PRINCIPAL’S MESSAGE

Presentation Day 2012

For those of you able to attend our Presentation Day on Monday December 10 you would have witnessed a wonderful celebration of student achievement. There were so many outstanding performances, students attaining significant academic prowess, sporting achievements and community service. It was a day that highlighted two of the themes in my speech: inclusiveness and excellence, showing that they are mutually attainable and, I would say, desirable.

May I again congratulate all student award winners for their excellent work over the year.

As always, I have published my speech. I would like to acknowledge a colleague, Ms Louise Manwarring, Principal of Mudgee High School, for sharing the language of economics she wrote about in her address.
Refurbishment about to commence

When students come back from the Christmas break, 2013 will be very different for them. Finally we will commence work on significant renovations to the canteen area giving students a more modern, useful and aesthetic place of recreation. Our P&C has been working diligently to raise and save money for this very large project. The school will contribute $100,000, all from fees and contributions given by the community to the school over the last twelve months.

Can I thank our P&C, in particular co-Presidents Mrs Anne-Maree Kinley and Mr Alan Schumacher, for their dedication to the task.

Enrolments

We will be bigger in 2013. I project about 1370 students. Even so, there are a number of families who live out of area who are very disappointed that they were unable to enrol due to our burgeoning numbers. At this stage, we simply cannot take more than we must.

We’re 50 next year

Next year Castle Hill High School turns 50. And we want to celebrate! To that end a committee of parents, teachers, administrative staff, myself and led by the irrepressible Peter Kerrigan is planning a range of activities to commemorate the fine traditions and successes of this school.

Good wishes

May I wish the community a safe and happy holiday over the festive season.

We’ve had a wonderful year and expect to come back in 2013 full of enthusiasm to commence some major projects that will shape the next five years.

Please accept my good wishes.

Vicki Brewer
Ms Brewer’s Presentation Day Speech 2012

I want to begin by warmly welcoming our special guests who give of their time at this very hectic time of year. Thank you for joining us on this important and valued day.

I’d also like to acknowledge a group of people who continue to amaze, please and stimulate; a group who deserve so much more but don’t ask for it; a group who continue to work towards the common goal, to make this school the best possible by working together, sharing and learning. Ladies and gentlemen, can I commend to you the teaching staff of CHHS.

A big word for us this year has been “WHY”. It’s provided us with a catalyst to challenge assumptions and think more deeply about issues.

It’s relevant to ask this: Why so much bother for a Presentation Day? What’s the point? Is it just about awarding prizes to the best, the brightest and the most deserving?

I would suggest that there a number of reasons why we celebrate Presentation Day:

- You see here today a representation of our comprehensiveness – our people, our programs and our values
- The second reason is that excellence can be found in all walks of life, in all income brackets and in all kinds of communities – thus our comprehensiveness is vital to affirm
- And thirdly, we celebrate this day because you see what we are – we cover a range of people – staff, students and community working together in honour of our values: the two most prominent in my mind are excellence and inclusiveness.

At this Presentation Day you won’t see one culture or one gender represented; you will see abled and disabled alike, many religious and non religious, wealthy and not so (of course you won’t spot the difference) and many types – such is our commitment and passion in the belief that we are inclusive.

Put another way: we are not exclusive. And we’re proud of that.

It is such a privilege to walk the halls of Castle Hill High School, seeing the abled and disabled so happily engaged, part of the everyday hustle and bustle of life (thank goodness the state government is adopting the Gillard government’s important and brave National Disability Insurance Scheme. On another note, regrettably, I still hear the miserly die-hards bleating “We can’t afford it”); it’s a privilege to see a very wide range of cultures and religions as a representation of our local community (now that’s a radical idea: being at a school that embodies the community mix!); it’s a privilege to see HSC results that are outstanding – a true testament of the dedication of our staff and the hard work of a wonderful student body; it’s a privilege to witness the local community at the local school running our canteen, managing our uniform shop and planning for large renovations. How good is that? Local people doing work in their local school for local students. (There’s a slogan in that: Local Schools, Local Decisions – ah, that’s another agenda!)

It’s just a great privilege to lead this fine, comprehensive school.

As an aside, sadly, the comprehensive model is being eroded in NSW. Currently more than half of the senior students in this state do not attend a public school with the advantages of comprehensiveness mentioned. The less comprehensive a school is, the more residualised and weakened it becomes. That spells danger. There are some who think that it’s all about choice and
competition. I have my doubts. I’m not sure choice is necessarily all that good. Ever tried buying a camera when you don’t know anything about gadgets or photography? I have. I went for the one that looked the best and was expensive, thinking that I couldn’t fail if I spent that much money. The gift receiver didn’t quite agree. What else can you do? Too much choice in the hand of this ignorant shopper was a waste. And don’t start me on competition between schools!

So, today is about celebrating the great virtues of comprehensiveness – it’s who we are, what we value and what our priorities are.

But today has wider context.

Two events this year – they’re connected, but quite independent in most ways – have reminded me of the increasing imperative that great men and women of vision must lead us towards a brighter future for our young.

The first event is now nearing closure: the International Year of Reading. It’s wonderful that in 2012 reading still has a prominent place amongst so many competing priorities. It’s so important, because as Mark Twain so famously said: “The man who does not read good books has no advantage over the man who cannot read”.

The second event is the release of the Gonski Report, following a wide ranging review of the funding needs of all Australian schools. David Gonski, the Review chairman, has an eminent, conservative, influential background – and he’s an economist. He was “the youngest ever wealth partner earning $5million at age 25”, Chair of the Sydney Theatre Co, Chancellor of the UNSW, Chair of NIDA, Chair of the Board of Trustees of Sydney Grammar – and this significant list goes on.

It is noteworthy that a person of this background with strong and conservative economic credentials leads a report calling for transformational change in education funding by the tune of many billions of dollars, annually.

These events are connected in my view because they are about things that really matter for students’ futures: the keys - literacy and quality education.

We must be literate. All of us. Even if you come from – perhaps because of – significant disadvantage. It’s what distinguishes advanced, civilised and civic societies – they are literate and they value it. It’s imperative to reach out to the remotest and poorest communities in Australia so that their children in the 21st century have a half decent future. Think of any war-torn hell-hole on earth, where communities are wasting away to the ravages of drugs, crime and abuse, communities where not too many work and are welfare-dependent. They will be characterised worldwide as people who are illiterate.

If the first key is literacy, the second is QUALITY education for all, not just some or even many. For all. We must as a nation, moving further into this century, reduce the gap between the haves and have nots. The gap between the best and least able-performing students is widening. To reduce the gap, to maintain position with the best educated societies costs; and there’s the rub: nationally, an extra $6 billion dollars annually in addition to what is already spent. Well, we better make that $7 billion as we in NSW have just had $1 million gouged out of the education budget – but who’s counting?

Economics 101 says this: you can’t talk expenditure, liabilities and costs without benefits, revenue and assets.

Go through the debate recently over school funding. You will see cost, liabilities and expenditure repeated over and over. You will hear “You can’t spend what you don’t have”, “We can’t afford it” or as the possible new education minister in a possible new government said in rejecting the potential of
Gonski funding under his new government “Good idea but we don’t want to become a basket case like Greece” (Again an aside, Greece’s educational performance on international tests has shown abysmal decline over decades, ranking just below Chile and one above Mexico, and way below Australia and high performing countries like Finland. Perhaps they might not be such basket cases if someone had the vision to provide high quality education as a right, an expectation and with the future of its young people who need now to bear a load beyond comprehension!)

So, the issue is not that we shouldn’t talk about costs or liabilities or expenditure – it’s just that I’m not hearing what any Year 11 Economics student knows: you need to measure it against the benefits, the assets and the revenues.

Students – You are the revenue for society. You are the benefits. And you are most certainly the assets. Yes we spend a lot of money on education - but look at the result. By all means count the costs – but not in isolation of other economic parameters.

So the International Year of Reading is about to end and the Gonski funding for all schools for a better future is in the hands of the government of the day – depending who that might be. Let’s hope the people setting an education vision for this country get it right.

The students here today, on show and in celebration mode are worthy of our time, efforts and future gazing. They are the future. They represent a great deal of talent, dedication, civic mindedness, determination, creativity and worth. (There’s not a NAPLAN score for any of these, but we really don’t talk about those results much – they don’t really measure much that counts and don’t mean anything.)

Students here today are really inspiring. To every adult in the room: sit back, marvel at their potential and feel proud that they belong to us and they are part of our community. I’m sure you wouldn’t have it any other way.

My warm congratulations to all recipients for the fine work you have done.
“Outback Steakhouse” cook up a feast for Movember

The end of November saw two significant events occur at Castle Hill High School. On Friday night, 30 November, shavers were hard at work removing ‘taches from many of the male staff and fine young students who were raising funds and awareness of Beyond Blue’s work with depression.

The second event saw the “Outback Steakhouse” volunteer their time and succulent chicken and steak sandwiches as we cooked up a feast at lunchtime on Thursday 29 November. The boys did a great job cooking the BBQ and then serving their hungry clientele. Mr Jephtha was again very impressive with his donations to the cause with the purchase of three sandwiches. Unfortunately, he didn’t try a chicken sandwich as he found the steak sandwiches too delicious. Congratulations to the boys for not only helping to support a wonderful cause, but also in showing great restraint by eating only two sandwiches each.

I would like to thank: Rebecca Rogers (Manager at the Outback Steakhouse) for the fantastic job she did in organising the day; Jason for also assisting; Mr Tudman and Mr Gainey for volunteering their time; and Matt Hall (for organising the boys), Adil Baccus, Jacob Dell, Kyall Duncan, Andy Hutvagner, Oujan Paad and Vishal Tandon.

Footnote – The Outback Steakhouse is now recruiting part time workers, so any student who is 14 years and 9 months and is interested, please speak to Mr Kerrigan or phone the Outback Steakhouse direct (8824 5012) and ask for Rebecca Rogers.
Careers News:

UAC have sent the school many copies of ‘All about your ATAR’ and Graduates are encouraged to pick one up before the end of the term. While most students are very knowledgeable about the ATAR, it is relevant to examine this pamphlet (with insert) detailing all the information about the institutions that are featured in the UAC Guide 2013. You can also view the social media resources and podcasts at www.uac.edu.au/media-hub and more information on the calculation of the ATAR can be found at www.uac.edu.au/undergraduate/atar/

Many of our Graduates have found employment already – either for the summer vacation period or more permanently - and it is fabulous to hear from all of you who have been successful in obtaining an Apprenticeship or Traineeship!

Congratulations to all 2012 Graduates and wishing you all every success and fulfilment in all your professional and personal endeavours – your Career!

All our students from Year 10 and up have been encouraged to take advantage of some great opportunities to attend specialist ‘Careers Days’ throughout the year. There have been days specifically for the profession of Social Work as well as other “care careers”. The universities have hosted our students on some very worthwhile days and students have been very complimentary about their experience. While gaining greater confidence and an enhanced clarity to their understanding of the university system, Student Development Days, Engineering Days, Information Technology Days and ‘Discovery’ Days and others, greatly contributed to giving students an increased appreciation, insightfulness and knowledge about professions, career pathways and the many and varied opportunities available to them.

I hope that more students will take advantage of these unique learning experiences next year!

Naturally, the “Lunchtime Careers Information Sessions” will continue and all upcoming visits from Universities, Private Colleges, TAFE’s and other professional organisations will be advertised as soon as dates are confirmed for next year. All students, staff and parents are always very welcome to attend any of these sessions.

Warm wishes for a happy, healthy and relaxing holiday break!

Jane Curran
Careers Adviser
Schools Spectacular

Sun Gae Lee participated in the boys hip hop ensemble this year at the Schools Spectacular. He was one of 80 students selected and did an amazing job to learn difficult choreography from two well-known hip hop choreographers. He performed at five different shows from Friday right through to Saturday in front of a crowd of about 10,000 people. This is the second year that Sun Gae has been in the ensemble and he did an excellent job representing our school at such a high level of performing arts.

Eight girls participated in the combined dance section of the Schools Spectacular: Isabella Campbell, Zane Erasmus, Hannah Inshaw, Georgia Kalebic, Bridie Kay, Samantha Magennis, Caitlin Muller and Meghan Shortland. Jo Thorn was the choreographer from Hunter School of Performing Arts. The item consisted of approximately 320 students dancing in three different songs from the segment the “Worlds to Change”. The students did an outstanding job of learning the difficult choreography and were excellent representatives of Castle Hill High School in their behaviour and performance.

I was very proud to have all these students representing our school.

Mrs Judy Leeds-Roberts

The Schools Spectacular can viewed on ABC1 on 16 December at 6pm (highlights only) or on ABC2 on 31 December at 7pm.

Congratulations to our own Courtney Randell, Year 10, for successfully auditioning to be part of the exciting show “The Wizard of Oz”, showing at the Parramatta Riverside Theatre in February 2013. More details regarding the show are in the Castle Hill Community News and Advertising section of this newsletter.
Sports Spotlight

Paris Lawrence

What does the sport of Water polo involve?
The sport of water polo involves getting the ball down the field and into the opposition’s goal. This is needed with a lot of endurance, speed and ball skills. On the field are 7 players: 1 goalie, 2 wings, centre forward, centre back, and 2 drivers. It is a very hands on sport!

What level of representation have you achieved in Water polo?
I play club at Ryde, and I have also recently represented Sydney West in the Opens NSW CHS. My Ryde U16’s team are also planning to go in the U16’s National competition in Brisbane next year.

What training do you do for Water polo?
I run quite a bit which helps me with my stamina. I also train at Ryde Pool through the week, and play my game on Sundays and occasionally the ladies’ games.

What do you enjoy about Water polo?
I enjoy water polo because it is a team sport, a unique sport, and also very fun. I play soccer and water polo is very similar in many ways, but you use your hands instead! I also use to swim so I guess that’s why I enjoy water polo so much.

What other sports do you participate in?
I play soccer, and run occasionally.

Thank you for the interview

Sports Council
Art Club 2013 is an exciting new opportunity for students of C. H. H. S.

THE AIM IS:
* To encourage the creative potential of all students who have a demonstrated interest in the Visual Arts.

* To allow students access to facilities and equipment, and the opportunity to complete class work of an artistic nature.

* To encourage students to develop artworks as entries into local and regional art competitions such as the Castle Hill Show and the Orange Blossom festival.

* To encourage and support students in developing their artistic pursuits and interests, or simply taking up a new hobby.

* To develop confidence and a sense of achievement through working on the painting and construction of stage sets for the annual school musical.

IF THIS IS YOU
See: Ms Bergagnin for further details and expressions of interest
ART CLUB 2013

The Visual Arts Department is organising an Art Club for all students of Castle Hill High School. This is an exciting opportunity for all students who have a demonstrated interest in the Visual Arts. The first Art Club meeting will take place on Wednesday 6th, February, 2013 (Week 2) and continue every Wednesday afternoon for the duration of Term 1 and 2.

Through involvement in this club students will be:

- Allowed access to art facilities and equipment, and the opportunity to complete class work of an artistic nature;
- Encouraged to develop artworks as entries into local and regional art competitions such as the Castle Hill Show and the Orange Blossom Festival;
- Encouraged and supported in the development of artistic pursuits and interests, or the undertaking of a new hobby;
- Involved in and develop a sense of confidence and achievement through working on the painting and construction of stage sets for the annual school musical.
- Exhibiting and showcasing their work through the C.H.H.S. Art Gallery;
- Developing portfolios of work for possible submission into further study in a Visual Arts field.

The organisation is as follows.

<table>
<thead>
<tr>
<th>Wednesday 6th, February 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>School End – 3.10pm</td>
</tr>
<tr>
<td>Club commencement – 3.15pm</td>
</tr>
<tr>
<td>Assemble - Classroom P6</td>
</tr>
<tr>
<td>Club conclusion – 5pm</td>
</tr>
<tr>
<td>Dismissal – Classroom P6 at 5pm</td>
</tr>
</tbody>
</table>

Upon conclusion of each club meeting students are required to leave/be escorted by pre-determined and approved transportation.

The total cost per student for each term is $10 which should be paid to Room 1 by Wednesday 6th March (Week 2 of Term 1). The permission note must be returned to Ms Bergagnin by the same date.

The $10 fee covers the cost of consumables and incidental art materials. Entry fees to specific art competitions may incur a separate cost.

We trust that this will be both an enjoyable and a rewarding experience for all students.

W. Bergagnin                       A. Babington
Organising Teacher                Head Teacher (acting)

Any interested students should see Mrs Bergagnin, in the Art Staffroom (E Block) for a permission note.
**LIBRARY NEWS**

**Premier's Reading Challenge 2012**

A big congratulations to the 9 students who completed the Premier's Reading Challenge in 2012 – the National Year of Reading. Your certificates should be arriving soon.

**Year 7**
- Joel Agius
- Freja Baskeyfield
- Kyle Denning
- Jacinta Elliston
- Josephine Georgoudis

**Year 8**
- Victoria Fernandez Jones
- Victoria Gedny
- Vayan Randerath
- William Werner

**Kanga Schools**

The Library was delighted to find a good home for our older books and magazines as well as 15 older flat screen computer screens. They have been shipped to Sierra Leone by a non-profit organization called Kanga Schools who are doing great work in supplying what we would regard as basic necessities to a resource-poor country which has been devastated by war. Please see attached letter and Certificate of Appreciation which is currently being displayed in the Library. For more information about this organization view their website: www.kangaschools.org
New ClickView Video Program

Business and Economics
Because money still matters: living expenses
Macroeconomics
Meeting management challenges 1 & 2
Microeconomics
Online customer service
Online marketing
Person-to-person customer service
Starting an online business
Telephone customer service
CAFS
Understanding postnatal depression
CAPA
Aboriginal art – materials and practice
Aboriginal art – philosophy and culture
Frantic assembly – a guide to devising
Careers
Job interview secrets
Job search success 1: research
Job search success 2: applications
Job search 3: interviews
Job search 4: starting a job
Job search: busting the myths
Job seeker Q&A: getting started
Job seeker Q&A: planning your search
Design and Technology
Creating apps 1: research and planning
Creating apps 2: development and deployment
Designer case studies
Designing fashion
Influences on design
Managing a design project
English
Elements of narratives
Understanding plagiarism and its consequences
Writing narratives
Food Technology
Food planning for special occasions
Global cuisine: Indian
Global cuisine: Japanese
HSIE
Data mining: big data’s increasing challenge and payoff
Global food equity
Health inequalities in Australia
International law and global governance
Offender profiling

History
Convict life in 1788
Progressive ideologies
Hospitality
Coaching in hospitality
Five star hospitality
ICT
Semiconductors, diodes and transistors
Legal Studies
The Australian jury system
The criminal investigation process
Maths
Algebra: the basics
Solving linear equations
Taking a chance: key probability concepts
PDHPE
Anxiety disorders
Case management in health care
Dark days: shedding light on depression
Expedition and navigation skills
In the spirit of the game
Lifelong physical activity
Nutrition and hydration in sport
Performance enhancing substances in sport
Professional boundaries in healthcare
Sports psychology: mental preparation
The immune response
Religion
Evil and suffering: a religious perspective
The sacraments
Science
Chemistry concepts
Food chains and food webs
Multicellular organisms and their nervous system
Principles of physics 1: mechanics
Teacher Professional Learning
Integrating Aboriginal and TSI perspectives
Teaching ESL students in the mainstream classroom

The ClickView Player icon should be available on the desktop of every computer in the school. Staff and senior students can access ClickView Library remotely from their website: www.online.clickview.com.au
You will need to login with your DET email address and a password which is emailed to you from ClickView.
Come in and see us if you need any help with access either at school or from home.
Ms Davis & Ms Stapley
Teacher Librarians
We are having a party!

Castle Hill High School turns 50 next year. We are planning to celebrate this wonderful occasion. Do you have any ideas on what we can do? Would you like to be involved? Would you like to sponsor an event?

We have already talked about the students celebrating our birthday in spirit week. Perhaps a fancy ball or cocktail party? A picnic day where ex-students can tour the school and view photos of the school throughout our history?

So what do you think?

Please email any suggestions you have to peter.kerrigan@det.nsw.edu.au
### UNIFORM SHOP NEWS

The last day the Uniform Shop will open for 2012 was Friday 14 December.

#### OPENING HOURS FOR TERM 1 2013

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 21.1.2013</td>
<td>Closed</td>
</tr>
<tr>
<td>Tuesday 22.1.2013</td>
<td>9.30am – 12 noon</td>
</tr>
<tr>
<td>Wednesday 23.1.2013</td>
<td>9.30am – 12 noon</td>
</tr>
<tr>
<td>Thursday 24.1.2013</td>
<td>9.30am – 12 noon</td>
</tr>
<tr>
<td>Friday 25.1.2013</td>
<td>9.30am – 12 noon</td>
</tr>
<tr>
<td>Monday 28.1.2013</td>
<td>Closed – Public Holiday</td>
</tr>
<tr>
<td>Tuesday 29.1.2013</td>
<td>8.15am – 11.30am</td>
</tr>
<tr>
<td>Wednesday 30.1.2013</td>
<td>8.15am – 11.30am</td>
</tr>
<tr>
<td>Thursday 31.1.2013</td>
<td>8.15am – 11.30am</td>
</tr>
<tr>
<td>Friday 1.2.2013</td>
<td>8.15am – 11.30am</td>
</tr>
</tbody>
</table>

**Weeks 2 – 11**

Monday and Friday 8.15am – 11.30am

### 2012 TERM DATES

**Term 4**
- Wednesday 19 December: Last Day Term 4 for Students
- Friday 21 December: Last Day Term 4 for Teachers and Staff

**2013 TERM DATES**

**Term 1**
- Tuesday 29 January: Teachers and Staff Resume
- Wednesday 30 January: Students – Years 7, 11 & 12 & Peer Support Leaders (am) Resume
- Thursday 31 January: Students – Years 8, 9 & 10 Resume
- Friday 12 April: Last Day of Term 1

**Term 2**
- Monday 29 April: Teachers and Staff Resume
- Tuesday 30 April: Staff Development Day
- Wednesday 1 May: Students Resume
- Friday 28 June: Last day of Term 2

**Term 3**
- Monday 15 July: Teachers and Staff Resume
- Tuesday 16 July: Students Resume
- Friday 20 September: Last Day of Term 3

**Term 4**
- Tuesday 8 October: Teachers, Staff and Students Resume
- Wednesday 18 December: Last Day of Term 4 for Students
- Friday 20 December: Last Day of Term 4 for Teachers and Staff
### CALENDAR 2012 - TERM 4

<table>
<thead>
<tr>
<th>DATE</th>
<th>CALENDAR EVENT TERMIN 4 WEEK 1A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 17 December 2012</td>
<td>• Combined Year 11/International Student Excursion – Jamberoo Park</td>
</tr>
<tr>
<td>Tuesday 18 December 2012</td>
<td></td>
</tr>
</tbody>
</table>
| Wednesday 19 December 2012 | • HSC Examination results available online.  
                               • Years 9-12 Drama Excursion – Pilgrim Theatre  
                               • Assembly Years 7-11  
                               • Last day of Term 4 for students               |
| Thursday 20 December 2012 | • School Development Day  
                               • Year 12 BBQ 10.30am                           |
| Friday 21 December 2012  | • School Development Day  
                               • Last day of Term 4 for Staff                   |

### CALENDAR 2013 - TERM 1

<table>
<thead>
<tr>
<th>DATE</th>
<th>CALENDAR EVENT TERMIN 1 WEEK 1B</th>
<th>DATE</th>
<th>CALENDAR EVENT TERMIN 1 WEEK 2A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 28 January 2013</td>
<td>Australia Day</td>
<td>Monday 4 February 2013</td>
<td></td>
</tr>
<tr>
<td>Tuesday 29 January 2013</td>
<td>• Teachers and Staff Resume</td>
<td>Tuesday 5 February 2013</td>
<td></td>
</tr>
</tbody>
</table>
| Wednesday 30 January 2013| • Years 7,11 and 12 Resume  
                               • Peer Support Leaders Resume for morning.     | Wednesday 6 February 2013 | • Assembly Years 7-12            |
| Thursday 31 January 2013 | • Years 8,9,and 10 Resume  
                               • Whole School Assembly – Sess 2  
                               • New Enrolment Interviews                   | Thursday 7 February 2013 | • School Swimming Carnival –  
                                                                                         Parramatta Pool            |
| Friday 1 February 2013   |                                                 | Friday 8 February 2013   | Next P & C Meeting  
                                                                                         20 February 2013  
                                                                                         7.30pm Common Room        |
CASTLE HILL COMMUNITY NEWS
and ADVERTISING

BRENNAN DRIVING SCHOOL
CLASS C
LIC. 006937
0418 465 932

17 Mulheron Ave Baulkham Hills 2153
For discount prices see
www.brennandrivingschool.com.au

SUMMER WORKSHOP
23, 24 AND 25 JANUARY 2013
Kick start your year with an exciting three day workshop at the Australian Performing Arts College in Castle Hill.

AGES 3-19 years: Between $57.90 - $197.50, from 2 half days - 3 full days depending on the student’s age.

WORKSHOP INCLUDES: Guest tutors Amanda Harrison, Josh Horner and Chloe Zuel; specialised classes in Hip Hop, Music Theatre, Jazz, Ballet, Acting, Lyrical, Acrobatics and Singing; professional headshot photo shoot (7+ year olds only); a special session on casting techniques.

FOR MORE INFO CONTACT APAC
0413 953 486 – admin@apac.net.au
5/21A VICTORIA AVE, CASTLE HILL, 2154

TAYLORED PHYSIOTHERAPY

30 minute one-to-one consultations with qualified physiotherapists with personalised treatment and exercise prescription to suit your specific needs.

Specialists in:
- Posture Assessment
- Posture Correction
- Headaches
- Backpain
- Sporting Injuries
- Core Stability
- Muscle Imbalances
- Muscle Raising & Lengthening

Call for an appointment:
Dianne 9659 4540

Mention Castle Hill High School and for each referral, $2.00 will be given to the school from Taylored Physiotherapy

The Hills Shire Music School

- Guitar
- Bass
- Ukulele
- Drums
- Piano
- Flute
- Clarinet
- Singing

Ph 9899 3177
www.hillsshiremusic.com.au

Professional music lessons at the Hills Shire’s premier music school.
Call us about our trial lesson offer.
Ask about music gift vouchers!

26/22 Hudson Ave,
Castle Hill
Next door to the Hills Homemaker Centre in Castle Hill
OAKHILL DRIVE NETBALL CLUB

Our club is registered with the Baulkham Hills Shire Netball Association and games are played on Saturdays at Kellyville, a complex which has recently been upgraded with a large new car park, amenities and Control buildings. We are in need of players turning 8yrs, 9yrs, 12yrs, 13yrs or 14yrs in 2013 to play in the upcoming 2013 season which commences on Saturday 6th April until mid-August. If you are interested in joining our Club please contact the Registrar Zoe Nicholls via email odnc_enquiries@yahoo.com.au or mobile 0407 226 426

IMPALAS NETBALL CLUB

Impalas netball club is now accepting late registrations for the 2013 netball season. We will consider all applications but are actively seeking girls that will be 7, 8, 9, 11, 12 & 14 years in 2013.
Enquires: Macella Salzmann (Registrar) Phone: 0434 143 115
Email: registrar@impalasnetball.com.au
For registration forms or more information visit our website; www.impalasnetball.com.au

TAKE HOME A BIG BROTHER OR BIG SISTER!

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2013 for their 5 or 10 month programs. Our international students from France, Germany, Italy, Austria Japan, the U.S.A and Canada will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange.
Call your local coordinator, Dianne Axam on: 0429 406 126 for more information.

Gazelles

Gazelles is a Castle Hill based netball club. We have many players from Castle Hill High School
- 14 years – born 1999
- 13 years – born 2000
- 12 years – born 2001
All age groups can accommodate beginners so it doesn’t matter if you’ve played before or not. Please contact Jane Relyea on 0434 990 807 or registrar@gazellesnetballclub.org.au for further information.

www.gazellesnetballclub.org.au
Packemin Productions will be presenting “The Wizard of Oz” at the Riverside Theatre, Parramatta, 8 – 23 February 2013. Tickets are on sale now! Online:www.riversideparramatta.com.au Phone 8839 3399. More info:www.packemin.com.au

**Best dressed prizes** will be awarded to audience members who dazzle the judges with their Oz inspired costumes. The first five ticket holders to impress the judges at Friday 8 February evening and Saturday 9 February matinee performances, will receive a free “The Wizard of Oz Program” and be in the running for 4 tickets to “Hairspray” coming in July 2013.
Giving adolescents freedom and minimising risk

Young people typically want more independence. But giving young people more rope can be downright tricky for parents these days. Here are some ideas to help......

Adolescents usually want more freedom than parents are prepared to give.

Most teenagers think they are three years older than they really are, and many parents think their teenage children are three years younger than they really are. Getting the ‘freedom’ balance right is obviously quite tricky, though it often comes with experience.

You are probably familiar with the fact that the teenage brain is very much a work-in-progress. Parents of teenage children should carry a little card with the words “Teenager: Brain under Construction” printed on it to remind them that young people are poor assessors of risk.

Adolescents often act first, and think later. This means parents need to be very hands-on with their parenting in this potentially tricky stage.

It’s important that parents put processes in place that will help reduce risk and keep their young people in this age group safe. These include: expecting teenagers to maintain contact with you; setting time limits for being out; and rewarding responsible behaviour with greater freedom. There are three things parents need to know when their young people go out:

1. Where are you going?
2. Who are you going with?
3. When will you be home?

From my experience most parents ask the first two questions, but often forget to ask the third question – When will you be home? Get into the habit of asking this question each time your adolescent steps outside the front door to go out with their peers.

Link greater freedom to responsible behaviour

Young people often use their peers as leverage when they want more freedom. “Everyone else in my class is allowed to go to...”

This type of comment is hard for a parent to resist.

But it’s better to link greater freedom with responsible behaviour rather than going along with what the crowd is doing.

When adolescents show they can act safely within limits (of place, time and people) then push those limits out (stay out later, go further afield, go with a wider crowd) accordingly.

It takes some parenting steel to act in this way – that’s why parents generally need to support each other when raising teenagers.

Here are five simple parenting ideas to build independence in your young person:

1. Never do for a teenager the things they can do for themselves
2. Monitor kids’ movements without being too restrictive
3. Reduce risks for teenagers through skill up & scaffolding
4. Build expectations around remaining in contact and home times
5. Reward responsible behaviour with greater freedom