



## Volume 12—11th September 2020

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Volume 12—11th September

### Principal's Message

#### Special points of interest:

- My Story
- Major works for graphic, metal and wood
- Library Books
- Sydney Youth Orchestra
- Career Information
- Library—Write a Book in a Day
- Lost Property
- P&C news

#### We're flushed with excitement about this

I am pleased to announce that there will be an upgrade and addition of student toilets, for next year. The current change-rooms at the back of the toilets will be renovated to expand the number of toilets available. It certainly can't come soon enough! And I know students will be relieved!!

#### Drama – On stage excitement

We are again very excited at the prospect of a potential On Stage performance from one – or more – of our Drama students. Three Year 12 students have been nominated for their individual HSC drama performance for possible inclusion in the On Stage performances at the Seymour Centre in February 2021. This is an event that celebrates the best 2020 HSC drama performances across the state. Elen Attard, Sian Barnes and Evan Theoctistu are to be congratulated for their exemplary pieces. Congratulations also must go to their teachers who have worked hard for many years to give creative license to see students flourish and thrive. We're very proud of everyone.

#### Thank you P&C

Once again our very involved P and C will be sponsoring the tutoring of HSC students in the coming school holidays. This is an opportunity for students to access teachers for additional personal tuition. There are twilight sessions just prior to individual exams, as well. The P and C has been doing this for many years. We are so grateful for their input and generosity.

#### Soloman, Solo, Sol – whatever you call him, he's a pirate!

Media savvy and with the glow of "the boy next door", our very own Soloman Mcguire, in Year 12, was touted by the media this week celebrating his signage to the Pittsburgh Pirates, an American baseball team with very deep pockets. Sol's million dollar deal certainly puts him at the pointy end of sports elites in this country. Just 17 years of age, with a healthy view of life, he is determined to follow his dream. Although COVID has impacted on his training, and has curtailed his visits to America this year, Sol will fly to the US early next year to set up shop, after his HSC exams are over. He will be pursuing his baseball and continuing his education in America. What a fine young man he is.





### WABIAD

It's finally over. Fourteen teams of 10 students have each written a 4000 word book as part of the Write A Book In A Day project for Kids' Cancer. What a wonderful thing to do – work in a team, negotiate in that team, create and deliver ideas, put those ideas into reality (not easy), hone writing skills, follow through with an undertaking (not easy to do), listen to ideas from others and compromise (really not easy to do), produce a 4000 word book – all in a day. And they raised \$3700 for kids with cancer! This project ticks every educational box for me. Thank you again to our terrific librarians Kate Mathews and Lisa Roberts who have been passionate about this for students. Wonderful!

### Concrete and construction – a great mix

Our Yr 11 Construction class and their teacher Mr Oliver Meredith (assisted also by Mr Joseph Nakhoul) have been working hard on laying a concrete slab as a base for some outdoor settings for students at the front of the school. They have selected a terrific location. Dappled light, shade in summer, sunshine in winter - all with a leafy surround. In a school that always needs more space for student recreation, this is terrific idea. We're very grateful for the work and labour of the construction class and their teachers. Top job!



### “My Story”

Thank you to the many, many parents who returned the 3 question survey on directions for Castle Hill High School for 2021 - 2024. I have emailed you already with a compilation of the comments. One of the suggestions made was that each fortnight we should profile a teacher and his or her story about their journey into teaching. I loved that idea and so it is: “My Story” will be a feature each fortnight, starting with Ms Lindy Jones whose story is profiled later in this edition of Drawbridge. Enjoy.

Regards  
Vicki Brewer  
Principal

# My Story

## My Journey Into Teaching

This Northern Beaches girl should never have found a second home in the Hills - but I did. My dream was to become a doctor - but I didn't. Sometimes dreams don't come true.

Instead I turned to my backup plan, my passion, English and teaching - perhaps it was always my destiny it just took time to acknowledge it. My childhood was inspired with stories and poetry and libraries, so English teaching always felt like a comfortable fit. On reflection perhaps it isn't such a departure from being a GP. There is a certain surgical skill required in diagnosing the problems with a piece of writing, excising the 'nasty bits' and then sewing it back together with as few visible stitches as possible so that it can be a new improved version.

English teaching isn't just about indulging in the fantastic imaginings of distant authors. It is particularly crucial in a contemporary world where social media has become the most popular form of mass communication. Teaching young people to be discerning consumers and critically literate in their responses to what they hear and read is essential to the maintenance of a healthy and informed society. There is important work to do.

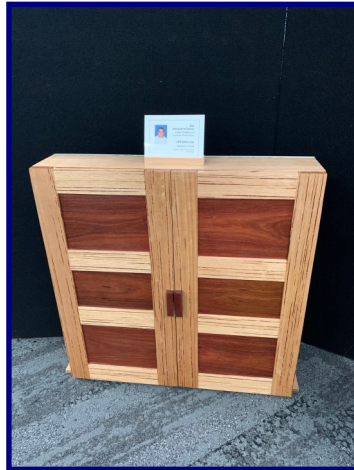
I came to Castle Hill High, well, quite a few years ago now, some people say longer than anyone on staff. I don't believe them it feels like a mere heartbeat ago. I came and I've stayed forming some wonderful friendships with staff and students along the way. Luckily for me my passion became my dream.

Lindy Jones  
Head Teacher English

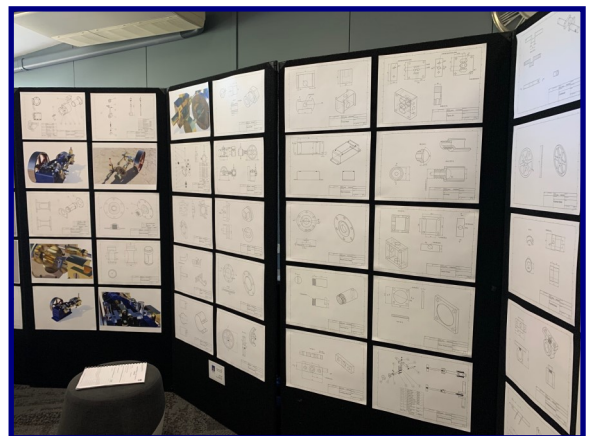
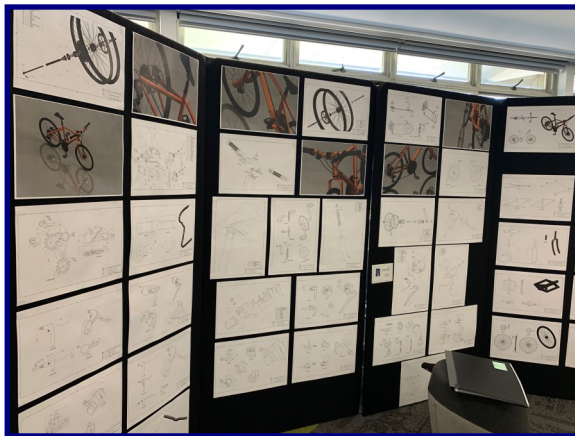




# Some of our major works for Graphics, Timber and Metal.



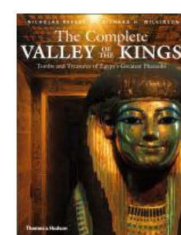
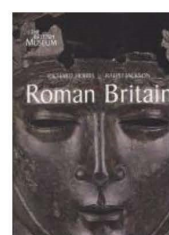
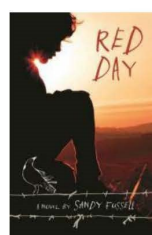
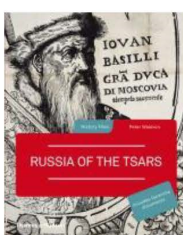
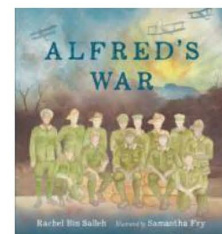
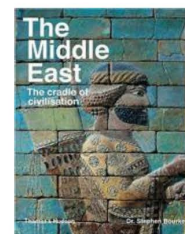
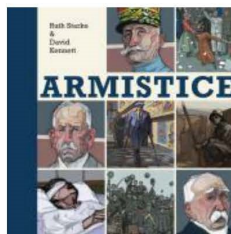
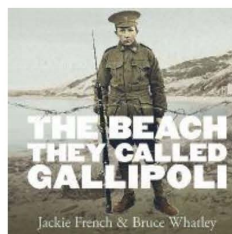
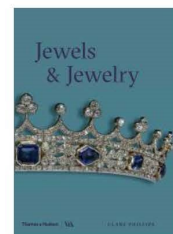
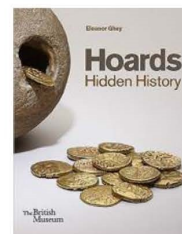
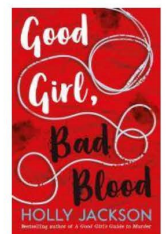
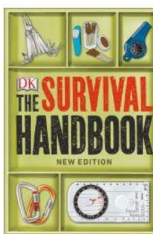
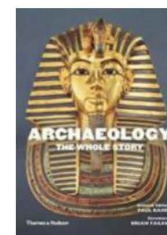
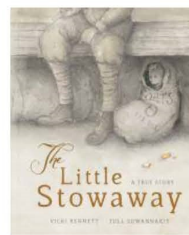
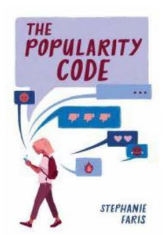
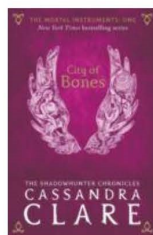
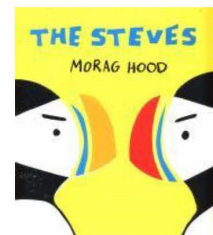
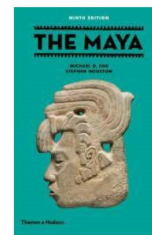
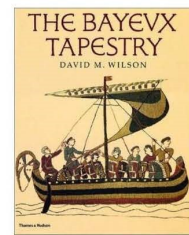
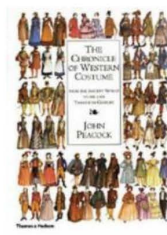
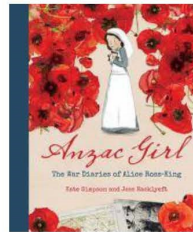
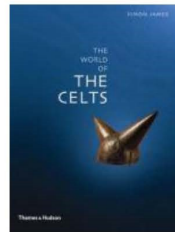








# BOOKS in the Library





# Know a young musician that should be a part of SYO?



Applications to join Sydney Youth Orchestras in 2021 **close on Monday 21st of September**. The sooner your musicians apply, the more time they have to rehearse and prepare for their audition.

## **SYO is:**

- a weekly training program in classical music education for musicians aged 6 to 24
- weekly music theory program via SYOnline

## **SYO has:**

- various scholarships available for musicians experiencing financial hardship
- has a robust training framework that includes workshops with esteemed professional musicians

## **Know any viola, double bass or brass players?**

SYO is encouraging all musicians to apply for a position in 2021. However, we do have a need for young violists, double basses and low brass instruments. To support this – we offer a free additional audition to assist in students transitioning to these instruments.

Know some young musicians who would be perfect for SYO? Here are some ways you could share:

- Send them the audition link directly [www.syo.com.au/join](http://www.syo.com.au/join)
- Print and/or display the attached flyer at your school or add to your school newsletter

Share the details of the program to your students

# Careers NEWS:

## Apprenticeships and UNI News:

**TRADE/Tradie possibilities** and other professions requiring simultaneous work and study options and reputable GROUP TRAINING ORGANISATIONS:

There are several very reputable GROUP TRAINING ORGANISATIONS including My Gateway and 1300apprentice.

Both established and well regarded organisations deal with a large, diverse range of Traineeships and Apprenticeships, dealing with small as well as major companies.

Get onto My Gateway's website to register your interest: [www.mygateways.org.au](http://www.mygateways.org.au) or phone their office in Campbelltown on (02) 4627 1388. You can also sign up to receive news: [Sign up to receive e-newsletters from My Gateway!](#)

My Gateway is holding interviews soon: Wednesday 30<sup>th</sup> September and Monday 9<sup>th</sup> November and appointments are essential.

1300Apprentice is also an excellent, reputable Group Training Organisation and you need to register for an appointment to have an interview in late September and early October. You can go to: <https://www.1300apprentice.com.au> or to their Facebook page: <https://www.facebook.com/1300apprentice> to learn more.

You can send your resume with covering letter to: [c.smith@1300apprentice.com.au](mailto:c.smith@1300apprentice.com.au) or phone their office in Burwood North on (02) 9715 7344.

### **Plumbing Apprenticeship:**

Local, well regarded established company PLUMBTEC Plumbing Services are after great Apprentices. This is a fine opportunity to start your career in this profession and you can phone Mr Grant Wallace to find more on this number: 0424 665 555

### **Air Conditioning Apprenticeship:**

Crest is after Apprentices and as a major company involved in many areas from a construction and / or service and maintenance perspective, this could be a great opportunity for you!

Please go to the website for their Apprenticeship Brochure, together with a set of FAQs and the Sign Up Process at: <https://crestair.com.au/careers/apprenticeship-program/>

### **Uni News for Year 12 2020:**

**University of New England (UNE):**

**You are NOT getting an ATAR – but you would like to go to Uni!**

**GO TO:** <https://www.une.edu.au/earlyentry> or phone 1800 818 865 and talk to a UNE representative. Sunny, pretty and rural Armidale might be for you!

This unique new Scheme opened yesterday (as per my text from UNE) and applications close on 25<sup>th</sup> September with offers coming out in November.



## University of Technology Sydney

**UTS – 2020 Access Stream and the SRS (Schools Recommendation Scheme):**

**ALL** students applying for the SRS through UAC will be eligible to receive an offer from UTS and offers will be made on 23rd December. Please look at the details by going to 2020 Access Stream: <https://www.uts.edu.au/future-students/undergraduate/admission-requirements/admission-schemes/educational-access-schemes/schools-recommendation-scheme>

**UAC** applications **MUST** be in by 30<sup>th</sup> September **BUT SHOULD** be in by 20<sup>th</sup> September – as this is the closing date for the **SRS applications**.

ALL students who are applying through UAC should apply for the Schools Recommendation Scheme – and it takes around 5 minutes to do so after the UAC application has been made.

Careers Newsletters are sent to all parents and carers of students in Years 9 – 12 and to all students in Years 10 -12 via their Education Department email addresses.

You can keep up to date with everything CAREERS by going to:

JOB JUMP, <https://www.jobjump.com.au> and the CHHS password is poodles.

Study Work Grow is another excellent website the school subscribes to: <https://studyworkgrow.com.au> and the school's password/code is CASTLE2019

Please don't hesitate to contact me if you need any assistance.

Warm regards,

Jane Curran

*Careers Adviser*

Email: [mary.curran2@det.nsw.edu.au](mailto:mary.curran2@det.nsw.edu.au)

# News from CHHS Library



It is fair to say that this years' "Write a Book in a Day" competition for The Kids' Cancer Project has been an astounding success. Due to the large number of students participating this year we had to split the teams over 3 writing days, 28th August, 4 & 8<sup>th</sup> of September 2020.

The entire writing process from naming of the teams through to writing and illustrating, and editing the final copy was done entirely by the students. We are really proud of all of the students who participated and they gained valuable experiences and great memories.

Over the 3 days, 14 teams competed (138 students), 54,238 words were written, 168 illustrations were drawn, 29 pizzas were consumed as were an immeasurable number of snacks (healthy of course!), 14 books were submitted for judging and \$3,700 has been raised for "The Kid's Cancer Project".

Fundraising finishes at 9pm on Wednesday 30<sup>th</sup> September so there is still an opportunity to contribute through each team's link.

We look forward to doing it all again next year!

Mrs. Mathews and Mrs. Roberts  
Teacher Librarians

Sadie's Writing Tip, "Do not worry, there is method to our madness."  
Sadie Y7

"Actually, the best day ever!"  
Walquiria Y10

"It was a fantastic day, and a great way to spend time with your friends"  
Alannah Y12

"Write a Book in a Day was a memorable experience, I really enjoyed it and I'm looking forward to doing it next year as well. All of us came together to create and celebrate something we enjoy doing, reading. Also, the teacher librarians were really accommodating and supportive, so a thank you to them as well!"  
Alifya Y10

"Write a Book in a Day was a new learning experience and I love working with new people. I think all year 7 students should try it. 10 out of 10 for me!"  
Chloe Y7

"After a long day of writing, editing, illustrating and copious amounts of sugar, we completed a work we could be proud of, for a cause we were proud to support."  
Markus Y12

## Fundraising

finishes at 9pm on  
Wednesday 30<sup>th</sup> September so there is still an  
opportunity to contribute through each team's link.







**The Disorganised group**

<https://writeabookinaday.com/teams/?id=295>



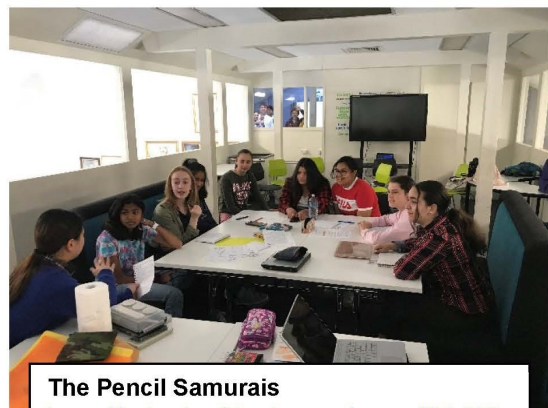
**Team 14**

<https://writeabookinaday.com/teams/?id=499>



**Testudines Infantes**

<https://writeabookinaday.com/teams/?id=269>



**The Pencil Samurai's**

<https://writeabookinaday.com/teams/?id=273>



**Dream Meme Team**

<https://writeabookinaday.com/teams/?id=290>



**Da Vinci 8's**

<https://writeabookinaday.com/teams/?id=274>



**Scribblers Gen 4**

<https://writeabookinaday.com/teams/?id=270>



**Nine Asians plus Elsie**

<https://writeabookinaday.com/teams/?id=260>





**Eighty Percent Asian**

<https://writeabookinaday.com/teams/?id=259>



**Determinators**

<https://writeabookinaday.com/teams/?id=273>



**The Disciples of the United Membership of the Brotherhood (D.U.M.B)**

<https://writeabookinaday.com/teams/?id=262>



**Spaghetti Society**

<https://writeabookinaday.com/teams/?id=289>



**Blue Dead Pan Dumplings**

<https://writeabookinaday.com/teams/?id=275>



**This is the (milk) tea group**

<https://writeabookinaday.com/teams/?id=458>



write a book  
in a day

Proudly supporting



THE KIDS'  
CANCER  
PROJECT



# Lost Property

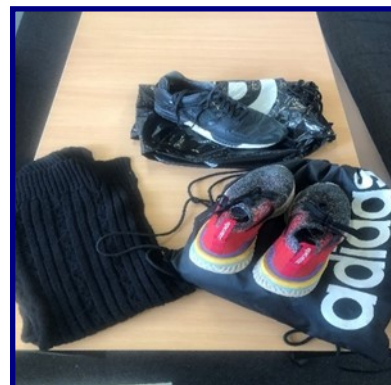


Here is just some of the items we have in the Administration Office Lost Property. Lots of lost keys, non school jumpers, glasses, jewellery and umbrellas.

If you recognise any of this, please come and collect it, or it will be donated as at end of day Wednesday 23 September, 2020. We will display items on this day also.



A number of school jackets are here as well with no names on it to return, so a timely reminder to put your names in your clothing over the holidays.



## P&C News

We had our inaugural P&C zoom meeting last night. It was well received, and we had our highest turnout yet with great engagement and valuable contributions from all in attendance. Thank you to those parents who attended for the first time. It was great to have you present and we look forward to seeing you again.

### Parenting Ideas Article: Wellbeing & Mental Health

The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

### Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

## Resilience bank account

During my conversations one person described living in this era as “always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass.”

Our mental reserves are constantly been called upon, so it’s necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it’s never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

Author Michael Grose

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The next P&C meeting will be in October where we set our budget for the following year. Please come and be part of the conversation as we decide what to commit our funds to in the coming year.

Liga Hegner  
President



# Uniform



*Winter*



*Sports*



*Summer*

## OPENING HOURS TERM 4 2020

FRIDAY 9TH OCTOBER 10AM TO 12.30PM  
MONDAY 12TH OCTOBER 8.15 TO 11.30  
TUESDAY 13TH OCTOBER 8.15 TO 11.30  
FRIDAY 16TH OCTOBER 8.15 TO 11.30

CHECK SKIRTS FOR GIRLS going into year 11 in 2021 are available and can be worn in TERM 4  
The blouse is the same as Year 10.

BOYS MAY PURCHASE BLUE SHORTS AND BLUE TROUSERS FOR YEAR 11 AND CAN BE WORN IN TERM 4.  
THE SHIRT IS THE SAME AS YEAR 10.

GIRLS IN YEARS 7-9 NEED A SUMMER DRESS  
BOYS SHORTS AND SHIRT or Long Trousers in Grey

Orders are available to pick up at Recess on Tuesdays and Fridays.

Margaret Pritchard  
Uniform Shop Co-ordinator

# Calendar

## Week 9B

Monday 14th September

Tuesday 15th September

Wednesday 16th September

Thursday 17th September

Friday 18th September

Year 11 Yearly Exams (All Week)

Visual Arts HSC DUE

Year 12 VA Evening

Year 12 Meeting (Gym)

Year 7 Vaccinations

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## Week 10A

Monday 21st September

Tuesday 22nd September

Wednesday 23rd September

Thursday 24th September

Friday 25th September

Year 11 Yearly Exams (All Week)

Year 12 Graduation

Last Day Term 3

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## Term 4 Week 1B

Monday 12th October

Tuesday 13th October

Wednesday 14th October

Thursday 15th October

Friday 16th October

HSC Info night incoming year 12