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## TRENDING@CANLEY

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Welcome to the first edition of Unvaled. This edition is a continuation of a fine tradition of students publishing at Canley Vale High School. In 1982 the Yelnac times was published as a rodent publication, now we have Unvaled. Congratulations to all students involved in this first edition and I hope that you all enjoyed this as much as I did.

- Mr Rouse

1. **Tell us a bit about yourself. What school did you come from?**
   Prior to becoming the Principal of Canley Vale High School, I was a Deputy Principal at Fairvale High School for close to eight years. In my career I have also taught in Mascot, Randwick, Campbelltown, Kirrawee, Sydney, TAFE, the Australian Catholic University and the University of New South Wales.

2. **What was it about Canley Vale High School that made you want to become Principal here?**
   When the position as Principal at Canley Vale High School was advertised I decided to apply based on two things:
   a. Canley Vale High School has a great reputation of producing extraordinary results for the young adults within the local community.
   b. Canley Vale High School has the potential to be an even better school than it currently is.

3. **What do you expect from students of Canley Vale High School?**
   I believe that my expectations of students are very clear and achievable:
   1. Attend school – Make sure that you are ready every day. In full school uniform. Arriving to school on time. Prepared to learn. The habit of getting to school every day is a healthy one that leads to success.
   2. Attitude – Have a positive attitude to school and life. It is much better than being grumpy. My life experience tells me that if you remain positive and work hard, difficulties get easier.
3. Achieve – Set yourself small goals to reach the big goals. Then remain focused and work towards achieving those goals. Keep your eyes on the prize but keep it real.

4. Put your hand up – The best way to get through school and life is to ask questions. The most successful people in society ask questions, so should you.

5. **Do you have any visions for the school?**
   Canley Vale High School can provide opportunities to current and future students that we have not yet imagined. The challenge that we face is preparing young people for an increasingly globalised workforce whilst maintaining local and family values. My vision for the school is to provide a world class, high quality education for our local community based on the values of excellence, innovation and care.

6. **What are your impression of Canley Vale High School and its students?**
   Canley Vale High School is more than a collection of buildings, it is a community that has the shared vision of providing high quality education for all students. The strength of our school is in the partnership that we have with our local primary schools, our former students, parents and current students. This is why Canley Vale High School remains the school of choice in the local area.
I am Ms Bamato Dohnal, and I am your new deputy. I am glad to say that I am absolutely delighted to be at Canley Vale High School, and plan to stay here for a while.

A little about me: I am a French/Spanish teacher and I have been teaching for 20 years. In these 20 years, I have taught at Windsor High, Bankstown Girls High, Airds High, Belmore Boys High, and finally Picton High before arriving at Canley Vale High.

My first impressions of Canley Vale High have been incredibly positive and I look forward to working with both the staff and the student body to maintain the high standards and expectations that already exist at Canley Vale High.

I find the student body impressive in their attitude towards school, their work ethic, their academic pursuit and the respect they have for each other, the staff, the community and their physical surroundings. All these elements create a very cohesive school which truly embodies its motto of “We Care.”

I am really happy to be here and I look forward to being part of and working with the school community in taking Canley Vale High School to new heights academically, as well as developing 21st Century citizens who will have a balanced view of the world and their place within it.
On Tuesday the 3rd of June, students from Year 10 Information & Software Technology and Year 11 Information Processes & Technology classes attended the Australian Computer Society’s ‘Big Day In’ careers conference at Parramatta Town Hall. It was a detailed discussion focusing on what it takes to work in the Information & Communication Technology (ICT) industry, how to get into these careers and the experiences and opinions of those who have achieved this. With the amount of information given at the conference, ‘Big Day In’ clearly fulfils its motto of ‘Building opportunities for successful students’.

The range of presentations showed just how broad the computing industry is. Some of the biggest companies in the world attended this conference all with the common goal of enlightening us to the opportunities present within the field. The wide range of participating organisations, notably WiseTech, Tata Consultancy Services, The Australian Defence Force, Google and Microsoft, demonstrates how universal and versatile this career is and the large amount of potential for the industry to grow. Microsoft gave us a peek at their development of the intelligence program Cortana which could potentially be a strong competitor against Siri and Google Now.

Interestingly, tertiary education was not ignored with the presence of universities such as UWS, UTS, UNSW and Charles Sturt University to show students different ICT degrees offered at universities. Representatives from the Australian Federal Government were also there to spruik their Apprenticeship and Cadetship programs.

An emphasis made during the day was the evident lack of females’ participation in this field. ICT may be a male dominated industry but it should not stop any female from pursuing it as a career.

In fact, females are being offered more opportunities due to the many programs being implemented to encourage them to pursue a career within the industry. We were given reassurance from two female computing students that “yes, it is possible”. From what we learnt during the ‘Big Day In’, there is always an opportunity if you are really passionate about a particular field and are willing to put in the time and effort to achieve it. More importantly, don’t let any presumptions or reservations prevent you from pursuing your career goal.

Alexander Thai, Year 12
One of the many things Canley Vale High School has to offer its students is ample opportunity for success.

Past students Cynthia Luong, 19, and Jordano Vasquez, 20, fondly recall and appreciate the experiences and opportunities to extend their skills during their time at the school. They were encouraged to extend their skills in a number areas, from problem solving and critical thinking to leadership and communication-skills Jordano finds have benefitted him greatly in life beyond high school both at University and at work.

Both students agree that being part of the High Achievers group and being accelerated have aided their educated and are perfect examples of how the school caters for its gifted and talented students. Jordano and Cynthia were also fortunate to be offered the opportunity to take their education to another level with both students attending an incredible trip to Europe which allowed them to, according to Cynthia, “experience history outside a textbook context.”

The willingness of a number of dedicated staff at CVHS to challenge their students by placing them outside of their comfort zone ensures the students are prepared to face future obstacles and prepare them for life outside of school.

During Jordano’s time at the school, he had the privilege of being taught by many expert and dedicated teachers – one he recalls to be so dedicated that she was willing to teach classes every Friday afternoon until 5pm. “This just shows the passion for their job,” he stated.

Acknowledgement:
This article was created by the Year 9 High Achievers as part of the Champion Schools initiative.
Tournament of Minds - a competition in which students are required to solve a range of problems using skills, logic and teamwork. The tournament encourages students to think for themselves and to work outside their comfort zone without relying on their teachers.

Competing for its fourth year, Canley Vale High School's teams are making their preparations with the clear goal of succeeding, while having some fun along the way. Being a creative and fun competition, it is no wonder that it has gained immense popularity among CVHS student over the few short years of involvement. In the 2014 competition, there will be three teams that will represent the school, while many more also expressed their interest.

Students who take part in this Challenge spend the day at the University of Western Sydney Bankstown Campus, usually on a Saturday or a Sunday, as they participate in the regional finals. In previous years, students performed in front of an audience, made props out of garbage bags and learned skills such as sewing in preparation, with one student even taking on the challenge of perfecting a British accent.

Supervising the students for this Competition is Canley Vale High School teacher Mrs Bird, who has led Tournament of Minds for all four years. “It’s really nice and it’s great to see what they come up with!” she said. Mrs. Bird has also been assisted along the way and this year, Miss Lim, is providing the added support.

Fourteen-year-old Julia Bui, a Year 9 student involved in the Competition, talked about how it had helped her and what she enjoyed about taking part in Tournament of Minds. “It makes me work harder. It doesn’t matter if we lose because we all put in the same amount of effort,” she stated.

With their great improvement over the years, Canley Vale High School is hoping to come back victorious in all three challenges its teams are participating in including Maths, Engineering, Applied Technology and Social Science.

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A Peek into Students’ Thoughts on the New School Uniform

I’m not gonna lie, school uniforms are definitely not first on my ‘What I Want to Wear List’. In fact, the last time I envied someone in their school uniform was in a Korean drama.

Given my own perception on school attire, I asked our Year 9 Students for their thoughts on the ‘New’ school uniform and the responses were mixed but generally positive. Positive comments ranged from fairly good, “cool “to “I like it.” However, there were some improvement suggestions for our beloved uniform.

Given the recent cold weather, some students have indicated the material is too thin for Winter, while others have indicated their size was not available for purchase.

While you may not necessarily see school uniforms in fashion week, students should remember our uniform is a symbol of us representing the school that we are proud of and one that unites us all, even if we don’t know each other. Even though it is not on my fashion list, I am proud to wear it every day. CVHS all the way!!
Without a doubt, the athletics carnival is one of the sporting highlights of the school year, and this year’s athletics carnival certainly did not disappoint.

Thankfully, we woke to blue sky and an abundance of sunshine on May 28th. Students from all years arrived at Makepeace Oval bright and early, eager to get amongst the day’s activities, dressed proudly in their house colours. Conditions were perfect for running, jumping and throwing, and there was plenty of great competition witnessed throughout the day. Participation levels in all age groups were high, with each and every competitor earning valuable points for their respective houses. In true Canley Vale spirit, those who chose not to participate in the day’s events were on hand to cheer on their housemates and support their peers. The display of sportsmanship at each of the events was, from all reports, outstanding!!

Days like this are about much more than winning, but for serious competitors, walking away with first place in their favoured event is a priority. Arguably the most notable performance of the carnival was Anthony Men of Year 9 in the 100m sprint. He was crowned the fastest man at Canley Vale (although Mr Sommer may have something to say about this).

This year we successfully welcomed back house relays, but with a twist, thanks to some very keen teachers. Despite a late surge from the male teachers team, the boys from Horsley house won convincingly. The female teachers managed to go one better, holding off all other teams to finish in first place.

A very big thank you must go to the House Captains, who conducted team chants, coordinated house relays, and generated phenomenal house spirit on the day, and to all the student helpers who assisted teachers with the running of events. Congratulations must also be extended to the Year 12’s who worked at the BBQ, keeping us all well fed, and to those who ran fundraising activities (mmm Subway cookies!!). Their efforts, in conjunction with yours of course, truly made the day a phenomenal success.

Yours in sport, Ms Papadopoulos
(2014 Carnivals Coordinator)
VIVID LIGHTS

Vivid Lights is an annual festival of light, music and ideas. It is a magical celebration of light-design excellence and the world’s largest outdoor art-gallery. Vivid Lights includes ‘light art’ sculptures, installations and scale projections for everyone to see. It is a free outdoor exhibition that takes place over the course of three weeks from May to June. The centrepieces of Vivid are the multimedia interactive light sculptures and building projections which transform various landmarks into an outdoor night time canvas of art in and around the Sydney CBD and Sydney Harbour.

The Vivid festival 2014 included a 59 piece production on the sails of the Sydney Opera House. The French company, Aquatique Show, transformed the dancing water jets into a ‘magic wall’ of light and water.

The Vivid lightshow has made Sydney the creative hub of Australia and the Asian-Pacific region. With over 200 events across the program, Vivid 2014 brought together 14 different leaders from different industries. The lightshow provides creative inspiration and innovative entertainment. Vivid Sydney delivers an unbelievably expanded program showing a spectacular range of music and performances from different genres creating the biggest music festival ever.

Vivid Sydney is a unique experience. It gets bigger and better every year with record breaking crowds. The Vivid Sydney 2014 festival attracted 1,430,000 million people from across Australia; this number is only expected to grow as the festival continues to develop in the coming years.
With the recent passing of Charlotte Dawson and Robin Williams, we have become more aware of the impact of depression on people’s lives. Depression is more than a feeling. It is more than being sad. Depression is a mental illness, a long lasting emotional and physical state that is intense and negatively impacts upon an individual’s everyday life.

Depression causes an individual to be unable to complete daily tasks and not be able to enjoy activities that they previously did in. They often worry about the future and have a very pessimistic outlook to life. Often, these people feel trapped or hopeless about their situation and suicidal thoughts are commonly experienced.

Depression is not something to be ashamed of or to feel guilty about. It most definitely is not a sign of weakness and you are not alone. Currently, 26.4% of 16-24 years old Australians have a mental condition with 6.3% experiencing depression.

Speak to someone you trust if you need help. It is not something to be embarrassed about as anyone would gladly help you.
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