Cross Country 2010

The School Cross Country Carnival was held on the 23rd March at school. It was a great day with many competitors giving it all even in the warm weather conditions that we had on the day. The Year 7 and 8 students ran with enthusiasm hopefully encouraged by the promise of an iceblock at the finish line. We also had a good showing of students in the senior years and some excellent times were achieved.

The Age Champions are as follows:

**Girls**
- 12 Yrs: Becky Jacob
- 13 Yrs: Megan Ramsdale
- 14 Yrs: Emily Bennett
- 15 Yrs: Rachael Cantrill
- 16 Yrs: Jarrah Nesbitt
- 17 Yrs: Candice Skelton

**Boys**
- 12 Yrs: Samuel Cheng
- 13 Yrs: Sam Tassone
- 14 Yrs: Harrison Chalke
- 15 Yrs: Ben Henry
- 16 Yrs: Brett Aalders
- 17 Yrs: Fraser Nixon

Congratulations to all the participants and Age Champions. There were also some records broken:

- Girls 12 Yrs: Becky Jacob - 13.07 / Last Record 15.17
- Boys 12 Yrs: Samuel Cheng - 12.45 / Last Record 14.39
- Girls 13 Yrs: Megan Ramsdale - 13.27 / Last Record 14.37
- Boys 14 Yrs: Harrison Chalke - 10.51 / Last Record 11.15
- Girls 15 Yrs: Rachael Cantrill - 12.34 / Last Record 14.36
- Boys 15 Yrs: Ben Henry - 10.35 / Last Record 11.35
- Boys 16 Yrs: Brett Aalders - 12.19 / Last Record 12.43

Well done to these Athletes and we look to having a promising team for the Zone Carnival which will be on the 18th May 2010 at St Ives Showground.

Shar Squires and Todd Johnson
Sport Co-ordinators
Congratulations:

Jasmine Conley, Kira Hofer, Evelyn Chin, Zoe Thornthwaite, Alana Moxen, Cassandra Ryan (Year 9) have been successful in being accepted to the State Dance Camp March 23, 24 and 25.

Rachael Cantrill competing in NSWCHS Swimming State Carnival March 28, 29 and 30 competing in 100m Butterfly

Emily Bennett (Yr 8) competing in NSWCHS Diving State Carnival March 29, 30.

Jessica Chow (Yr 12) Textiles & Design Louise Graziano (Year 10) Reserve Grand Champion Ribbon Rachel Gately (Yr 10) 1st Textile Art and 2nd Apparel
So Young You (Yr 10) 2nd Apparel
Cassie Ryan (Yr 9) 3rd Machine Embroidered Box
Jamie Telfer (Yr 8) 3rd Soft Toy
Shannon McKenzie (Yr 9) Encouragement Award

New Ordering System for Uniform Shop

You can now order school clothing from the uniform shop via the front office. All you have to do is fill out an order form, pay at the office and your article of clothing will be available for collection from the office on the following Monday. This will save time lining up at the uniform shop on Fridays. The Uniform Shop will still trade on Friday lunch time as normal.

International Women’s Day at Carlo

On the 12th March, Friday morning began with a breakfast to commemorate International Women’s Day. Delicious hot cakes, drinks and juicy watermelon were enjoyed by all. The guest speaker, Sue Conde the National President for the United Nations Development Fund for Women informed us of the Millennium Development Goals and the issues facing women throughout the world.

The presentation was cheerful and engaging. Sue Conde was impressed by the natural curiosity the students displayed for world events and the role of UNIFEM.

We were inspired by the work and devotion of women for disadvantaged women throughout the world.

A big thank you to the students for getting out of bed extra early on Friday.

I have included, The Millennium Development Goals and a few links for your information. I encourage you to discuss these with your children to broaden their perspective of the world.

The Millennium Development Goals: the fight against global poverty and inequality

The Australian Government is committed to the implementation of the Millennium Development Goals—agreed targets set by the world’s nations to reduce poverty by 2015.

These include halving extreme poverty, getting all children into school, closing the gap on gender inequality, saving lives lost to disease and the lack of available health care, and protecting the environment. These are achievable commitments to improve the well-being of the world’s poorest people.
Two former Carlingford High School students Sam Jiang and Siu Lee now studying Engineering at the University of New South Wales have won prestigious Dean’s Awards for their outstanding academic achievements.

The UNSW Faculty of Engineering Dean’s Awards recognise those students who achieve results in the top two per cent of overall marks.

Electrical Engineering student Sam Jiang and Environmental Engineering student Siu Man Vincent Lee each received Dean’s Awards for their performance in their first year of study.

developing responsible and independent learners
What’s happening at Carlingford High School

- **March 29, 30, 31, April 1**
  - Year 12 Half Yearly Exams continue

- **March 29**
  - Year 11 and 10 Music Excursion

- **March 30**
  - CHS Swimming Carnival

- **March 30**
  - Australian Geography Competition

- **March 31**
  - Year 7 Swim School

- **April 1**
  - Last day Term 1

- **April 19**
  - School Development Day (no students)

- **April 20**
  - Students return for Term 2

- **April 23**
  - Art Excursion

- **April 26**
  - Anzac Day (Holiday)

- **April 28**
  - Year 7, 11, 12 parent Teacher Evening

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Watch for the new Dragon’s Teeth, slow down in school zones and help us keep children safe.