



## Volume 8—3rd July 2020

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### Principal's Message

#### Special points of interest:

- Student Diaries
- Library
- P&C
- Canteen
- Uniform

#### What a year – or, to use the Queen's phrase, “an annus horribilus”

I can't remember a time where a break was more required. Students and teachers – and for that matter parents – have had such a rollercoaster ride this term. Our patience and flexibility have been tested, our capacity to think laterally and creatively has been challenged and our notion of “normal” has been overturned. But as always, we seem to have come through having learned so much about ourselves as individuals and as a collective organisation. It's only together that we can find solutions. There is optimism, busy-ness and gratitude in abundance to counter any self-serving notion that difficult times are tough. We made it!

Can I again thank this wonderful community for their support during COVID, during the remediation works for the encapsulation of asbestos, for students and teachers who creatively, without complaint, continued their learning, (some were learning in “cupboards” and corridors). There have been families hit by unemployment and that is a challenging blow. Our thoughts are with them in the hope that they can come through. We've tried to empathise with everyone's circumstances. We've reduced contributions for all families and, for many, cancelled these. We hope this gesture helps in some way.

We've re-arranged assessments for Year 12 students including the Trial which has been moved forward by two weeks to give more wriggle room and study time for students. This places a huge burden on teachers whose window for marking Trial exams is reduced – but we want to do the right thing by students. We also have to get creative as to how we support teachers to complete their work well in time - frames that are challenging.



## **Thank you for your thoughtfulness – food and coffee always work!**

Yesterday, Thursday 2 July the entire teaching and administrative staff were given a treat – a super morning tea of delicious slices and tit-bits together with sumptuous fruit platters. This was all washed down with real coffee from the “coffeeman”. This was all courtesy of our P&C, in particular Mrs Alison Cunningham who was the brainchild of this wonderful gesture. This sure hit the spot. Thank you so much to everyone who assisted in the organisation, thinking and support of our people at this school. We are so very fortunate!

## **Subject selections**

The Year 10 -11 subject selection process was seamless with virtual lecturettes and on line processing. We’ve certainly got our thinking caps on for how we can retain the advantages of this model for future years.

Year 8 is next and again they will go to CANVAS to view information regarding electives in Year 9 and 10 for 2021 and 2022. After this, Year 8 students will complete on line selections very soon.

## **Strategic Thinking for 2021 – 2024**

I always find it invigorating to think about where we are going next in our organisation. I love the process of listening to people’s thoughts and their creative solutions to how we can work better to progress even more.

In the coming terms we will commence our work on strategic planning for the next four years. Our School Development Day on Monday 20 July will focus primarily on this. We will commence with a situational analysis, asking some key questions:

- Who are we?
- What do we believe?
- What have we done? Has it worked and how do we know?
- What is possible?

I will certainly be canvassing ideas with the community via our P and C and look forward to the discussions that arise from this.

I’ll continue to give you updates as the term progresses.

Have a safe and happy break with family. The days have been beautiful so let’s hope the weather continues to be kind.

Students resume school on Tuesday 21 July.

Regards

Vicki Brewer  
Principal

# Student Diaries

## 2021 Student Diary Request

Castle Hill High School Diaries will now be supplied on a pre order basis. Cost of these diaries are \$10 each and will be invoiced to your statement of account.

It will be compulsory for 2021 Year 7 students to have a diary, as this will assist with their transition to High School. This fee will be included in their 2021 school fees.

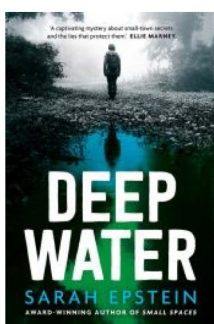
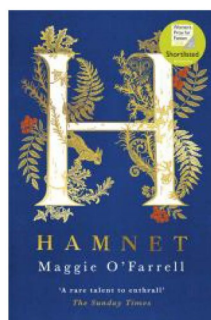
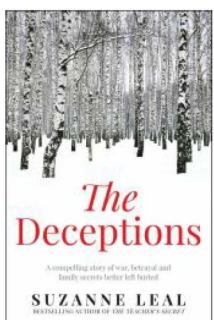
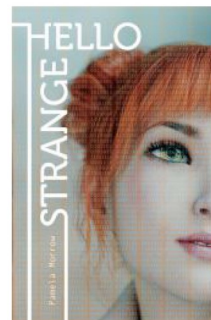
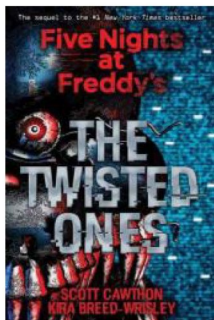
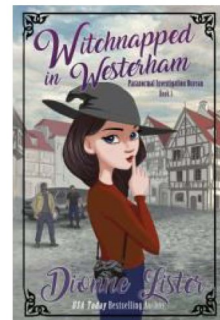
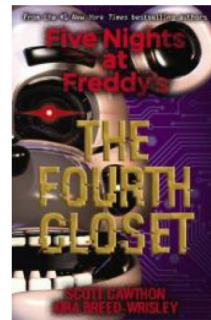
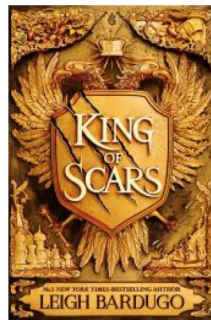
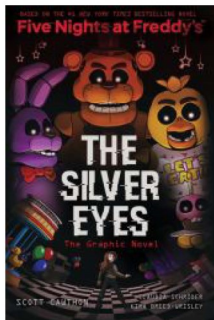
Please fill out the details below if you wish to order a 2021 Diary for your student in Year 8 - 12.

To ensure your child receives one, please check your emails to apply via the link, emails were sent in week 9 and 10 term 2. Return by Friday 17 July 2020.





# BOOKS in the Library





## P&C News

This term has been a challenge for many of us and I am certainly ready to embrace a little break. On behalf of the executive team stay safe, stay warm until next term.

### Article: Conquering kids' techno-tantrums

Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways. So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

#### Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control. Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

Here's what technology does to their brains and bodies. Digital technology impacts on children and young people in the following ways:

#### 'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

#### 'I want more'

The online world has no stopping cues, so our kids and teens never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency. One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

'It's so novel'

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn't always offer novelty. The real world is a lot slower-paced, and it's not always instantly rewarding and interesting like our kids' digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being 'switched on'.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can access the below webinar recording 'Understanding techno tantrums' at no cost.

To redeem

1. Click this [link](#)
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code TECHNO and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

The voucher is valid until 17 September 2020. The webinar recording will be available in your Parenting Ideas dashboard so you can refer to it at any time.

Liga Hegner  
P&C President

## Canteen News

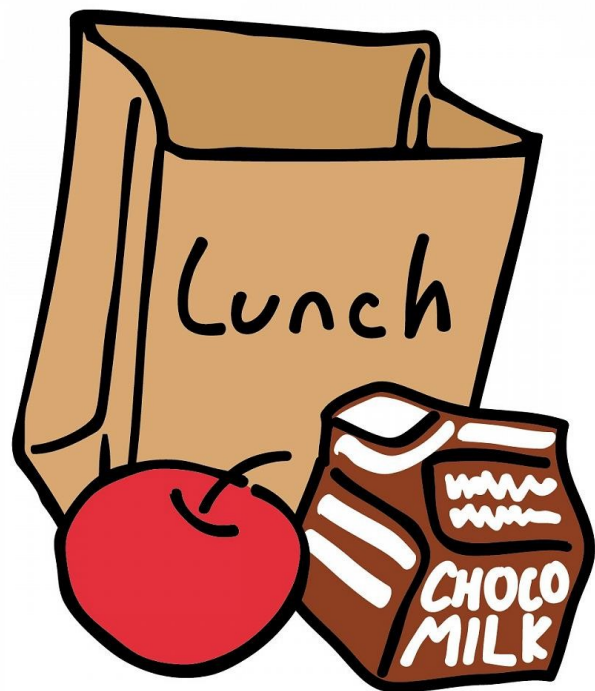
Due to some pies being unavailable from our suppliers we will be using a different brand until the normal brands are available.

Can we ask that when queuing in the canteen that you join the queues that are there and don't create your own new line. This is very unfair for the students that are doing the right thing and being patient. Thank you for supporting fairness and patience. We need help from you on this. .

We would like to thank all of the students that do the right thing.

There will be a Year 12 line next term, depending on staffing levels it may not be open as soon as the bell goes but the shutter will be open as soon as we can do so. If there are no Year 12 students waiting we will call other students from the front of the other lines. Please do not come straight into the canteen area to the Year 12 area unless you are a Year 12 student.

Diane Flanders  
Canteen Supervisor



# Uniform Shop News

Opening hours TERM 3

## WEEK 1

Monday 20 July 10:00am - 12:30pm

Tuesday 21 July 8:15am - 11.30am

Friday 24 July 8:15am - 11.30am

## WEEKS 2-10

Tuesday\* 8:15am - 11.30am

Friday 8:15am - 11.30am

**\*Please note the change of day from Mondays to Tuesdays. This will allow us to better serve you and fulfil weekend orders**

Size 14 jumpers should be available early term 3

Track pants are now available in all sizes from 10 to XL. Same for boys and girls. \$40.00

ONLINE ORDERS are available to pick up from the Uniform Shop at recess on Tuesdays **or** Fridays.

We welcome your feedback!

[chhspsc@gmail.com](mailto:chhspsc@gmail.com)

Margaret Pritchard

Uniform Shop Co-ordinator



Winter



Sports



Summer



# Calendar

## Week 1B

Monday	20th July	School Development Day (Staff Only)
Tuesday	21st July	
Wednesday	22nd July	Year 8 Subject Information Day
		Year 9 Parent Teacher night 4pm (CANCELLED)
Thursday	23rd July	Year 8 into 9 Parent Subject Night 6pm (CANCELLED)
Friday	24th July	Year 7 Reports unloaded onto Parent Portal

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## Week 2A

Monday	27th July	Year 10 PYLO Seminar 9.30
Tuesday	28th July	Year 8 into 9 Selection due online
		Year 7 Parent Teacher night (CANCELLED)
Wednesday	29th July	HSC Drama Performance Night
Thursday	30th July	Year 9 Commerce Market Day
Friday	31st July	

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## Week 3B

Monday	3rd August	
Tuesday	4th August	
Wednesday	5th August	
Thursday	6th August	Duke of Edinburgh qualifying hike
Friday	7th August	Duke of Edinburgh qualifying hike