

14 September 2023

## Principal's Report

### Congratulations

Congratulations to the Year 7 soccer team who last week won the State Championship. This is a wonderful result for a team, who under the coaching of Loui Simopoulos, have been training regularly each week to develop their skills and their teamwork. Congratulations to Emma Ochoa for her results in the Tour of Gippsland. There are detailed reports in the Sport section of this newsletter.

### House Dance Drama

Last night was the first evening performance of House Dance Drama. It was certainly exciting to see so many parents and families in attendance along with former students who returned to cheer on their Houses. The second performance is this evening while on Friday is adjudication Day. The House Captains have done a wonderful job of organising the students in the Houses, writing scripts, planning costumes, finalising choreography and developing a cohesiveness and enjoyment among the students. They are to be commended for their work. They have been well supported by the House Liaison teachers. Putting on such performances is a large team effort with staff and students back stage undertaking lighting and tech roles, the front of house students assisting audience members, the staff assisting in supervision and other roles, the student leadership teams running the refreshment stalls, the students who designed the program, the posters and the advertising boards, the Office staff who assisted with many aspects of the organisation, all the students who are involved and of course the families who attend as audience members to acknowledge the student work. These events are important in consolidating and connecting the school community. Thank you to everyone who has been involved.

The Parents' Association is holding a raffle each evening. The prizes have very generously donated local businesses. Please buy a ticket. As well, please support the students' stall where you can buy refreshments. The funds raised will go to supporting a charity chosen by the students.

### Enrolments and exits

Canterbury Girls' Secondary College is now accepting applications for enrolments into Years 8 to 12 for 2024. If you know of someone who is interested in enrolling their child, please ask them download and complete an application form available on the website. Any questions can be referred to Georgina Padula (Years 8 and 9) or Jim Ouliaris (Years 10-12).

If you know that your child is leaving at the end of this year, please let the relevant level co-ordinator know so that we are able to offer the enrolment to another student.

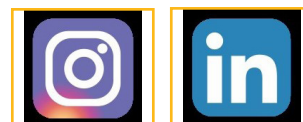
As this is the last newsletter for the term, I wish everyone a relaxing and enjoyable break.

**Dr Mary Cannon**  
Principal

## Diary Dates Term 3

14 Sep House Dance Drama, 6.30-9 pm  
15 Sep End of Term 3

### CONNECT WITH US



Many students travel by public transport. It is important that students have valid myki cards when travelling on trains and buses. We have received information from the Department of Transport and Planning about a new app that enables an instant top up of the myki card balance.

You do not have to register an account in order to use the top up feature.

However, they strongly recommend that you do register your myki so you can protect your balance and take advantage of other PTV App features such as auto top up or managing multiple cards.

For further details click [here](#).

## Teaching and Learning News

### Year 11 VCE PE

Recently, Year 11 VCE PE class got the opportunity to experience playing goal ball, which is a sport for people with vision impairments. Goal ball can be played locally, nationally, or even all the way to the Paralympics. This incursion was part of our area of study involving contemporary issues associated with physical activity and sport. We had to wear black-out masks and use protective equipment such as knee and elbow pads. The game requires you to shoot the ball across the court to score, while the other team slides across the floor to defend the ball by trapping it before it reaches the back line. The ball had a bell in it, meaning we had to use all our other senses such as listening to the bell in order to defend it, as well as touching the wired tape on the ground to know where we were. It was a great experience which we both really enjoyed, and it was great to see the whole class getting involved in trying something new with 100% effort.

**Maya Knight and Ciara Heffernan**  
Year 11



On Friday we had the pleasure of experiencing goalball. It was really fun to meet a Paralympian who actually represented Australia in Goalball. We first were able to put on glasses to experience different extremes of vision impairment. Then we put on elbow and knee pads to practice rolling and sliding which were key aspects of the game. After we learned the basic skills, we then started a game. It had to be very quiet because it relies on hearing the bell in the ball. We had to wear black goggles, so we couldn't see a thing. It was hard to get used to losing the sense of sight. Overall, it was a great opportunity to be able to experience a sport played at the Paralympics.

**Ava Evans and Lucy Woods**  
Year 11



We played goalball with the class with the help of the instructors that helped us learn certain movements, skills and tactics in order to play the game fairly. We played a couple of games and people alternated between being the goal person and being in the square of the game which consisted of three people. Goalball is a sport that is in the Paralympics which is played by vision impaired individuals. In order to make the game fair, everyone must wear blindfolds so everyone's level of vision is equal. Three people must be in the square and try to intercept the ball before it goes into the goals. The ball has bells which help to locate it when the people are blindfolded. The team with the most goals wins in the end.

**Tabitha Lieberman**  
Year 11



We learned about what goalball is and how to play it and the importance of having opportunities for sport for people with disabilities. We wore glasses that displayed a form of vision impairment to see what it would be like to have a visual impairment.

Goalball is a sport that is played inside by athletes with a vision impairment. There are three people on each team. The objective of the game is to roll the ball into the opposition's goal. Everyone is blindfolded so that it is fair; the ball has bells inside of it and makes a noise when it is being rolled so that the individuals can know where the ball is going and try to defend the ball from entering the goal.

**Leila Brown**  
Year 11





## SEAL 2 Science

The SEAL 2 Science class have spent the past few weeks learning about ecosystems. As part of their assessment for the unit, they had to construct realistic exhibits for an animal of their choice.

In addition to the constructing of the exhibit, students had to design signage to go around the enclosure and place a small version of their animal in their enclosure for reference. Please see some of their marvellous creations below.

**Lauren Quek**  
Science Teacher



## News from the library

The Premiers' Reading Challenge wraps up this week and we have been so impressed with the number of books the students have read this year. Over 5500 books were read by our Year 7-9s. What an amazing effort! Students can look forward to receiving their certificates soon!

Please enjoy Yvonne's 'Book Chat' too. Happy reading!

**Angela, Catherine and Shani**  
The Library Team



# newsletter



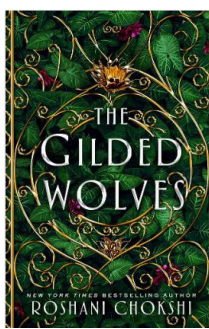
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## BOOK CHAT

with Yvonne Wu

- **What is your favourite book?**  
[Six of Crows](#) duology by Leigh Bardugo
- **Do you have a favourite character from a book?**  
Wylan Van Eck from Six of Crows duology
- **What is the first book you remember reading?**  
I don't remember!
- **What is your favourite thing about the library at CGSC?**  
The clubs and the atmosphere
- **What are you reading right now?**  
[The Gilded Wolves](#) by Roshani Chokshi
- **Which is the better, the book or the movie?**  
I think it depends on which you watch/read first
- **Have you read a book more than once? If so, what was it called and how many times did you read it?**  
There was a book about this dog that saved a person and I remember reading that book SO many times!
- **What is the first book you remember reading at CGSC?**  
I don't remember exactly but it would either have been a mystery or a fantasy book.



## Sport Report

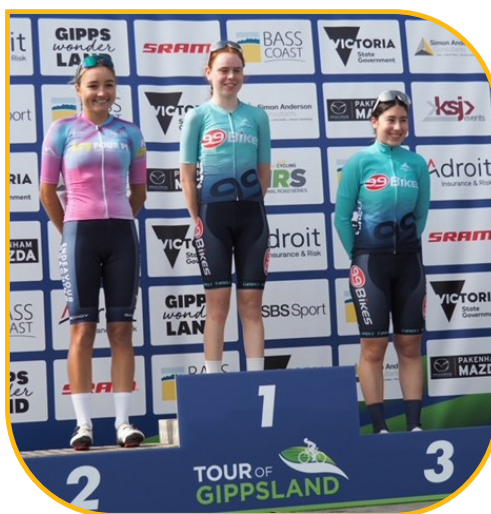
### Emma Ochoa: CGSC Cyclist Takes on the Tour of Gippsland

It is not every day that a high school student gets to represent their school and team on the big stage of competitive cycling. But for Emma Ochoa, that dream became a reality on 26 August when she took part in the prestigious Tour of Gippsland.

The tour provided Emma with an opportunity to showcase her skills on a challenging and competitive platform. This multi-stage race is a true test of an athlete's endurance, strategy, and mental toughness. Emma embraced the challenge with enthusiasm and determination.

A great weekend away on her first NRS (National Road Series) tour, the Tour of Gippsland consisted of four races. The competition was tough, having her racing alongside some of the top Australian cyclists. Emma managed to secure two impressive third-place finishes in the under-19 category for the 85 and 75 km road races, earning her well-deserved spots on the podium.

Emma's dedication to cycling is a testament to the values of passion, perseverance, and ambition that CGSC encourages in its students. Her journey in competitive



cycling is an inspiration to her peers, showing that with hard work and determination, one can achieve great heights. As Emma continues her cycling endeavours, we eagerly anticipate her future achievements and look forward to celebrating her success as an athlete. Her story serves as a reminder to all students that dreams can become reality through dedication and unwavering commitment to one's passion. We're proud to have Emma representing Canterbury on her road to success.

**Stefan Majewski**  
**Sport and Sport Education Co-ordinator**

## **Year 7 Soccer Team Shines at Victorian State Championships**

In a thrilling spectacle that rivalled the excitement of the World Cup, our Year 7 soccer team made their way to the turf of the Darebin International Sports Centre on 5 September for the state soccer championships. The stage was set, and while the team was well-prepared, uncertainty hung in the air. This was a milestone event, the likes of which our school hadn't seen since our current Year 12 students were in Year 7.



Their campaign kicked off with a formidable adversary - Maribyrnong Sports College, who had won their regional final 15-0. The stakes were high, and their team was physically intimidating, to put it mildly. The entire squad was composed of notable athletes, with two of their players standing close to six feet tall. The CGSC players couldn't help but feel the weight of the moment, knowing that this match could either catapult them to glory or mark the end of their journey. The game commenced cautiously, with both teams sizing each other up. Our students showcased their technical prowess,

but Maribyrnong's relentless physicality gave them a new challenge. Then, an unexpected twist - Maribyrnong's own goal breathed new life into our hopes.

Alezia Chrisfield seized the momentum, launching a long-range missile that grazed the post before being elegantly finished by Kimberly Sarov, who had been moved to the forward line. The first half concluded without Maribyrnong making a dent, and we held a 2-0 lead. The second half saw Maribyrnong's first effort on goal, but our defence stood its ground, resulting in a convincing 2-0 victory.

Round 2 brought us face to face with Lowanna Sports Academy, fresh from a resounding 7-0 victory in their opener. Once again, the squad had concerns about the level of the opposition. Alezia Chrisfield calmed the nerves, igniting the scoring with a swift goal, quickly followed by another from our striker Eva Turton. Alezia, not to be outdone, found the net again, sparking a friendly rivalry of sorts. Eva proceeded to run half the field, where she crossed to Jen Hondrakis, who passed into space for Alezia to finalise. In the second half, Lowanna grew increasingly frustrated. The





team grew overconfident, and Lowanna managed to slip one past our defence. Kimberly Sarov turned up the intensity with a successful shot, then another off a fast break almost immediately. Eva Turton showed off her striking ability again, the match culminating in a triumphant 8-1 finish.



The final pool fixture awaited against St. Joseph's Echuca and having had the first goal against us the previous match, the team came out more conservatively than normal. The first half remained a scoreless deadlock. As the second half unfurled, our team sensed the moment to seize control. Eva Turton dazzled with a flurry of goals, netting three in quick succession. Alezia's dextrous footwork confused their defenders, as she effortlessly added to the tally. Eva scored with a remarkable long-range shot, which was capped off with a penalty from Izzy Begg, securing a resounding 6-0 victory.

The grand final beckoned against the champions of the opposing pool, McKinnon Secondary College, but the team felt untouchable and thought it would be as effortless as the first three games.



Our Year 7s were in for an awakening, and for the first time in this campaign, encountered some serious pressure. The match was neck and neck, with our defence, led by captain Elle Cant, holding firm. Scarlett Silverman's remarkable growth throughout the year became increasingly apparent, and Kimberly Sarov, redeployed to the backline, showcased her blistering pace, halting any attacking attempts before they could come to fruition.



The first half concluded without either side cracking the opponent's defence. As the second half began, we took control, gaining momentum. Shots from both sides narrowly missed their mark, adding to the suspense. When the second half ended, neither team had finalised any scoring opportunities and we went into overtime. As rain began to fall, the intensity of the game continued to increase. Both teams battled valiantly, yet the deadlock persisted. Overtime concluded, ushering in the dreaded penalty shootout.

Tied after a series of successful shots from Alezia, Elle, and Kim, and fortified by incredible goalkeeping from Evelyn Li, the pressure reached its pinnacle. With two shots remaining, McKinnon had netted three goals, while we managed two. We could not allow a single goal through and had to finalise both our attempts and we returned home second place.



In a one-on-one showdown, a final successful shot and a heroic save by Evelyn culminated in a nail-biting triumph. Against over 400 government schools, our victory was nothing short of historic - we were crowned state champions! The ensuing celebrations were jubilant, marked by laughter and tears of joy. Our team's unwavering dedication, belief in their potential, and Coach Loui Simopoulos' guidance had propelled them to this extraordinary achievement.



Congratulations to our Year 7 soccer team for their thrilling victory at the Victorian State Championships, etching their triumph into the annals of school history for generations to come. Anna Argyrakos, Isabel Begg, Gabrielle Cant, Alezia Chrisfield, Aarika Desai, Maya Furze, Jennifer Hondrakis, Evelyn Li, Indi Padeffke, Kimberly Sarov, Scarlett Silverman, Harrsini Thushyanthan, Eva Turton, Annabelle Watt, Hanna Zare Mohazabieh, and not to forget our awesome Coach Loui Simopoulos, you have truly made our school proud!



**Stefan Majewski**  
**Sport and Sport Education Co-ordinator**

## Junior Interschool Handball Competition

On Thursday 24 August, a group of Year 7 and 8 students went out to the Mullum Mullum Stadium in Donvale for the Junior Interschool Handball competition. This was attended by Clair Budiono, Lucia D'Amico, Ame De Lange, Isabella Gurwitch, Keira Jacobsen, Seyara Kulasooriya, Chloe Lau, Harini Palipane, Alana Winkler and Eloise Yap.

The day was fun-filled for the team and although the majority of the group had not played a handball competition prior to the day, the team quickly developed very good strategies and worked amazingly well together. A special shout out goes to Keira for her undefeatable goal keeping skills and to Seyara for being the highest scoring member of the CGSC team. The team played extremely well, with a great display of camaraderie and sportsmanship as all members enjoyed the action-filled day.

**Maya Mackenzie**  
**Coach**



Should any students be interested in competing, or should you have any queries, please contact me at [smj@cgsc.vic.edu.au](mailto:smj@cgsc.vic.edu.au).

**Stefan Majewski**  
**Sport and Sport Education Co-ordinator**



## State School Spectacular

Last week, CGSC students Heidi Vague, Leila Subocz, Lucy Woods and Georgia Woods performed in the Orchestra in the epic Spectacular held at John Cain Arena. Stella Subocz also took part in the backstage crew. The event involves over 2000 students from primary and secondary schools all over the state who combine to make a celebration of the arts.

## State School Spectacular – Student Perspective

This year we had the privilege of being a part of the Victorian State School Spectacular orchestra. It was an amazing opportunity to work alongside many professional musicians where they tutored us each week during Sunday rehearsals. This was our 2nd and 3rd year being a part of this show and we highly recommend it. During last week, we spent every day at John Cain Arena playing songs like Firework by Katy Perry, Can't Hold Us by Macklemore and Waiting on the World to Change by John Mayer. It was so cool to be able to be a part of such a huge event, meeting people from all around the state and not to mention getting the chance to play in front a huge crowd during the two Saturday performances. If anyone wants to get involved next year, we couldn't recommend it more. It has been the highlight of our year and being part of this event is a once in a lifetime opportunity.

**Lucy Woods, Heidi Vague, Year 11 and Leila Subocz, Year 12**



Last Saturday, I had the opportunity to be in the Victorian state school spectacular for 2023. It was an amazing experience and an honour to work alongside some genuinely awesome musicians and play some great music. We had rehearsals on most Sundays where we sometimes practiced with principal vocalists. There were quite a few long days, but it was all worth it to see it eventually come together at John Cain arena. I absolutely think if you play an instrument, sing, dance or are interested in backstage crew, this is once in a lifetime opportunity and it really has been my highlight of the year.

**Georgia Woods**  
Year 9

## Box Hill Institute Recording Session - Senior Guitars and VCE Music

Last Friday, the Senior Guitar Ensemble and VCE Music class were given the opportunity to record at Box Hill Institute in Studio A. The session was facilitated by ex-CGSC guitar teacher Nic Lam who is now the course manager of Music Production at Box Hill Institute. The students approached the session with professionalism



## Term Dates

### Term 4

3 Oct	VCE Final Recital, PAC
10 Oct	Rooftop Concert, VCE Music
11 Oct	Klezmer Lunchtime Concert
12 Oct	Twilight Concert
30 Oct-1 Nov	Music Camp
23 Nov	Music Expo
27 Nov	Canterbury Celebrates

and laid down some excellent "takes". The experience was yet another highlight in the year that was for the guitar ensemble and will serve as a time capsule for the four outgoing Year 12 members of the ensemble. The VCE Music class used this experience as further preparation for their upcoming recital next term. Well done to all involved! Special thanks also go to Mr Seedsman for his work in supporting and preparing the ensemble.



### Soiree #3

Last Tuesday evening, students took the opportunity to perform solo, duets and small chamber works in our third and final soiree of the year. These concerts give musicians the opportunity to perform material prepared in lessons, AMEB repertoire, VCE recital preparation in an intimate and supportive environment. Thanks to all performers and to the audience for attending.





## **Term 4 Events**

### **Twilight Concert - Thursday 12 Oct, 5pm**

A new and different type of concert will take place early in Term 4. This is the final large concert for the music department for 2023. The concert will take place outside the Hall area (weather permitting) under the fig tree with multiple performance stages. The concert will be quite informal with a "festival" vibe. The concert commences at 5pm until approx. 7.30pm. Due to the informal nature of the concert, families may come and go as they please and are encouraged to bring a picnic. A BBQ will also be organised as a fundraiser. Performance program will be sent out at the start of Term 4.

### **Music Camp**

Music Camp will take place in Week 5 of Term 4. The event is open on Compass. Paper copies of Medical/Dietary forms are available for collection in the music block and need to be returned to the drop box in the music office door ASAP to ensure all needs are catered. These forms are in addition to the permissions on the Compass event.

**Michael Sword**  
**Head of Music**

# the parents' association



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Dear Community,

Term 3 has been busy for The PA. Thanks to the parents, carers, staff and students who have supported the various activities across the term.

## Social Events

We had the Year 7, 8, 9 and Seal 1, 2, 3 parents and carers night out on Saturday 2 September. It was a lovely night out at FLATIRON - Sidedoor Winebar in Kew. The food and ambience were fabulous.



## Dance Drama Raffle

The House Dance Drama event started last night with the first of our raffles. The winners were all really pleased with their prizes.

Once again, we would like to thank our very generous supporters who have donated prizes for this event. Consider supporting these businesses if you can. These businesses include Marshall White Hawthorn, Fletchers Canterbury, Ulms Hair Camberwell, My Playroom Canterbury, GJK Cleaning, Edward Beale Hawthorn, Bailey Nelson optometry Camberwell, Dymocks Camberwell, Minimax Camberwell, Kaisercraft, Simply brows and Lashes Camberwell and Monaco Continental Delicatessen and Food Store.



## Bunnings BBQ

The Bunnings BBQ will be held at Box Hill South on Saturday 7 October. This is the first weekend after school recommences for Term 4. Please sign up to help [here](#). It's a good way to meet some other parents and carers and help the school.

## KeepCups for Sale

CGSC KeepCups are available for sale. The world's first barista standard reusable cup, made of lightweight & durable BPA/BPS free clear plastic that has the clarity of glass. Keep your drinks hot or cold whilst doing something positive for the planet! \$20 per CGSC KeepCup. Purchase through [Trybooking](#) and collect from the school office.

## WhatsApp Groups

We have active WhatsApp groups for Year 8 & 9 parents/carers. If you would like to be added to these groups or start a group for another year level, please email your interest/contact details to [anne\\_3126@yahoo.com](mailto:anne_3126@yahoo.com). This is another way for parents/carers to connect.

## Diary dates

### Next monthly meeting

Date: 17 October  
Time: 7.00pm  
Venue: Conference Room

### Office bearers

President: Anne Chipperfield  
Vice-Presidents: Christine Harkness, Penny Ison  
Secretary: Nicola Rowling  
Treasurer: Steve Elsbury  
PA email address: [pa@cgsc.vic.edu.au](mailto:pa@cgsc.vic.edu.au)



# the parents' association



Canterbury Girls'  
SECONDARY COLLEGE

## Planning for 2024

To keep The PA active, we need parent/carer help. Many of the current active PA members have students in Year 12 and will not be at the school to be a part of The PA in 2024.

The PA is primarily a Parent/Carer social committee which supports the school community. Some fundraising activities are undertaken which are both a way the school community can come together and undertake activities that enable connection as well as bringing in some additional funds to support the school to purchase items not funded through other avenues.

If you are wanting to be connected with the school community through the PA, please get involved.

## PA Meetings

All parents/carers are invited to the next PA meeting on **Tuesday 17 October** at 7pm. Please note that there is no September meeting due to the school holidays.

The final meeting for 2024 will be on **Tuesday 28 November** (this is the fourth Tuesday of the month, and has been rescheduled due to a clash with Canterbury Celebrates on Tuesday 21 November).

If you cannot make the meetings but have suggestions of how The PA can support the school community, please send through any suggestions to The PA email.

**Anne Chipperfield**  
**The Parents' Association President**

*P.S. If you would like to support the PA, but cannot donate your time or efforts, you can contribute via the PA levy. If you do not want to contribute the full amount of \$50, you can nominate a different value. PA funds help raise monies for resources that are not funded by the Government (i.e. language assistants, food tech ovens, dishwashers etc.) and every little bit helps!*

## HOUSE DANCE DRAMA REPORT FROM 1992

### HOUSE DANCE DRAMA

The adjudicator for this years House Dance Drama competition, Ms. Anna Smith, was about to announce which house would win the coveted 1st place. The fairies, soldiers, bird people, pharaohs and the other such characters waited in anticipation. She was to make the announcement at centre stage. As I waited I began to ponder, sentimentally, about the events of the past six weeks. It's not that I didn't want to hear what the adjudicator wanted to say, it's just that I didn't want to acknowledge what was about to be said.

The suspense was torture, and I had an underlining desperate wish to know how well we performed. I uncovered my ears and opened my tightly closed eyes, resting my shaking hand on the glitter covered wooden floor.

Four houses full of energy; Gold, Blue, Green, and Red. Each was ready to accept defeat or hopefully victory.

I thought of that assembly six weeks ago, where the themes of the houses were chosen. They were:

Brennan- The Broken Links

Flynn- Seeds Of Unrest

Cattanach- The Writing On The Wall

MacDonald- Close Encounters

Ideas were flying, but it was hard to choose one that could be portrayed simply and effectively. Conflicting ideas resolved me to feel that we would never pick a topic. Eventually, almost magically, there was a compromise and an exciting story line was formulated.

Auditions ran, parts were allocated and everyone got to work. Choreographers ran overtime, dancers warmed up their muscles that had been drastically under-worked since House Dance Drama '91. Costumes and props began to take shape, the technical crew whipped into action and to many house captains horror, the weeks turned into days and before long, for each of the four houses, all preparing urgently, were left with just days before the final presentation. Each house shows the other what they have been doing over the past six weeks. This has caused so much talk and so much action.

On Monday, Tuesday, Wednesday and Thursday, technical rehearsals were held. Our rehearsal gave us our first real feel of what our production was all about. It was also the first time we had run through the whole dance from beginning to end. Why should we be nervous?

I thought of Wednesday 16th September. I had come home from school devastated, thinking things were not going to work out, and Bed Dodson's plastic sequined tiara had broken in half and I couldn't glue it together. It was tragic.

On Thursday evening, everyone was in high spirits again, well nervous high spirits.

Everyone did unbelievably well (last year's productions paled by comparison)

Cattanach wowed the crowd with a great ancient Egyptian adventure which involved a spectacular robbery, walking mummies and dancing gold statues. McDonald captured the audience in an imaginative exploration of the sub-conscious thoughts of a suicidal teenager with bald headed girls and frightening long-haired bird people. Flynn sent tears falling with a heart wrenching re-enactment of Vietnam. Even the hippies made an appearance. And Brennan awed the audience with a mystical fantasy about a divided forest between rich and poor, full of magical forest folk longing to piece together their once peaceful and harmonious forest.

The adjudicator began talking, "I am extremely impressed...". Yes, that is what they all say! But this time we know that she truly means it.





## School Working Bees

Working Bees give every family the opportunity to assist in the improvement of the school grounds and buildings for our students. We hope that all parents and carers will take their turn because all our children benefit from the result and there are tasks to suit all levels of skill.

If you would like to help at a working bee session, register [here](#).

If you are unable to help at working bees this year, but would like to make a donation of \$50.00 to assist in buildings and grounds maintenance, contact the General Office at (03) 9830 5099.

## Uniform Shop

### New – Softshell Jackets

The Uniform Shop has recently added softshell jackets to the sports uniform range. These jackets are replacing the current shower proof jackets. Softshell jackets are \$110.00 each and can be purchased online or in store on Tuesdays.

All profit from the Uniform Shop goes back into the school for the benefit of the school community. The Uniform Shop is open on Tuesdays from 8:30am to 3:30pm. We encourage students to visit the Uniform Shop during recess and lunch times. Card only, sorry no cash or cheques.

**Elena Mantelos**  
Uniform Shop Manager

## Canteen News

Dear Parents, Carers, Students and Staff,

The canteen staff are reminding you that the canteen is up and running as usual with ordering through [Myschool Connect](#) and also in-person at the canteen.

We now have our coffee machine finally installed and running! We offer beautiful coffee, hot chocolate and hot chai with full/ lite cream milk, lactose-free and soy milk all for \$4.00 each. Please come and try our hot yummy drinks especially on those cold winter days.

Once the new cafeteria opens, we will be back to offering a full menu with a lot more variety for you to enjoy. Please don't forget, if you have a special dietary requirement to just ask prior to lunchtime.

Thank you!

**Melissa**  
The Canteen Team

### Working Bee dates for 2023

11 Nov      Working bee #4  
8:45am - 12.00pm

### Address

19A Wentworth Avenue, Canterbury 3126  
03 9831 8661  
[uniform@cgsc.vic.edu.au](mailto:uniform@cgsc.vic.edu.au)

### Online Ordering

<https://myschoolconnect.com.au/cgscuniform>



## Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

## Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **ehespace:** 1800 650 890 [www.headspace.org.au/ehespace](http://www.headspace.org.au/ehespace)
- **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Parentline:** counselling and support for parents and carers, 13 22 89 [services.dffh.vic.gov.au/parentline](http://services.dffh.vic.gov.au/parentline)
- **Lifeline:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- **Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- **Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au)
- **Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

## Family violence support and resources

- **Safe Steps:** 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)
- **1800RESPECT:** 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- **What's okay at home:** [www.woah.org.au](http://www.woah.org.au)
- [Family violence support](#)

## Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

## Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
  - [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
  - [Understanding mental health – fact sheet](#) (Orygen)
  - [Learn how to handle tough times](#) (headspace)
  - [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)





# SUMMER SEASON

**REGOs are OPEN!**

**U9s - U20s | Boys & Girls**  
**Individuals or whole teams welcome**  
**Training or Non-Training teams**

**ONLY \$330 for the season**

Discounts for non training whole teams

Training Venues: Camberwell High, Strathcona and Camberwell Girls



 **Bendigo Bank**

 **peak**  
PHYSIOTHERAPY

# Cougars CUBS

*Where it all begins*

Cubs is a fun, new program for future Cougars  
aged 9 years and under.  
Cubs will learn basic basketball skills to prepare  
them for joining a team next season!

Camberwell High - Thursdays 5-6pm  
**SPOTS STILL AVAILABLE!**

[www.canterburycougars.com/cougars-cubs/](http://www.canterburycougars.com/cougars-cubs/)

*Hear the Cougars call...*

[www.canterburycougars.com](http://www.canterburycougars.com)







# RIVERSDALE **FIVES** SPRING TOURNAMENT

## 7-13 YEAR OLDS 5 A SIDE TEAMS

Separate Boys & Girls Age Competition \*\$135

## 4-7 YEAR OLDS SKILL SESSIONS

8:30 - 9:30 am A fun way to learn soccer \$50

**SUNDAY'S FROM 9AM  
BBQ / CANTEEN**

**Season: 8th Oct | 26th Nov**

**Camberwell High School**  
(100A Prospect Hill Rd, Canterbury)



Registrations now open

**\$115 Earlybird**

Per Player

[www.riversdale-sc.com.au](http://www.riversdale-sc.com.au)  
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