



Volume 16—20 November 2020

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Volume 16—20 November 2020

Principal's Message

Special points of interest:

- Uniform shop link
- My Story
- D&T Year book
- ANZAC Ambassador
- Library News
- P&C

“My Strengths”

In a time of COVID, where mental health issues are rampant and general wellbeing has been compromised, we offered a program “My Strengths” to Year 10 students. Running for two days on Monday 16 November and Tuesday 17 November, the program centred on the idea that many students focus on their weaknesses, comparing themselves to others, leading too - often to feelings of discontent, low self esteem, even anxiety. The program gave students the opportunity to discover their strengths so they could better understand themselves to make choices to build self - esteem and develop a future that “fits them”. Presenters had qualifications in psychology and counselling. I've always been a “Positive Psychology” fan, and coupled with enthusiastic and engaging presenters, we think we had a winner for students.

Students completed an on-line assessment where they ranked themselves on a scale of 1-10 against 50 statements, giving each a final result of 5 strengths, such as loyal, charismatic, creative and so forth. So, all students received a personalised pack of strength cards detailing their identified strengths and ideas for putting their strengths into actions. Students also took home a parent pack with information regarding support for these strengths.



Karen Street, one of our Head Teachers Teaching and Learning was the brainchild behind the organisation and administration of these 2 days, and for that I am very appreciative.

At a cost of \$6000, we believe the program was worth it. Any feedback from parents would be gratefully received.



Year 9 Peer Support – ready for action

We're gearing up for Orientation Day , done differently this year (of course). Our Year 9 peer support team is preparing for the induction of new year 7 students (2021) on Tuesday 1 December where "lots of 100" from the local primary schools will meet, and be greeted, for a virtual tour and some special treats. We are going to make them very welcome.

Student voice – it's important for planning

We continue to ask important questions of all stakeholders to ensure that our situational analysis for the coming development of the school's Strategic Plan for 2021 – 2024 is thorough.

Student voice is critical to this process. Cath Kenna , Head Teacher Administration took carriage of this by surveying 100 students from Year 7-11. She asked questions about additional programs we have to support students (everything from Hogwarts, Cherish, Rainbow Club, mentoring and the Maths Homework Club and more), relationships between students and teachers, "Challenging minds and building character", mental wellbeing and safety at school. Students gave very affirming answers to our many programs and had some terrific suggestions for improvement. They were clear that the school should do more on environmental issues, including climate change.

In response to "What do you like about CHHS?" the top 5 were as follows:

- Staff and student relationships
- Culture and inclusivity
- Opportunities
- Classroom teaching
- Facilities

In response to "What do you feel we could improve?" the top 5 were:

- More toilets and change rooms (that's happening!)
- Seats and shade areas (that's happening too!)
- Faster internet in portables
- Improved student welfare (mental health issues were prominent for students)
- Modernise more classrooms

They make a lot of sense, don't they.

Deck the Streets

Following the success of last year's project where students from drought- affected Cobar were sent presents, the same worthwhile, if not more ambitious, thinking is going into a 2020 project, this time bringing some Christmas joy to homeless people in the streets of Sydney.

The boundless energy and focus of Larnie Bedano, a member of the Social Science faculty, is once again evident. She is the brainchild behind this project. Working with her Year 8 class studying liveability of people in Australia and the interconnections within our community, this team wants take on a real life problem, apply it to their Geography learning and at the same time practise kindness. Their aim is to provide a gift for 100 homeless people and to have these gifts distributed by a non - profit organisation working in the city. Initial thoughts include purchasing a container to store food (very practical) for each person and placing items inside the containers that will bring a smile (some indulgence, hopefully).

What a great idea. And what an appropriate end to a year that has challenged so many. Gratitude is an antidote to all that is difficult.

If you are able to help or offer suggestions could you email Larnie Bedano. (larnie.bedano@det.nsw.edu.au)

Uniform Shop

The uniform shop will be open for students and parents who are entering into year 7 2021 on a range of dates and times, including times to suit working parents (ie well after school finishes). Parents will need to book a 15 minute timeslot so that social distancing can be guaranteed.

Included in these dates and times is a COVID safe walk – in date (ie no booking on line) on Tuesday 1 December, the day of Orientation Day for incoming 2021 Year 7 students and parents.

HOW DO YOU BOOK? AND OPENING HOURS ARE ON PAGE 4.

Remember to bring your children with you for fittings!

I am grateful to our fantastic P&C who have adapted so well to COVID restrictions, yet are still providing a personalised service to our community. How lucky are we!

Finally...

I am so fortunate to have a wonderful family. They do reside in Queensland however which is not only a disadvantage but a bugbear in these COVID times. At the same time, we are preparing for the birth of our second grandson (boys are great, aren't they!) in December and desperately need to get into Brisbane. The only way we can do this is to be in a non - COVID hotspot for 14 days and prove this on entry to the sunshine state. So SW Rocks here we come, for a fortnight!

I will take leave in order to do this, so in week 8,9 and 10 Diana King will be relieving principal and Dave Hovelmann will be relieving deputy principal. Both are just terrific.

It's been a shocker of a year, but one that has drawn us together. We have found solutions to the seemingly unsolvable, learned about management of ourselves and found the positive in all that we have grappled with.

I know that we are fortunate and that I carry with me as a reminder that the trials and tribulations of life are just that, part of the ebb and flow of a complicated world. But fortunate we are and we can't forget that.

I hope you all have a wonderful Christmas with family and friends. Thank you for your ongoing support of the school, our complex issues this year and your very positive and constructive feedback.

Vicki Brewer



Students entering into year 7 2021

Uniform Shop Opening Times

15 minute appointments

<https://square.site/book/Z48DHXDGZVMDY/castle-hill-high-school-p-c-uniform-castle-hill-nsw>

Tuesday 24th 9am-11.30am and 2.30pm -5.30pm
Wednesday 25th 9am – 1pm and 1.30pm – 5.30pm
Thursday 26th 2.30pm – 5.30pm
Friday 27th 9am – 12pm

Tuesday 1st December – Orientation Day open for Covid Safe walk-ins 8.15am -12pm and 12.30-3.30
Wednesday 2nd December 9am – 1pm and 1.30pm – 5.30pm
Thursday 3rd December 2.30pm – 5.30pm
Friday 4th December 9am – 12pm

<https://square.site/book/Z48DHXDGZVMDY/castle-hill-high-school-p-c-uniform-castle-hill-nsw>

My Story

My Story

When I first was asked to do this story, I was unsure what to write. After all, this is only the beginning of my teaching journey. I finished my HSC, studied at university and landed myself a permanent job here at Castle Hill High School in 2018. I can't really pinpoint the moment that I knew I wanted to be a PDHPE teacher. Reflecting on this made me realise it was more like a collective of experiences and opportunities that reassured me that PDHPE teaching was the career for me.

It's no secret that I love sport and in high school I was involved in as many school teams as I could be. Soccer was MY THING and I was a participant in a program at my high school called Football United. At 15, I joined the coaching team at Football United and helped facilitate the program at my school. It was through this role I realised I could turn my passion for sport into a job. I loved that I could use my role as a coach to promote that the attitudes required to be successful in sport could be transferred to other areas of our lives.

I had just finished my HSC and with my sights set on studying PDHPE teaching at Sydney University when I was given the opportunity of a lifetime. My role as a coach through Football United led me to be selected as an Australian representative at the Pacific Youth and Sports Conference in New Caledonia hosted by the United Nations. We came together with over 20 other countries from the Pacific to discuss issues on health, education and social inclusion. I always knew that whatever I pursued I wanted to be in a position to make a difference in young people's lives. It was at this moment I knew that entering the world of teaching allowed me to have a meaningful impact on youth.

Sport is more than just physical activity to me, it can be used to explore personal development, community building and used as a tool for positive social change. I love that I can empower young people with the skills and knowledge to be physically and mentally healthy, promote personal safety, be resilient and make positive decisions.

Being Aboriginal Education Coordinator so early on in my career is something that I never imagined possible and I look forward to taking on my role as Year Advisor next year alongside Jodie Llamas. I am so grateful to begin my teaching journey here at Castle Hill High School where I am supported and mentored by amazing staff.

Courtney Tuala



Design and technology year book

Design and technology year book

The year 9 major project for this year consisted of students making fully functional lamps which used multiple computer-aided design programs during the product construction process. As this assignment did not have constraints surrounding the design, students had the ability to let their imagination run wild and create unique lamps that suit their intended environments.

Throughout this year, as a student in Mrs Wildeisen's class I was able to gain an extensive amount of useful skills that will be beneficial in senior years and potentially in my future career in the design industry. By being exposed to a wide range of different CAD and CAM programs in this course, it has broadened my take on design and the possibilities for students like myself to create products that can be used in everyday life.

By Madelynne Armstrong
Year 9



ANZAC Ambassador for CHHS

Tahlee Arthur has been an Anzac Ambassador for CHHS throughout 2020. She made a successful application and delivered speeches at events for Anzac Day and, more recently, Remembrance Day. At this service, Tahlee delivered a speech remembering the WWII service of nurse Ellen Savage. This occurred on Sunday 8th November and she did a wonderful job.



CHHS Library



Book Week 2020 Celebrations

Every year CHHS library celebrate the Children’s Book Council of Australia (CBCA) Book Week and 2020 was no exception. While we loved the theme this year “Curious Creatures, Wild Minds”, we decided to give it our own special CHHS twist and opted for “Curious Minds, Wild Creatures” and extended our celebration from 1 week to 2 weeks. It was wonderful to have the library so busy with students and staff enjoying CBCA Book Week.

To celebrate Book Week 2020...

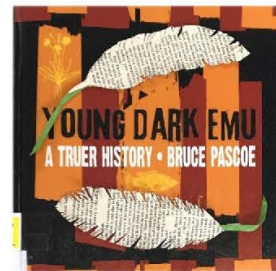
We instigated a whole school reading program called “The Book Weeks of Reading Dangerously”, in which we provided a digital short story or poem for both staff and students to read for the first 15 minutes of each day during our 2-week celebration.

We displayed the CBCA award winning books, past and present.

We watched the film “Where the Wild Things Are” during our Monday lunchtime movie club.

We provided a lunchtime craft activity in which students made bookmarks in the shape of leaves using upcycled old books (pictured).

We ran a competition where students received a lolly if they successfully completed a very complicated maze.



Last, but not least, we ran a **Book Bento** competition in which students submitted a digital image of a loved story and artefacts that relate to the ideas explored in the book. This task required critical and creative thinking and we were overwhelmed and delighted by the many wonderful entries we received. Choosing the winner was far too difficult for us so we called on Clarissa Greenhalgh (Head Teacher English-Learning and Engagement) to judge the entries and a winner and 2nd and 3rd runners up were chosen. The prizes were Japanese themed, with a Bento Box and Muji stationery.



1st Prize winner
Kaya (Y8) won an eco-friendly stainless-steel Bento lunch-box filled with Muji stationery for her Book Bento for *The Lorax*.



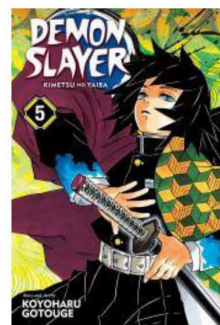
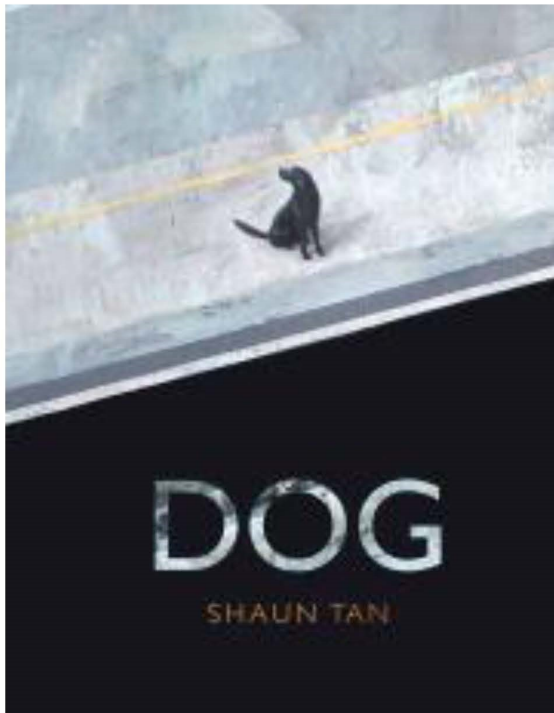
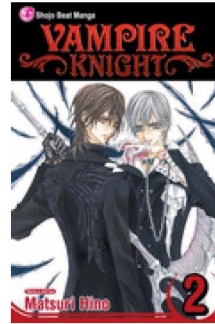
2nd Prize winner
Alifiya (Y10) won a \$20 Dymocks gift voucher and Muji stationery, for her Book Bento for *The Help*.



3rd Prize winner
Ayati (Y7) won a \$20 Dymocks gift voucher for her book Bento for *Bridge to Terabithia*.



BOOKS in the Library



P&C News

Wednesday night was our final meeting for the year. The earlier start time worked well, and we managed the meeting in an hour so that those keen for the State Of Origin decider could attend.

Please note for your diaries our meeting dates for next year:

Wed 17th February

Wed 17th March

Wed 12th May with AGM

Wed 9th June

Wed 4th August

Wed 1st September

Wed 13th October

Wed 10th November

These meetings will commence at 7:00 PM via zoom.

If you would like to be added to our distribution list for minutes and updates please email us:
castlehillhighschool@pandcaffiliate.org.au

Challenging is not a word that can sufficiently summarise this year. It is what it is, and I certainly could not have navigated it without the support of my executive team. Thank you to our parent community who diligently attended meetings despite there being a million reasons not to. Thank you to the school executive who are so supportive and wonderful to work with.

Now, to finish off the year with some brilliant news. We received a call yesterday from the office of the Hon. Ray William's to announce that we had been successfully awarded the 2020 Community Building Partnerships grant of \$33,000.00. This money will be committed to outdoor furniture and landscaping of the quad.

The executive team wish every one of you a Merry Christmas and a safe and joyous holiday period. Bring on 2021!
Liga Hegner
President

Uniform Shop News

OPENING HOURS FOR TERM 4 2020.

TUESDAY
8.15 TO 11.30

FRIDAY
8.15 TO 11.30
(Last day of trading is Tuesday 15th December)

Students entering into year 7 2021 will still need to make their 15 appointment as per the flyer on page 4. (Please bring your child with you when purchasing his/her uniforms)

The UNIFORM SHOP has a policy about returning uniforms.
The information appears at the end of the school purchase docket and is on the Web Page.

Items purchased have a 60 DAY RETURN TIME. Please keep the dockets so, the date of purchase is available.

Margaret Pritchard
Uniform Shop Co-ordinator

UNIFORM SHOP OPENING HOURS TERM 1 2021

During January School Holidays

Tuesday 19 January 2021	10:00am – 12:30pm
Wednesday 20 January 2021	10:00am – 12:30pm
Thursday 21 January 2021	10:00am – 12:30pm
Friday 22 January 2021	10:00am – 12:30pm
Monday 25 January 2021	10:00am – 12:30pm
Wednesday 27 January 2021	10:00am – 12:30pm
Thursday 28 January 2021	10:00am – 12:30pm

Week 1 Term 1 2021

Friday 29 January 2021	8.15am – 11.30am
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Weeks 2 – 10

Tuesday and Friday	8.15am – 11.30am
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Calendar

Week 7B

Monday 23rd November
Tuesday 24th November
Wednesday 25th November
Thursday 26th November Zone Oz Tag
Friday 27th November

Week 8A

Monday 30th November
Tuesday 1st December Orientation Day Year 7 2021
Wednesday 2nd December
Thursday 3rd December Year 9 Drama Excursion
Friday 4th December

Week 9B

Monday 7th December
Tuesday 8th December
Wednesday 9th December
Thursday 10th December HSC Business Studies Task (Before School)
Stage 6 Presentation Assembly (Hall—Students Only)
Friday 11th December Stage 5 Presentation Assembly (Hall-Students Only)

Week 10A

Monday 14th December Stage 4 Presentation Assembly (Hall— Students Only)
Tuesday 15th December
Wednesday 16th December
Thursday 17th December
Friday 18th December LAST DAY TERM 4 2020