



Coming Events - 25 July 2024

Coming Up

Term 3

26 JULY

SCHOOL CROSS COUNTRY

29 JULY

TEACHER ONLY DAY - SCHOOL CLOSED

30 JULY

OED1 - CLIMB/ORIENTEER (1)

30-31 JULY

Y9 HEARING CHECKS

FRE3 - OVERNIGHT TRIP

10DAN/DAN1 - TECH DAY & PERFORMANCE

EVENING

31 JULY

FRE1-3 - CINEMA TRIP

OED1 - CLIMB/ORIENTEER (2)

PSY3 - WAIKATO UNIVERSITY

3-4 AUG

DNZM REGIONALS

5-8 AUG

ARTS & CULTURE WEEK

6 AUG

AUSTRALIAN MATHS COMPETITION

FAN1 - CULINARY FARE

7 AUG

JUNIOR ARTS SHOWCASE

CAMBRIDGE COMMUNITY CAREER EXPO

8 AUG

CHS OPEN DAY - SCHOOL CLOSSES AT 1.30PM

9 AUG

TEACHER ONLY DAY - SCHOOL CLOSED

12 AUG

CMC3 - SUPERMARKET TRIP

DRA 2 & 3 - AUCKLAND TRIP

SPS3 - GOLF

13 AUG

NCEA/SUBJECT CHOICE EVENING

14 AUG

MUSIC SHOWCASE 1PM & 7PM

OED1 - MOUNTAIN BIKING (1)

15 AUG

OED1 - MOUNTAIN BIKING (2)

16 AUG

DRA2/3 - AUCKLAND THEATRE TRIP

OED1 - MOUNTAIN BIKING (3)

19 AUG

10HTH - MENTAL HEALTH DAY OUT

20 AUG

CRS2/3 - BARISTA ASSESSMENT

20-21 AUG

SPORT & CULTURAL PHOTOS

21-23 AUG

OED3 - SNOW SURVIVAL

22 AUG

Y12 LEADERSHIP CAMP

23 AUG

ITM MUSIC FESTIVAL

School TV



SPECIAL REPORT: Trauma Recovery

Trauma in children significantly disturbs their sense of safety and normalcy, leading to substantial emotional and behavioural changes. Such disturbances often result from exposure to traumatic events, which may be exacerbated by continuous media coverage. This exposure can trigger stress, anxiety, and trauma, with varying recovery timelines due to the unpredictable nature of trauma's impact. Observing young people grappling with these effects can be highly distressing for parents and caregivers.

It's important to establish a nurturing environment to help restore a child's sense of security to help promote resilience. Active involvement in their recovery is essential, as is recognising the unique, personalised needs of each child in responding to trauma. Depending on their age, children may present with different symptoms, such as regressive behaviours in younger ones or withdrawal and agitation in older children and teens. It is important to monitor and manage the type of information children may access to reduce their emotional distress.

The brain stores traumatic events as powerful emotional memories, influencing behaviour through mechanisms beyond a child's conscious awareness. By providing young people with support and equipping them with coping mechanisms to handle uncertainty, parents and carers can greatly enhance a child's capacity to recover and build long-term emotional resilience.

This Special Report will help you identify a child experiencing trauma and how you can support them to overcome it.

Here is the link to your Special Report https://camhigh.nz.schooltv.me/wellbeing_news/special-report-trauma-recovery-nz

Sports Notices

Waikato Underwater Hockey Club invites students to come and give our unique sport a go!

Great sport for those that enjoy swimming and looking for a team sport!

Good training for freediving and scuba diving.

Have a go session and ongoing training every Thursday night 6.45-7.45pm.

Session Outline:

6.40pm Meet at Waterworld reception.

7.00-7.45pm Pool Session

7.45-8.00pm (Optional) Watch our elite team play.

Venue: Waterworld, Garnett Avenue, Forest Lake, Hamilton

Time: 6.40pm - 8pm

Cost: Free

Bring: Togs & Towel

Club supply: snorkel, mask, fins, stick, glove. (bring your own snorkeling set if you have one)

What is UWH?

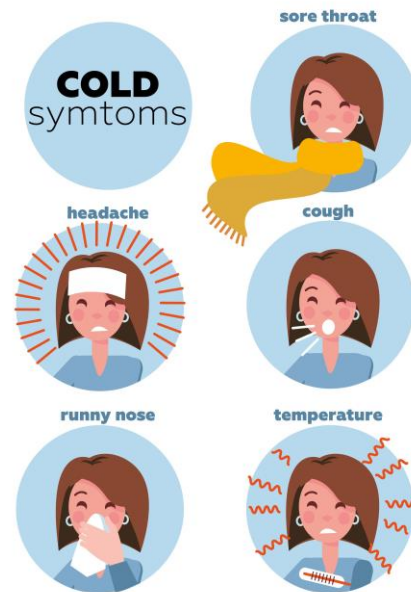
<https://youtu.be/F9TIT0XtLTM?si=J6HXvE96zfVNzCq>

How do you Play UWH?

https://youtu.be/aTqkhr_5-Eo?si=YfQB8gEbvCV9zO3v

Sessions are capped at 10 people per session, so register your interest via Hamilton.uwh@gmail.com ASAP!

Message From The Health Centre



Winter is here and with it comes a variety of bugs. We have already seen a number of students presenting with high temperatures, headaches and sore throats.

Covid 19

Covid is still with us and in our school community.

Isolation is 5 days from the day of a positive test, or the day the symptoms started .

If Your Child is Sick

They should go to our Health Centre first. We have nurses on site who will contact you if they need to go home

STUDENTS SHOULD NOT BE TEXTING PARENTS TO PICK THEM UP

Please keep your young person at home if they are unwell.

Notices



Cambridge
High School



St. Peter's



Te Awamutu College

Careers Expo

Open to all

Cambridge Town Hall

Wednesday 7th August 2024

1pm – 6pm

Free Admission

For all enquiries email kjn@camhigh.school.nz

POP-UP OP SHOP



During Enviro Week this year the Environment and Sustainability Committee will be running a Pop-up Op Shop!

Donations for the Op Shop are now wanted!

Please bring in any good quality second hand items!



Bring donations to the student office.

Please bring donations by the end of week 4, Term 3!





Cambridge High School Physiotherapy Clinic

ACC appointments
Monday - Friday
@ Cambridge High School

\$50 One off Term Fees for ACC

Appointments can be made through the school nurse,
by ringing Vigour Physiotherapy directly on 07 823 1506

Vigour Physiotherapy
Level 1 48 Empire Street, Cambridge
www.vigourphysio.co.nz : admin@vigourphysio.co.nz