



Drawbridge

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Volume 5 - 1st April 2021

Principal's Message

Special points of interest:

- My Story
- U15 Girls Football
- New Books in Library
- Science and Engineering Challenge
- P & C News
- HSC Presiding Officer Role
- Youth Week

Year 7 Parent/Teacher Evening – Tuesday 27 April in Week 2

Early next term we will have pleasure in meeting Year 7 parents for the first time via a parent/teacher evening. Bookings for this event will be available to parents next term and communicated by Ms Jennifer Dane, the Deputy Principal in charge of Year 7.

We are going to do another ZOOM meeting as the first one for Year 12 this year was highly successful, notwithstanding some technical glitches that hopefully can now be overcome. We learned so much about the process. There were many advantages and these we felt outweighed the disadvantages. Feedback suggested that the one-on-one ZOOM meetings were quieter, more directly engaging and more private. Although, I personally felt a little estranged as I didn't get the opportunity to wonder and casually talk with parents, or in fact to address any immediate issues from parents as I normally do in a conventional parent/teacher night. Relationships are critical – and you have to be able to speak to people, or be visible at least, if a relationship is to develop. But I am assured that there will be a way for parents to access the senior executive via ZOOM (Drop-in ZOOM is what it is apparently called!) so we will give it a try this time.

Your feedback on another ZOOM parent/teacher evening will be eagerly sought. Although the organisation for ZOOM meetings is more challenging for us, we will coordinate this if it is a better way to communicate and if parents and teachers prefer this.

I very much look forward to your views on the matter after 27 April.

Mini Workshops for Year 7 in PC

Cyber safety is, more than ever, an important part of learning for students, as I'm sure parents would agree. Year 7 have been introduced to some bite-size tutorials in PC on the importance of being careful in on-line chat rooms, what to do and where to go if suspicious, cyber bullying issues, ethical, respectful language when chatting on social media, and so forth.

Of course we will continue to focus on more in-depth material for students as the weeks and months go by.



School Improvement Plan

The department of education changed the process for the development of schools' directions and focus areas last year. And so, the 2021 – 2024 strategic plan (known as SIP – School Improvement Plan) has emerged. You will recall you were part of our "situational analysis" where all stakeholders were asked for their evaluation and feedback on our work and future directions. We also considered a lot of hard data on HSC results, NAPLAN, attendance, wellbeing.

The result is that the plan for the next four years is highly targeted and "sharper". Even so, our vision to "Challenge Minds and Build character" in an environment where respect and excellence are at the fore is an enduring one that has been the bedrock of this school for a number of years.

In summary, there will be three directions over four years:

- Student Attainment and Growth
- Strengthened Teacher Capacity
- Wellbeing

I don't think you will be surprised by any of the elements and detail in the SIP. Although, a feature of this plan which is unlike other plans from previous years is a greater focus on mental health and wellbeing issues. It will come as no surprise as this is an area of concern right across society, in all jurisdictions, age groups and countries. We will be working with teachers and students to identify strategies for better wellness and coping strategies for when things get tough.

A full copy of the SIP will be available on our website soon.

Those toilets – where are we at

I can confidently say that the new, additional toilets for students will be completed by 30 June this year. We will assign these toilets for seniors and the current ones for juniors. I'm so pleased with this, as Year 12 will get to experience them before they leave.

A COLA

I'm also pleased to announce that today I have given official approval for the commencement of the tendering process for a COLA to cover the main quadrangle. By utilising the government's "50/50 deal" (up to \$500,000) we were given an additional \$250,000 to top up our savings of \$500,000. At an approximate cost of \$750,000 a COLA is a major addition to our school providing shade, recreation, comfort during assemblies and outdoor learning spaces – as well as covering a decidedly ugly area of the school. I am hopeful that this project will be completed by the end of the year.

Science and Technology Challenge

Year 10 students participated in the regional Science and Technology Challenge recently. This was an opportunity to undertake such challenges as bridge building with other students from schools around the district. Pleasingly, students were ranked second, but really the experience of "challenging the mind" was the most enduring memory of the event for participating students.

End of term

This has been a very settled term with students very much on task and steady with their work. After a tumultuous 2020, this is such respite for students and teachers.

I'm off to Brisbane a little earlier than the last day to tend to family and assist with little Freddie who is still in hospital (100 days and counting!). We remain hopeful.

I am grateful that our wonderful librarians have recommended some fabulous teen literature for me to read, including "The Knife of Never Letting Go" by Patrick Ness. I hear that this book is sensational. Anyway, it's important to read quality literature that appeals to young people and engage in conversation about it. Both Kate Mathews and Lisa Roberts, our terrific librarians, run a book club from the library. I just might have to join.

My Story

I feel like I don't have an exceptionally interesting story to tell of why I became a teacher. All I thought I wanted from life when I graduated was that "I was definitely not going to be a teacher".

My first degree was sociology, which followed my favourite subject at school 'Society and Culture'. Being the type of person I was, I thought I wanted to do social work, but I became sure it wasn't going to be a good career for my own wellbeing. After a while considering my options, my brother helped direct me into the path of education, where I was sure I could still help people without being involved in every part of their lives.

Teaching at this school started for me when I was still at university as a practicum student, which was really enjoyable and I secretly hoped I could come back to one day as a proper teacher. My first year as a temp teacher was a while ago now, but since that time I have had the chance to meet and learn from so many people, including both staff and students.

After so many years of working here, I still do enjoy coming to work every day alongside my History team as well as dealing with the daily challenges that are normal for the average teacher. Numerous times I have failed or made mistakes over the years, but I have always been grateful for the chances to learn from them and from the experiences of others, and I can now feel like I am making a small difference to those at this school.

Matthew Yiangou
History Teacher



Castle Hill High School Application

The current Castle Hill High School app will be turned off from the end of April. There will be a new application released soon. All information will be distributed via email to parents once it's available.

U15 GIRLS FOOTBALL

BIG WIN AGAINST CHERRYBROOK



CASTLE HILL WINS 7-2

WRITTEN BY ELYSSA
TEDESCO - GOALKEEPER

On the 25th of March, the rain decided to take a break, and we are sure glad it did as Castle Hill High Schools U15 girls football team was able to pull an astounding **7-2 win against Cherrybrook Tech.**

"Who are these incredible goal scorers?" You may ask, well may I introduce to you our three golden girls:

- **Kahtia Bedano** (Year 8) scored 3 goals
- **Farah Rahmati-Zaran** (Year 9) scored 3 goals
- **Taylor Hills** (Year 7) scored 1 goal

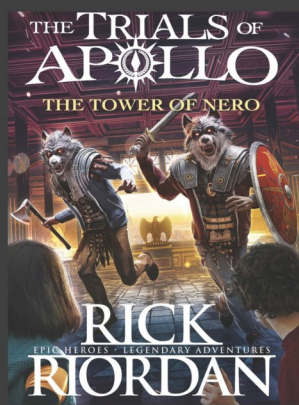
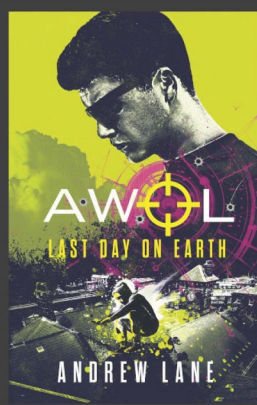
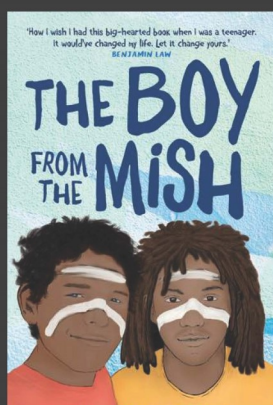
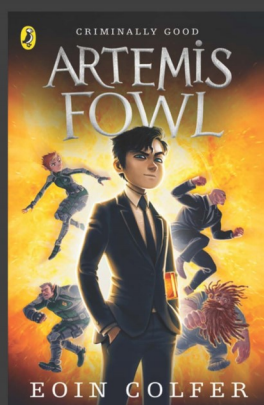
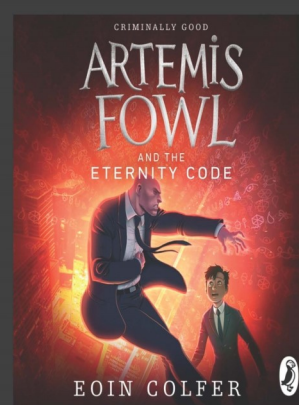
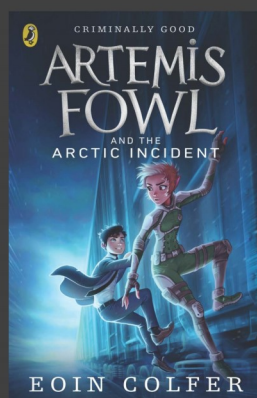
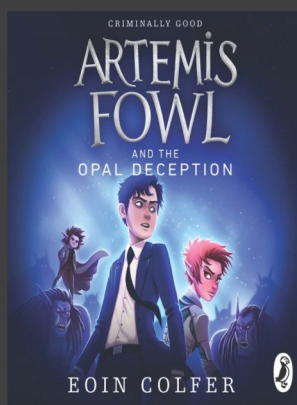
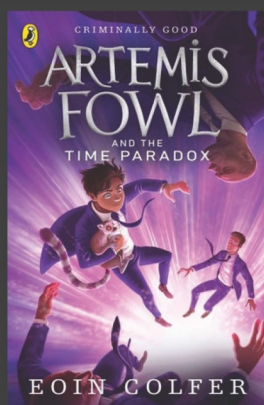
Let's not forget the amount of effort that the rest of the team had to put in to get the ball to these girls' feet. Our two centre backs must also be thanked, Isabella Franks and Yasmin Beenie, as they kept the back line together and resultantly saved the goalkeeper a lot of work! And we must not forget Alina Hawron's amazing performance as she was able to control her kicks and get them to our striker's feet.

Overall, the U15 girl's football team smashed their first game and are keen to take down whoever else decides to go up against them.

U15 GIRLS FOOTBALL TEAM

Alina Hawron
Cassidy Jephtha
Elyssa Tedesco
Farah Ratimi-Zaran
Holly Howard
Isabella Franks
Kahtia Bedano
Leah Parnell
Libby Morris
Melissa Park
Roza Sorani
Ruby Keast
Taylor Hills
Yassmin Beenie
Zoe Baker

New Books in the Library



Science and Engineering Challenge



On Wednesday March 24, 2021 Mr Rodi accompanied 24 Year 10 students to the annual Science & Engineering Challenge which was held in the NSW Hall of Champions Pavillon at Sydney Olympic Park under the guidance of the Universities of Newcastle & Western Sydney. The students were divided into 8 groups of 3 and were pitted against a number of schools from different areas of the Sydney Metropolitan region, participating in a number of Science/Engineering oriented activities. These included building a bridge out of timber designed to hold a trolley loaded with weight bearing "gold" ingots, building a hovercraft, designing a bionic hand & constructing a power grid to light up a city. Students were extremely enthusiastic and met the challenges with determination. At the end of the day, our school gained a very commendable second place. The students thoroughly enjoyed the day & achieved an insight into some future careers in the Science & Engineering industries.

Congratulations to the students on well-deserved success.

Tony Rodi Science Faculty

P & C News

Our next meeting is our AGM. It will be on the 12th May and is a wonderful opportunity for parents to put their hand up for a volunteering role with the committee.

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 as you will be required to fill out a nomination acceptance form. The AGM will be a face to face meeting only and be immediately followed by the May general meeting for which zoom will be available.

For those of you new to P&C's you can watch this [video](#) provided by the P&C Federation on office bearer roles & responsibilities. The following links detail the roles of [President](#), [Treasurer](#) and [Secretry](#).

Liga Hegner
P&C President

Parenting Ideas: Webinar dates and code

Hear from the experts from the comfort of home in 2021



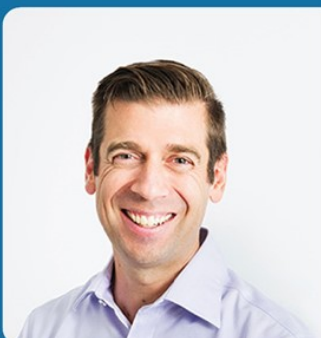
Maggie Dent presents: Communicating with teenage boys

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

Position Available for a

HSC Presiding Officer Role

Castle Hill High School is looking for a new or experienced Presiding Officer to manage the preparation, conduct and supervision of the HSC exams. The presiding officer is supported by supervision staff.

The presiding officer must:

- have a current Working With Children's Check (WWCC) clearance for employment
- have an email address and mobile number
- use a vehicle with comprehensive motor vehicle insurance policy
- is available for the ENTIRE exam period (12/10/21 - 4/11/21)
- have intermediate working knowledge of common computer programs and tasks, such as Microsoft Word, Microsoft Excel, emails, downloading documents etc
- be well-organised
- have good attention to detail
- be able to effectively manage students and a team of supervisors.



Voices of Sydney

What does Australian English sound like in different parts of Sydney?

We're looking for **year 10 students** to take part in a study on how English is spoken in different parts of Sydney. This will help us to provide a better picture of how English is spoken in our community, while acknowledging the diversity that exists in contemporary Australia.

To take part in this study you must:

- be a year 10 student
- be aged between 15-18
- have been born in Australia
- have lived in the area for at least 10 years
- be free from hearing or vision impairments

Plus
5 x \$100
vouchers
to be won



What to expect: You will be asked to take part in a **speaking task** where we record your voice while you describe some pictures and have a conversation with another student from your school.

We will also ask you (along with your parent/guardian) to answer some questions about you and about what language/s you and your family speak at home.

Where: The task will be carried out in your school, home, or other convenient location.

Duration: Approximately 1 hour

**You'll receive a
\$20 gift
voucher for
taking part**

If you are interested in taking part in this study about Sydney's voices (and your parents are happy for you to do so) **use the link** or contact us:

Email: joshua.penney@mq.edu.au

Phone: (02) 9850 2932






<https://is.gd/voicesofsydney>





Helpful Contacts

<p><u>Kids Helpline</u></p>  <p>kidshelpline Anytime Any Reason</p>	<p>Phone: 1800 551 800</p> <p>Free, confidential, 24/7 online and phone counselling service for children and young people aged 5-25.</p> <p>https://kidshelpline.com.au/</p>
<p><u>Headspace</u></p>  <p>headspace National Youth Mental Health Foundation</p>	<p>Get in contact with Headspace via eHeadspace</p> <p>https://headspace.org.au/eheadspace/</p> <p>Castle Hill Centre contact details: Address: 253 Old Northern Road, Castle Hill, New South Wales 2154 Phone: (02) 9393 9800 Fax: (02) 8331 6055 Email: headspace.castlehill@flourishaustralia.org.au</p>
<p><u>Lifeline</u></p>  <p>Lifeline</p>	<p>Phone: 13 11 14</p> <p>24 hour crisis support and suicide prevention services for people experiencing emotional distress.</p> <p>https://www.lifeline.org.au/</p>
<p><u>Butterfly Foundation</u></p>  <p>Butterfly LET'S TALK eating disorders</p>	<p>Phone: 1800 33 4673</p> <p>Support and advocacy for all people impacted by eating or body image issues. If you are struggling with your relationship with food, the following resource is available to you.</p> <p>https://butterfly.org.au/</p>

<p><u>Link2Home</u></p> 	<p>Phone: 1800 152 152</p> <p>Referral service to assist homeless people and those at risk of homelessness.</p> <p>https://www.facs.nsw.gov.au/housing/help/ways/are-you-homeless</p>
<p><u>QLife</u></p> 	<p>Phone: 1800 184 527</p> <p>QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.</p> <p>https://qlife.org.au/</p>
<p><u>Beyond Blue</u></p> 	<p>Phone: 1300 224 636</p> <p>You can chat online with the Beyond Blue Support Service every day from 1:00 PM until 12:00 AM (AEDST).</p> <p>https://www.beyondblue.org.au/</p>
<p><u>Parent Line NSW</u></p> 	<p>Phone: 1300 1300 52</p> <p>Parent Line is a free telephone counselling and support service for parents and carers with children aged 0-18 who live in NSW.</p> <p>https://www.parentline.org.au/</p>
<p><u>Suicide Call Back Service</u></p> 	<p>Phone: 1300 659 467</p> <p>Suicide Call Back Service is a national 24/7 telehealth provider that offers free professional phone and online counselling for people living in Australia.</p> <p>You do not require a medical referral to initiate contact. This means you can access free professional counselling anywhere, at a time that is convenient to you.</p> <p>https://www.suicidecallbackservice.org.au/</p>



YOUTH WEEK

TOGETHER MORE THAN EVER

The Hills Shire Council is proud to host an exciting Youth Week Program

SKATE WORKSHOPS

Sunday 18 April | 11am - 2.30pm

Balcombe Heights Estate Skate Park, Seven Hills Road

Join the crew from TOTEM for some skateboarding tips and training.

FREE event for ages 6yrs +

Register through QR code or visit

www.totemskateboarding.com



LIVING LIBRARY

Thursday 15 April | 6pm - 8pm

Margaret Catchpole Room, Vinegar Hill Memorial centre, Civic Way, Rouse Hill Town Centre

Live storytelling from young people who have lived experience with mental health.

Young people under 25 years are invited to come and listen to real life stories of how 5 young people in the Hills recognised they needed support for mental health issues and how they reached out.

Pizza and Refreshments will be provided. Headspace staff will be there for any questions. Bookings through QR code



FREE SCREENING OF BILLIE EILISH

The World's a Little Blurry

Friday 23 April | 6pm for 6.30pm start

Events Cinema, Castle Towers, Castle Hill

Popcorn and a drink will be provided

"Witness the incredible rise of Billie Eilish in "Billie Eilish: The World's A Little Blurry" as she tours and records the album that changes her life".

Bookings through Eventbrite bit.ly/THSCYW21

Mature (M) The content is moderate in impact



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TOTEM



THE HILLS
Sydney's Garden Shire

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.

New Items

Fleecy Jumper
Sizes 12 - XXL - \$35

Opening Hours Term 2, 2021

Tuesdays and Fridays 8.15am to 11.30am

In Term 2 extra hours are

Thursday 15 April	9am - 1pm
Friday 16 April	9am - 1pm
Monday 19 April	9am - 1pm



These different hours need an appointment and the link to do this is as follows:

<https://square.site/book/Z48DHXDGGZVMDY/castle-hill-high-school-p-c-uniform-castle-hill-nsw>

Margaret Pritchard
Uniform Shop Co-ordinator

Calendar

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	Open Boys Soccer Game
Thursday 22nd April	Bronze Duke of Edinburgh Hike
Friday 23rd April	Careers Macquarie Uni Lunchtime visit Bronze Duke of Edinburgh Hike

Week 2B Term 2

Monday 26th April	Year 8 Half Yearly Exams commence
Tuesday 27th April	Year 7 Parent Teacher Night
Wednesday 28th April	
Thursday 29th April	
Friday 30th April	Open Girls Soccer vs James Ruse Year 8 Half Yearly Exams conclude

Week 3A Term 2

Monday 3rd May	Year 10 Half Yearly Exams commence Sydney Writers Festival
Tuesday 4th May	Yr 11 & 12 Geography Minnimurra Fieldwork
Wednesday 5th May	Yr 7 & 8 Da Vinci Decathlon - Knox Grammar Hills Zone Cross Country
Thursday 6th May	Yr 9 & 10 Da Vinci Decathlon - Knox Grammar
Friday 7th May	Year 10 Half Yearly Exams conclude