



**Chatswood High School P&C General Meeting**  
**Tuesday 7 September 2021, 7:30 pm**  
**by Zoom (<https://au01web.zoom.us/j/61735065867>)**  
**Agenda**

**1. Business Matters**

- Welcome and apologies
- Minutes of the previous meeting (17 August 2021, pages 3-5)  
***Motion: That the minutes of the previous meeting be approved.***
- Actions arising from the previous minutes  
David Osland to confirm if a P&C contribution for printing of the Year 12 Year Book is wanted.
- Correspondence
  - Online events for parents 6-9 September (page 6)
  - Paul Dillion webinar for parents 15 September, hosted by the P&C (page 7)

**2. Reports and Updates**

- President's update
- Principal's update
- Treasurer's report (pages 8-11)
- Uniform Shop update (page 12)

**3. General Business**

- Well-being events update
- Request for funding – online fitness program, Sports Department (page 13-16)  
***Motion: That funding of up to \$2000 for an online fitness program be approved.***
- Orientation Day planning update
- Annual General Meeting (16 Nov) and Exec Committee nominations: President, Vice-President (x2), Treasurer, Secretary, Uniform Shop Convenor, Locker Coordinator, etc. (position descriptions available on P&C website: <https://chspandc.org.au/positions-and-responsibilities/>). All inquiries to [secretary@chspandc.org.au](mailto:secretary@chspandc.org.au)

**Next meeting:** Tuesday 16 November 2021, Annual General Meeting and General Meeting

**Becoming a member of the P&C:**

1. Pay the \$2 membership fee by direct deposit into the P&C bank account: BSB: 032-090, Account #: 358220, with your first and last name in the reference field.
2. Send an email to [secretary@chspandc.org.au](mailto:secretary@chspandc.org.au) so your name and contact details can be added to the P&C member register.  
The annual membership fee is valid until the end of the next AGM, which is held in November. After the AGM, fees are collected for the upcoming year.

***For information –2021 P&C Well-being program***

Event	Students (yr groups)	Dates Students	Dates Parents
Sleep Connection	7 & 10	1 March	8 March, 7:30 pm via zoom
Art of Smart –Yr 12 how to thrive	12	2 March	2 March, 7:30 pm via zoom (could extend invite to both Year 12 & Yr 11 parents)
Cybersafety – Susan McLean	7 & 8	12 and 13 May	13 May, 7:00 pm via zoom
Respectful Relationships and Sexual Health (Vanessa Hamilton)	9	17-19 May	17 June (zoom)
Tomorrow Man & Woman	10	24 & 25 May	None
Art of Smart – Transitioning to Year 11	11	Workshop 1 – 28 May Workshop 2 – 16 August	None
Paul Dillon	10, 11	(postponed)	15 September



**Chatswood High School P&C General Meeting (via zoom)**  
**Tuesday 17 August 2021, 7.30pm**  
**Minutes draft**

**Attendees:** Alex Hudson, Apurva Kamat, David Osland, George Dragoi, Jenny Biggin, Karyn Cardew, Katherine Alexander, Kylie Barter, Matthew and Marcia Baird, Phillipa Sobb, Rebecca Cleary, Sarah Boyd, Tali Friedman, Angela Todd, Aimee Ipson-Pfederer, Angela Huo, Anna Kornilova, Cathy, Diwa, Gayathri Harish, Hyunyoung, Jacky D, Jeanette Armenal, Julin Li, Kristin Proctor, Linda, Nargis, Nixon Mak, Nokhez Akhtar, Noot, Paul Haynes, Purva, Sheena Y, Sukesh, Tsample001, Wei Tang.

**Apologies:** Lynn Donohue.

**Previous Minutes**

**Motion:** *To approve the minutes from the previous meeting without alteration.* Moved by Jenny Biggin and seconded by Karyn Cardew. Motion passed.

**Actions Arising from the Previous Minutes**  
(nil)

**President's Update**

George Dragoi welcomed everyone and provided a brief update on the development of the new website for the P&C, soon to be completed, and P&C facebook page that was launched in Term 2, with input from Jenny Biggin (leading the website work) and Rebecca Cleary and Tali Friedman (managing the FB page). George thanked all three parents for their significant work.

George also advised that the P&C is liaising with the school about hosting an online event for current Year 12 CHS students and former Year 12 CHS students from 2020 to discuss coping with the HSC during COVID and life after the HSC. It is hoped this event will occur later in Term 3.

**Principal's Update**

David Osland summarised the results from recent surveys with students and parents about the home schooling arrangements during Term 3. The survey results and monitoring by teachers suggests that many students are coping well but approximately 25-33% do not seem to be fully engaged with online learning activities. Teachers are following up with personal calls. The results also suggest some opportunities for teachers to refine the amount of work expected of students and the level of difficulty.

The parent survey similarly showed that most parents were coping with home arrangements, though there were challenges for some parents who have requested assistance. David is keen to work with parents to support all students' well-being. There is growing evidence that COVID restrictions are impacting students' mental health, particularly teenagers, and the school staff

are checking in with students regularly. David encouraged parents to ensure that children have regular breaks from screens and enjoy some outdoor physical activities.

The new Student Leadership group for 2021-22 from among Year 11 students has been elected. The school is trialling a new model of introducing the group mid year so that the current Year 12 students can focus on HSC preparations. This year, 180 students will sit for the HSC. There have been various changes to the HSC trials and final exams, with regular communications to the Year 12 students. Graduation events will be delayed until after the HSC. Testing and assessment processes for all other students will be at the discretion of the teachers and various adjustments will be made, noting the COVID disruptions.

David also advised that the 2021 NAPLAN results had just been received by the school. Chatswood HS students in Years 7 and 9 achieved excellent results, with particularly strong performance in numeracy. The writing results were also well above the state average. It should be noted that 79% of CHS students come from families with non-English speaking backgrounds.

David also reported on the 2020 HSC results for the school. 157 students sat for exams. A comparison of results from 2014-2020 showed very consistent results, despite the disruptions due to COVID last year. In 2020, 16.6% of CHS students achieved results in Band 6 (highest) compared to the NSW state average of 7.3%; and 33.9% of CHS students were in Band 5 (compared with 21% for NSW).

The Building Program at the school is also progressing. Works ceased temporarily during the early COVID restrictions in Term 2-3, but work has resumed (though the number of workers on site has reduced). The roof on Building R is being erected. Discussions have already commenced regarding furniture for Building R. Work on Buildings C, D and E is also progressing.

The school is anticipating that 2022 enrolments may be higher than earlier forecasts, and planning is under way for extra capacity.

Parents at the meeting raised some questions about zoom lessons, the possibility of using break-out rooms to facilitate smaller discussion groups, and the use of online cameras during classes to enhance interactions.

### **Treasurer's Report**

Apurva Kamat provided a summary of the Treasurer's report for January to July 2021 (circulated in the agenda papers). Apurva confirmed that the P&C had applied for the government's COVID small business grant, and was awaiting further advice from Service NSW regarding the Job Saver grant scheme.

### **Uniform Shop**

Alex Hudson advised that the Uniform Shop is closed due to COVID restrictions. Online ordering is available but there has been little demand. The Uniform Shop team is focusing on preparations for the new 2022 students, and hoping to offer appointments for new uniform fittings in Term 4 if possible. David advised that current estimates for Year 7 in 2022 were around 325 students.

## **Building Program Update**

(see Principal's update)

## **Other Business**

*P&C Well-being events:* The well-being events scheduled for Term 3 have been postponed due to COVID. Karyn Cardew advised that the P&C will explore whether they can be held in Term 4, otherwise next year.

*Request for funding for sports program:* George summarised a funding request from the school's sports department for external coaches for before and after school sessions. The P&C had included funding in its budget, but the cost for 2021 was higher due to extra training sessions.

**Motion:** To approve up to an additional \$1500 for before and after school sporting activities for 2021. Moved by Sarah Boyd and seconded by Angela Todd. Motion passed.

*2021 Year 12 P&C graduation gift:* In recent years, the P&C has contributed funds for printing of the Year 12 Year Book.

**Action:** David Osland to confirm if a P&C contribution for printing of the Year 12 Year Book is wanted.

*Term 4 Orientation Day planning:* Orientation Day is usually held on site at the school in Term 4 for new students and families commencing the following year. David Osland advised that, at this stage, it will be planned as an online event. Further information will be provided closer to the time.

*Locker Coordinator:* A new volunteer coordinator is needed. Interested parents can contact the P&C secretary at [secretary@chatswoodpandc.org.au](mailto:secretary@chatswoodpandc.org.au)

*Business without notice:* David Osland provided an update on the Powerful Owls that have been nesting in trees in the school grounds and have been protected during building works. Two chicks have emerged from the nest!

Meeting closed at 8.45 pm.

**Next meeting:** Tuesday 7 September 2021.

**Action:** David Osland to confirm if a P&C contribution for printing of the Year 12 Year Book is wanted.

## Upcoming webinars of interest to parents

- **Monday 6 September, 7:00-8:30 pm (also available on Tuesday 5 October 1:00 pm)**

Jocelyn Brewer: Design Your Family's Tech-Use Agreement: Setting clear boundaries around devices without bans or scare tactics (*Note: Fee applies*)

Registration at: <https://events.humanitix.com/design-your-family-technology-agreement-sept-2021>

- **Tuesday 7 September, 7:00-7:30 pm**

NSW Teachers' Federation: short broadcast hosted by Tracey Spicer AM, featuring education leaders discussing how to secure the education all children deserve

Registration at: <https://www.nswtf.org.au/september-broadcast>

- **Tuesday 7 September, 7:30-8:30 pm**

Chatswood High School P&C General Meeting

Agenda available on the P&C website: <https://chspandc.org.au/meetings/>

Zoom link: <https://au01web.zoom.us/j/61735065867>

- **Wednesday 8 September, 7:30-8:45 pm**

NSW P&C Federation: Supporting young people to navigate consent

Registration at: <https://www.pandc.org.au/supporting-young-people-to-navigate-consent/>

- **Thursday 9 September, 7:00-8:15 pm**

Headspace: Mental Health Education Session (for parents)

Registration at: <https://www.eventbrite.com.au/e/chatswood-nsw-parent-and-carer-mental-health-education-session-registration-159574556795>



*A CHS P&C wellbeing session\**  
**Teens, Alcohol & other Drugs:**  
**What parents need to know post-COVID.**

**Date:** Wednesday 15<sup>th</sup> September 2021

**Time:** 7:30pm – 8:30pm + Q&A

**Place:** Zoom meeting link:

<https://au01web.zoom.us/j/69695948529>



Your CHS P&C is pleased to welcome back Paul Dillon, one of Australia's leading experts on teenage alcohol and drug issues, to speak to CHS parents on current alcohol and other drug issues facing our teenagers.

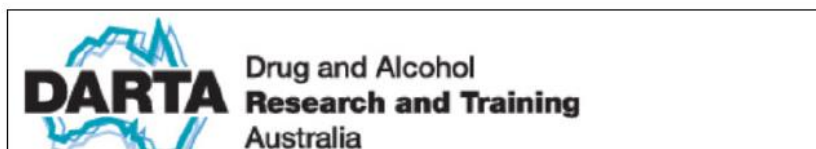
Paul is the founder of the [Drug and Alcohol Research & Training Australia](#) and is a much sought-after commentator. Over the past 20 years he has conducted research into the trends and issues relating to use of alcohol and other drugs, with a focus on school-based students.

Join us to hear about what's happening now and what we can expect in a post-COVID world. Hear about the latest data on:

- Alcohol & other drug use by high school students
  - Impact of COVID restrictions on teens and socialising
  - Some tips around alcohol and parties to ensure your child's safety now and post COVID
- The event **is open to all CHS parents and parents from nearby schools**, so we can share this important information to our local community.

Unfortunately, due to COVID restrictions, student sessions (yrs. 10-12) have been postponed to early 2022.

*\*Presented as part of the CHS P&C wellbeing program, partly funded by a generous community grant from the Chatswood RSL.*





**Chatswood High School**  
**PARENTS & CITIZENS ASSOCIATION**

Treasurer's Report  
September 2021 Meeting

## Summary Reports for 2021

### 1. The Profit & Loss Report for Jan to Aug 2021

	Building	General	Uniform	Total
<b>Income</b>				
Interest Income	-\$59.22	-\$883.71	\$0.00	-\$942.93
Locker Hire	\$0.00	\$7,890.91	\$0.00	\$7,890.91
Membership fees	\$0.00	\$18.20	\$0.00	\$18.20
Music Uniform Sales	\$0.00	\$0.00	\$2,227.36	\$2,227.36
School Uniform Sales	\$0.00	\$0.00	\$137,365.76	\$137,365.76
Second Hand Uniform Sales	\$0.00	\$0.00	\$2,605.00	\$2,605.00
<b>Total Income</b>	<b>-\$59.22</b>	<b>\$7,025.40</b>	<b>\$142,198.12</b>	<b>\$149,164.30</b>
<b>Less Cost of Sales</b>				
Music Uniform COS	\$0.00	\$0.00	\$1,772.01	\$1,772.01
School Uniform COS	\$0.00	\$0.00	\$95,573.10	\$95,573.10
<b>Total Cost of Sales</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$97,345.11</b>	<b>\$97,345.11</b>
<b>Gross Profit</b>	<b>-\$59.22</b>	<b>\$7,025.40</b>	<b>\$44,853.01</b>	<b>\$51,819.19</b>
<b>Less Operating Expenses</b>				
Audit Expense	\$0.00	\$2,250.00	\$0.00	\$2,250.00
Awards	\$0.00	\$52.68	\$0.00	\$52.68
Bank Fees	\$0.00	\$0.00	\$619.50	\$619.50
Employment costs	\$0.00	\$946.69	\$8,810.56	\$9,757.25
Foreign Currency Gains and Losses	\$0.00	\$0.00	\$8.46	\$8.46
Freight & Courier	\$0.00	\$0.00	\$1,090.27	\$1,090.27
General Expenses	\$0.00	\$522.73	\$89.53	\$612.26
General Insurance	\$0.00	\$2,038.45	\$0.00	\$2,038.45
Office Expenses	\$0.00	\$3,940.06	\$1,814.06	\$5,754.12
P&C Events	\$0.00	\$26,790.72	\$0.00	\$26,790.72
Shopify Fees	\$0.00	\$0.00	\$1,187.12	\$1,187.12
<b>Total Operating Expenses</b>	<b>\$0.00</b>	<b>\$36,541.33</b>	<b>\$13,619.50</b>	<b>\$50,160.83</b>
<b>Net Profit</b>	<b>-\$59.22</b>	<b>-\$29,515.93</b>	<b>\$31,233.51</b>	<b>\$1,658.36</b>



## 2 Uniform Shop

1 January 2021 to 31 August 2021

31 Aug 21

### Income

Music Uniform Sales	\$2,227.36
School Uniform Sales	\$137,365.76
Second Hand Uniform Sales	\$2,605.00
<b>Total Income</b>	<b>\$142,198.12</b>

### Less Cost of Sales

Music Uniform COS	\$1,772.01
School Uniform COS	\$95,573.10
<b>Total Cost of Sales</b>	<b>\$97,345.11</b>

**Gross Profit** **\$44,853.01**

### Less Operating Expenses

Bank Fees	\$619.50
Employment costs	\$8,810.56
Foreign Currency Gains and Losses	\$8.46
Freight & Courier	\$1,090.27
General Expenses	\$89.53
Office Expenses	\$1,814.06
Shopify Fees	\$1,187.12
<b>Total Operating Expenses</b>	<b>\$13,619.50</b>

**Net Profit** **\$31,233.51**

## 3 Current Financial Position at the end of Aug 2021

### General Account

Bank balance	\$ 301,576.32	\$165,879 in term deposit and \$ 135,697 in a savings account
Expenditure expected per budget for remainder of year	\$ 56,618.10	All item in Budget (including unapproved items for this meeting only) less items paid to the end of this period
<b>Funds available</b>	<b>\$ 244,958.22</b>	
Note: Contributions for 2020 has been received in full.		

### Building Fund

Bank balance	\$ 253,572	Includes \$155,374 in term deposit
Expenditure expected per budget for remainder of year	\$ -	All item in Budget (approved) less items paid to the end of this period
<b>Funds available</b>	<b>\$ 253,572</b>	
Note: Contributions for 2020 has been received in full.		

## 4 Income (Excluding Uniform)

Whole year incomes in General and Building are as follows:

### General Income

Description	\$	Comments
Donations- General	55,000	assumed for the year @\$100
Grant Received	21,300	RSL Community
Interest Income	2,000	Based on Jan 20 to Dec 20
Locker Hire	8,500	Based on Jan 20 to Dec 20
Membership Fees	55	Based on Jan 20 to Dec 20
<b>Total Income</b>	<b>86,855</b>	

### Building Income

Description	\$	Comments
Donation-Building	60,000	Based on \$68k recd in 2020
Interest Income	1,500	Based on Jan 20 to Dec 20
<b>Total Income</b>	<b>71,500</b>	

# CHS P&C 2021 BUDGET& MOVEMENT

Description	2021 Budget	Spent	Balance
<b>Student Wellbeing</b>			
Tomorrow Man	8,800	Spent in May 21	7,350
Cyber e-Safety	6,100	Spent in May 21	5,217
Paul Dillon - Teens, parties, drugs, alcohol	4,600		
Additional well- being sessions	5,000		
Before and after school sports program	6,500		
Chris Stirling Award	350		
Art of Smart	7,350	Spent in May 21	4,513
Sleep Connection	3,200	Spent in Mar 21	3,150
Vanessa Hamilton	7,300	Spent in May 21	6,561
<b>Teaching and Learning</b>			
English Department- Theatre Sports Incursion	4,720		
<b>Leadership and Co-curricular</b>			
Leadership camp	3,000		
Mock Parliament 2021	1,000		
<b>Support for School Programs</b>			
Merit Awards	3,500		
Orientation day morning tea	500		
World Teachers day morning tea	500		
Welcome event for new families	500		
Art Show	500		
Year 12 printing of yearbook	5,000		
<b>Admin costs incorporating</b>			
Audit fees	4,000	Paid in Apr 21	2,250
Bookkeeping fees	2,500		
Insurances	2,500	Paid in Jul 21	2,561
General expenditure/meetings	500		
Processing fee for Locker payments	300		
P&C website update/revision	10,000		
	<b>88,220</b>		<b>31,602</b>

## Chatswood High School Uniform Shop Report

5<sup>th</sup> September 2021

The uniform shop has been closed for Term 3, 2021 in line with the NSW Government and Department of Education guidelines. We will continue to be closed until further notice. The stocktake for Term 3 has been cancelled.

With students not due to return to classrooms until late October, we will be reviewing the situation with CHS staff and will keep parents and the school community updated with any changes to our ability to safely supply school uniforms.

The uniform shop has begun to receive the summer stock for 2021/2022. The stock arrivals have been impacted by the COVID-19 situation and most deliveries are delayed. The uniforms are currently on track to be available to our new starters and students transitioning from Year 9 to Year 10 in 2022, with our uniform shop manager, Sarah Bouch, monitoring the delayed deliveries closely.

The uniform shop is again using an online appointment system for our 2022 new starters, with appointments being available from late November, **pending the uniform shop re-opening**. Appointments will allow parents and students to book a 30-minute timeslot for their uniform fitting. We are asking that all appointments be attended by **the student and one family member only**. Please do not bring siblings or other family members. This is to minimise the number of people in the shop and to maximise everyone's safety.

The uniform shop will not open on Orientation Day in 2021. All new students are encouraged to book an appointment for a fitting or use the online ordering system to purchase uniforms. All appointments for new students will be held on the weekend, to minimise the number of people outside the immediate school community visiting the school during open hours.

Information will be sent out to new starters in the Orientation Pack provided by Chatswood High School early in Term 4, including links to the appointment booking system and to our online shop.

A reminder that sales of second-hand uniforms will be suspended from November 2021 to January 2022. Second hand uniform donations will still be accepted but purchases of second-hand garments will not be available until February 2022.

The next committee meeting is scheduled for Term 4, 2021 with the date to be confirmed.

**Email from Sean Abernethy**

On Thu, 2 Sep 2021 at 11:24, Sean Abernethy <[sean.abernethy@det.nsw.edu.au](mailto:sean.abernethy@det.nsw.edu.au)> wrote:

Hi George,

The PDHPE faculty has discussed the proposal submitted by Alec Wajzer.

As a faculty, we **support** the proposal and belief the program will have a strong benefits to students' wellbeing and physical activity levels.

With the recent announcement that students will be involved in online learning for at least six weeks in Term 4, the implementation of this program will be used to allow students to sustain the required levels of physical activity on a daily basis and have a direct correlation to improving student and staff wellbeing.

The PDHPE faculty will use the program throughout practical periods and encourage students to use the exercises during their own time to enable them to build a strong physical activity regime.

We would be grateful if the P&C would support the funding of the program for Term 4 (\$2000) and we will review the program at the end of year. As a requirement of the program taking place, Alec will purchase insurance for the program and provide evidence of this before the program is distributed to students.

As always, the PDHPE would like to pass on our gratitude for the constant support offered by the P&C towards our students and their overall wellbeing.

Regards

**Sean Abernethy**  
**Year 11 Advisor 2021**  
**PDHPE Teacher & Sports Organiser**  
**Chatswood High School**  
**9419 3611**  
[sean.abernethy@det.nsw.edu.au](mailto:sean.abernethy@det.nsw.edu.au)

## **Chatswood High School P&C Funding Proposal**

### **Increasing Student Physical Exercise to Improve Fitness, Well-Being & Cognitive Outcomes**

#### **Background**

My name is Alec Wajzer, and I am an alumni of Chatswood High School (Class of 2017). Since graduating, I have completed a bachelor's degree in Exercise & Sport Science (awarded with Credit) at the University of Technology Sydney in 2020. Scientific research strongly supports that students' well-being, motivation and ability to concentrate & focus are enhanced by short bursts of regular physical exercise. I am looking to utilise what I have learnt by improving the academic and well-being outcomes of students through fitness.

During the early stages of 2020, Chatswood High School reached out and asked me to produce 10 HIIT (High Intensity Interval Training) styled workouts for the students to utilise during the 2020 COVID lockdown. From the feedback I received, it was a great success, with both David Osland and Sean Abernethy (PDHPE Teacher & Sports Organiser) very pleased with what I produced. Due to its success, Chatswood High School has recently decided to re-use my material during the current Sydney Lockdown (July 2021). During my degree, I was also involved with the CHS before-school sport program by facilitating the 'Run Club' throughout 2020, whilst additionally assisting the PDHPE department in running year 7/8 sport in 2020, and the zone athletics carnival in 2021.

The success of the 2020 mini HIIT program during the first COVID lockdown reinforces the need for high school students to have access to simple and easily understood, science-based exercise programs delivered by their school at no financial costs to the students (especially during a time of increased financial stress on households being experienced during the COVID pandemic).

#### **Description of Proposal**

I am currently in the process of creating a digital fitness product, specifically focused on utilising HIIT styled workouts during a student's day. And I would like to give CHS students the first opportunity to use this program.

The product includes a 15-minute HIIT workout for everyday of the school week (Monday to Friday), structured within a 2-week program, to be repeated 5 times for students to see improvements throughout the term. Each term, a new 2-week program will be released to the students.

The HIIT workouts included in the 2-week program will either focus on Upper Body, Lower Body, Core, Cardio or Full Body.

- The product includes 10 individual HIIT workouts per term, or 40 individual HIIT workouts per year. Each individual workout will be accompanied with a voiced-over video, as well as detailed written instructions on how to perform each workout safely and correctly.
- The program is **not** designed for elite athletes but more for the **average student, with low-moderate exercise knowledge** (which is most students).
- Each video will also **cater to different levels of fitness**, with alternative exercises provided for students of beginner to advanced levels of fitness.

#### Benefit to School/Students/Community

The implementation of this program within the school will benefit all students. Many of our students do not get adequate physical exercise during the school week. The program will allow senior students to incorporate a time-efficient fitness routine within their busy study schedules, whilst introducing junior students to the importance of exercise in daily life.

All workouts can be completed at home, with no gym equipment necessary, allowing all interested students to participate. The program will be delivered through an online platform, with access to a laptop/PC/phone the only equipment required by students.

As already noted, research clearly shows increased physical activity in school students leads to reduced stress and anxiety, better sleep patterns and fewer behavioural issues, not to mention better cognitive performance (ability to stay on task and focus in the classroom and home study). Short bursts of high intensity physical activity also increases concentration focus and higher order problem solving skills, as well as improvements in mood and positive relationships.

#### My Goal

My eventual aim is to offer this product to as many high schools as possible to share the benefits of a low cost, easily accessed program for all high school students to improve wellbeing and fitness & health outcomes.



As articulated in the CHS motto, I want my digital fitness program to support to our students by **INSPIRING EXCELLENCE & ACHIEVING SUCCESS.**

#### Alignment with P&C Focus Areas

In terms of the P&C's key focus areas, the proposal aligns with "Learning & Development" as students will be provided with science based educational material on exercise and fitness practices based on my tertiary qualifications. In addition, "Student Well-being" is being addressed due to the numerous positive effects of exercise which include improved concentration, sleep, and reduced anxiety and depression.

#### My Qualifications

As stated earlier, I completed a bachelor's degree in Exercise & Sport Science at the University of Technology Sydney in 2020, which established a strong foundation of exercise/sport knowledge. In addition, I have my Certificate III & IV in Fitness (Qualification as gym instructor and personal trainer respectively) and have qualified as a provisionally accredited exercise scientist with ESSA (Exercise & Sport Science Australia).

As an alumnus of CHS, who enjoyed many of the cocurricular benefits, I would love this opportunity to give back to the school especially during the ongoing COVID lockdowns, with access to sporting facilities/gyms severely limited.