



Volume 4—20th March 2020

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Principal's Message

Special points of interest:

- Swimming Results
- Library news
- P&C

An update on Corona Virus – what we are doing

We say in Resilience classes at Castle Hill High School that “Care of Self, Care of Others” ought to be a priority. And so, as a consequence of recent unfolding issues surrounding the corona virus, we are hoping that this mantra holds true. In this case to take “care of self” assists others. Our advice to students has been focused on what we can do to change practices to assist in preventing the spread of this virus to protect “self” and, ultimately, to protect others.

The following has been emphasised during PC, with regular intercom announcements :

- Wash hands regularly and thoroughly
- Open windows for effective ventilation
- Stay away from places where there are large clusters of people, including Castle Towers
- If possible, avoid catching the bus, and public transport in general
- If ill, stay at home and seek medical advice

The school has re-organised a number of events to ensure that “social distancing” is practised. While it is not possible to control everything (such as movement in corridors which can be busy), we have made attempts to restrict and reduce the number of students and/or staff who are together in any one location at any one time.

I wrote to you on Monday on a range of measures which have been undertaken including the cancellation of all excursions, incursions, assemblies and a modification of sport, amongst a small range of measures.

It will be business as usual for Year 12 who will commence an assessment period on 30 March for two weeks. We will ensure that there is “social distancing” when students are completing their assessments in the Hall and, if this is not possible, we will relocate some students to other spaces for their assessments to ensure an appropriate distance occurs.

We have ensured that there are plenty of soap dispensers in student toilets and plenty of soap in them. Twice- daily checks have ensured containers are full.



We have also opened the gym and Hall at recess and lunch so students can spread out more.

Our challenge strategically is to ensure that learning continues in the event that there are school closures. Teachers are busy ensuring that their learning platforms (such as CANVAS or google classroom or MOODLE) are up to date. An email should have been received by parents and students that outlines what is happening here. I can assure you this is a priority for us.

Of interest, in response to the dilemmas posed by the corona virus, students in Year 8 Resilience and Year 7 Ethics classes will be considering strategies to maintain well being in times of uncertainty. Included in resources that Ms Karen Street (our new Head Teacher of stage 4) is preparing are ways to deal with worries, managing anxiety, exercises to “ground” us and what to do when isolated. If nothing else, this material is timely.

I would also commend the article on Page 7 by our P&C President, Mrs Liga Hegner . You will find, I think, some terrific advice on what parents can do to assist in these times.

In addition, our website and Facebook pages are updated regularly by the Department of Education. Information is well sourced, from experts, and contain links to further detail should you wish. Good information from credible, reasoned sources is critical in such times.

Panic and hysteria help no one. Calm, well - informed, preventative, careful , targeted decisions are the only way, in my view, to manage this situation.

I want to thank the community, teachers and students of this school for their patience, understanding and thoughtful approach to the way they manage themselves, the proactive approach to health issues and a willingness to adapt at short notice.

Regards,
Vicki Brewer
Principal

Castle Hill High School's Swimming Carnival

Castle Hill High School held their annual Swimming Carnival at Auburn Pool this year.

The House Results were as followed:

- 1st Durham 403 points
- 2nd Windsor 303 points
- 3rd Caernarvon 230 points
- 4th Edinburgh 81 points

Congratulations to the following students for their achievements in their respective Age Championship competition:

- | | |
|---------------|--------------------------------|
| 12yrs Boys- | Dylan Mendis |
| 13yrs Boys- | Paul Turner |
| 13yrs Girls- | Pyper Marchant |
| 14yrs Boys- | Andrew Haggar, Dario Nogarotto |
| 14yrs Girls- | Esther Bonser |
| 15yrs Boys- | Zane Capovilla, Noah Keast |
| 15yrs Girls- | Alina Qureshi |
| 16yrs Boys- | Thomas Jeffree |
| 16yrs Girls- | Jacinta Hogan |
| 17yrs+ Boys- | Alexander Weeks |
| 17yrs+ Girls- | Trinity Loader |

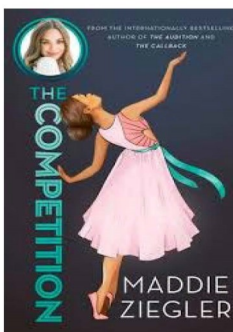
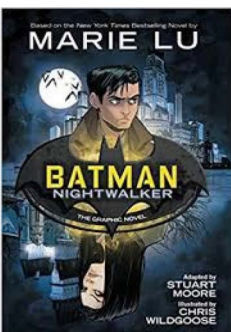
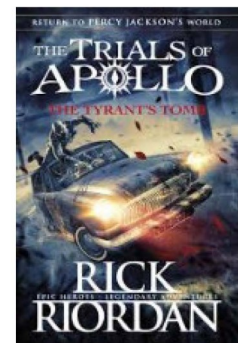
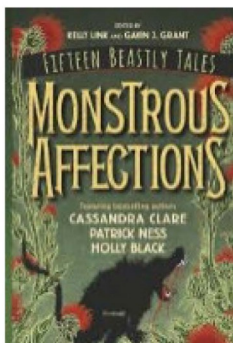
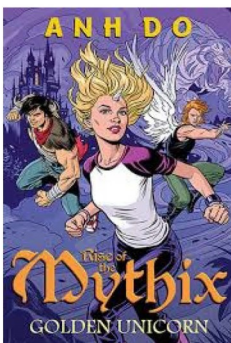
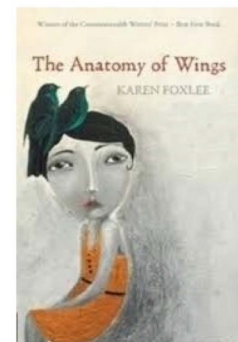
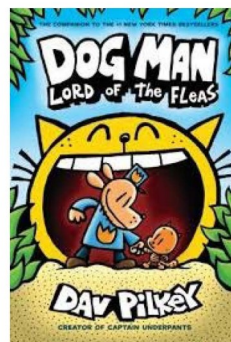
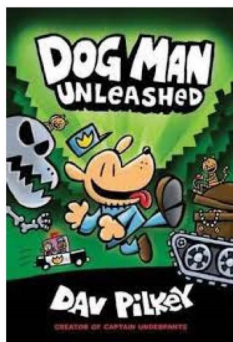
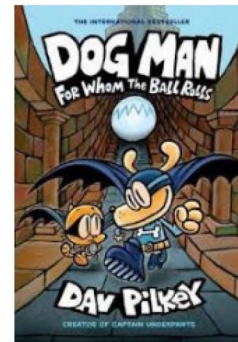
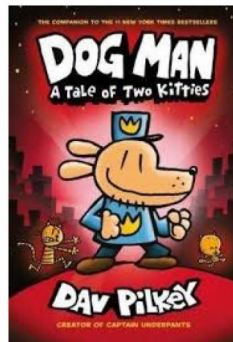
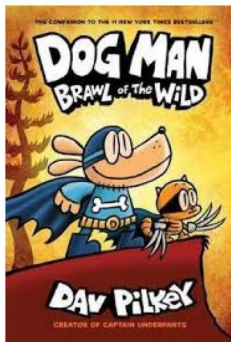
School & Zone Swimming Carnival 2020

Castle Hill High School recently attended the Zone Swimming Carnival at Blacktown Aquatic Centre. The talented students who attended the Zone swimming carnival performed exceptionally at the event. The students provided excellent support for their other team members and the behaviour of the group was outstanding as all students were very helpful throughout both days.

Castle Hill High School were crowned Zone Champions once again in 2020 which is an outstanding achievement considering how talented the other schools are in the hills zone. Due to our success at the carnival, many students also were selected to represent Hills Zone at the Sydney West Swimming Carnival. The students who made the Hills Zone team included Pyper Marchant, Kanako Delaney, Alina Qureshi, Sophie Turner, Jacinta Hogan, Chloe Wilson, Trinity Loader, Sophia Jamsek, Paul Turner, Alexander Weeks, Kayla Wong, Lillian Jamsek, Jasmine Wong, Luka Drazic, Dylan Mendis, Dylan Zin, Eli Keast, Madison Graham, Stella Chen, Anissa Quee, Aaliyah Hsieh, Elizabeth McShane, Cassidy Jephtha, Chloe Mercimek, Emma Geng, Esther Bonser, Charlotte Jeffree, Taymar Aslin, Zoe Petridis.

Congratulations to Alina Qureshi and Pyper Marchant who were crowned age champions at the carnival.

New books in Castle Hill High School Library



News from CHHS Library

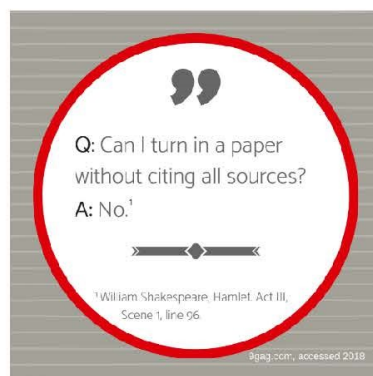
Here at Castle Hill High School library our priority has been, is, and always will be student learning. As a consequence, it has been a busy start to 2020. We have been working with senior biology classes to develop their information literacy and research skills. These skills are essential, not only within school, but for the world beyond as they allow students to find, critically evaluate, and use information effectively.

To add to our stable of rich and reliable information sources we have purchased two new academic databases, **Gale in Context- Science**, which focuses not only on the needs of junior students, but also those who are studying the research focused senior sciences and **Gale in Context- High school**, which is a comprehensive collection of academic sources that support learning in all subject areas.

Using the **Bibliography generator** provided by CHHS library, we have also been working with junior classes to foster academic integrity through the developing an understanding of the importance of referencing sources in bibliographies. This understanding will allow students to consider the information they are using in their research.

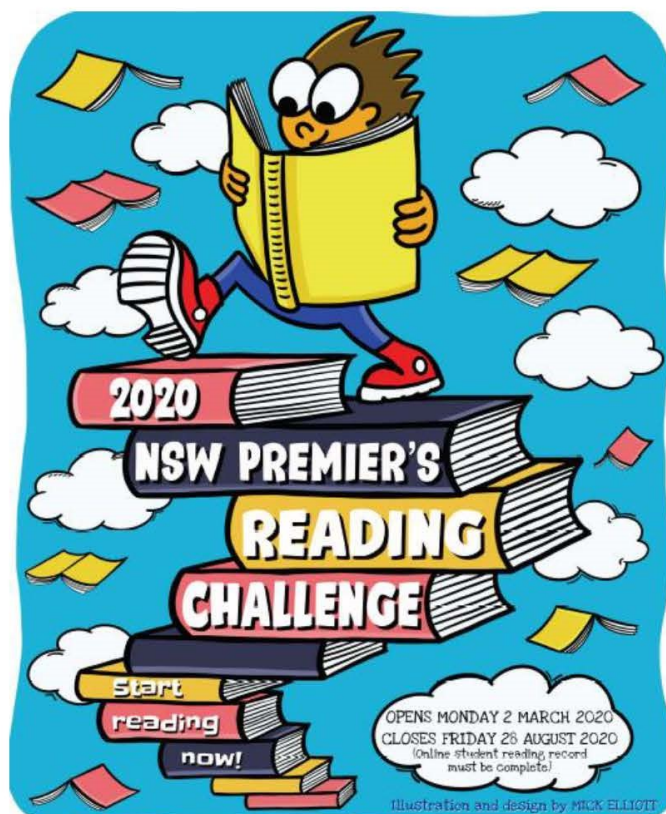
Last, but definitely not least, we have been busy purchasing new books for our physical collection. Some of these are new releases, and many are requested by students. This allows students to have a sense of ownership and pride in their school library, after all, they are at the heart of all that we do.

Mrs Lisa Roberts & Mrs Kate Mathews
Teacher Librarians



Access **Gale in Context** via the Oliver Library Homepage. Students and Staff can find Oliver Library on their student or staff portal.

Premier's Reading Challenge
is now open for student
access



www.premiersreadingchallenge.nsw.edu.au



P&C News

Here is the latest article from Parenting Ideas.

Leading the way for children during the Coronavirus pandemic

If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

1. Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

2. Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

3. Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However, you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

4. Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

5. Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

6. Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

7. Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However, a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. Michael is a former teacher with 15 years' experience, and has 30 years' experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

If you would like to receive our minutes and notifications please [email](#) us and we will add you to our database. The meeting that was scheduled for this week was cancelled in consultation with the school. I will continue to update our community via the newsletter with regard to current initiatives. Stay tuned as there is an exciting announcement coming your way.

*Liga Hegner
P&C President*

Uniform Shop News



Winter



Sports



Summer

Opening Hours

MONDAY AND FRIDAY 8.15-11.30

Opening Hours Term 2 (week 1)

Friday 24TH April 10.15-12.30

Monday 27TH April 8.15-11.30

Tuesday 28TH April 8.15-11.30

Friday 1ST May 8.15-11.30

Opening Hours (week 2-10)

MONDAY AND FRIDAY 8.15-11.30

Backpacks Available Large \$90.00
Boys Long Trousers all sizes \$35.00
Girls Blouses \$40.00
Royal Skirts \$65.00

SIZE 12 AND 14 JACKETS SHOULD BE IN BEFORE THE END OF TERM 1

Other Sizes available for purchase.

Students are reminded that online orders can be picked up from the uniform shop at recess any day we are open.

Margaret Pritchard
Uniform Shop Manager

Canteen News

With what is happening regarding coronavirus some staff members in the canteen may choose to wear a face mask, this does not mean they are sick. If anyone feels sick they will not be working in the canteen.

When buying breakfast before school or ordering lunches can the students be aware of the time, especially on Fridays. Please don't wait until 8.30 when a huge queue appears. We do not want students being late for school.

We will be introducing more ipads into the Canteen, the minimum amount for payments now is \$2. Please be patient with us whilst this transition takes place.

As mentioned in the last newsletter could students please stand behind the white line in the canteen until it is your turn to be served. It makes it easier to serve when it is not overly crowded.

Thanks for observing these guidelines.

Diane Flanders
Canteen Supervisor

CASTLE HILL HIGH SCHOOL CANTEEN – SUMMER MENU 2020

ROLLS & WRAPS		ICE CREAMS	
½ wrap - Ham Cheese & Salad	\$3.50	Paddlepop Icy Twist	\$1.50
½ wrap - Chicken Avocado & Rocket	\$3.50	Sorbet in Fruit Shell	\$3.00
½ wrap - Salad	\$3.00	Qelch Fruit Juice Stick	\$0.50
½ wrap -Falafel, hummus, tabbouleh, lettuce, tomato	\$3.50	HOT FOOD	
Chicken & Salad Roll	\$4.00	Flame Grilled Chicken Burger	\$5.00
Chicken, Lettuce & Mayo Roll	\$4.20	Classic Chicken Burger	\$5.00
Salad Roll	\$3.70	Chicken nuggets includes sauce	\$3.00
Buttered Roll	\$0.80	Four-N-Twenty Traveller Pie (Pepper)	\$3.50
Unbuttered Roll	\$0.70	Mrs Mac Pie (Beef)	\$3.50
SANDWICHES (White/Wholemeal/Multigrain)		Mrs Mac Potato Top Pie	\$4.00
Chicken Lettuce & Mayo	\$4.00	Spinach & Ricotta Roll	\$3.50
Leg Ham	\$3.00	Pork Dumplings with Soy Sauce (x4)	\$3.00
Chicken	\$3.50	Hot Cheese Roll	\$2.00
Salad (lettuce, tomato, beetroot, cucumber, carrot)	\$3.50	Sausage Roll	\$3.50
Tuna & Lettuce	\$3.00	Garlic Bread (small)	\$1.50
Egg & Lettuce	\$3.00	Garlic Bread (large)	\$2.50
Egg / Curried Egg	\$2.50	Cheese Toastie	\$2.00
Cheese & Tomato	\$2.50	Ham & Cheese Toastie	\$2.50
Cheese	\$2.00	Vegetable Pastie	\$3.50
Ham and Cheese	\$2.50	Sauce sachet (Tomato or BBQ)	\$0.20
RICE PAPER ROLLS: (Beef/ Chicken/ Vegetarian/ Tuna / Prawn)	\$3.50	DRINKS	
SUSHI ROLLS: (Chicken/ Beef/ Vegetarian/ Salmon /Tuna)	\$3.00	Pump Water 750ml (Plain)	\$3.00
BREAKFAST – from 8.15am		Flavored Pump Water 750ml (Lime/ Lemon/Berry)	\$3.00
Ham & Cheese Toastie	\$2.50	Water 600ml	\$2.00
Cheese Toastie	\$2.00	Nippys Fruit Juice 250ml (Orange/Apple/Tropical/B/currant)	\$2.00
Toasted Banana bread (Full)	\$3.00	Iced Tea (Peach/ Mango/ Lemon)	\$3.00
Raisin Toast – per slice	\$1.00	Glee (Bubblegum/ Raspberry/ Blackcurrant/ Tropical)	\$2.00
Toast and Vegemite – per slice	\$0.50	Nippys Fresh Juice 450ml (Apple / Orange)	\$3.50
Smoothies – Berry / Mango	\$3.00	EXTRAS	
SALADS / FRUIT		Chips (Honey Soy, Sea Salt, Salt & Vinegar)	\$1.50
Seasonal fresh fruit	\$1.00	Plain Popcorn 20g	\$1.00
Watermelon Tub	\$2.00	Mamee Rice Sticks (Cheese)	\$1.00
Fruit Salad Tub	\$3.00	Mamee Noodle Snacks (Chicken)	\$1.00
Frozen Fruit	\$1.00	Piranha Vege Crackers (BBQ or Honey Soy)	\$1.00
Bespoke Salads (order only). Various ingredients listed on Flexischools. Prices vary according to selection.		Delites (Salt and Vinegar, Sour Cream and Chives)	\$1.00
Green Mixed Salad	\$4.50	Eucalyptus Drops 25g	\$1.00
Caesar Salad	\$4.50	Crispy Fruits (Mango, Pineapple, Apple, Strawberry)	\$1.50
Chicken Caesar Salad	\$5.00	Finger Buns	\$2.50
Spinach, Feta & Pumpkin Salad	\$5.00	Homemade Choc-Chip Cookie	\$1.00
Vegan Bowl (Salad, Pumpkin, Peppitas, Black Bean, Sweetcorn, Sauerkraut)	\$5.00	Homemade Raisin Cookie	\$1.00
Chicken Pasta Salad w Salsa Verde	\$5.50		
MILK			
Ice Break Coffee 500ml	\$3.50		
600ml Large Milk (Chocolate / Strawberry)	\$3.50		
300ml Oak (Chocolate / Strawberry / Coffee/Vanilla)	\$2.00		
250ml Up & Go (Choc / Strawberry /Vanilla)	\$2.00		
Plain Milk 600ml	\$1.60		
Plain Milk 300ml	\$1.00		
ICE CREAMS			
Paddlepop Shaky Shake (Chocolate)	\$2.50		
Juicies (Tropical / Wild Berry)	\$1.00		
Twisted Frozen Yoghurt (Vanilla & Choc/Strawberry)	\$2.50		
Paddlepop (Chocolate / Rainbow)	\$2.00		
Vanilla Ice Cream Cups	\$1.50		

Daily Specials

Mon: Pasta Bolognese	\$4.50
Tue: Sweet Chili Chicken Wrap	\$5.00
Wed: Beef Sliders w Relish	\$4.50
Thu: Japanese Chicken Curry w Rice	\$4.50
Fri: Nachos	\$5.00

GLUTEN FREE MENU AVAILABLE
****ORDER ONLY****