



## Volume 4—19th March 2021

☎ Telephone: 96344199 ☎ Facsimile: 9899 6527 ☎ Email: [castlehill-h.school@det.nsw.edu.au](mailto:castlehill-h.school@det.nsw.edu.au)  
☎ Website: [www.castlehill-h.schools.nsw.edu.au](http://www.castlehill-h.schools.nsw.edu.au)

Volume 4—19th March 2021

### Principal's Message

#### Special points of interest:

- My Story
- Past Student Achievement
- Robotics in year 9
- Women's Day Achievement
- L-Learning
- Library Books
- Athletics Carnival
- Hills Council Parking
- P&C News

#### International Women's Day celebrations 2021 – Monday 8 March

As always, we are proud to participate in International Women's Day celebrations. Prefects were invited to attend a zoom presentation from speakers across the state, learning about empowerment, resilience and important historical and cultural aspects of the women's movement.

In addition, Tahlee Arthur – see a separate article and photos in this edition of Drawbridge – presented an insightful speech on texts with male and female bias and the impact this has on empowerment for girls and women. Tahlee spoke, amongst others, alongside Jane Caro who has a strong, national media presence and is recognised for championing women's causes.

Congratulations to Tahlee for representing the school so well with her thoughtful and impactful speech.

#### Athletics Carnival – Wednesday 17 March

Despite impending inclement weather, the Athletics Carnival continued at the Blacktown Athletics Centre on Wednesday 17 March. The venue is a first class one, able to sustain an athletics meet even in the rain. The track suits all conditions.

Congratulations to Mr Andrew Pearn, our new Head Teacher Sport, for his leadership on this. And also thank you to his team, the PDHPE staff, who ably supported him. (More photos on Page 3)



## **Celebrating student achievement – Quality Morning Tea (QMT), every Tuesday recess. Role reversal!**

One of the many, many positive aspects of Castle Hill High School is the celebration and sharing that occurs every Tuesday at recess – known as Quality Morning Tea. We've been doing this for decades and it never tires.

Each Tuesday, students from a selected faculty present their work, demonstrating to an audience of teachers across the school their learning and achievements.

This Tuesday for example, students from the Computing Studies faculty showed us their work on robotics and the coding required to develop their robots. It was fascinating. Students at the end were asked some probing questions from a captivated audience and without flinching were able to respond intelligently to satisfy their inquisitive on lookers.

This is quality work. What better way than to celebrate it with teachers across the school – with teachers as learners and students as teachers!

Bring on the ultimate robot, I say: driverless cars. I'm sure I will then not get lost so much.



## **We continue to learn – as we must**

Ongoing, tailored, relevant learning that keeps teachers abreast of the times and thinking about other ways to live their work is critical. Unsurprisingly, professional learning for teachers is at the centre of our strategic plan for 2021 – 2024 (although, it always has been ).

Last Wednesday 10 March the school's executive and senior executive completed Part 1 with the incomparable Judy Hatswell, revisiting work of William Glasser on Choice Theory. Essentially this work is about building quality relationships and developing skills to manage oneself, knowing that the only person that any of us can control is our self.

Judy reminded us about connecting behaviours (listening, supporting, encouraging, trusting, respecting difference) and disconnecting behaviours (criticising, blaming, complaining, punishing). The work is complex, even though when I write this it seems so obvious, and simplistic even. The power of Choice Theory is in its practice where through questions we can empower the recipient to reflect on their behaviour.

Some questions we can pose for students are:

- If I say or do this right now, will it bring us closer together or will we end up further apart?
- Is it working for you? Is your behaviour giving you what you want?
- Is that behaviour your definition of success? Is this what you want to be?
- When I'm "feeling" I sometimes "spin". When I'm thinking, I'm calm. What does this mean for me when I am in conflict?

Our work in Part 2 next term will delve more into the powerful and reflective questions we can ask of students, or of one another, to build and strengthen enduring relationships.

Vicki Brewer

# Athletics Carnival

The CHHS Athletics Carnival was held at Blacktown Athletics Centre on a rainy day last Wednesday 17th March.

Whilst the rain clouds were impending on the day, 1200 students from CHHS made the trek out to Blacktown to put their best foot forward in the name of school spirit and the opportunity to make the CHHS team to compete at the Hills Zone Athletics Carnival in Term 2.

Students competed in a number of track and field events, with some fantastic individual efforts, highlighting the vast talent pool that CHHS holds.

Unfortunately, due to a torrential rain delay, a number of High Jump and Javelin events needed to be postponed. As a result, these event will be run at CHHS in the coming weeks.

Thank you to all staff and students for their participation, effort and behaviour on the day. It was great to see the CHHS school spirit shine through the rain and clouds.

Mr Pearn

HT Sport





# My Story

I hail from a matriarchy of women who have undoubtedly formed every possible element of my being. This matriarchy taught me to be fearlessly and unapologetically myself. To be Angela. Everything I know, everything I am, is a testament to the women who formed me. These women all shared one thing in common, they were teachers.

My own teaching career began the day I turned down an offer to study Law and instead choose to embark upon a five-year Double Degree at the University of Sydney. I accepted the offer, attended lectures and submitted assignments dangerously close to the cut off line. Eventually, I graduated. Ready to take on the world I bought a one-way ticket to Abu Dhabi to accept a shiny position in an International Academy for English. In the midst of my excitement I received an unexpected call from Catherine Kenna who politely requested that I complete a block of work at Castle Hill High School and before I could think, I had miraculously made my way to the school and was signing the contract. Abu Dhabi never had the opportunity to host me.

While I was temping at Castle Hill, I was itching to become a permanent part of the school and its culture. To say the least I may have shed on single tear of joy when Vicki offered me a permanent position with the English faculty. Overtime I noticed that teaching and interacting with young minds is a performance, an art, a reward, a learning curve that has no clear end. Teaching cannot, and should not be defined. It is a process only to be experienced. If you can define it, you are doing it wrong.

My reality now is at Castle High School. Our classrooms are dynamic, our teachers passionate, our thoughts are deep, the battles real, our sense of social justice is always present, and the learning is lifelong. All wins are celebrated. We are authentic in style. I am proud to be here. I am proud to teach and learn from your children. To the women who helped me grow and made me Ms Shukoor, thank you. Those women, my Mother, my Grandmother, my Great grandmother, my Great-Great grandmother, were all teachers.

Angela Shukoor  
English Teacher





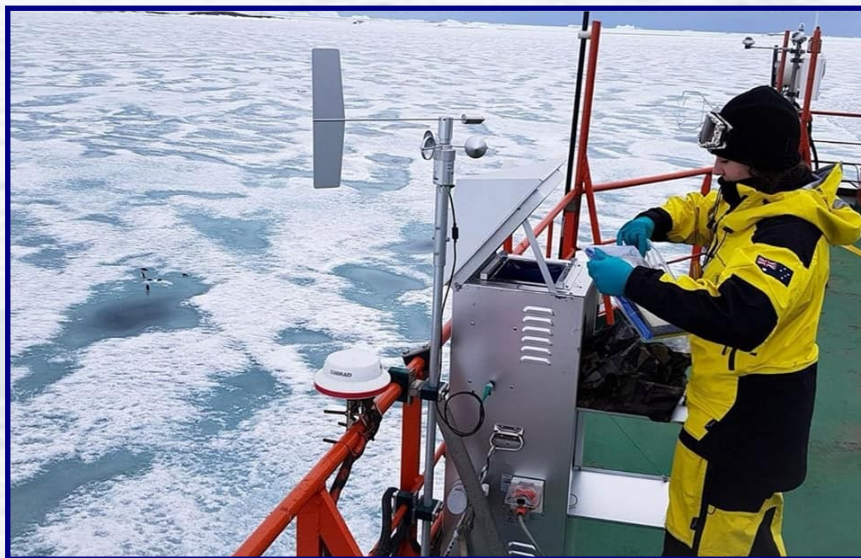
# Past Students' Achievement

Two of our very own, these two past students Imogen and Freyja Wadlow graduated from Castle Hill High School in 2012. They both then attended and graduated from Macquarie University with double degrees and triple majors. They travelled around Europe independent of each other a couple of times. Immie fitted in some air quality research in the UK, and Freyja volunteered at a seal sanctuary in the Netherlands.

Freyja is studying for her Masters in Environmental Science at Melbourne University, and Immie has just completed her Masters at Melbourne Uni in Atmospheric Science with one of the highest marks they've awarded in some time - her thesis was on the pointy-end of this area, looking at the influence of aerosols in big Southern Ocean weather patterns. She was delighted to tick off her bucket list item of travelling to Antarctica - she was onboard the Aurora Australis in-charge of looking after all the Australian science experiments onboard the icebreaker as it travelled to Mawson and Davis bases.

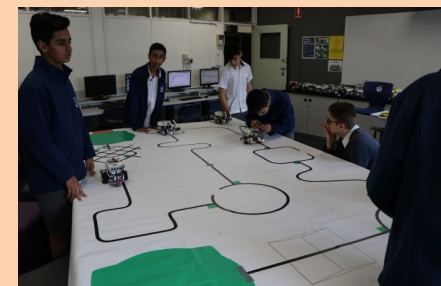
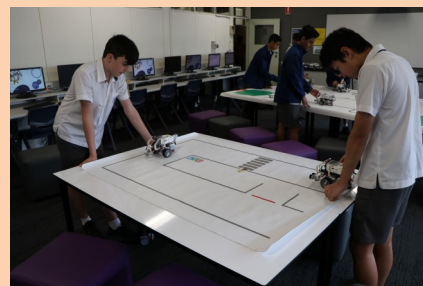
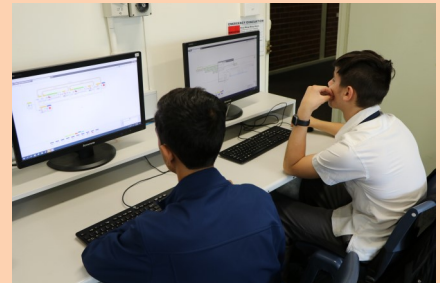
Immie's research field of atmospheric aerosols means she has valuable skills to lend to COVID research, and she's been happy to side-step her career to help out. She's currently finishing off around nine research projects looking at how the virus travels through hospitals and hotels. Her next plan is to complete a PhD in Atmospheric Science. Freyja is hoping to become an Environmental Consultant.

We love hearing about past students and their next chapters. We congratulate Immie and Freyja on their achievements and wish them luck for their futures ahead.



# Robotics in Year 9 1ST

During week 8 Mr Henriquez from the Computing staff had the opportunity to showcase students and their work with Robotics at the Quality Morning Tea. Students discussed their use of the EV3 robots and the Lego Mindstorms software in the development of projects that solved real world problems. Students also talked about the application of robots in our society including applications like driver less cars.





# International Women's Day

International Women's Day

Tahlee Arthur spoke at the Soroptimist International Women's Day Breakfast on Friday 12th March in a follow-up role from being a Youth Ambassador in 2020. Tahlee spoke about the literature she has studied throughout her schooling and the limited lead female characters studied in the current school curriculum.

In front of the Hills Shire Mayor, Michele Byrne and guest speaker Jane Caro who has a profile in the media and advertising, as well as other guests, Tahlee impressed with her cause.

Congratulations Tahlee.







# FREE WORKSHOP FOR PARENTS AND SUPERVISORS OF LEARNER DRIVERS

Helping learner drivers become safer drivers

**The session will offer practical advice about:**

- Current driving rules and requirements for L and P platers
- How learners benefit from supervised on-road driving
- How you can help make learning to drive a safe and positive experience

**Thursday 25 March, 2021**

**6.00 - 7.15pm, On line Zoom workshop**

You do not need to install Zoom on your device in order to participate. A live link with login details will be emailed to you when you book in.

**Bookings essential: Ph:9843 0145 or email: [avernicos@thehills.nsw.gov.au](mailto:avernicos@thehills.nsw.gov.au)**

Presented in partnership with the NSW Government.

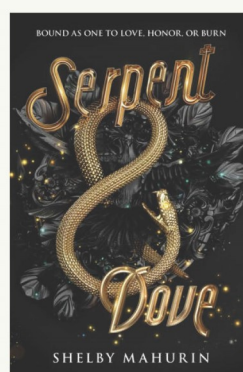
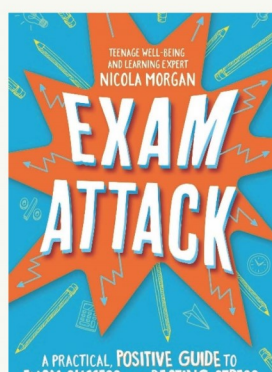
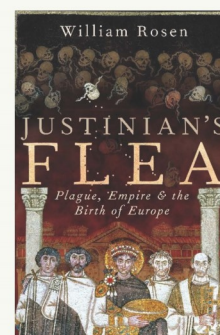
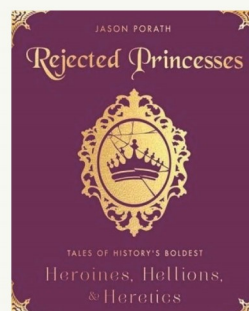
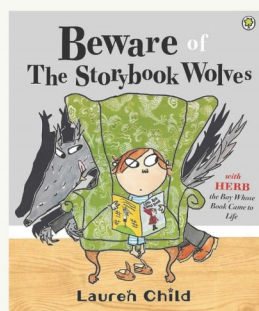
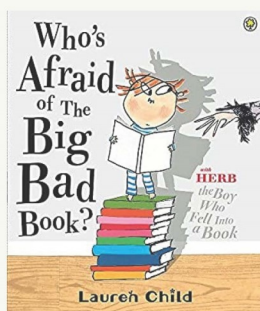
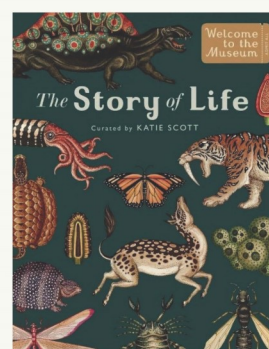
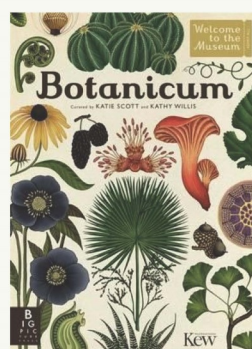
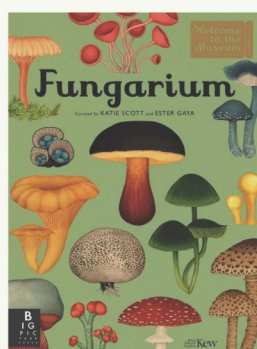
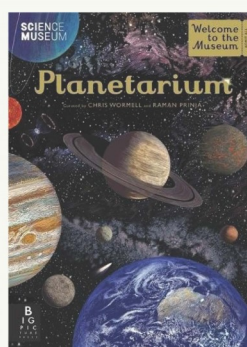
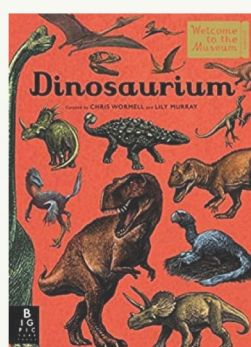
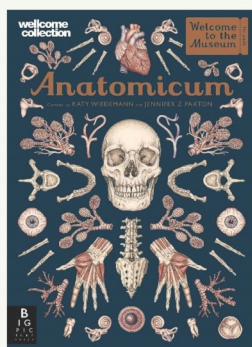


[www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au) | 9843 0555



**THE HILLS**  
Sydney's Garden Shire

# NEW BOOKS IN THE LIBRARY







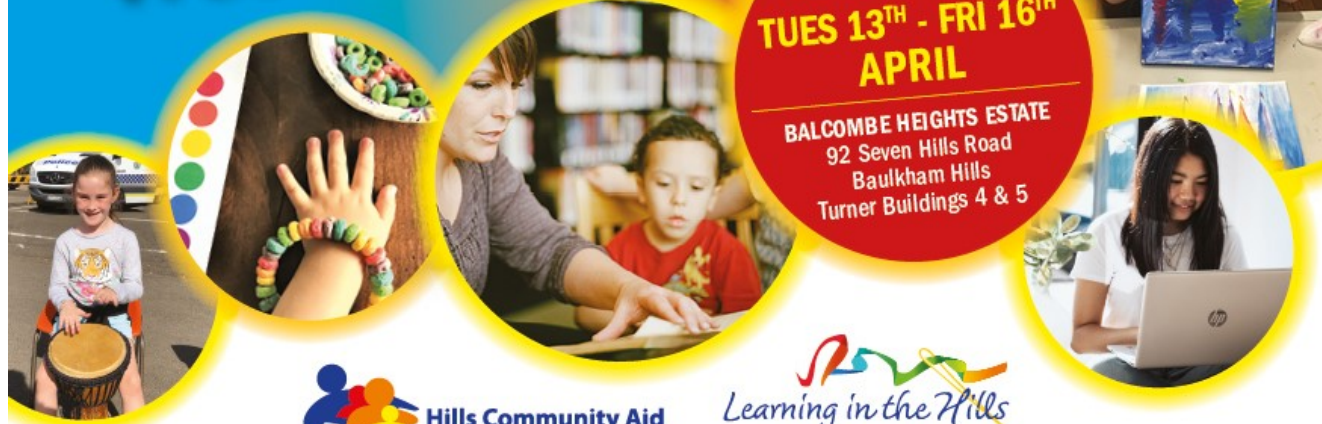
# April Youth & Family Workshops

**JOIN US FOR OUR FUN  
SCHOOL HOLIDAY WORKSHOPS, INCLUDING:**

- ★ OPEN CRAFT ★ AFRICAN DRUMMING
- ★ CANVAS PAINTING ★ FUN SCIENCE
- ★ YOUTH WORK READY SKILLS ★ CODING
- ★ PUPPETS ★ HARRY POTTER SCIENCE
- ★ BUTTERCREAM FROSTING

**School Holidays  
TUES 13<sup>TH</sup> - FRI 16<sup>TH</sup>  
APRIL**

**BALCOMBE HEIGHTS ESTATE**  
92 Seven Hills Road  
Baulkham Hills  
Turner Buildings 4 & 5



More information about workshop days, times & costs can be found on:

[www.hca.org.au](http://www.hca.org.au) | HillsCommunityAid

Limited places available & bookings are essential:

**Call 9639 7918 to register & pay for the workshops**



# Parking Rules & Penalties

**Council's Compliance Officers enforce parking signs at your school.**

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. **When an offence is detected, you will be fined.**



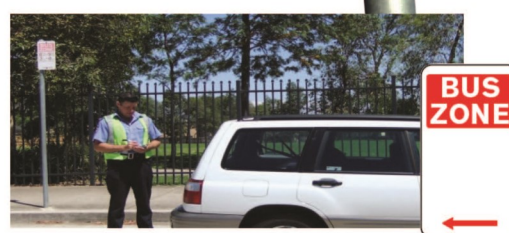
## **NO STOPPING**

**You must not STOP at any time.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$349 and 2 demerit points



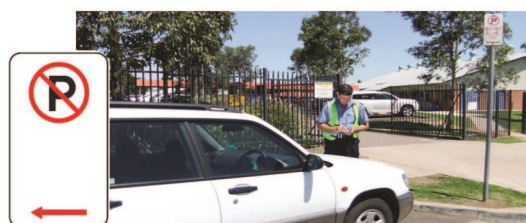
## **BUS ZONES**

**You must not stop your vehicle in a Bus Zone unless you are driving a public bus.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$349 and 2 demerit points



## **NO PARKING**

**You can stop only to drop off or pick up passengers or goods** and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$194 and 2 demerit points



## **DRIVEWAYS**

**You must not park your car over or block access to a driveway.** You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

## **SCHOOL ZONE**

Penalty from \$349 and 2 demerit points

## There are now increased penalties and demerit points associated with all offences in School Zones.

	<b>NO PARKING</b> You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.	Penalty from \$194 and 2 demerit points
	<b>NO STOPPING</b> Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.	Penalty from \$349 and 2 demerit points
	<b>BUS ZONE</b> You must not stop your vehicle in the indicated zone unless you are driving a public bus.	Penalty from \$349 and 2 demerit points

<b>Double parking</b>	\$349 & 2 demerit points
<b>Stop on path or nature strip</b>	\$349 & 2 demerit points
<b>Stop on / near marked pedestrian/children's crossing</b>	\$464 & 2 demerit points
<b>Approach children's crossing too quickly to stop safely</b>	\$581 & 4 demerit points
<b>Illegal U turns</b>	\$464 & 4 demerit points
<b>Stop across driveway</b>	\$349 & 2 demerit points
<b>Drive using a hand held mobile phone</b>	\$464 & 5 demerit points
<b>Parallel park close to (within 3 metres) double centre line</b>	\$349 & 2 demerit points

**FINES CURRENT AS OF JULY 2020**

For a complete list of school zones offences visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)

## P&C News

We had our second meeting for the year last night with 16 new families joining our zoom call for whom this was their first ever P&C meeting. It was a great opportunity to meet new families and share the vision.

The AGM is on the 12<sup>th</sup> May and is a wonderful opportunity for parents to put their hand up for a volunteering role with the committee. No experience is necessary. We are a group of parents who are passionate about our school and invested in sowing into its community.

If you are interested to know about the benefits of P&C membership, you can read about it [here](#). Membership is \$1.00 and can be paid via EFT (BSB: 032 173, Acc no.: 483 262, Account name: Westpac Community Solutions One). Only financial members are allowed to vote on matters. Please do not pay for membership if you do not intend to attend regularly. Membership numbers affects our quorum. If we can't make quorum we cannot hold meetings. You do not need to be a financial member to attend meetings and take part in our discussions.

Anyone wanting to nominate for an executive role must already be a 2021 financial member and prepared to commit to a 12-month tenure in that role. If you cannot make the AGM but are prepared to accept a nomination if put forward then please email [castlehillhighschool@pandcaffiliate.org.au](mailto:castlehillhighschool@pandcaffiliate.org.au) as you will be required to fill out a nomination acceptance form. The AGM will be a face to face meeting only and immediately followed by the May general meeting for which zoom will be available.

### News from the P&C Federation

- The term 1, 2021 P&C Journal can be found here: <https://www.pandc.org.au/journals/>
- The Department of Education has created an 'essentials' toolkit for parents, available here: <https://education.nsw.gov.au/parents-and-carers/parent-and-carers-toolkit>
- On march 8 the Department of Education released the Student Behaviour Strategy to support learning and wellbeing of every student: <https://education.nsw.gov.au/student-wellbeing/attendance-behaviour-and-engagement/student-behaviour/behaviour-strategy#Introduction0>
- Supporting your Child's Career Development: Tips and Tools, a myfuture (National Career Information Service) webinar Wednesday, 24 March 2021, 1–2 pm AEDT: <https://register.gotowebinar.com/register/2055569287025000972>
- Esafety parent guide to cyberbullying and online drama: <https://www.esafety.gov.au/parents/webinars>

Liga Hegner  
P&C President



## Parenting Ideas: Webinar dates and codes

### Hear from the experts from the comfort of home in 2021



#### Maggie Dent presents: Communicating with teenage boys

Adolescence has a way of transforming children's brains that can make communication challenging, especially with teenage boys who often start articulating in monosyllabic grunts. These brain changes also make them more sensitive, volatile and critical of themselves, making the tween/teen years a high-risk window. In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

Key learning and discussion points include:

- communicating effectively
- giving feedback
- avoiding arguments
- helping teenage boys to problem solve
- letting our sons know we really hear them, and that they matter

WEBINAR DATE 24 MAR 2021, 8-9 PM AEDT VOUCHER CODE COMMUNICATION VOUCHER EXPIRES 24 JUN 2021



#### Dr Justin Coulson presents: Connecting with teenage daughters

Trying to guide a teenage daughter through a complex adolescent world is... well, complicated. Alcohol and drugs, mental health concerns, body image issues, friendship issues, and premature and/or non-consensual intimacy are just the tip of the iceberg. In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

Key learning and discussion points include:

- dealing with eye rolls and bad attitude
- why your teenage daughter "hates" you, expects the world and needs to talk
- how we can stay connected to our teenage daughters and keep them motivated
- how to keep our teenage daughters safe and informed without pushing them away
- how to encourage teenage girls to develop strong, healthy relationships and resilience

WEBINAR DATE 23 JUN 2021, 8-9 PM AEST VOUCHER CODE DAUGHTERS VOUCHER EXPIRES 23 SEP 2021



#### Dr Kristy Goodwin presents: Taming digital distractions

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

WEBINAR DATE 8 SEP 2021, 8-9 PM AEST VOUCHER CODE TAMING VOUCHER EXPIRES 8 DEC 2021



#### Michael Grose presents: Using birth order knowledge for a parenting edge

Effective parents and carers are always looking for an edge to help them raise happy, confident, resilient kids. Many people do a brilliant job of learning on the run, but can miss a rich vein of knowledge that's right in front of them – a child's birth order position. In this webinar, Michael Grose explains how birth order position impacts on a child's personality, attitudes and behaviour. He provides insights to help bring out the best in every child, reduce destructive sibling rivalry and increase family harmony.

Key learning and discussion points include:

- how birth order works and why it sometimes doesn't make sense
- how birth order applies to both large and small families
- how to conduct a birth order audit for your family
- the impact that your own birth order has on your parenting
- essential parenting strategies for kids who don't quite fit the birth order mould

WEBINAR DATE 10 NOV 2021, 8-9 PM AEDT VOUCHER CODE ORDER VOUCHER EXPIRES 31 DEC 2021

# Uniform Shop



Winter



Sports



Summer

## Uniform Shop News

The beginning of Term 2 is the changeover for winter uniform. Girls need a blue skirt and blouse with short or long sleeves.

Boys may have long trousers either grey [junior] or blue [senior] and long sleeve shirts are available.

Online orders are always ready before school or recess on the days the uniform shop is open. We would like to see as many of these picked up as soon as possible.

### OPENING HOURS TERM 2 2021

TUESDAYS AND FRIDAYS 8.15 TO 11.30.

In week 10 of TERM 1 THERE WILL BE EXTRA OPENING HOURS.

THESE HOURS ARE MONDAY, TUESDAY, WEDNESDAY AND THURSDAY 3.10 TO 5.10 PM

IN TERM 2 EXTRA HOURS ARE

THURSDAY 15 APRIL 9 TO 1PM

FRIDAY 16 APRIL 9 TO 1PM

MONDAY 19 APRIL 9 TO 1PM

THESE DIFFERENT HOURS NEED AN APPOINTMENT AND THE LINK TO DO THIS FOLLOWS: <https://square.site/book/Z48DHXDGZVMDY/castle-hill-high-school-p-c-uniform-castle-hill-nsw>

Margaret Pritchard

Uniform Shop Co-ordinator

# Calendar

## Week 9A 2021

Monday 22nd March	Year 12 Assessment Period commences Year 11 Hospitality Work Placement
Tuesday 23rd March	Year 10 Drama Commedia workshop Year 11 Hospitality Work Placement
Wednesday 24th March	Year 10 Pass Bronze Medallion Year 11 Hospitality Work Placement Science Engineering Challenge yr 9 & 10
Thursday 25th March	Year 10 Pass Bronze Medallion Year 11 Hospitality Work Placement
Friday 26th March	Year 11 Hospitality Work Placement

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## Week 10B 2021

Monday 29th March	Year 12 Assessment Period concludes Last Day of School Term Good Friday
Tuesday 30th March	
Wednesday 31st March	
Thursday 1st April	
Friday 2nd April	

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## Week 1A Term 2

Monday 19th April	School Development Day (Staff Only)
Tuesday 20th April	School Resumes for years 7 to 12
Wednesday 21st April	
Thursday 22nd April	
Friday 23rd April	