



Volume 16—18 October 2019

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Volume 16—18 November 2018

Principal's Message

Special points of interest:

- Graduation and Formal Photos
- Lunch time Library fun
- D&T Major Works
- Sporting Achievement
- Library Books

Welcome to Term 4

I would like to take this opportunity to welcome all of our students, staff, parents and wider school community back to Term 4. Mrs Brewer is currently travelling throughout France and Italy, I will be relieving in her role for the first three weeks of term.

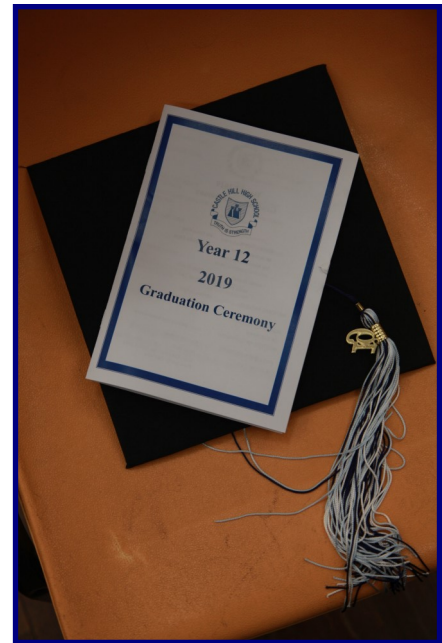
Term 4 is always a busy time with a number of important events, such as our annual Business Breakfast and 2020 Prefect Induction, students completing their yearly examinations and assessments, staff working through the reporting process, sporting competitions winding up and planning for the new 2020 school year well under-way.

The final week of Term 3, was a week of celebration for our Year 12 students. We began on Wednesday with the final Farewell Assembly before the whole school, an assembly full of fun, speeches, skits, music, song and reminiscence. There were some very funny films and foibles were mercilessly sent up and very much on display.

The Graduation Ceremony on Thursday morning was a formal, prestigious occasion with appropriate pomp and ceremony. It was a wonderful tribute to a fantastic year group. The finale, the Formal, held at Doltone House Jones Bay Wharf was a night of glamour, dancing and celebration. A fantastic time was had by all!



I would particularly like to acknowledge and thank Mrs Alexandra Johnson and Mrs Simone Read for all of their hard work and dedication in supporting the Year 12 graduating class of 2019. Mrs Johnson and Mrs Read were instrumental in ensuring that all of the events for Year 12 were superbly organised and everything ran like clockwork.



The 2019 HSC Examinations started yesterday, Thursday 17th Oct. Our best wishes are extended to all Year 12 students as they complete their final preparations for the exams. We are confident that Year 12 will work hard during the exams and achieve their personal best, we look forward to celebrating their results with them in early December.

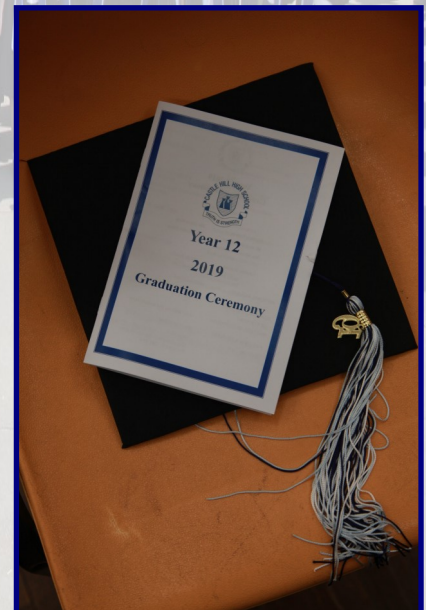
We have already received notification of outstanding achievements by two of our Year 12 Dance students. Both Sophie Foster and Jade Bellifemine have been nominated for Callback. Callback, is coordinated by The Arts Unit in the NSW Department of Education and showcases a selection of outstanding performances and projects from the Higher School Certificate. To receive a nomination for inclusion, is prestigious and a reflection of the high standard of performance achieved during the HSC Dance Course. These nominations are indicative of the hard work and dedication by Sophie and Jade to their studies. I would like to congratulate both Sophie and Jade, along with their teacher Ms Georgina Buchanan.

We have many talented sports persons at Castle Hill High School across a whole range of disciplines. Will Zollinger, Year 8, recently competed in the National Judo Championships on the Gold Coast. Will was placed 2nd in the Junior Boys D1 – 38Kg Division. Congratulations Will, we look forward to watching your progress and future achievements.

Term 4, also signifies the change-over to Summer Uniform. The uniform shop operates on Monday and Friday mornings 8.15 – 11.30am. Year 10 students can purchase items of the Senior uniform.

Jennifer Dane
Rel. Principal

Yr 12 Graduation & Formal











TERM 4 LUNCH TIME IN THE LIBRARY

Every Monday
Movie



Every Tuesday
Paper Craft



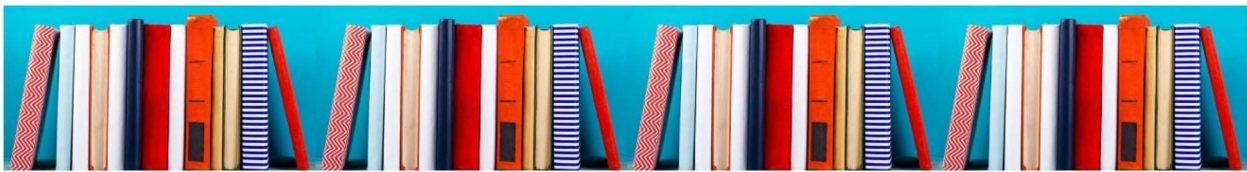
Every Wednesday
Board Games



Every Thursday
Brain Workout



Every Friday
Reading Club



This term we have been running events in the Library every day. Students will be enjoying a different activity every day. We are doing this for a number of reasons. We notice that students can spend a lot of time on their phones and devices with little interpersonal communication. These events are engaging and encourage interactions with other students and staff. But most of all these activities are:

FUN



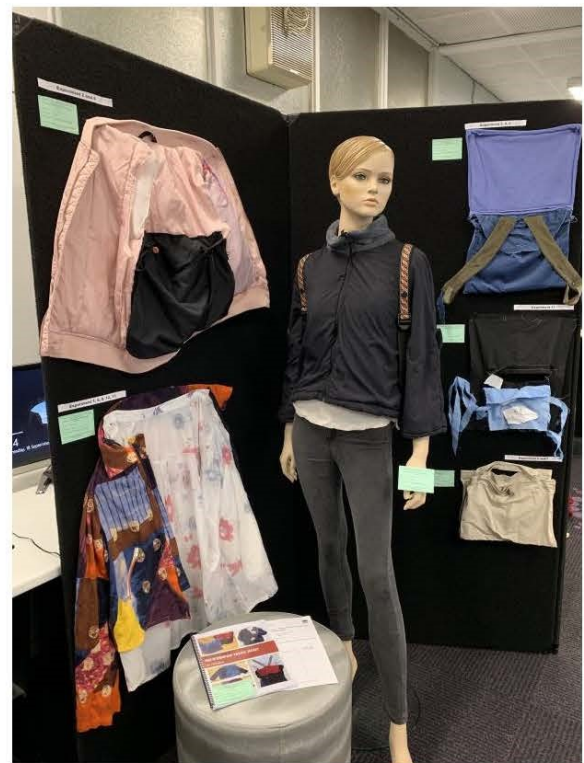
DESIGN AND TECHNOLOGY MAJOR WORKS

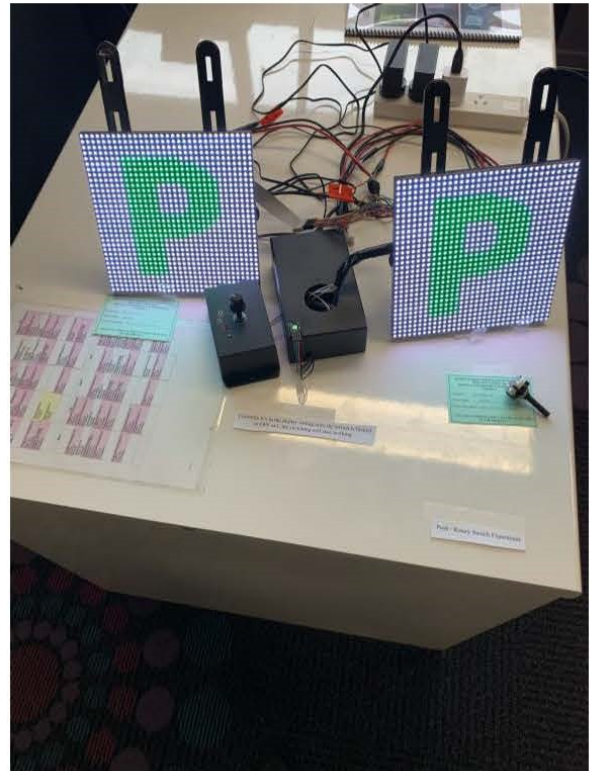
Congratulations to Year 12 Design and the Technology students for their fabulous efforts in completing their major projects. It takes organisation, commitment and a lot of hard work to succeed in producing quality major projects. Students and staff should be most proud of their achievements and deserve congratulations on a job well done. The pictures below show the high level of creativity that culminated in a vast range of quality major works. Whilst the major works are complete students have no time to relax as they now must focus on the theory behind the practical skills in order to prepare for the Higher School examination in this subject.

Mr David Hovelmann

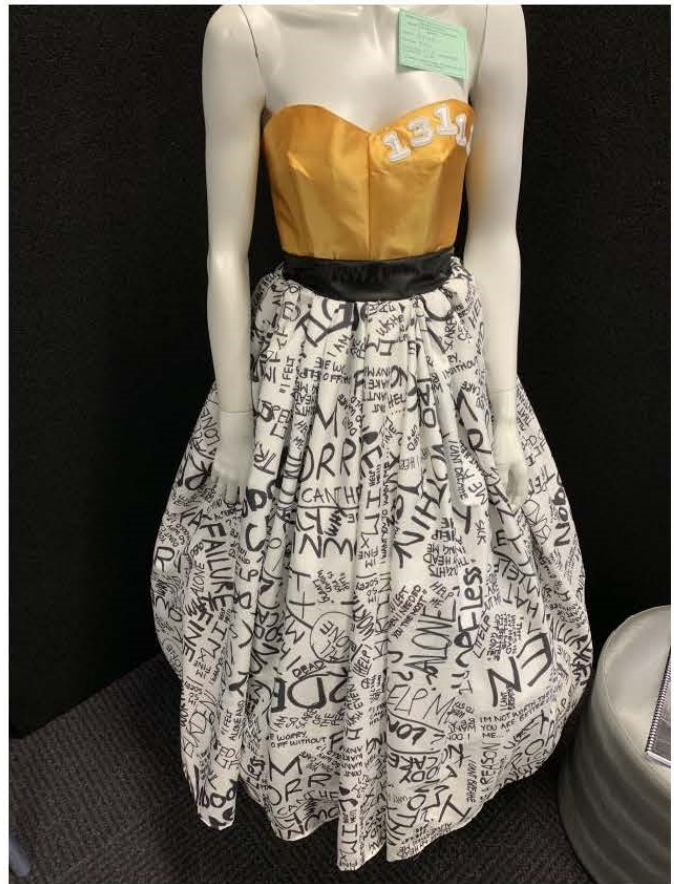
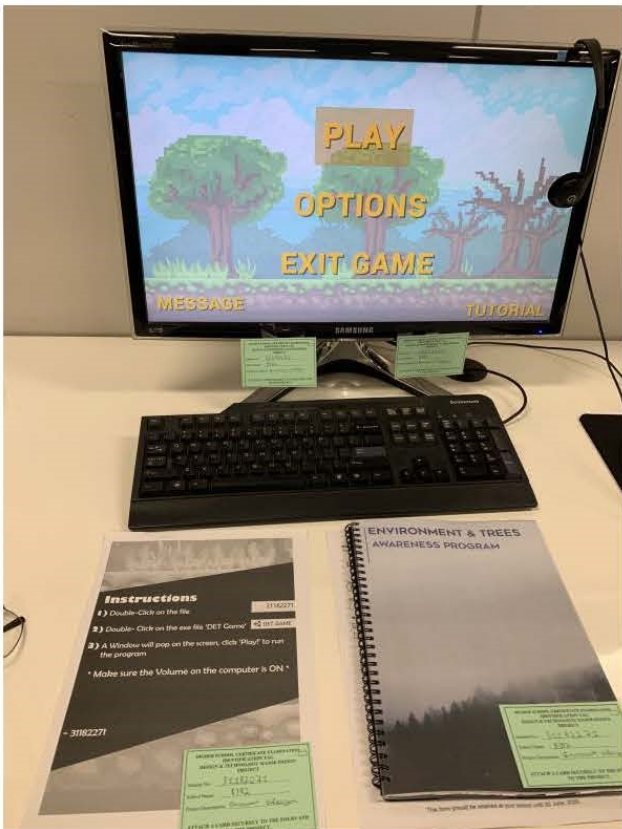
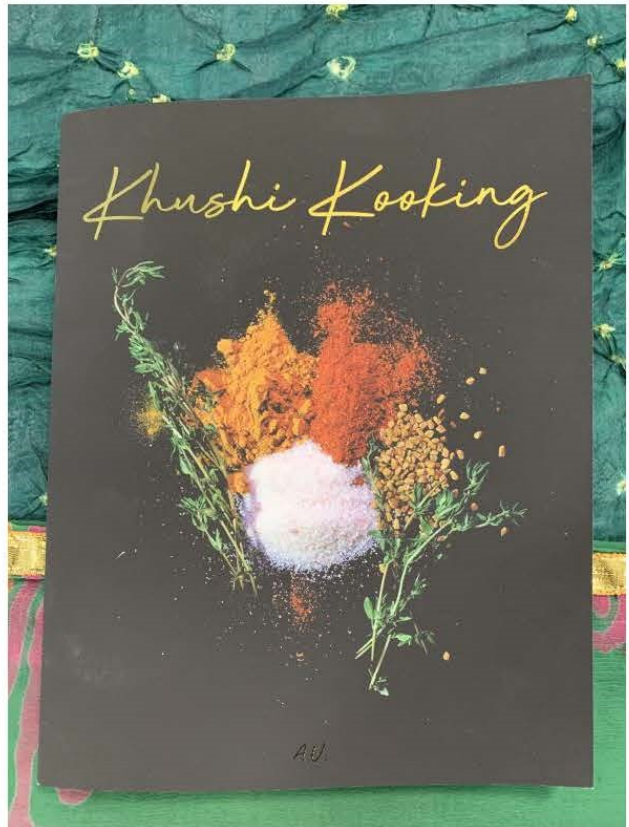
Head Teacher

Technology and Applied Studies









An Open Letter to the Students, Staff, Parents and Community of Castle Hill High School

Friday 27 September 2019 is a date I will not be forgetting in a hurry. After an excruciating two-month wait after filming, the Mastermind Grand Final finally went to air.

For a majority of those two months, I was not allowed to say if I was in the Grand Final, let alone if I won it, as my semi-final only went to air four days previously. However, I lost count of the number of students and staff who asked me how I went, and also how many wished me luck and seemed genuinely happy about me being on the show.

That is the thing about the whole Mastermind journey that simply astounded me. When I applied to be on the show back in January, I didn't consider what anyone at school would think. I applied because I'd always wanted to go on a TV quiz show, no other reason. Yet during the journey, the community of Castle Hill High reached out to me, and made feel like I was representing them, which I was proud to do.

To every student and colleague, past or present, who came up to me or showed their support on social media for me during this period, thank you so much. Your words meant a lot to me. Also, the groups of students who went to Artamon for the filming of the semi and the grand final, thank you especially. The fact you were there made a nerve racking experience less so. I can't say your presence was the reason I won, but it certainly helped.

To the staff members who accompanied those students to the filming (Mrs Brewer, Mrs King, Mrs Spinks and Mrs Matthews), thank you your support and patience on the days of filming. I also want to say an especially big thank you to Mrs King for organising the student groups on very short notice.

To my fellow members of the Science Faculty who showed patience with me when I had miss days at school because of filming, a massive thank you.

Finally, to the parents and community members who showed their support in different ways, thank you very much. I was astonished to see how many of you were interested in the show, especially those whose child I had never had in a class before!

I don't want to make this something it isn't. I haven't cured cancer or achieved world peace. But I am proud of what I achieved and I hope it can inspire students in their future endeavours.

One last thing. I was serious on the show when I said that I hoped it would make students answer more questions in class. If you're worried about getting a question wrong, I got a few wrong on national television, including a few easy ones, and I survived. So what are you worried about?

Yours sincerely

Mr. Troy Eggleston

Castle Hill High School Science Teacher

2019 Mastermind Australia Champion



CHHS ATHLETE OF THE WEEK: Sally Shokry – Athletics

Sally is a current a Year 12 student, with a multitude of sporting accomplishments, specialising in discus and shotput. She started athletics when she was 6 years old, and has been rigorously training since then. Her greatest accomplishment this far, has been competing in the Youth Olympics in 2018, which was held in Argentina. Additionally, she can boast numerous silver and bronze medals, in the Sydney Grand Prix, the Australian Junior Championships, the Little Athletics State Championship and the Melanesian Regional Championship in Vanuatu.



What inspired you to pursue athletics?

When I was 6 years old, I realised that I could throw further than the other girls, and so my mum convinced me to start training for discus and shotput. Dani Stevens, who is the youngest athlete to win the Junior World Championship in discus, is my biggest inspiration. I met her when I was 10 years old, and her coach is also my coach. I am lucky enough to train with her and gain support and expertise.

How often do you train?

I train 5 times a week, with two hours per day. For four days, I train specifically for the sport, but on Wednesday I go to the gym to improve my overall fitness.

What is your motivation?

I self-motivate myself and realise that sport comes from within. I also do it for my mum, as she wasn't able to pursue her dream when she was young, so I want to make her and myself proud.

How do you balance school and sport?

I know what I need to prioritise. When exam period is approaching, my training for athletics decreases. Similarly, when big competitions for athletics is near, I study less and focus on my sport more.

*By Sports Council:
Fleur Randerath &
Paris Hilal (Year 11)*

CHHS ATHLETE OF THE WEEK: Tiarne Flavin – Soccer

Tiarne is a current a Year 12 student, with a multitude of sporting accomplishments, specialising in soccer. She started soccer when she was 5 years old, and has been rigorously training since then. Her greatest accomplishment this far, is being in the National Premier League for NSW and being selected for the 1st Grade Team in her club.



Who is your biggest inspiration.

Serena Williams, the champion Tennis player, has always been a role model for me, motivating me to continuously work hard. I started playing soccer because I saw my brother playing it, and I wanted to try it out for myself as well. Now, I continue to play, because I love the sport, and I am able to set myself new goals to achieve.

How often do you train?

I train 2-3 times a week, with training lasting for 2 hours each day.

How do you balance school and sport?

Time management is most important. I plan my week beforehand, to ensure I have enough time to complete my study. School is my priority, as sport can sometimes be unpredictable, so it's best to prepare for both.



CHHS ATHLETE OF THE WEEK: Georgia Garnett – AFL

Georgia is a current a Year 12 student, with a multitude of sporting accomplishments, specialising in AFL. She started AFL when she was 15 years old, and has been rigorously training since then. Her greatest accomplishment this far, has been competing in the Women’s AFL Competition (AFLW) and being the captain of the Eastern Allies State Team.



Who is your biggest inspiration.

Sally Pearson, the Olympic Hurdles’ Champion, has been a continuous motivation for me to pursue the sport, and work hard to achieve my goals.

How often do you train?

I train 3 times a week, with training last for 3 hours each day.

Have you had any major set-backs?

I have been having an ongoing groin injury, for a few months. It has not made me stop training, but it is an underlying issue I have to deal with.

How do you balance school and sport?

Time management is most important. Even though AFL is my passion, school is my number one priority, and I do focus on my education above all.



*By Sports Council:
Fleur Randerath &
Paris Hilal (Year 11)*

P&C News

Thank you to everyone who expressed interest in the role of treasurer. We are extremely grateful that we have such a supportive community willing to step in when help is needed. We are in the process of making contact with all those interested.

We are setting our budget for next year's projects so please come along to the next meeting and be part of the discussion.

Upcoming webinar: 30 October



How to access the webinar:

- Grab the voucher code
- Use it in the [online shop](#) to reduce the webinar cost to \$0
- Proceed to checkout
- Place order
- You will receive an email with instructions on how to view your webinar
- Add webinar to your calendar from the options provided
- Listen from the privacy of your own home

N.B: If you have missed a webinar that you registered for you can listen to a recording. This can be found in the dashboard section of your account.



We do a lot for our kids, because we love them and often they need us. But we forget that one of the best things we can do for our kids is to help them learn to do for themselves and for others.

Do you ask your kids to do chores, to help out on a regular basis? You would be surprised how many parents – who were raised doing chores – don't ask the same of their kids. If you do give them chores, do you sometimes go behind them and redo the work when they're done? Don't! If it's not done right, get your child to fix it. When I ask why parents don't give chores or why they don't challenge their kids with hard things – and I do, all over the world – parents tell me it's because kids are too... busy! They're working their tails off on class-work, teams, clubs, groups, trying to excel at 100 different things! So adults are willing to take on every other responsibility in their lives in order to facilitate these goals. And it's hurting kids.

We drive them everywhere – fewer teens are seeking drivers' licences each year. We type their work, do their research and try to buy them anything they or we think might possibly increase their success. We solve every problem and bulldoze over every potential obstacle. And kids accept this as the natural order of things.

We are stepping in front of our kids, when in fact we should be stepping back and allowing our kids to step up. It sounds like tough love, but it's not. This is parenting. This is making sure that our kids, in just a few short years, don't still need us to do everything for them. Our kids know that we are expert problem-solvers. Now it's their turn to step up and learn to help themselves and others.

So how can we let kids step up? Here are a few tips you can try right now with kids of any age.

1. When your child or teen comes to you with a problem, don't fix it. Say "You're a good problem-solver. What do you think?" And then listen to the answer.
2. Expect them to fail, and talk about what they'll do when (not if) that happens.
3. Give them tasks to do that help the whole family (not only themselves) and make sure they do them, until it's done well. Be patient, but firm.

It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve the struggles. They eventually will have to make decisions and find solutions on their own and they will be ill-prepared if they weren't allowed to make those mistakes under supervision while you're right there to show empathy and give support! You may be thinking "but what if there's an emergency and I have to jump in?" Well, first define emergency. Two percent of the time, kids need an adult to jump in front of them and solve the problem. They need an adult to protect them from a life-threatening issue that overwhelms their internal resources such as when they experience bullying, mental health issues and eating disorders.

The other ninety-eight percent of the time kids need a compassionate adult to take an interest, from a distance, without fixing anything. So step back so that a child or a young person can step up and handle problems and dilemmas themselves.



Dr. Deborah Gilboa: Internationally respected parenting and youth development expert, Deborah Gilboa, MD, is the founder of AskDoctorG.com. Known as Dr. G, she is an industry leading speaker, author, social influencer, and media personality. Dr. G inspires audiences with relatable stories and tools to develop life skills in children, teens and young adults ages 2-22.

P&C Information links:

P&C website: <https://www.chhspsc.org.au/>

Facebook: <https://www.facebook.com/CHHSPEC>

Contact us: chhspsc@gmail.com

Our next meeting is next Wednesday, 23rd October at 7:30PM. Please come along.

A handwritten signature in black ink that reads "Shegner". The script is fluid and cursive, with a long, sweeping underline that extends to the right.

Uniform Shop News

Opening hours for Term 4: Monday and Friday in weeks 1-10
from 8.15am -11.30am

Winter Uniform: As per the changes to the school uniform policy, pants for girls are now part of the dress code. These are available in the uniform shop.

Online Orders: Please click the order online image to go directly to the ordering portal.

STUDENTS ARE ASKED TO PICK UP THESE ORDERS BEFORE SCHOOL OR AT RECESS.

Students transitioning: those in YEAR 10 going into YEAR 11 2020, are able to wear senior uniform from the beginning of term 4.

Pricing:

SKIRTS FOR GIRLS SIZES 1-22 \$65.00

BLOUSES 6G -16G \$40.00

REGULAR BLOUSES 6-22 \$40.00

BOYS' BLUE TROUSERS SIZES 14-22 \$50.00

BLUE SHORTS SIZES 73-112 \$40.00

SHIRTS SHORT SLEEVE SIZES 30-44 \$40.00

YEARS 7-9:

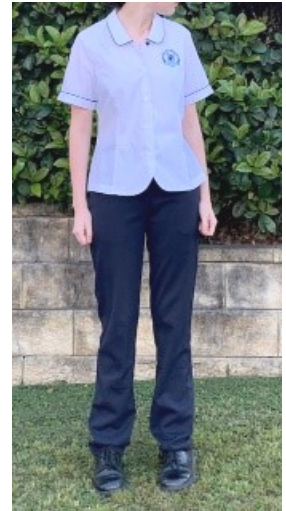
DRESSES SIZES 1-22 \$70.00

Price Changes:

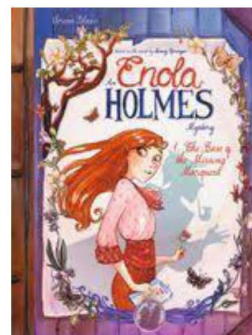
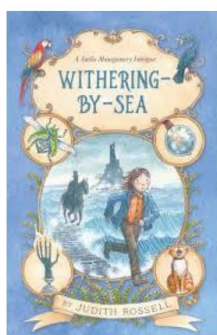
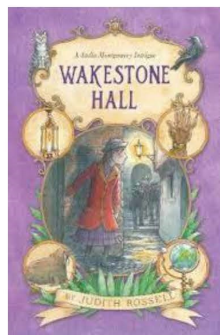
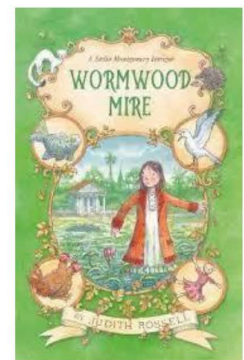
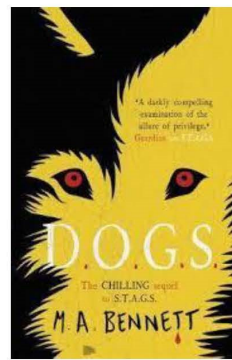
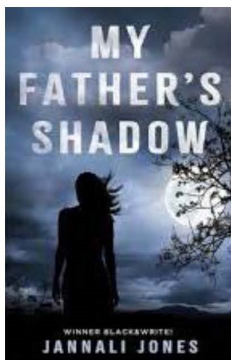
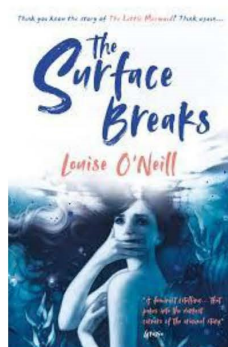
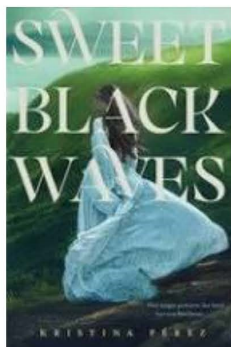
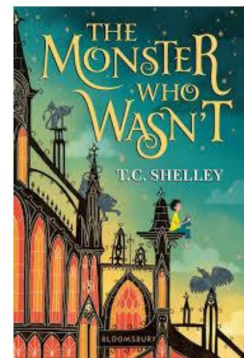
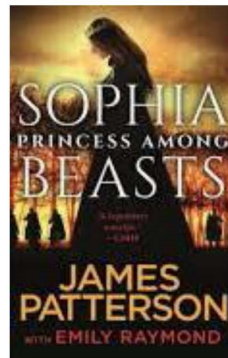
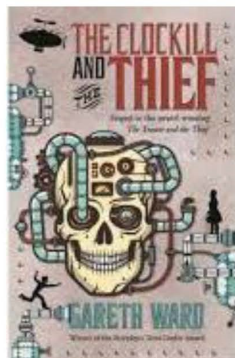
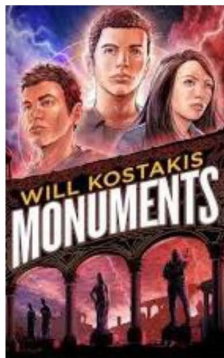
- ALL TIES \$25.00
- BACKPACKS FULL SCHOOL GUARANTEE \$90.00

Second hand items available in various sizes.

Margaret
CHHS Uniform Shop Coordinator



New books in Castle Hill High School Library



Calendar

Monday 21st October
 Tuesday 22nd October

Twilight HSC Tutoring
 School Leaders Interviews
 P&C Meeting
 Open Girls Zone Oz Tag Gala Day
 Prefect Induction Ceremony Period 2

Wednesday 23rd October
 Thursday 24th October
 Friday 25th October

Monday 28th October
 Tuesday 29th October

Year 8 Valid test Library
 Year 8 Valid test Library
 This Hills leadership Program
 Business Breakfast
 Year 8 Valid test Library

Wednesday 30th October

Thursday 31st October
 Friday 1st November

Pink Ribbon Day
 Lunch Quad Rock
 7/8 Touch Football—All Schools at the Kingsway

Monday 4th November
 Tuesday 5th November
 Wednesday 6th November

Year 7 2019 Orientation Interview Week
 Year 7 2019 Orientation Interview Week
 Year 7 2019 Orientation Interview Week
 Year 11 Study Skills
 Year 7 2019 Orientation Interview Week
 Year 7 2019 Orientation Interview Week
 Year 11 Reports distributed
 Lunch Quad Rock

Thursday 7th November
 Friday 8th November