



Volume 18—15 November 2019

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Volume 18—15 November 2019

Principal's Message

Special points of interest:

- CHHS Library
- Millennium Marching Band
- Lockers
- P&C News

HSC nominations for inclusion in annual major works

Following success in HSC Dance this year where two students, Sophie Foster and Jade Bellifemine, achieved nominations for **Callback**, students in Design and Technology, Industrial Technology and Visual Arts have also received nominations for inclusion in annual exhibitions. This is a stunning result, only eclipsed by the fact that six out of nine students from the one class, Ms Aydogan's Design and Technology class, received a nomination. We are very pleased.

Congratulations to the following students and their teachers for this success.

HSC Design and Technology – (Shape 2019)

- Noah Bridge
- Madelynne Chan
- Michael Dunn
- Ellie Heenan
- Bow Kim
- Thanut Mungkarndee
- Akiko Nanri
- Ananya Uppal
- Queenie Wang
- Emily Zhou

HSC Industrial Technology (INTech)

- Kashviran Naicker
- Mark Perl

Visual Arts (ArtExpress)

- Maksim Merkuryev



Recognition for our Aboriginal students

Last Saturday 9 November, the Metropolitan North Aboriginal Education Consultative Group (AECG) Achievement Awards were held at Gawura Aboriginal Learning Centre in the Northern Beaches.

This was a significant opportunity for our students to be recognised by the local Aboriginal community for their achievements at school. Ms Courtney Corcoran-Roberts proudly represented the school in attending, to see students receive their awards.

Congratulations to the following students:

- Monica Lenaz – academic achievement, sport and leadership
- Grace Murray – Tervitt – academic achievement, school service and sport
- Nicholas Lenaz – academic achievement , sport and leadership
- Emma Watt – academic achievement, cultural leadership and performing arts.



Can I commend Ms Corcoran-Roberts for her leadership of Aboriginal students and her work on leading the Reconciliation Action Plan which has placed Aboriginal culture, education and strategy at the forefront this year. She has done a magnificent job.

Long standing staff members retiring

I want to pay tribute to two long- standing staff members, Ms Stacey Divola and Mr Tony Rodi both of whom are on long service leave prior to retiring next year. They have done a magnificent job in teaching, providing support to many students over the decades and loving this school. We will certainly miss their presence and thank them for their contribution to our culture and to learning. We wish them well in their next ventures.

Vicki Brewer

Principal

News from CHHS Library

Many of us are excited as we rapidly approach the end of the year and the festive season is generally a time of fun and cheer with family and friends. However, as I am sure that we are all aware, there are many families all over Australia doing it tough at the moment, including in our own city. To help out those in need, Castle Hill High School library is supporting the Salvation Army Christmas Appeal by running a food and gift drive. We will be collecting food and gifts from Monday 18th November until Friday 6th of December so that the Salvation Army will have time to collect and prepare items for distribution to those in need at Christmas.

There will be a Christmas tree in the library to place gifts and food, (see suggestions). Your contribution does not need to be large, just give what you can.



The poster features the Salvation Army logo at the top. Below it, the text reads "THE SALVATION ARMY'S Christmas Appeal". A central graphic shows a gift box with a white ribbon, surrounded by gold stars. A white callout box with a red border contains the text: "Donate gifts and food under the Christmas tree in the CHHS library. Monday 18th November Friday 6th December". At the bottom left, it says "Thank you for making Christmas brighter for families in need." At the bottom right, it features the slogan "YOU CAN GIVE HOPE WHERE IT'S NEEDED MOST" with the Salvation Army logo.

Mrs Roberts and Mrs Mathews- Teacher Librarians



This graphic is a partial view of the Salvation Army Christmas Appeal poster, showing the logo at the top, the text "THE SALVATION ARMY'S Christmas Appeal", and the slogan "YOU CAN GIVE HOPE WHERE IT'S NEEDED MOST" at the bottom right.

Here are some items you might like to donate this Christmas.

Christmas items

- Puddings, cakes, mince pies, shortbread
- Long-life cream, custard
- Snacks (biscuits, chips, chocolates, lollies)
- Table décor (bonbons, decorations, tablecloths, napkins)

Tinned foods

(Ring-pull tins only, please)

- Fruits in juice
- Vegetables
- Soups
- Meats or fish
- Meals (baked beans, spaghetti)

Meal bases

- Pasta and pasta sauces
- Rice
- Curry and stir-fry sauces
- Meal kits (Mexican, Asian)

Other

- Cereal
- Spreads
- Savoury biscuits
- Packet of jelly
- Liquid gravy
- Sugar
- Tea, coffee, hot chocolate
- Long-life milk or juices
- Iced tea
- Baby food

Additional grocery items

- Personal toiletries (soap, shampoo, toothpaste, hairbrush, toilet paper)
- Cleaning products (multipurpose cleaner, dish detergent, washing powder)
- Baby care (nappies, baby wipes)

For further information please get in touch with your regional Salvos representative.

GUIDELINES

- Where appropriate please ensure items have long expiry dates and are non-perishable.
- Supermarket gift vouchers make a great addition to food hampers, allowing the recipient to purchase fresh fruit, vegetables and meat at Christmas.
- Think Christmas: people will be receiving these packages as gifts. Buy brand-name products where possible, and include some special items to help people celebrate on Christmas Day.
- Pack your groceries into a washing basket, reusable shopping bag or laundry bucket that can be reused by the recipient.
- Consider providing choices that suit families with young children, people with allergies, the elderly or newcomers to Australia.
- Please donate all items as early as possible in December, or even in November to ensure that all food hampers and gifts are delivered to families by Christmas.

YOU CAN GIVE



Thank you for making Christmas brighter for families in need.

Food Ideas

Here are some gifts you might like to donate this Christmas.

Gift vouchers

We gratefully accept gift vouchers. They make great presents for teenagers and mean that a parent or guardian who is struggling doesn't miss out on the joy of purchasing a gift for their child.

- Movie gift cards
- Sporting store gift cards
- Shopping centre gift cards
- Electronic store gift cards
- Department store gift cards
- Hardware store gift cards
- Visa gift cards
- Netflix gift cards
- iTunes gift cards

Outdoor equipment

- Beach towels, sunglasses, body boards
- Netballs, footballs, soccer balls, basketballs, cricket sets
- Skateboards, scooters, helmets
- Camping equipment
- Bicycles
- Gym gear, sports towels

Activities

- Books
- Puzzles and board games
- Lego, Meccano, Mega Bloks
- Art and craft packs
- Stationery
- Science kits
- Toy cars
- Music instruments

Accessories

- Baseball caps
- Jewellery, hair clips, watches
- Make-up, perfume, aftershave, nail polish
- Backpacks, wallets, handbags

Electronics

- Netflix gift cards
- Console games (PlayStation, Xbox)
- Hair dryers, hair straighteners
- MP3 players, speakers
- Headphones
- Cameras

GUIDELINES

- Please only donate new items. Sadly, the gift you donate may be the only present someone receives this Christmas. We know Christmas isn't only about receiving gifts, but this is one way we can help families feel special. Your nearest Family Store or Salvos Store will gladly receive your good quality pre-loved gifts.
- We gratefully accept gift vouchers. They are ideal gifts for teenagers - and we are always short of gifts for teenagers - and also give a parent who is struggling the joy of purchasing a gift for their child's unique personality and interests.
- Please consider older age groups when donating gifts. Every year we are overwhelmed with gifts for younger children but always run out of gifts for teenagers and parents.
- Please do not wrap gifts. This allows parents the dignity of choosing gifts for their child from among the donations and also gives them the special experience of wrapping gifts for their child. Feel free to include some wrapping paper or a gift bag for parents to use.

YOU CAN GIVE



Thank you for making Christmas brighter for families in need.

Gift Ideas



© Photos by MSP and Dennis Ross



NSW Public Schools Millennium Marching Band Open Rehearsal

Saturday 30 November
9:00am-3:00pm
at Galston High School

Performance for families at 2:30pm
The MMB Boosters provide lunch (\$5) & drinks (\$1)
For more information email
katrina.andrus@det.nsw.edu.au or call 0409 929 908



© Photos by MSP and Dennis Ross

The NSW Public Schools Millennium Marching Band is a dynamic music ensemble with a focus on fun and entertainment.

It is a unique opportunity for NSW Public School students from Year 7-12 to make new friends and perform nationally. Rehearsals are held over one weekend each month at Galston High School.

For further information and online applications:

www.artsunit.nsw.edu.au > Music >
Millennium Marching Band



Renewal of Lockers for 2020

*A renewal fee of **\$20 MUST** be paid by Thursday **21st November** either online or to the **Payments Office**.*

To relinquish lockers, please remove the contents and return the key or padlock to the Payments Office.

*If lockers are not renewed by **this date**, students will be asked to remove their belongings and return the key so the locker will be reallocated to students on the waiting list.*

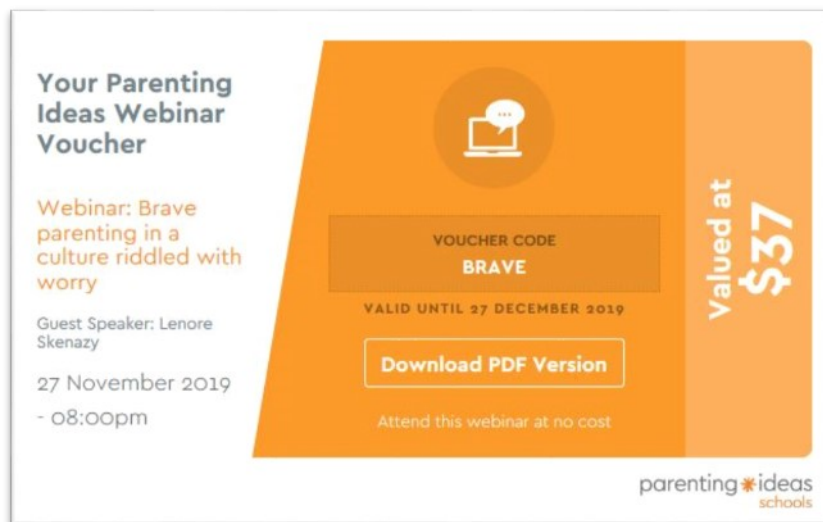
We appreciate the earliest response to this request.

P&C News

Upcoming Webinar: Brave parenting in a culture riddled with worry

How to access the webinar:

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



Article: Why validation is the best parenting skill of all

At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as: "I see you're worried about going to camp. I can understand that. "

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including Spoonfed Generation and the best-selling Why First Borns Rule the World and Last Borns Want to Change It. His latest release Anxious Kids, was co-authored with Dr Jodi Richardson.

P&C Information links:

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

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

Contact us: chhspc@gmail.com

Our next meeting is next Wednesday, 27th November at 7:30PM. Please come along.



Shegner

Uniform Shop News



Winter



Sports



Summer

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

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**

Uniform Shop

2020 Opening Hours

School Holidays

Monday 20 January — 10:00am —12:00pm
Tuesday 21 January — 10:00am —12:00pm
Wednesday 22 January — 10:00am —12:00pm
Thursday 23 January — 10:00am —12:00pm
Friday 24 January — 10:00am —12:00pm

Week 1

Tuesday 28 January — 08:00am —11:30am
Wednesday 29 January — 08:00am —11:30am
Friday 31 January — 08:00am —11:30am

Week 2

Monday AND Friday - 08:15am —11:30am

Calendar

Monday 18th November	Year 7 2019 Orientation Interview Week
Tuesday 19th November	Year 10 'All my own Work' WEEK Year 7 2019 Orientation Interview Week
Wednesday 20th November	Western Sydney University U Day
Thursday 21st November	Year 7 2019 Orientation Interview Week
Friday 22nd November	Year 7 2019 Orientation Interview Week Scripture Seminar Year 8 English Studies Incursion Year 7 2019 Orientation Interview Week Lunch Quad Rock Japanese Film Festival 7/8 Touch Football All Schools State Final at the Kingsway

Monday 25th November	Hospitality Work Placement
Tuesday 26th November	Year 10 PASS Surfing Hospitality Work Placement Volunteers Morning Tea
Wednesday 27th November	The beauty Queen of Leenane Hospitality Work Placement P&C Meeting
Thursday 28th November	Police band Workshop & Performance for Year 7 Hospitality Work Placement Scripture Seminar Year 7 Job Readiness Seminar
Friday 29th November	Year 9 Commerce Day Hospitality Work Placement Last Day to submit payments and orders for 2019 Lunch Quad Rock

Monday 2nd December	Year 10 Camp
Tuesday 3rd December	Year 10 Camp Orientation Day International Student Surf Awareness Presentation Session 3&4
Wednesday 4th December	Year 10 Camp Quad performance concert band
Thursday 5th December	Scripture seminar year 9
Friday 6th December	Lunch Quad Rock Year 7 Sport Gala Day