



WELCOME TO JONES HOUSE

A BUDDY BOOKLET
TO HELP YOU
NAVIGATE CGS

PRODUCED BY
2023 YEAR 12
JONES

Jones Leaders

Every house at CGS has captains, including the junior houses. In Jones we have one House Captain, and two Vice Captains who work with the rest of the Jones year 12s, Mr Downey, Ms Dimarhos and Mr James to lead the house. You will be seeing them around a lot!

Starting at a new school or moving out of your year 7 house can be really overwhelming and scary, and that's what Jones House, and the captains especially, are here to help with. If you have any questions about CGS, Jones, or just life in general, or want to have a chat, the Jones Captains are the perfect starting place.

To chat to any of the captains you can find them in the locker room, flick them an email or leave them a message via the 'Jones House Reach Out' form which is up as a QR code in the locker room.

DRAIG AM BYTH



Bee Handel (she/they)

HOUSE CAPTAIN

Favourite Colour: Yellow

Sport/Co-curricular: Soccer, Strength & Conditioning

Fun Fact: Bee is able to throw 330 punches in 1 minute

Senior Course: HSC

Email: bianca.handel@cgs.act.edu.au



Ben Milo

VICE CAPTAIN

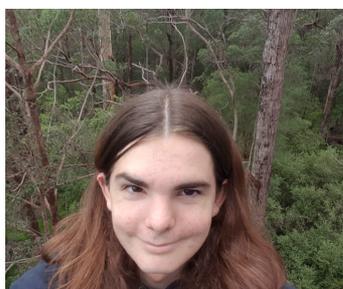
Favourite Colour: Neon Pink

Sport/Co-curricular: Rugby, Dragon Boating

Fun Fact: Ben can drink water bottles in about 1 second

Senior Course: HSC

Email: benedict.milo@cgs.act.edu.au



Wil Gerner (they/he)

VICE CAPTAIN

Favourite Colour: Maroon

Sport/Co-curricular: Taekwondo, Percussion

Fun Fact: Wil likes to twirl fire in their spare time

Senior Course: HSC

Email: wilhelm.gerner@cgs.act.edu.au

FUN DRAGON FACT!

Up until the end of 2018, Jones was combined with Blaxland into the old boarding house, Monaro. At the start of 2019, Jones and Blaxland were reformed. Bee, Ben and Wil were all part of the group of students who transferred in 2019 to be the founding members of Jones. Hence why they're so excited to lead...this is several years in the making for them! A few other year 12s were also founding members.

2023 YEAR 12

There's a lot more Jones year 12s than just the captains, so let's quickly introduce you to a few of the other leadership groups!



Sports and Duty Captains

Phoebe Hopkins and Saadman Ahmad are the Jones sports captains for 2023. They're the people you will hear from about swimming, cross country and athletics carnivals, as well as some Captain's cup events.

The duty captain is Jamie Bjerregaard. For those in years 10-12, Jamie will be the one sending out the duty roster. Jamie is also responsible for creating cleaning schedules if the locker room is not looking so nice....



Music Captains

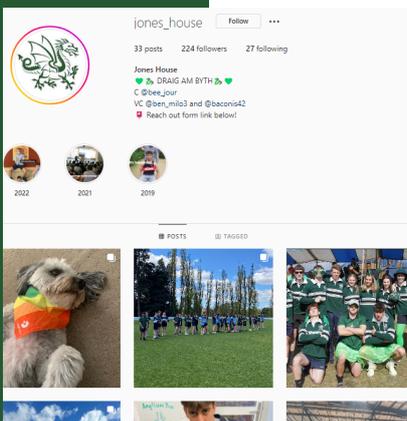
Zach Stranger, Mia Cape and Michael Praet are the Jones house music captains.

Primarily, these three are responsible for organising and overseeing the entirety of house music (a huge task!)...but they're also involved in organising music segments for house meetings as well as contributing to the Jones House Playlist you'll hear in the locker room most mornings

Media and Mentor Captains

The Jones Media Captains are Hana Afshari and Emma Clements. They work together to create posts for the '@jones_house' instagram, as well as any posters around the locker room. Most importantly though they are responsible for the Jones Journal; a fortnightly newsletter that will keep you updated on all events and everything Jones.

The mentor captains are David Howard and Emma Clements. Together they are the ones planning and organising mentor group activities alongside the captains. They're also some of the best people to come chat to if you have an activity suggestion!



JONES HOUSE CHANTS

Most houses at CGS have one or two chants that they'll pull out at carnivals, and sometimes during house meeting to really get the house going. Jones has quite a lot, so we've included some of our most frequently used ones so that you can jump right in when the time comes

01

ALL DAY LIKE, ALL NIGHT LIKE

Everybody like! Hooh!

We win it like! Hooh!

Breathing fire like! Hooh!

All day like! Hooh!

All night like! Hooh!

Everybody like! Hooh!

We win it like! Hooh!

Breathing fire like! Hooh!

All day like! Hooh!

All night like! Hooh!

All day like! Hooh! All night like! Hooh!

All day like! Hooh! All Night like! Hooh!

Bold = Chant leader

Hooh! is sort of said similar to Who! it's a massive huffing sound. This chant also gets progressively faster as we go

02

J-O-N-E-S

Draaagon! J!

Draaagon! O!

Draaagon! N!

Draaagon! E!

Draaagon! S!

Dragon! Draig am Byth! Draig am
Byth! Draig am Byth! Draig am
Byth!

Bold = Chant leader

The bolded 'Draaagons' are quite drawn out and slow; so in turn you'll scream the letter very quickly

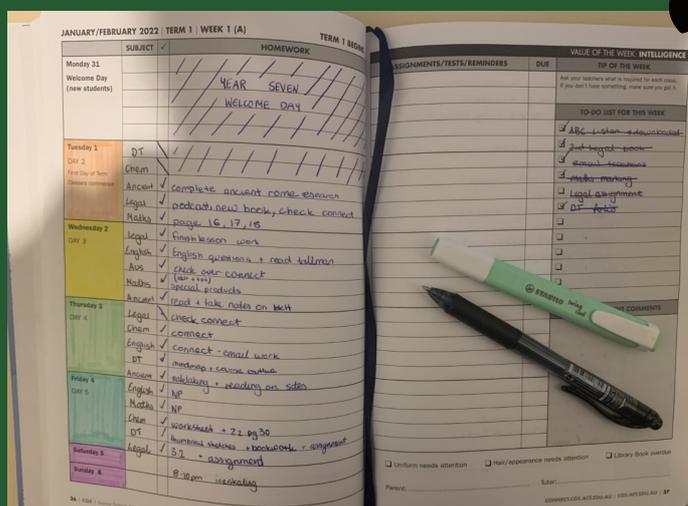
That little end bit with our motto 'Draig am Byth' is done super fast, and often with feet stomping!

FUN DRAGON FACT!

Jones' motto is 'Draig am Byth', which when loosely translated from Welsh means 'Dragon Forever'. It's sort of a pledge of loyalty, and is associated with integrity!

TIPS FOR...

Surviving Senior School



Use your Senior School Diary!

Diaries are a staple at CGS, and are used in all year groups. The CGS diary is the place for you to organise and record your homework, co-curriculars, assessments and any other reminders.

- Colour code your subjects and timetable.
- Make use of the to-do list column so that nothing gets missed
- Write down all co-curricular activities and assessments in advance

Keep your locker and desk space clean

Having a clean and organised working environment is important for helping you feel less overwhelmed and improving focus.

- Store all notes and textbooks for each subject in folders
- Have a designated space to complete homework

Staying productive

High school involves a lot of work, here are a few tips on how to maintain productivity!

- Plan your study (eg. write a list of what needs to be done and when, set timers to keep your study focused)
- Take breaks and involve yourself in other activities such as hanging out with friends or a pet, baking, sport, art and other activities. Balance is essential!

High school is undoubtedly composed of some of the best years, where you'll meet amazing people, learn so much both academically and about yourself, but it is also really tough! And that's okay; it's totally normal to flounder a little when you move schools or begin high school.

Normal or not, here's a few tips on how to survive your time at CGS, and make school just that little bit easier!

Reach out!

Your friends, teachers, tutor, classmates, Mr Downey, Ms Dimarhos, Mr James and all of Jones are here to help you along the way. Don't be afraid to reach out if you need a hand!

Navigating Campus

CGS is a massive school, and its not organised in the best way, so don't worry if you're late to classes in that first week or so! We promise that it does get easier the longer you're here. In the meantime, here's a quick guide to navigating the school...

Check your timetable

The first step to finding where you're meant to be is checking either your digital or hardcopy timetable. Each subject should have a code like the one to the right. This tells you the subject, your class set (HA1101), the class room (PM203) and your teacher (SRM)

Ancient History Preliminary(HA1101)
PM203 / SRM

Finding the classroom

So you're in PM203...where's that? At the back of your diary you'll find a school map. Each building is labelled with a building code, such as 'PM'. This is the building that PM203 would be in. The number behind this refers to the floor and class. For example PM203 is on the second floor of the PM building. The door of the classroom will be labelled.



Some buildings like the EA building a bit more confusing, so don't be afraid to ask for help if you're feeling lost

The classroom changed...

Not to worry, you can use the CGS Connect app to see classroom changes on your digital timetable! If you go to your profile on CGS connect, you can get a QR code to login to the app

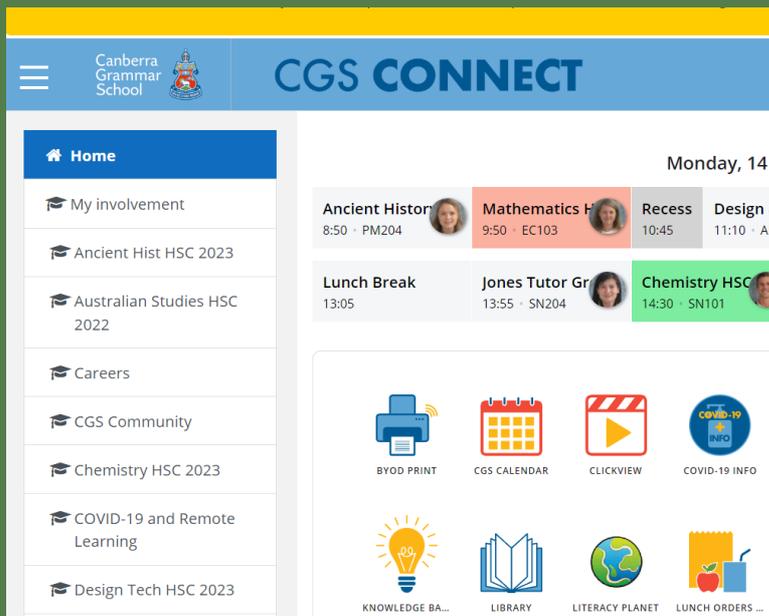
Mobile app

QR code for mobile app access

Scan the QR code with your mobile app and you will be automatically logged in. The QR code will expire in 10 mins.

[View QR code](#)

USING CGS CONNECT



CGS connect is about to become your most visited website. It's the central hub for everything at CGS, and you will be opening it in almost every class, and after school! When you start at the school you'll be given your student number and the opportunity to make a password; these will be your connect login details

Important features

CGS Connect has several very important features:

- The timetable on the front page shows you your classes and teachers
- Online library to reserve books and access research materials
- Link to print from your laptop while on campus
- Links to access emails, staff contacts and subject pages

Assessments

Connect is also the place where teachers will upload the notifications/details/requirements of assessment tasks. You will often receive an announcement but it's important to check each subject page regularly

Assessment Submissions

Assignments are also commonly submit through CGS connect. If this is the case, there will be a link on the subject page where you can upload the appropriate documents from your device. They will be run through turnitin to check for plagiarism! Make sure you receive two confirmation emails before closing the submission link to ensure your assignment is uploaded correctly!

Help! I don't know who to talk to!

In a bit of a pickle? Completely normal, don't stress it! Here's a list of people to contact if you find yourself needing a helping hand out of a sticky situation! More specific details can be found on pages 6,7 and 13 of the school diary

Senior Subjects Issues:

HSC: Mr Mark Perkins

IB: Mr Graham Maltby

Subject Specific Concerns:

Your classroom teacher
The Head of Department

Lost Property, timetables, bullying etc:

Reception Building
Admin Building
Head of House

Mental Health

Ms Rosemary
Jovanovic
(Through Ms
Zara Motbey)

House / General:

Head of House
Your Tutor
Jones Captains
Jones 'Reach
Out' Form

CGS PASTORAL PROGRAM

What's that 'pastoral' thing after lunch...?

One of the things that really sets CGS apart from a lot of other schools, is the pastoral program. This program runs every day, straight after lunch from 1:55pm - 2:25pm

The pastoral program is composed of tutor groups, house meeting, mentor groups, chapel and school assembly.

School assembly and chapel happen on the same day every week (in Jones this is on Wednesday and Friday usually). They are compulsory for all students, and require blazers to be worn in winter. Assembly often runs overtime so don't be worried if you hear the period 5 bell go off midway through CGS in Action (the weekly sports report in assembly)

Tutor groups, mentor groups and house meetings are run inside Jones house, and occur on the remaining days of the week. In Jones, house meeting is typically held in the Snow Centre or the War Memorial Hall (WMH). House meeting is the space where you will hear from Mr Downey/Ms Dimarhos and the captains about any important events or information.

Tutor groups are small groups of about 12 students from your year groups, and one teacher. Tutor groups are generally used to help you build connections, ask questions, run targeted information settings, play games and also learn important skills such as using your school diary. Mentor groups on the other hand are small groups composed of Jones students from all year groups, which are lead by one or two year 12 students. Mentor groups are more about building pride and connections, and as a result usually involve competitions and fun activities

The pastoral schedule for the week is written up on the Jones noticeboard every week so don't worry if you forget the plan for the day; you can always check back or ask another Jones student!

START	FINISH	DURATION	ACTIVITY
8:45am	Warning bell to prepare for Period 1		
8:50am	9:45am	55 minutes	Period 1
9:45am	9:50am	5 minutes	Prepare for Period 2
9:50am	10:45am	55 minutes	Period 2
10:45am	11:10am	25 minutes	Recess
11:05am	Warning bell to prepare for Period 3		
11:10am	12:05pm	55 minutes	Period 3
12:05pm	12:10pm	5 minutes	Prepare for Period 4
12:10pm	1:05pm	55 minutes	Period 4
1:05pm	1:55pm	50 minutes	Lunch
1:50pm	Warning bell to prepare for Pastoral		
Wednesday: End of Lunch warning bell at 1:40pm to prepare for Assembly			
1:55pm	2:25pm	30 minutes	Pastoral
2:25pm	2:30pm	5 minutes	Prepare for Period 5
2:30pm	3:25pm	55 minutes	Period 5

This is the daily schedule at CGS. Each of your classes is a 'period'. Pastoral is highlighted in green



Jones mentor groups playing octopus

Co-Curriculars / Clubs

CGS has heaps of clubs and co-curriculars on offer, but they're not exactly the easiest to get involved in, especially as a new or younger student! So here's a quick run down of some that are popular. There is heaps more out there, so keep your ears open!

To find out more, keep your eye out for posters /announcements around the school, but also make sure to ask senior students and activities captains or Mr Downey/Ms Dimarhos/Mr James!

GSA

Contact:

roman.johnson@cgs.act.edu.au

This group meets every Monday to discuss all things LGBTQIA+

This club is designed to be a safe space where queer, questioning or allied CGS students can talk and support each other

CGS Sustainability Club

Contact:

sidsel.farrimond@cgs.act.edu.au

Meeting at one lunch a week, the sustainability club is the group dedicated to identifying, addressing and promoting sustainable choices across school. They have heaps of fun, and it can even count towards service hours

Alternate Reality Club:

This is one of the lesser known clubs at CGS, but it's members are super passionate! ARC is the place to head if you're into table top or roleplay games, sci-fi, pop culture and fiction.

ARC regularly holds movie nights and meets at both lunchtimes and after school

Debating

Contact: amy.o'donnell@cgs.act.edu.au

Debating is a popular co-curricular at CGS. They have trainings during the week, usually on Friday afternoons and compete against each other and other schools in the area!

Heaps more are on offer as well!

- **Volleyball club:** Friday lunch in the gym
- **CGS Newspaper:** elizabeth.alsop@cgs.act.edu.au
- **Duke of Edinburgh:** lauren.hargreaves@cgs.act.edu.au
- **CGS bands:** christopher.retter@cgs.act.edu.au
- **Chess:** david.messina@cgs.act.edu.au
- **Spanish Club:** fabian.lopez@cgs.act.edu.au

HOUSE SHIELD

So...people keep talking about all these events and houses, but what REALLY is Blaxland and standards. Well, here's a quick low down on what all this is. There are 10 Senior Houses at CGS (and you're lucky enough to be in the best, Jones), and these house compete across four events to win what is known as the CGS House Shield. This works pretty similar to sporting events at other schools, just on a bigger scale...and with a lot more involvement, so buckle in (don't worry, it's a lot of fun). More information will be given at the time of each event.

The House Shield winner is based on average academic effort, as well as results from the Swimming Carnival, Cross Country, House Music and the Athletics Carnival



SWIMMING CARNIVAL

The swimming carnival is generally the first event on the CGS calendar, taking place in term one. The important thing to know for the swimming carnival is that not every one will race on the day, but everyone will attend the carnival to cheer on the house.

In addition to this, CGS has what are known as 'Swim Trials.' These are mandatory for all students. What this involves is every member of Jones swimming four 50m races (freestyle, backstroke, breaststroke, butterfly) and recording their times. It's from these results that we select our competitors for the day!



CROSS COUNTRY

Cross country is the second event on the CGS Calendar. Everybody in Jones participates in Cross country, running the distance appropriate to their age group.

Prior to the Cross Country Carnival there is a two week period where every member of Jones must complete a certain amount of training runs, usually 10. These training runs are done before school at 7:40am, and must be logged off with a year 12 upon completion or through the Jones House Strava. In Jones we try to make this as enjoyable as possible and often have breakfast provided for those who complete a training run on certain days



HOUSE MUSIC

For most people at CGS, House Music is their favourite event. It is also the most intensive, taking up almost the entirety of Term 3 with rehearsals. This event is lead by the CGS Music Department and House Music Captains. House Music is composed of four different sections, each with specific rules: Instrumental, 4-20 Voices (Acapella), House Rock and House Shout.

House Music is the space where any Jones student with musical talent can get involved and represent the house. However, all of Jones is involved in House Shout. It's an absolute blast and something to really get stuck into!



ATHLETICS CARNIVAL

This is the final event for the House Shield, and it usually takes place at the end of Term 3. Like the swimming carnival, not everyone in Jones will compete for this event, but everyone must complete what are known as 'Athletic Standards.'

Athletics Standards essentially record your scores/times for each event to assist in picking the competitors for the day. Standards run for two weeks prior to the carnival, both after school and on Saturday mornings. You must complete all 9 standards events. The average score of Jones' Standards also contributes towards House Shield scores.

WINNER

DUTY AND CAPTAINS CUP

Duty (Year 10 - 12)

One part of CGS that can be a little more confusing is something known as 'duty.' If you're in a junior year, don't worry about this just yet, it's only for year 11s and year 12s.

Duty is pretty much where all year 11s and 12s are assigned to an area around the school during break where they must help the supervising teacher monitor and manage that area. This happens every fortnight, and you will be sent reminders and the roster by the duty captain, Jamie. In the case that either year 11 or year 12 are away, year 10s will be required to step up and fulfil their duty.

Duty also occurs during the supervision of athletics standards.



HOUSE DUTY ROSTER 2022

DAY: _____ Date: _____

HOUSE: Jones House
RECESS (10.45am - 11.10am)

AREA TO COVER	Wet Weather	STUDENT
Burgmann/Change room P & F	New Maths Building	
Chapel/English Quad	New Maths Building	
Main Quad	PE Centre	
Sheaffe Amphitheatre/Courts (1)	WMH	
Edwards/PAC	PAC Foyer, Edwards area & Drama room	
Hay/Snow Grounds (1)	PE Centre	
Tuckshop/Back drive/Arts Quad	Snow Centre	

FIRST LUNCH (1.05pm - 1.30pm)

AREA TO COVER	Wet Weather	STUDENT
Burgmann/Change room P & F	New Maths Building	
Chapel/English Quad	New Maths Building	
Main Quad	PE Centre	
Sheaffe Amphitheatre/Courts	WMH	
Edwards/PAC	PAC Foyer, Edwards area & Drama room	
Hay/Snow Grounds	PE Centre	
Tuckshop/Back drive/Arts Quad	Snow Centre	
Flinders Oval	Library	
PE Centre	PE Centre	

Notes for Students on Duty:

Duty Roster to be placed in House Noticeboards at least 1 day prior to the start of the duty day.

Students to report to the teacher on duty at the start and end of their assigned session.

Students to support staff by monitoring behavior and literacy and regularly checking with the staff member on duty.

Number 1 on duty is to check-in with each member of staff on duty that the assigned student reported for duty to be proactive in helping to make replacements if necessary.



Captains Cup Events

The captains cup events occur throughout the year and are decided by the school captains (one of whom is in Jones!!!). They are essentially mini competitions between all the senior houses.

Traditionally they consist of soccer, esports, netball and basketball, though there are a few more obscure ones such as chess and debating. These events change year to year so make sure to keep any eye on any emails or assembly announcements.

Each of these events have different rules but the events will always involve all genders and year groups. This is usually a compulsory requirement for a team to be eligible.

JUST REMEMBER TO GET
 STUCK INTO EVERYTHING
 AND GIVE IT YOUR ALL!