generally does not involve training sessions.

During club registration, students should note that they attend Cammeraygal High School to assist the club in grouping students during the team formation process.

Students of all skill levels, from beginners to experienced, are welcome to play soccer.

P&C - Active Kids Voucher

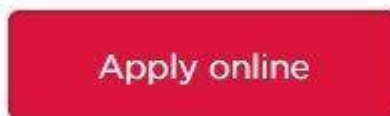
Active Kids Voucher

You may be eligible for a \$50 voucher from the NSW Government which you can use to effectively reduce your P&C Sport registration fees. **You must obtain your voucher code BEFORE you register with the club.** If you do not use the voucher code when registering, the club / sporting association **cannot refund** the \$50 to you - this is a rebate from the NSW Government and not a discount from the club / sporting association.

If you haven't already used your July 2023 voucher, you can use it to register with the P&C sport of interest before 31 December. However if you have used up your 2023 vouchers, you can obtain the next available Active Kids Voucher from 1st January, in which case, please action the following in January:

Access: <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

- Then on the website (not below) click:



- If you do not have a **MyServiceNSW account**, you will need to create one
- Once you have created your **MyServiceNSW account**, you will be prompted to log into your new account
- Then input the necessary details to obtain the active kids voucher - you will need your Medicare card to complete this
- Once all the necessary details are input, the voucher number will be shown on the screen and will also be emailed to you (not quickly, you should probably take a photo / print it)
- Use your active kids voucher number when prompted by the site when registering. The Cammeraygal P&C currently accepts Active Kids vouchers for basketball & netball clubs.



To read about the program go to <https://www.sport.nsw.gov.au/active-kid>

A note on school sport:

The school is a strong supporter of sport. The school has designated Wednesdays as 'sport day.' On sport day, children attend a few academic classes and spend half the day doing sport and wear their school sport uniform all day. In the first term of Y7, the school organises general sports activities for the students. Typically in Y7 from Term 2, your child will be asked to register a sport choice on a term-by-term basis for their Wednesday sport.

The sport day is separate from Personal Development, Health and Physical Education (PDHPE) classes, which are rotated in the A/B fortnightly schedule. Your child will require their sports uniform on these days, and will get changed at the school.

There may also be the opportunity for your child to join intramural sports called KO (Knockout) Sports. These are short in-school-hours competitions whereby teams play until they lose a game, and are 'knocked out' of the competition.

We look forward to seeing you at a P&C meeting or event!

