

Volume 13-25th September

# Principal's Message

# Special points of interest:

- Mrs Brewer's Year 12 Graduation Speech
- · Clap Out photos
- · Graduation Photos
- . My Story (Jen Rhodes)
- R U OK? Day
- Girls and Boys Mentoring Program
- Winner of Peoples Choice Award (Kaylah Williams)
- Library
- Peer Support Training
- HSC Major Works
- Applications for Musical Ensembles
- P&C News

# It was Year 12's week

We farewelled the Class of 2020 this week and were determined to send them off in style.

On Wednesday the "fun farewell assembly" in the Hall saw some terrific speeches, skits, films and "roasts", all really memorable and heartfelt. Tears and raucous laughter sat side by side in an event that was the equal of any of our traditional farewells. This was culminated by a walk through the school with the school population strategically located to clap them out and wave goodbye. This was always going to be tricky but the school rallied to ensure there was a genuine, celebratory feel to proceedings. Then our Hospitality staff coordinated "a socially distant picnic" on the oval for 285, with food delivered in individualised boxes, prior to a rehearsal for the graduation on Thursday 24 September. It was such a good day.

Thursday saw the more formal assembly, the Graduation, with students in their caps and gowns. They looked magnificent. Again, speeches and reflection were the order of the day but this time a livestream and video to provide families with a more permanent memory of the event was included. We hope everyone liked the cardboard cut-outs of missing parents! We know it wasn't the same, but it felt like it was. Again, the ceremony was special and will go down as one of the most memorable we have had.

Can I take the opportunity to wish all Year 12 the very best for the upcoming exams and for their future direction in 2021. They have been a magnificent year group showing us all how to rally, to "get on with it". They dug deep this year turning disadvantage to advantage. They will be remembered for their resilience and gratitude, under trying circumstances. I would also like to acknowledge the work of their teachers who have been toiling very hard behind the scenes to support students. Their work is relentless. And they don't complain. I'm very proud of them.

Could I thank Year 12's intrepid, special year adviser, Ms Kylie Nelson who has been nervously watching, supporting, reassuring and cajoling on a daily basis. She's exhausted but happy. What a trooper she is and what a job she has done. Thank you Kylie, I know that Year 12 couldn't have done it without you.



Finally, could I also thank Year 12's Deputy Principal, Ms Jennifer Dane who ensured that the fine detail and organisational grunt required to pull off these important events was smooth, smooth. Her skills are very much appreciated. Thanks Jen.

And of course, then there are parents, the mainstays, the backbone. It's so hard to be a parent of a HSC student. You have been wonderful so take a bow.

As always, I have included in this publication my Graduation Address.

#### **Peer Support**

Training commenced for Year 9 students who will be Peer Support leaders for 2021. Their main role is to lead Year 7 students during their induction into the school and see that their arrival in 2021 is welcoming, informative and supportive. What a terrific group they are. Ms Rodgers and Ms Morgan worked hard to ensure the training day was fun and productive. The pictures say it all!

#### Demountable metropolis

Five demountable buildings will be moved into the northern carpark ready for access in 2021 to accommodate our growing student and teacher population (conservatively estimated at 2008 students in 2021 and 130 teaching staff). During the vacation, the site will be prepared and the demountables transitioned during next term. We are hopeful that all will be smooth. Despite the fact that teachers will lose this carpark, and now have to use RSL facilities to park – a generous offer from them, for which we are grateful – we are pleased that recreation space for students has not been compromised.

#### **Congratulations Emma**

Emma Ryan of Year 10 has entered the University of Sydney History challenge by producing a first- rate paper on suffragettes. Its' a very formidable piece of writing. Congratulations Emma.

#### Finally

Can I wish all the community a safe and happy break. It's great weather which in many ways is therapeutic. We've had another big term, so we're anticipating a more relaxed pace, some reading and some recreation for the fortnight. I'm really looking forward to it. I hope you are too. School resumes in term 4 on Monday 12 October for both students and teachers.

Regards Vicki Brewer Principal

# Year 12 Graduation Speech 2020 The gift

I wish to acknowledge the DHARUG people who are the traditional owners and custodians of the land on which we meet this morning and in your homes as you participate online with us. I pay my respect to elders, past, present and emerging and acknowledge any First Nations' people who are present today.

Here you are, all 285 of you dressed to the nines, the class of 2020 looking very fine in your regalia. You should feel good. I'm certainly proud of you.

Here before me sit scores of students whose siblings graduated from CHHS in previous years, many more individuals who are the first in their family to graduate, quite a few who even have parents who once attended the school and graduated decades ago. Castle Hill HS dynasties, actually. It's that small country town, all over again.

This is one of my favourite school events – the annual Year 12 Graduation Ceremony. I suspect it is a favourite of others too. It means something to all partners of this school – students, parents and teachers. It's a time to reminisce, to grapple with a whole lot of contradictory emotions – excitement, trepidation, happiness, sadness, anticipation, reflection – and it's a time to join together for a lot of mutual back- slapping.

With that at the forefront of my mind I would like to pay a huge tribute to the parents, family members and friends who unfortunately are unable to sit with us in the audience today. I'm delighted to have with us on line many grandparents who normally wouldn't be able to share in this occasion. Welcome. Your presence, albeit online, means so much to our students; your work behind the scenes in supporting, feeding, massaging, counselling and persuading is very much appreciated — if not now, certainly in the foreseeable future. The HSC is one of the most arduous challenges in life — and parents you are at the front line. So relax and enjoy, the journey is nearly over!

This is the year of the great funny bone. So many larrikins and pranksters looking for the laugh in this class of 2020. The dynamic duo Jack and Matthew, the slapstick hosts with a penchant for high heels who loved to strut their stuff siphoning the limelight, or Evan with superb comedic timing and brilliance (speaking of timing Evan, we wish you could have timed your arrival to and departure from school with the same attention to detail), or Nick's friendly cheeky banter – all funny, terrific, great people who make you warmly smile.

It's even the year of the hyphenated surname, the year of pirates (take a bow Sol, what a champion you are), the year the school will get additional, new architect designed, gleaming toilets and bathrooms (just as you leave!) it's the year of twins, all 7 sets of you (actually, a totally unremarkable feat given that not so long ago we had 11 sets in the year).

It's the year of Laurens, Matthews, Daniels, Mitchells, Wilsons and Huangs.

Oh..... and it's the year of COVID. Just in case you missed it.

This year also reminds me of Mary Oliver and some of her musings. Now deceased, Oliver was an American poet who was inspired by nature and found great sustenance in her solitary walks in the wild. She'd had a traumatic childhood and nature gave her great solace. The starkness of the wintry, bleak landscape particularly inspired her. Oliver won the Pulitzer Prize for fiction and is regarded as one of the greats in American literature. Oliver once pondered:

"Someone I once loved gave me a box full of darkness. It took me years to understand that this was a gift".

You haven't had a box full of darkness this year; you've had a box of shade.

The shade, if you like, experienced by Oliver on her solo treks through the wilderness where light struggled to prevail. The sunniness of our showcases, musicals, excursions, spirit weeks, celebrations that weren't was, shall we say, overshadowed. The sun just didn't shine there in 2020.

But shade breeds an austere, tougher plant, one that has to adapt. Shade plants can bloom beautifully, thank you very much. Shade plants are renowned for their robust strength for their ability to go where others don't venture.

Austerity can bring on a different mindset. Dare I say it, austerity can be an <u>advantage</u> when one is about to do the HSC. It can be an opportunity: an opportunity to focus then refocus on what matters; to do the tough stuff free from distraction; to sharpen the saw unhindered by the sun's tempting rays of light and warmth. You've had to bunker down because there wasn't much else to do. And in this year, for you, that's not so bad. Learning how to manage yourself is probably one of the hardest, most important things to do in life. And manage yourself you have had to do this year. It is so true: it's your reaction to adversity that determines the unfolding story - "Your reaction", not the adversity itself. And so, this is what I've seen in you this year: a greater calm, results in tasks that indicate determination and effort; a camaraderie — a "we're in this together" mentality; gratitude in bucket loads; a peace, despite it all. You "got on with it". Congratulations Year 12. It's been just fabulous to see you bunkering down to manage yourself.

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"All I Ever Really Needed to Know I Learned in Kindergarten".

It is worth a read because the essence of managing yourself, refreshingly obvious in many ways, is empowering. Fulgham says in part:

"Most of what I really needed to know about how to live, and what to do, and how to be, I learned in kindergarten."

"Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say sorry when you hurt others. Wash your hands before you eat. Flush. Warm biscuits and cold milk are good for you. Learn some, think some, and draw, paint, sing, dance, play and work some every day.

Take a nap every afternoon to relax the mind and body. When you cross the road, watch for traffic, hold hands and stick together. Be aware of wonder."

Year 12 many of you have applied Fulgham's philosophy to the letter of the law:

Some of you have napped – in fact until very, very late in the morning.

Encouragingly, there has been a lot of playing .... particularly this week. Social relationships, albeit of the socially distant kind, have a place in a school like ours where we are trying to develop the whole self.

I am glad that you have embraced washing your hands before you eat, in fact washing your hands ad nauseum in these unprecedented times....who knew there could be so many different types of hand sanitiser?

You have definitely been learning, thinking, and self- reflecting and with the major works I have been privileged to see this year you have drawn, painted, sung, played, performed, chiselled, sanded and "worked some" every day.

Cleaning up your own mess or putting things back where you found them – Mmmm.....

Mary Oliver's gift many years ago was something she valued in the years ahead of her. She learned something about herself. She found ways to overcome issues that she might otherwise not have. The light she found from the dark she encountered was revelatory. You too can learn the same – indeed you have. The simple things in life – kindness, sharing, routine, finding oneness with mind and body that Fulgham remembers from childhood are often the things that can be overlooked in lives filled the bright lights of celebration and fun, crowded by commitments and busy-ness. Your year of shade just may well sharpen this focus on life's simple and important ways to manage yourself.

See 2020 as a gift.

Year 12, I have very much enjoyed your company, particularly this year. I will remember your spirit and absolute cooperation in truly forging forward. Thank you.

# Year 12 Clap Out





















# **Year 12 Graduation**

























# My Story

Being Castle Hill born and bred, it was almost destiny that I would find myself teaching at Castle Hill High at some point in time in my life - but I took a few detours along the way first.

Although I knew I always wanted to be a teacher, at the end of high school I felt like I was still too young, and without enough life experiences, to jump straight into education. So, at 17, after finishing up my HSC, I moved to Canberra to study Arts (majoring in History, of course) and Music at the Australian National University. 4 years later, I decided that there was still plenty of history to learn, so I followed this up with a Masters degree in Military History at the Australian Defence Force Academy. Finally feeling like I had enough knowledge to share with students, I returned home and began studying a Bachelor of Education at Macquarie University, and started casual teaching at CHHS. After being warmly embraced by the staff and students, I was fortunate to be brought on full time, and the Hills had me back in its web again.

Apart from being kept up to date by my students with all of the current trends, memes and inappropriate pop culture references, what I love most about teaching at CHHS is being presented with something new every day, and always being kept on my toes.

With such a large and diverse school, we're constantly faced with new challenges and perspectives, and I think this helps all of us to grow as students and teachers alike.

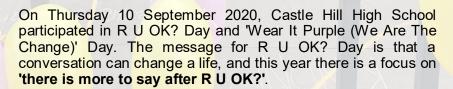
If 2020 has taught us anything, it's the importance of learning from the past, and respecting and learning from different societies and cultures. I feel especially lucky to be able to do this in each of my classes, and within the wonderful CHHS school community.

Jennifer Rhodes History Teacher









This brings in the idea that you don't need to be an expert to reach out - just a good friend who can listen, encourage action and then check in later.

Year 8 Resilience classes participated in a lesson throughout the last fortnight which taught the acronym ALEC:

- 1. Ask R U OK?
- 2. Listen with an open mind
- 3. Encourage action and support
- 4. Check in









**Wear it Purple Day** is about showing LGBTIQ+ young people that they have the right to be proud of who they are.

Messages of positivity were written throughout the quadrangle as a way to promote the conversation and ask the question *R U OK?* as well as to support the idea 'We Are The Change'. As a visual representation, students were also able to purchase gerberas and sunflowers.

# Dear Parents of Year 12 Girls,

Beginning during Term 4 this year, we will again be running a mentoring group for Year 12 girls (graduating class of 2021).

Applications will open Week 1 next term for current Year 11 girls to apply to be part of this group that will run for the duration of Year 12.

We will meet each day in Pastoral Care and explore strategies for effective study and exam preparation.

We will also investigate the ways in which you learn and examine possible barriers that can sometimes inhibit this learning process. There is a strong focus throughout the year on time management, organisation and dealing with stress.

The purpose of this group is to maximise your HSC results/ATAR by helping you to work harder and smarter to get the best results possible.

Girls will also be invited to attend a more personalised, supportive meeting with me once a fortnight to focus on specific goals and check in on their progress. The time for this meeting will be negotiated but it will occur in either study sessions, before school or during lunch. You should have a strong work ethic and a desire to be the best person YOU can be.

You don't have to be a Band 6 student already to be part of the group, you just have to have the desire to maximise YOUR potential and commit to working hard throughout the year in all your subjects to do this.

If you would like to be considered for the group, and feel you can commit to the challenge ahead, please pick up the application form at the start of next term and submit to me in the English/CAPA staffroom by the **end of Week 3**.

If your daughter is prepared to put in the effort and can meet the requirements of the program, please encourage them to apply when application becomes available Week 1 of Term 4 (via the Year 11 CANVAS page). If you would like to nominate your daughter, please send me an email to the address below and I will support them through the application process. Even with parent/carer nomination, all students are required to complete the application themselves. Looking forward to receiving your applications.

Ms Jo Spinks **HT Teaching & Learning – Girls Mentoring**E: josephine.spinks@det.nsw.edu.au

P: 9634 4199

# Dear Parents of Year 11 Boys,

Senior Boys' Mentoring at Castle Hill High School is a long-standing program specifically designed to support young men through the HSC and achieve academic success. The program has a strong focus on successful study habits and providing social and emotional support over the HSC course. The program operates in a team environment and involves meeting in an allocated PC group daily and participating in small group/individual meetings outside of class and PC.

Selection into the program is based on a number of factors and applicants should meet a number of the **eligibility criteria** below (*please note they are not exclusionary*):

- Demonstrated need for increased academic performance: e.g. students with potential for high academic success, students with a desire to achieve in the top bands but are currently on the edge, students requiring support to reach their potential
- **Demonstrated need for mentoring**: e.g. identified issues with organisation, motivation, goal setting, accountability etc.
- **Demonstrated work ethic**: e.g. evidence of hard work, persistence, application of feedback, willingness to commit to additional study outside of homework etc.
- Has consistently upheld school values including:
  - Uniform consistently in full school uniform
  - Attendance meeting attendance requirements for all subjects
  - Behaviour consistently demonstrating the values of the school
- Willingness to commit to Boys' Mentoring Requirements: please see below for specific details

The Boys' Mentoring Program requires a significant buy in from successful applicants in order for it to maintain its integrity and level of success. The **specific requirements** of the program are:

- Be committed to the pursuit of academic excellence working harder and smarter
- Consistently represent the values of the school senior learning contract, uniform, attendance, behaviour etc.
- Be committed to consistent diary use recording homework, study plans, hours studied etc.
- Be committed to complete 3 of study per subject per week increased in assessment periods
- Engage in daily mentoring activities in PC including days with a flexible start time
- Participate in fortnightly meetings for individual mentoring 20 minutes at recess, lunch, before/after school, during study session, can be in small groups

If your son is prepared to put in the effort and can meet the requirements of the program, please encourage them to apply when application becomes available Week 1 of Term 4 (via the Year 11 CANVAS page). If you would like to nominate your son, please send me an email to the address below and I will support them through the application process. Even with parent/carer nomination, all students are required to complete the application themselves.

Regards, Mr Christopher Jenkins

HT Teaching & Learning – Boys Mentoring E: christopher.jenkins14@det.nsw.edu.au

P: 9634 4199

With the advances of computer-aided drawing tools, it sometimes feels like hand sketches are from a bygone era in Visual Arts. Whilst we all embrace technology, it was wonderful to see the fastidious execution of Kaylah Williams' photorealist hand drawings of Robin Williams and Muhammad Ali composed for her HSC Body of Work. Kaylah worked meticulously on her drawings, perfecting each strand of hair, skin tone and folds in the clothing of her portraits "Fallen Pillars" highlighting the fragility of their facades. The CAPA department have coined Kaylah as the 'Queen of Tone'. This year we could not hold our annual art exhibition, and with such an abstracted new normal, I wanted to still acknowledge our amazing HSC Visual Arts students and their efforts in their creative journey. This year we introduced the 'People's Choice Award' where staff and Year 12 students were welcomed into the exhibition space to vote for their favourite piece. An overwhelming response was received and the compliments and feedback were heart-warming, bringing to light immense appreciation for the talent we have at our school. The winner of the 2020 People's Choice Award for HSC Visual Arts was awarded to Kaylah Williams. Congratulations!

Mrs Read

Visual Arts Teacher





# BeeKS in the Library















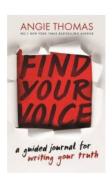


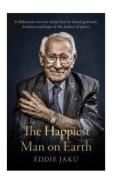




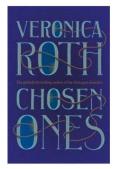


















# Year 9 Peer Support training 2020

Who would have thought we could pack so much fun into one day.

Yes that was Yr 9 2020's Peer Support Training Day!!! With giant dice, bubble blowing, Frisbee throwing and of course newspaper Super Hero Dress-ups- it was a great day.

Yr 9 Peer Support Leaders are looking forward to working with our new Year 7's in 2021.

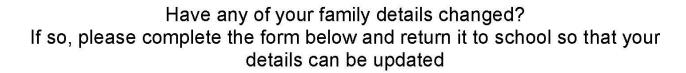
We were very proud of the enthusiastic approach to the training by Year 9 and they will undoubtedly be amazing Peer support leaders in 2021.

Grandma Morgan and Nanny Rodgers









# CASTLE HILL HIGH SCHOOL Student Personal Information

Student's Name:	Year group:
Correct mailing title and address of	parents for all correspondence
Parent Name and Title:	
Address:	
	ease complete this section o the Parent/Carer arrangement if applicable**
Parent/Carer 1 Name:	Parent/Carer 2 Name:
Mobile phone no:	
Work phone no:	
Non-residing Parent/Carer Name:	
Address:	
Mobile phone no:	
DOES THE STUDENT SOMETIMES RESIDE AT	THIS ADDRESS? Yes No
In case of an Emergency, please supply the	e contact details of someone other than the Parent/Carer
Emergency Contact 1:	Phone No:
Relationship to Student:	
Emergency Contact 2:	Phone No:
Relationship to Student:	
Note: School newsletters and details of ir	nportant school events will be emailed to parents
FAMILY Email Address	Please print clearly
Parent/Guardian Signature	Date:

# Some of our major works for Textiles.





























# Some of our major works for Design and Technology.





















































Islam



# Some of our major works for Visual Arts.

















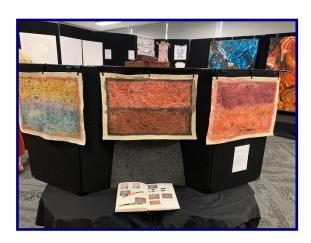






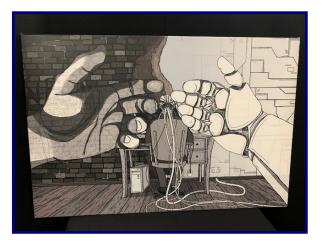
















# THE ARTS UNIT

# **Applications open for the 2021 Instrumental Music Ensembles**



# 2021 Instrumental Ensembles

## Available to public school students in years 5-12

The Arts Unit offers six instrumental ensembles that rehearse on a weekly basis in Lewisham. We have two wind ensembles, two jazz stage bands, one string ensemble and one symphony orchestra. Our ensembles are open to public school students in years 5-12.

These ensembles perform regularly at the Sydney Opera House and Sydney Town Hall, present concerts and workshops in regional NSW, and tour internationally. The ensembles proudly celebrate a long history of high achievement in national and international competitions and festivals.

How to Apply

Applications will close on Friday 30 October 2020. For more information about weekly instrumental ensembles and to apply visit our website <a href="https://www.artsunit.nsw.edu.au/weekly-instrumental-ensembles">https://www.artsunit.nsw.edu.au/weekly-instrumental-ensembles</a>

For further enquiries please contact Lindsay Pringle <u>lindsay.pringle2@det.nsw.edu.au</u> or phone (02) 8512 1188.

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# 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

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**



OPENING HOURS TERM 4 2020

FRIDAY 9TH OCTOBER 10AM TO 12.30PM MONDAY 12TH 0CTOBER 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



### Term 4 Week 1B

Monday 12th October Tuesday 13th October Wednesday 14th October Thursday 15th October

Friday 16th October

Prefect Induction Ceremony— 9.30 in Hall (Students Only)

### Week 2A

Monday 19th October Tuesday 20th October Wednesday 21st October Thursday 22ndOctober Friday 23rd October Year 8 Exam Week

**P&C** Meeting

### Week 3B

Monday 26th October Tuesday 27th October Wednesday 28th October Thursday 29th October Friday 30th October Year 9 Exam Week