



## Volume 2—19th February 2021

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Volume 2 19th February 2021

### Principal's Message

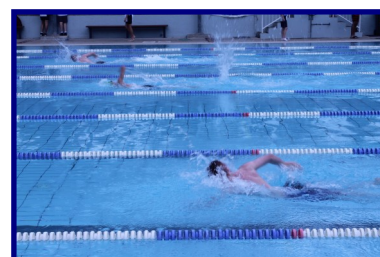
#### Special points of interest:

- Swimming Carnival
- My Story
- Year 7 Camp
- update Contact information
- Information on E-cigarettes

#### A swimming carnival with a difference

For the first time we had a competitors - only swimming carnival at Auburn Pool on Monday 15 February. This small country town prefers all of its clan to meet, support and celebrate swimming achievement, get to know one another more and relax in the open air, when appropriate. But current COVID restrictions – a meet with over 2000 students and 150 staff is not possible – prevented us from doing what we do best; forging relationships. Nevertheless, competitors had a tight, quiet and very focused carnival which of course has its advantages. Records were broken and the timing of the event was swift!

Congratulations to our new Head Teacher Sport, Mr Andrew Pearn, who coordinated the event and his many assistants including students from the Sports Council and those undertaking the new VET senior course introduced this year, Sports Coaching. We hope to resume our usual practice of being “whole” for the next carnival.



#### Strategic Plan 2021 – 2024

Our new plan will be finalised at the end of this term and has been significantly informed from feedback given to us from teachers, executive, parents and students. It was a pleasure looking through your analysis of our achievements and your suggestions on how we can move forward, together. This is an informed and interested community who has a vested interest in their children's education and this school's impact on their learning. I am grateful that we work so well together with a common vision.

As a reminder from last year, our parents were clear what they wanted:

- Academic achievement and success to be a priority
- Good communication and ability to personally connect with teachers
- Facilities to be enhanced to account for a growing student and teacher population
- A broad curriculum to meet student choice
- Excellence in teaching
- Mental wellbeing programs that support students and their individual needs.

I think you will find this emphasis reflected in our plan when it is published at the end of the term.



### **PYLO talks**

We have an outstanding relationship with police who are keen to work with students in a proactive way. We can learn much about the law including cyber safety, protection of self, road safety, use and misuse of alcohol and risk taking. All of our students need knowledge, information and strategies to manage their progress through the teenage years and the subsequent move into adulthood. This is where our local police youth liaison officer, (PYLO), Ethan West, is excellent. He talks to students about their rights and responsibilities in relation to the law and ways to protect oneself from harm. Those talks will be for each year group and will be undertaken each term. It aligns nicely with the mantra "Care of Self, Care of Others" that we reference when speaking with students about managing skills for life.

### **Library opening after school – Wednesdays and Thursdays**

This year, our library will be open after school for all students for 45 minutes for quiet study and assignment work, every Wednesday and Thursday. This is in addition to several Homework Clubs, including the very popular Maths Club which is available for all students every Wednesday afternoon.

### **More water coolers – they're coming**

The installation of nine water coolers over the last few years has been a winner! But with increasing demand from an increasing student body, it's time to get more. At a cost of \$2000 each, an additional six water coolers (strategically placed around the school in locations that won't cause a bottle neck but are still readily and conveniently accessible) is timely. Watch this space in the coming weeks for this improvement for students.

### **Doing things differently again**

Our first parent/teacher evening for 2021 is on Tuesday 23 February from 4-6pm and will be via Zoom. Bookings for Year 12 parents can be made on the portal and this information has been communicated by Ms King.

Again, we're doing it differently because we must but we want it to work for you and for us. Communication is critical so we'll be watching and hoping that your needs are met.

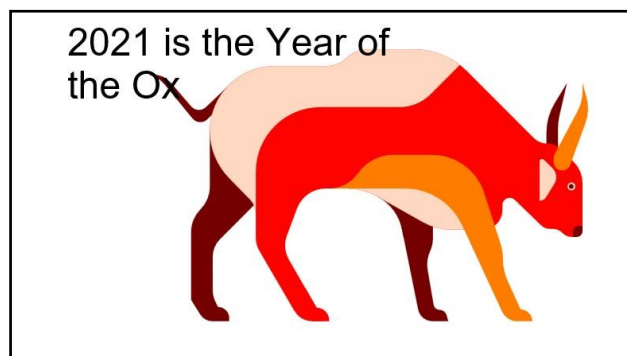
Please don't hesitate to call the school if you are having trouble with booking (this is not new so we expect this to be smooth) and ensure that all of the protocols (privacy and so forth) with on line interviews are undertaken.

### **The year of the OX**

Gong Xi Fa Cai or Happy New Year. The Chinese new year has begun and it is the year of the Ox – a dependable, loyal, strong, hardworking animal. What a terrific year we will have if we follow traits of the ox.

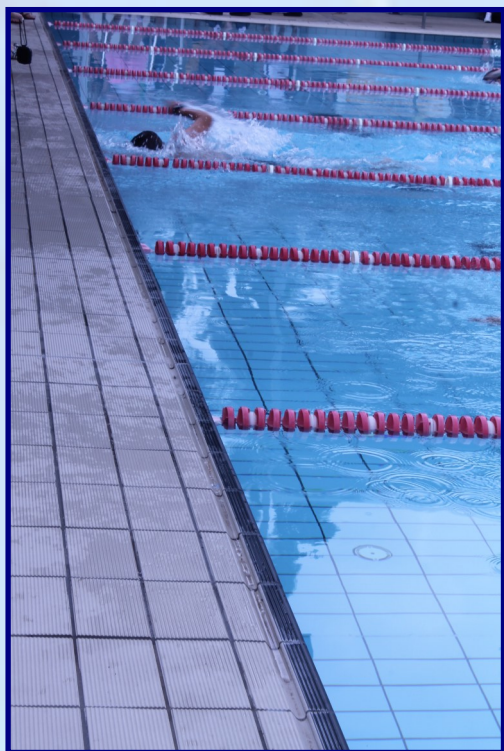
Can I extend my new year greetings to the Chinese community and to others who get into the spirit of these celebrations.

Warm regards  
Vicki Brewer  
Principal



# Swimming Carnival

In 2021, Castle Hill HS broke new grounds with the running of a 'competitors only event'. Due to new COVID restrictions, this carnival ran a little different to usual and brought a more competitive edge to Castle Hill High School Sport. Even with the reduction in numbers, the competition was still hot in the pool, with all students putting their best flipper forward on their way to selection in our CHHS team to compete in the Hills Zone Swimming Carnival on Wednesday 24<sup>th</sup> Feb. Thank you to all the staff and students who were involved in the day. It was fantastic to see the school spirit shine through during these COVID times. Good luck to all competitors competing next week.



# My Story

I was what you could call 'lucky' as my decision on my career happened at a very young age. I have wanted to be a Music teacher for as long as I can remember. I was lucky to have some amazing Music teachers throughout my schooling who influenced me and have guided me on my path. So on completing my HSC at Cheltenham Girls High School, I went straight to University – UNSW where I completed a Bachelor of Music/Bachelor of Education.

My teaching career began at Chifley College, Mount Druitt Campus. A 7-10 school out in Western Sydney, where I spent three years teaching Music. I then took leave, packed a suitcase and flew to the other side of the world. In July, 2004, I moved to Wimbledon in the UK where I spent two years living, working and travelling.

My career at Castle Hill High School began in 2008. I often like to view my life here via the school musical posters that are situated in the school auditorium. So, Leader of the Pack was my first Caso musical, in which we had a Harley Davidson motorcycle ride into the hall and up onto the school stage. What have I gotten myself into I thought? What sort of crazy people am I working with? Many, many years later, I can admit that I am now very much one of the crazies who come up with creative ways to give our students the experience of live musical theatre. 2021 is The Little Mermaid. Are you brave enough to join us under the sea?

I love teaching Music to the students at Castle Hill High School. I enjoy seeing our Music students taking risks and putting themselves in front of an audience to deliver performances of a high calibre, always striving to put on the best show they can.

Amy Danckert

Music Teacher





Have any of your family details changed?  
If so, please complete the form below and return it to school so that your  
details can be updated

**CASTLE HILL HIGH SCHOOL**  
**Student Personal Information**

Student's Name: ..... Year group: .....

**Correct mailing title and address of parents for all correspondence**

Parent Name and Title: .....

Address: .....

**\*\*Please complete this section**  
**AND include any changes to the Parent/Carer arrangement if applicable\*\***

Parent/Carer 1 Name: .....

Parent/Carer 2 Name: .....

Mobile phone no: .....

Mobile phone no: .....

Work phone no: .....

Work phone no: .....

**Non-residing Parent/Carer Name:** .....

Address: .....

Mobile phone no: .....

**DOES THE STUDENT SOMETIMES RESIDE AT THIS ADDRESS? Yes..... No.....**

**In case of an Emergency, please supply the contact details of someone other than the Parent/Carer**

Emergency Contact 1: .....

Phone No: .....

Relationship to Student: .....

Emergency Contact 2: .....

Phone No: .....

Relationship to Student: .....

**Note: School newsletters and details of important school events will be emailed to parents**

**FAMILY** Email Address .....

Please print clearly

Parent/Guardian Signature: ..... Date: .....

# YEAR 7 CAMP

Mrs Tuala & Ms Llamas



## 3RD-5TH FEB

## TEA GARDENS

*Students participated in many activities which challenged them and pushed them outside their comfort zones. Some activities included the Giant swing, Power Fan, leap of faith, Lost Island and Raft building. These activities had a focus on building communication, teamwork and problem solving; all essential skills for high school.*



## NEW FRIENDSHIPS

*A big thank you to all the teachers that attended the camp. It is always a big ask for teachers to leave their families for three days and camp would not have run as smoothly without these superstars. We hope Year 7 made wonderful new memories and kick started the beginning of life long friends.*

*Here are a few things that our year 7 students had to say about their camp experience:*





## "SCARY ACTIVITIES"

*"Camp was kind of crazy. My favourite activity was definitely the giant swing and I think most people would agree. In Year 5 I missed out on doing it and regretted it badly, so I thought I should face my fears and do it this year. So I did it! But for a second I thought I was going to die, it was like a free fall. The second scariest activity was the high ropes, which made it feel like you would fall off at anytime. The teachers scared us in the Commando night activities and Mrs Tuala got me good."*

*- Boston Smith*

## "WORTH IT"

*To me, the camp activities were the best! My favourite was the Giant Swing because when you pulled the rope you went flying into the air back and forth! My friends were right when they said that if you went all the way that it would be worth it and trust me it was! Thank you, teachers, for bringing us there!*

*- Lori Gamez*



## "TEAMWORK"

*I believe that camp was a great way for us to get to know each other. I enjoyed the fact that we all got a chance to do the activities, But being apart of a team was my favorite part about camp.*

*- Abby Duggan*





# E-Cigarettes

## What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

### WHAT ARE E-CIGARETTES?

Also known as cuvies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

### HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, lighters or cigarettes.



### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

**Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.**

### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.<sup>1</sup>
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

**K:** Know the facts or where to find them from a reputable source

**E:** Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

**Y:** You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

**Important note** – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: [www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/](http://www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/)

More information on e-cigarettes can be found here:

[www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/](http://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)



## **P&C News**

We had our first meeting for the year on Wednesday night. It was a blend of face to face and zoom which is something we have not done before. It is not the ideal experience for those at home as they are not able to engage with those in the room but despite that all went well. Our wonderful canteen staff had prepared super, coffee and tea was back on the agenda and we all agreed that it was wonderful to be able to connect with each other once again in a physical way. Thank you to all the parents who came.

I had the honour of awarding an outstanding achievement award and certificate of appreciation to Victoria Larson-George. Victoria was instrumental in guiding and supporting our business units through the Covid crisis, implementing initiatives to streamline our services while ensuring a positive financial year end all while performing the role of treasurer, supporting a child through the HSC, working full time and completing her MBA. Our team cannot speak highly enough of her contribution

If you would like to receive our minutes and be notified about all things P&C, please [email](#) us and we will add you to our database.

### Parenting Ideas

#### **Helping your child become the best student they can be (Michael Grose, Founder)**

The new school year is full of excitement and possibility for students and parents. Regardless of how a child or young person has previously performed, this year offers a chance to set a new course.

While it's tempting as a parent to make the attainment of good academic results the main priority, this is a narrow view that may be incompatible with long-term success. It's wiser to broaden your view and focus on helping your child or young person become the best student they can be. Here's how.

#### **Encourage learning**

The rapidly changing world and workforce that your child will enter requires that they have a willingness to continually learn and adapt. The concept of a lifelong learner, previously lauded by educators with an eye to the future, has now become a reality. Learning and continual improvement should be embedded in each child's psyche so that school life is just a starting point to a lifetime of learning, growth and development. Help your child see themselves as successful learners who achieve results through hard work and application, and that nothing is beyond them if they apply themselves.

#### **Promote leadership**

Leadership is required in all walks of life including at school, at work, in families and in the wider community. Help your child see themselves as a leader by focusing on personal leadership capacities such as planning ahead, communicating clearly, being accountable for their behaviour, developing emotional awareness and fostering good relationships with siblings and peers. Personal leadership development provides a strong foundation for the development of leadership skills in more public forums in later life.

#### **Applaud independence**

The school years are critical for the development of independence, which can easily be closed down by the roadblocks of impatience, overindulgence, fear and lack of time. Alternatively, independence is promoted when we show patience, provide opportunity, display confidence and teach students how.

### **Embed wellbeing**

If there is one difference that modern schooling is making to the next generation it's in the leadership they have shown in recent years to the maintenance of mental health and wellbeing practises. Parents can support their child's long term wellbeing by embedding wellbeing habits including healthy eating, exercise, sleep, relaxation techniques, regular time in nature, gratitude and mindfulness.

### **Teach socialisation**

If you want your child to be liked by others, it's essential to spend time and effort developing the skills and attitudes needed to succeed. Develop in them an awareness of how their behaviour impacts on others, instil manners and community-mindedness and develop a broad range of friendship skills that will assist them to relate well to others.

### **Foster resilience**

2020 showed us life is unpredictable, full of ups and downs, straight balls and curve balls. It's the unpredictability, the downs and the curve balls that develop kids' resilience. How parents and teachers react to the hardships, frustrations and difficulties kids face either hamper or foster resilience. Spoil, overprotect or pamper and growth opportunities are wasted. Support, encourage and teach kids to cope and you'll be helping them develop a real sense of psychological hardiness and resilience that's essential for long term happiness and success.

Make this year a memorable one by helping your child grow and develop into the best student they can be. Keep the focus broad and do all you can to ensure that your child sees themselves as a confident and continuous learner.

Liga Hegner  
P&C President



## Uniform Shop News



*Winter*



*Sports*



*Summer*

Uniform shop customers are welcome to visit anytime we are open or make an appointment throughout the morning.  
Hectic mornings are somewhat over for the moment.

OPENING HOURS FOR TERM 1 2021

TUESDAY 8.15 TO 11.30 AND FRIDAY 8.15 TO 11.30.

We have plenty of stock of BOYS SHIRTS and P.E SHORTS in size small are now available.

ONLINE stock is up to date as from Tuesday 16th February.

Online orders are always ready on Tuesday and Friday mornings so students need to remember to pick up their order.

Margaret Pritchard  
Uniform Shop Co-ordinator

# Calendar

## Week 5A 2021

Monday 22nd February	SRC Introduction Assembly (Gym)
Tuesday 23rd February	Peer Support Session 4
Wednesday 24th February	Hills Zone Swimming Carnival
Thursday 25th February	
Friday 26th February	

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## Week 6B 2021

Monday 1st March	Year 12 Hospitality Work Placement Year 9 PASS Bronze Medallion
Tuesday 2nd March	Year 12 Hospitality Work Placement Year 9 PASS Bronze Medallion
Wednesday 3rd March	Year 12 Hospitality Work Placement Art express Year 11 Visual Arts Oz Tag carnival
Thursday 4th March	Year 12 Hospitality Work Placement Year 10 Scripture Seminar Open boys Soccer Match Year 9 PASS Bronze Medallion
Friday 5th March	Year 12 Hospitality Work Placement

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## Week 7A 2021

Monday 8th March	Year 12 Chemistry Assessment (Dhar) Year 7 Drumming Workshop Year 9 PASS Bronze Medallion
Tuesday 9th March	Year 7 Drumming Workshop
Wednesday 10th March	Peer Support Session 4
Thursday 11th March	Year 12 HSC Chemistry Assessment (Tinsley) Year 9 Pass Bronze Medallion
Friday 12th March	Year 12 HSC Chemistry Assessment (Grace) Year 7 Vaccinations