



Volume 15— 14 September 2018

☒ Telephone: 96344199 ☒ Facsimile: 9899 6527 ☒ Email: castlehill-h.school@det.nsw.edu.au
☒ Website: www.castlehill-h.schools.nsw.edu.au

Volume 15— 14 September 2018

Principal's Message

Special points of interest:

- Medieval Day
- Sports news
- CHS Athletics
- P&C
- Library
- Lost property
- Calendar

OnSTAGE nomination

I'm very pleased to inform you that students in both the group performance and in the individual performance sections of HSC Drama have been nominated for possible inclusion in OnSTAGE, where the best drama pieces from across the state will be presented at the Seymour Centre from February 9 – February 15, 2019.

We are absolutely thrilled about this.

Congratulations to the following students in the group performance section:

Marcus Buratto , Molly Coleman and Ebony Davidson – *Tainted Love*
Lachlan Oldfield, Jessica Peake, Imogen Smith and Taha Zonoozi -
Negaran Nabash

Congratulations to the following students in the individual performance section:

Lachlan Oldfield – *The Paradox of the Body Double*
Jessica Peake – *The Capital Tale of Daisy Meredith*



Marcus, Molly and Ebony performing *Tainted Love*



Sporting achievements – wonderful news

Emma Jooste competed recently in the Sydney West Gymnastics competition finishing with two silver medals. What a wonderful achievement.

Congratulations also must go to Elsie Wilson and Alina Qureshi who competed in the National Trampoline Competition on the gold Coast. Well done girls.

Also, Charlotte Wilson competed in the NSW State Cup for basketball in the U14 division. Charlotte was given a special award at the tournament for her participation and excellence. Congratulations.

Combined High Schools Athletics – great results

We had some exceptional achievements at the recent CHS competition in athletics. With students in a range of age groups and very differing track and field events, Castle Hill High School students did even better than they normally do.

Congratulations to the following students for their outstanding wins:

- Josh Atkins – Gold in 400m and 800m
- Sally Shokry – Gold in Discus, Bronze in Shotput
- Mitch McVey – Bronze in Javelin
- Carly Thomas – Gold in 800m
- Ratu Cayuqueo – Bronze in Discus

Medieval Day – Tuesday September 11

What a treat we had on Tuesday. All Year 7 indulged in everything from a medieval feast to a jousting battle.

There were certainly some very tired teachers – and students - at day's end. It was an opportunity to find out, and live out, many aspects of medieval life. Of particular interest to students were the potions and medicinal habits of those in bygone years. Fascinating!

Members of the history faculty, in particular Ms Sonja Branagh, do this as an annual event. They need to be thanked for their persistence, creativity and organisation in a time where there is much pressure at school. It was a tremendous day.



History teachers ready for action.

“What Matters?” writing competition

I wrote previously about the “What matters?” Competition run by the Whitlam Institute for young writers at school. Many of our students submitted works in this competition and a number were acknowledged for their creditable skills and terrific responses.

We are delighted that Allie Roper won her division. I’m hoping her work can be published and available in our library for those who wish to read it. Congratulations Allie.

Construction for 2019

With an increasing student population, we clearly need more space. With this in mind, some of our construction students and their teachers, Mr Brad Turner and Mr Oliver Meredith, spent several days re-constructing the bus shed (clearing out decades of “stuff”) in preparation for a new space to accommodate construction students in 2019. This will be a tailor - made workshop, specifically designed for students to complete excellent pieces of work around the school. Thank you to the teachers and students who really gave their all for this project.

Art and Music Show last week

Another annual fixture on our calendar is the art and music show, a showcase of HSC and junior art and HSC music performances.

Once again, there were some amazing works and wonderful performers who transfixed us with their artistic talents and musical prowess. It’s such a pleasure to see the fruits of their labour in one venue, at one time.

Congratulations to all students and their teachers.





One of the magnificent HSC major works for 2018

Congratulations P&C

We had a bumper roll-up for the Rod Dungan event on communicating with teenagers last Wednesday evening, organised by the P&C.

So popular was it that a second event in November has been organised.

Can I thank the P&C on your behalf. This is such an important area. The P&C have really tapped into a winner here – it's relevant, timely, helpful in giving us food for thought and stimulating. And they are funding it too. How generous!

There is always much to learn about parenting. Good luck everyone.

Vicki Brewer
Principal

Photos from Medieval Day



Sport News

Basketball:

Charlotte Wilson competed at NSW State Cup for basketball in U14 division. The team won the Grand Final and Charlotte awarded MVP at the tournament.

Sydney West Gymnastics:

Congratulations to Emma Jooste who competed at the event. Emma finished the competition with two silver medals at the event.

National Trampoline Competition:

Congratulations to Elsie Wilson and Alina Qureshi who competed at the National Trampoline Competition at Gold Coast. Well done to both girls who achieved outstanding results.

CHS Athletics Carnival 2018

On the 5th, 6th and 7th of September, a group of Castle Hill students were selected to represent the Sydney West Region at the Combined High Schools Athletics Carnival. As a group, the students achieved some outstanding results at the competition.

The following students represented the Sydney West team at the CHS Athletics Carnival:

Sidney Burrell, Jayde Costello, Aisha Barr, Sofia Georgescu, Molly Donkin, Mitchell McVey, Sally Shokry, Ashlee Shimmon, Ratu Cayuqueo, Jed McDonald-Singh, Ziven Persad, Shalin Dissanayake, William Bello, Connor Munns, Griffin Sainsbury, James Preketes, Thomas Fowler, Andrew Vesperman, Catherine Richter, Georgia Garnett, Eve Von Gneisenau, Shanzeh Malik, Joshua Atkinson, Molly Donkin.

The results from the carnival:

Relays: 12 boys 7th place, 15 girls 6th place, 17 girls 11th place.

Individual Results:

Carley Thomas: 1st in 400m and 800m, broke the record in both events.

Josh Atkinson: 1st in 400m and 800m.

Sally Shokry: 1st in Discus, 3rd in shot put, 10th in Javelin

Mitch McVey: 3rd Javelin

Ratu Cayuqueo: 3rd Discus

Connor Munns: 8th Long jump

Will Bello: 10th High jump

Ashlee Shimmon: 10th Long jump

James Preketes: 10th 100m

Catherine Richter: 15th 1500m

Andrew Vesperman: 11th 800m

Griffin Sainsbury: 14th 800m



UNIFORM SHOP NEWS



OPENING HOURS

Remainder of Term 3: Monday & Friday – 8:15am to 11:30am

School Holiday Opening Hours: FRIDAY 12th OCTOBER 2018 – 10:30am to 12:30pm

Term 4 Opening Hours (Weeks 1 – 10): Monday & Friday – 8:15am to 11:30am

SENIOR UNIFORM

Senior uniform is available to purchase now for term FOUR. Girls need a check skirt Sizes 1-22 \$65.00. Boys need long blue pants \$50.00 and/or blue shorts \$40 dollars. Sizes 14 to 112cm. Senior students wear the same shirt, jumper or jacket.

We currently have GIRLS PANTS in sizes 10-14. They are a polycotton and have a slight stretch. These pants are priced at \$50.

ONLINE ORDERS

The online ordering system is working smoothly and changes to the website have now made it easier for parents to access. You can find the online uniform shop at:

www.chhspc.myshopify.com

Orders can be collected from the uniform shop at recess on Mondays and Fridays. Please ensure that students allow plenty of time when collecting orders and not to leave orders uncollected for too long. You can find a copy of the uniform shop price list on the webpage listed above.

2ND HAND ITEMS

There is a large range of second hand uniform items available for sale at the Uniform shop. Grab a spare uniform while these options are available as they sell out fast!

Margaret
CHHS Uniform Shop Coordinator

What's Cooking @ the Canteen

It has been wonderful to see the canteen so busy each day. It seems that the recent cooler weather we have been having has meant the CHHS Community has been making the most of the tasty menu items we have available. The Potato Topped Meat Pies (\$4) are very popular as are the Croissants (\$2.50) and Pork Dumplings with soy sauce (4 pieces for \$3).

As the weather warms up a bit now that Spring has sprung, you may want to try one of our delicious wraps (\$3). Over the counter Wrap options available on a daily basis are- Falafel, Flame Grilled Chicken or Chicken/Avocado/Rocket. You can also design your own wrap if you order via FlexiSchools or over the counter in the mornings.

Our Seasonal Fruit Salad tubs (\$3) are increasing in popularity as the word about how delicious they are spreads around the school so if you don't want to miss out, you can always order one for lunch!

Dollar Dazzlers at the Canteen.

YES! You can get something for \$1 or less at our canteen. Quelch Sticks are only 50c, unbuttered rolls are 70c, buttered rolls are 80c, and priced at \$1 each- you can buy a 300mL plain milk, a piece of Seasonal Fruit, Choc-Chip Cookie, Raisin & Oatmeal Cookie, Mamee Noodle Snacks, Mamee Rice Sticks, Rice Crackers, Popcorn, Pretzels or a Lemonade Icy Twist.

Fun Fact:



There are around 350 different shapes of pasta all over the world. How many have you tried?

From the Library

This recent article found in Education Today magazine is an excellent discussion of Teens and use of technology. This article challenges us as parents, to ensure that our kids are engaging with the world around them, gaining the skills to become healthy, fully functioning and social human beings. I am not anti-technology, in-fact I love it. It is an amazing tool. However, it is a tool which we all need to learn to use and use well.

Teaching

DISCIPLINE

I can't control my child's use of technology. That statement and life choice needs to be revised

My child demands to play with matches – and I can't do anything about it.
Dr Ragnar Purje thinks you can

I can't control my child's use of matches. Really? If your son or daughter insists that they want to play with matches, what do you do with the matches? You – of course – immediately, without discussion take the matches from the child. You then explain how dangerous this action is. The issue and the danger has been avoided and circumvented.

What if the child cries and presents a tantrum in response to this removal?

You acknowledge the tears and possible tantrum. You then explain that matches are dangerous and you place these matches in a location the child can't reach. Does this action on the part of the parent/guardian become an issue of insurmountable



36 Education Today 2018

behavioural problems in the form of tears and tantrums? And if it did – which it never does – would the parent relent and give the matches back to the child to placate the child's temper tantrum demands? No! Of course not!

And why not?

The answer is self-evident. The parent/guardian is educating the child to not only engage in safe behaviours, but also to provide the emotional and cognitive thoughtful means for the child to develop into a responsible thinking and responsible acting child, teenager and, of course, socially mature adult. What if there are tears and tantrums along the way? So what? Children and teenagers are always pushing to see where the boundaries of life are. That is how we learn and know what is safe and unsafe and what is acceptable and what is not acceptable. This is all a process of personal and social education. The prefrontal cortex develops as a result of circumstances being explored. The child in fact is genetically DNA hard-wired to play and explore and extend. That is how the brain and body (the *hólos*) advances in skills and knowledge. All actions however bring consequences, and as the child, the teenager develops, part of this process, by the mentor is to support, advise, encourage and when required admonish the learner (which does not equate with punishment).

My child demands that they want to play in the middle of the road

If your child or teenager walked onto a road or highway, or stood in the middle of tram tracks or a railway line, as a train was speeding towards them, and, despite your directives, advice, warnings, pleading, screaming or attempted assertive persuasions the child or teenager refused to listen and refused to move, what would you do?

The self-evident truth is that you would – of course – take *immediate action* to remove your child or teenager from the dangerous situation they have placed themselves in; no matter what they said or how much they protested; or how much they screamed or how often they told you they hated you. You would do the same time and time again. With associated warnings and information, to help the child and teenager to learn that what they

are doing is dangerous and most certainly (and again self-evidently) unsafe.

My child demands to use the computer – and – with the door closed

What if your child or teenager has walked into their room, and closed the door behind them to now spend hours on the computer, which is the signal to you – the parent/guardian – to stay away? The child has told you through their demands that this is their life. And you have no right to know what they are doing.

Now that is a most interesting scenario. You, as the parent/guardian, have no rights in your own house?

And why is that? Because that is the demand made by the child. And your response to that is: "I can't control the technology use of my child."

So? How come you are able to control the use of matches by the child? How come you are able to control whether or not your child plays in the middle of a road, tram tracks or railway crossing? And yet you can't control the use of technology, by your child, in your own home?

Is there a difference of principle here?

That's right. There is! It is dangerous to play with matches. It is dangerous to play on the road in the middle of tram tracks or a railway line. And because of this danger you believe, and know, you have the right to control what your child is doing.

But when your child demands to play with the computer, for some reason you assume you have no control? And it's safe!

Actually, it is not safe

Actually, it is not safe. It is not safe neurologically. And neither is it safe developmentally or socially. The research is unambiguously clear. Socially, the children are placing themselves – and your family – in danger. This secretive computer engagement is as dangerous as a stranger coming to the door and asking you if it was okay if they could spend some time with them in their room. And while the door is also closed!

Neurological rewiring is taking place

Self-evidentially this is dangerous. Neurologically it is also dangerous because the hours of computer use are rewiring

the brain and excluding real life social engagement. What is on the screen is not the same as talking face-to-face with your

family. It is during this face-to-face time and via the social interactions that take place through talking that all-important social skills and insights develop. It is also when cognitive emotional neurological forging takes place. It is this engagement with another human being that makes us human; a healthy, functioning and social human.

The brain-based and social research here points out that children who are engaged on their computer for hours are not only losing social skills. This endless computer use leads to children and teenagers losing their capacity for empathy. When empathy is lost, the research indicates that there is much less capacity on the part of the individual to have a point of view which allows them to have a sense of positive regard for others, or for society itself. And when members of society don't care about each other, this most certainly is not good for anyone.

Is there a solution?

What we are dealing with here is complex; and there certainly is no easy, quick fix solution. One of the most important parts in all of this is the process of personal engagement. Personal interaction has the potential for possibilities that may lead to an array of solutions. What this means is that during the course of these important person-to-person, face-to-face talks, solutions may begin to surface. Therefore, don't look for a single solution. Look for possibilities of potential solutions. Does that mean the child will dictate to the parent what they want, and the parent must then step aside?

Well, what if your child demands they want to play in the middle of the road, what would you do?

Dr Ragnar Purje is a Queensland based academic and writer, he has published and presented widely and has a focus on Indigenous education and issues. Look out for his work in future issues of *Education Today*

Education Today 2018 37

If you want further articles to read about teens and technology use, here are some links below.

Don't use technology as a bargaining chip with your kids

<https://theconversation.com/dont-use-technology-as-a-bargaining-chip-with-your-kids-85599>

Wired and tired: why parents should take technology out of their kids bedroom.

<https://theconversation.com/wired-and-tired-why-parents-should-take-technology-out-of-their-kids-bedroom-50406>

Mrs Mathews

Teacher Librarian

CHHS Library has Audio Books!

Castle Hill High School library has subscribed to Audio books through Wheelers ePlatform.
Audio Books are now available by accessing our CHHS Wheelers website,

<https://chhs.wheelers.co/>

OR, by downloading the ePlatform App on the App Store or Google Play.

There are over 1200 ebooks and 500 audio books to enjoy.

If you are struggling with your English Text, check to see if it is available on ePlatform as an audio book.



Emergency Uniform Supplies **HAVE YOU BORROWED A UNIFORM ITEM?**

Our school carries a supply of emergency uniform items for students to access in times of need. These uniform items are loaned on a **short term temporary basis only** and borrowed items need to be returned in a timely manner for use by other students as needed.
Items must be washed and ironed for hygiene reasons before returning them.

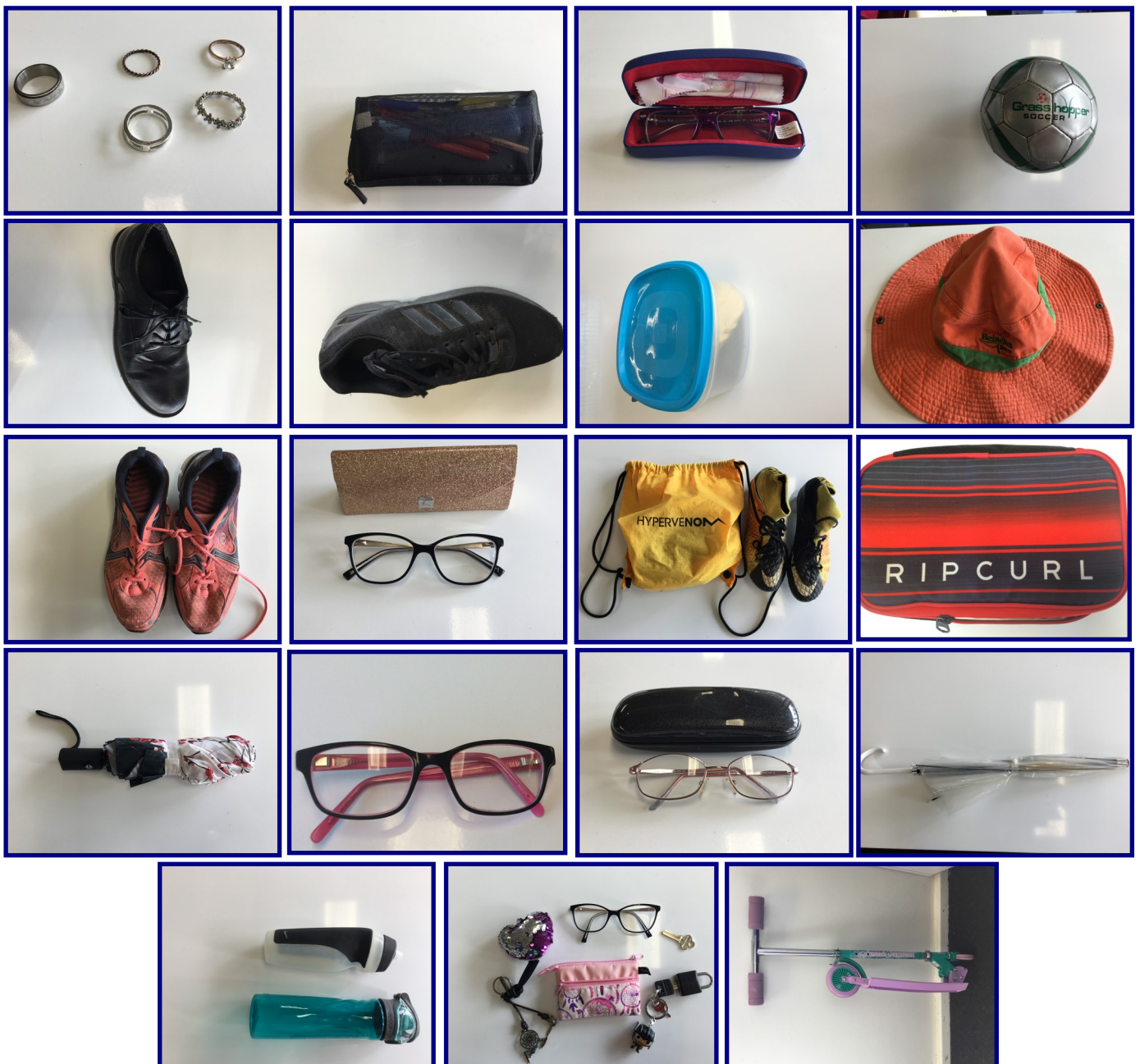
If you currently have a borrowed uniform item/s, we **URGENTLY** require the item/s to be returned to the Administration Centre.

Thank you for your co-operation in helping us maintain our emergency uniform supply.

Lost Property

The below items are currently in lost property. We have had some of the items for a long time. They will be donated at the end of term if not collected.

Please collect them from the administration office (formally Room 1). There are also a lot of school jackets that have no names and various sizes, please come and see us if you are missing a school jacket.



CALENDAR

Week 7A

Monday	3 September	Incursion for HSC Visual Art Students Art Show Set Up
Tuesday	4 September	Art Show & TAS Major Projects (Opening Night)
Wednesday	5 September	Assembly Years 7 – 12 Year 11 Meeting – Hall - Year 11 into 12 into Art Show and TAS Major Projects CHS Athletics Carnival
Thursday	6 September	Art Show and TAS Major Projects HSC Music Performance Evening The Hills SRC Leadership Program – Day 3
Friday	7 September	Art Show and TAS Projects Bump out Year 12 Geography Excursion – Hunter Valley

Week 8B

Monday	10 September	Music submitted works NESAs due
Tuesday	11 September	QMT—English Year 7 medieval Day
Wednesday	12 September	Celebration Assembly (7-10) - gym Peer Support Camp
Thursday	13 September	Whole School Professional Learning Peer Support Camp CHS Athletics Carnival
Friday	14 September	Peer Support Camp Year 7 Vaccinations

Week 9A

Monday	17 September	Yr 8 exams typing due
Tuesday	18 September	QMT—English
Wednesday	19 September	P&C Meeting 7.30pm
Thursday	20 September	Bronze practice hike Duke of Edinburgh Young health minds forum
Friday	21 September	Yr 12 references due Bronze practice hike Duke of Edinburgh