PRINCIPAL’S MESSAGE

Welcome to an exciting 2013
May I extend a very warm welcome to the Castle Hill High School parent community, in particular to new parents. If you hadn’t already noticed we are very proud of our school. Our relationships, our programs to ensure that learning is at the forefront and the emphasis on cultural activities that enrich the lives of students are just some of the reasons that few teachers leave this school, with many travelling long distances to work here each day.
2013 will be a full and busy year with many exciting projects on the horizon. One of the main areas for teachers this year is the implementation of the new national curriculum, with English, Mathematics, Science and History teachers working for most of this year to design new programs which align with national standards and expectations. This is an opportunity for teachers in these faculties to work in teams to incorporate fresh ideas, create new resources and strategies, differentiate concepts, integrate more technology and ensure that learning is very much embedded with 21st century thinking. Their planning work will need to be completed for the beginning of the 2014 school year. Other faculty areas will commence planning for implementation in 2015, and beyond.

Enrolments
We’ve had a huge number of requests for enrolment in 2013, with 1364 on the books as I write, an increase of about 30 students on last year’s enrolment. I know that there are many disappointed out-of-area parents and students, but we need to be careful and strategic about space, resources, personnel and so forth. As well as a large influx of new students, including 240 Year 7’s, we welcomed two new members of staff this week: Miss Renee Vinton in Science who works four days a week and Mr Nicholas Powning in Music who will replace Mrs Amy Danckert while she is on maternity leave.
Outstanding Higher School Certificate results

Congratulations to the HSC class of 2012 who proved again that through effort and determination, outstanding results can be achieved. Teachers are also to be congratulated for the enormous work they do in the lead up to these very challenging exams. Our results clearly reflect the hard work of students and teachers and the school’s commitment to academic excellence as a priority.

The following statistics indicate the strength of last year’s achievements:

- We had twenty seven students – 14% – gain an ATAR over 90, the largest number since last year’s bumper year of 25. Of note is the proportion of males and females in this group; about 50/50, a testament to the work of the boys and girls mentoring which aims to maximise results for students close to the top. You will recall that four years ago boys were significantly under-represented in the over 90 ATAR club – this has now been turned around with an equal representation of boys and girls in the top positions for two years in a row. This is such a stunning achievement.

- Congratulations must go to Yuchen (Katie) Liu who achieved an ATAR of 98.1.

- We were ranked in the top 200 schools again, at 168. It was only a few years ago that we achieved the top 200 status and we now proudly expect that we will not only achieve this but improve each year. While this measure is of questionable value, it is heartening to see us pip the local Oakhill College and for local comprehensive public schools like Carlingford, Cherrybrook, Cheltenham Girls and Epping Boys to pip schools like Hills Grammar and William Clarke. Our fine public schools take great pride in taking all comers, doing the heavy lifting and excelling academically. It seems we must do it all - and with reduced government funds, at that!

- While there are many achievements, the following faculties had results that were substantially above the state mean and they need to be acknowledged. Some of them are: Japanese Continuers (11.46), Geography (10.29), Information Processes and Technology (8.78), Biology (5.74), Design and Technology (5.70), Japanese Beginners (5.10), Business Studies (4.26).

- The following courses achieved band 6 results which were significantly above state average: General Mathematics (12.6), Geography (14.4), Japanese continuers (25), Food Technology (11.1), Information Processes and Technology (26.1), PDHPE (16), Business Studies (22.7), Japanese Beginners (20), Legal Studies (22.22), Industrial Technology (11.1), Hospitality (21.1), Music Extension (67).

Our High Achievers’ Assembly on Tuesday 12 February will honour all HSC students who were Distinguished Achievers (gained a band 6 in a course) and those who gained an ATAR over 90. This is a very special occasion, one that is prominent in our calendar for celebration and reflection.

I know that the 2013 HSC cohort is keen to continue the tradition of excellence.
More cosmetic work
A new-look canteen recreation area is unfolding, with great colours, panelling, a very professional floor, new windows and more light – with such improvements, it's hard to remember that this area of the school was particularly dark, worn and dingy. The P&C have been working hard to manage and fund this significant project. They have so far injected $150,000 with school supplementing this by $100,000. To finish the project the school will forward $60,000 so that students can fully enjoy a more aesthetic area to do PE lessons. The P&C have done a spectacular job. Our thanks must go to them and other parents who have been generous with their time.
School fees will be used to fund the completion of this area, so your timely payment of these funds so that students can directly benefit would be appreciated.

Vicki Brewer

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REMINDER

Meet the teacher BBQ for parents of Year 7 and new students

Wednesday 13 February, 6pm

Come along for an informal chat and a great social evening
Castle Hill High School was built in the heart of the local community with the Parent and Citizens Association formed some 50 years ago to have meaningful input into setup and governing policies that were to shape our school. Today the P&C continues to be a significant and active body within the school through parent managed canteen and uniform shops, building projects, fundraising and actively participating in the school's policies and teacher employment panels.

The Uniform Shop supplies quality uniforms to provide a cohesive appearance throughout the student body. The Canteen realigned its philosophy a year ago to promote healthy eating patterns consistent with values taught in the school's PDHPE and Food Technology Nutrition syllabuses. We are continuing this process of change and are truly delighted with the renewed support from parent volunteers in our shops and the increased number of teachers and students at the canteen windows. Though profit is not the primary aim of our business we carefully manage our shops and monies raised are spent in the school for student learning and wellbeing.

Our 2013 building project which began during the Christmas holidays has successfully seen stages 1 & 2 completed. A special thank you to Andrew Smuc of IN-BUILD Holdings Pty LTD, and NKT Architecture Pty Ltd, for your huge efforts in making this happen. The brief for the refurbishment of the original gym building (or canteen building gym), was to revitalise this dull, dejected, high traffic area into a space that is light, bright and functional. New lighting, high set windows, doors, bubblers, facades, floor sealing and basketball facilities, structural painting and refurbished or replaced gate systems have been completed with a fresh atmosphere of light and space. There is more to do and the preliminary work to finish this project in stage 3 has begun.

Our First P&C meeting for 2013 is:

7.30pm Wednesday 20 February, A block 1st level, staffroom

Guest Speaker:
Head Teacher, Teaching & Learning, Boys Mentoring – Peter Kerrigan

Peter is a well respected, engaging man who runs the highly successful Boys Mentoring program.

Is homework an issue? Is Internet or console gaming interfering with your child's learning? Have you lost your boy somewhere in adolescence? This presentation and informal discussion is designed to give practical advice on boys and what to expect in the High School years.

Our P&C meetings give not only committee reports but loads of information about what is happening within the school through the Principal's address, with time allocated to discuss any issues you may wish to raise with Mrs Brewer. Meetings are scheduled to finish at 9.30pm.

We extend an invitation to all parents to come along on Wednesday 20 February and get to know the school you have entrusted your child's learning, a little better.
CANTEE News

A huge thank you to the students, parents and staff, who support the P&C through the canteen and uniform shop.

Over the holidays, there have been some exciting changes to the canteen and the surrounding area – it looks terrific.

The funds raised from the canteen and uniform shop go directly to the school.

The canteen menu continues to be revised with emphasis on our healthy food range, keeping the prices low so students can choose an affordable, healthy lunch or snack.

It is never too late to volunteer for canteen and contribute directly to the profitability of the canteen. Please call me on 9634 1188 to discuss options. To those who already volunteer, our sincere thanks. We couldn’t do it without you!!

Joanna Sutherland
Canteen Co-ordinator

<table>
<thead>
<tr>
<th>ROLLS &amp; WRAPS</th>
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<tbody>
<tr>
<td>½ wrap - Ham Cheese &amp; Salad</td>
<td>$2.50</td>
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<tr>
<td>½ wrap - Chicken Avocado &amp; Rocket</td>
<td>$2.00</td>
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<tr>
<td>½ wrap - Salad</td>
<td>$2.00</td>
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<tr>
<td>½ wrap - Tuna Avocado Lettuce</td>
<td>$2.00</td>
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<tr>
<td>½ wrap - Falafel, hommus, tabouli, lettuce, tomato</td>
<td>$2.00</td>
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<tr>
<td>Chicken &amp; Salad Roll</td>
<td>$3.50</td>
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<tr>
<td>Chicken, Lettuce &amp; Mayo Roll</td>
<td>$3.20</td>
</tr>
<tr>
<td>Salad Roll</td>
<td>$2.70</td>
</tr>
<tr>
<td>Buttered Roll</td>
<td>$0.70</td>
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<tr>
<td>Unbuttered Roll</td>
<td>$0.60</td>
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<thead>
<tr>
<th>SANDWICHES (White/Wholemeal/Multigrain)</th>
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<tbody>
<tr>
<td>Chicken Lettuce &amp; Mayo</td>
<td>$3.00</td>
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<tr>
<td>Leg Ham</td>
<td>$2.50</td>
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<tr>
<td>Chicken</td>
<td>$2.50</td>
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<tr>
<td>Salad (lettuce tomato beetroot cucumber carrot)</td>
<td>$2.50</td>
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<tr>
<td>Tuna Lettuce &amp; tomato</td>
<td>$2.00</td>
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<tr>
<td>Egg &amp; Lettuce</td>
<td>$2.00</td>
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<tr>
<td>Egg</td>
<td>$1.60</td>
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<tr>
<td>Cheese &amp; Tomato</td>
<td>$1.50</td>
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<tr>
<td>Cheese</td>
<td>$1.20</td>
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<tr>
<td>Vegemite</td>
<td>$1.00</td>
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<tr>
<td>Buttered Bread</td>
<td>.60</td>
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<tr>
<td>Unbuttered Bread</td>
<td>.50</td>
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| ADD 20 CENTS IF ORDERING ON A ROLL |
|------------------------------------|-------|

<table>
<thead>
<tr>
<th>SUSHI ROLLS: Chicken / Beef / Vegetarian / Prawn / Crab Salad</th>
<th>$3.40</th>
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<tbody>
<tr>
<td>BREAKFAST – from 8.15am</td>
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<tr>
<td>Toasted Ham &amp; Cheese Sandwich</td>
<td>$2.00</td>
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<tr>
<td>Toasted Cheese Sandwich</td>
<td>$1.50</td>
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<tr>
<td>Toast &amp; Vegemite – per slice</td>
<td>.50</td>
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<tr>
<td>Raisin Toast – per slice</td>
<td>.80</td>
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<table>
<thead>
<tr>
<th>SALADS / FRUIT</th>
<th></th>
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<tbody>
<tr>
<td>Seasonal Fruit Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>– with dollop natural yoghurt</td>
<td>$3.30</td>
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<tr>
<td>Salad Tray (lunch order only)</td>
<td>$3.00</td>
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<tr>
<td>Homemade Pasta Salad</td>
<td>$2.50</td>
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<tr>
<td>Watermelon Tub</td>
<td>$2.00</td>
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<table>
<thead>
<tr>
<th>MILK</th>
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<tbody>
<tr>
<td>Ice Break Coffee 500ml</td>
<td>$3.50</td>
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<tr>
<td>600ml Large Chocolate / Strawberry</td>
<td>$3.50</td>
</tr>
<tr>
<td>300ml Oak (Chocolate / Strawberry / Coffee)</td>
<td>$2.00</td>
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<tr>
<td>250ml Up &amp; Go (Choc / Strawberry / Coffee)</td>
<td>$1.80</td>
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<tr>
<td>Plain Milk 600ml</td>
<td>$1.60</td>
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<tr>
<td>Plain Milk 300ml</td>
<td>$1.00</td>
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</table>

<table>
<thead>
<tr>
<th>ICE CREAMS</th>
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<tbody>
<tr>
<td>Paddlepop Thickshake</td>
<td>$2.30</td>
</tr>
<tr>
<td>Mini Calippo Tube</td>
<td>$1.00</td>
</tr>
<tr>
<td>Frozen Strawberry Yoghurt</td>
<td>$1.70</td>
</tr>
<tr>
<td>Paddlepop (Chocolate / Rainbow)</td>
<td>$1.70</td>
</tr>
<tr>
<td>Vanilla Ice Cream Cups</td>
<td>$1.50</td>
</tr>
<tr>
<td>Frozen Poppers (with spoon)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Paddlepop Icy Twist (Lemonade)</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**HOT FOOD**

- Flame Grilled Chicken Burger: $4.50
- Regular Chicken Burger: $4.00
- Sausage Roll (lile): $2.60
- Four-N-Twenty Traveller Pie: $2.50
- Spinach & Ricotta Roll: $2.20
- Hot Cheese Roll: $2.00
- Pizza Rounda: $2.20
- Garlic Bread: $1.50
- Cheese Toastie (half toastie .80c): $1.50
- Ham & Cheese Toastie (half toastie $1.00): $2.00
- Tomato sauce sachet: .20

**DRINKS**

- Pump Water 750ml: $2.20
- Flavoured Pump Water 750ml (Berry / Lime): $2.50
- Appletiser can: $2.00
- LOL Fruit Juice Cans: $2.00
- Iced Tea (lemon or peach): $2.50
- Mt. Franklin Water 500ml: $1.80
- Orchy 200ml Juice – orange / apple: $1.50
- OKF Sparking drink cups – lemon: $1.50
- 25% Fruit Box Poppers: $1.50

**EXERCISE BOOKS**

- Science Book: $3.50
- A4 Maths Grid Book: $3.50
- 96 Page Maths Grid Book: $2.50
- 128 page A4 exercise book: $2.50
- 96 page exercise book: $2.00
- 48 page exercise book: $1.50
- Compass: $2.00
- Protractor: $1.50

**Homemade Choc-Chip Cookies $1.50**

**Homemade Muffins $1.20**

**Specials**

- Tue: Fried Rice: $2.50
- Wed: Nachos: $4.00
- Thu: Beef Burger: $4.50
- Fri: Sweet Chilli Chicken Wrap: $4.00
CASTLE HILL HIGH SCHOOL
CONCERT BAND 2013

The school Concert Band is an exciting opportunity for musicians across the school. In 2013 we are looking to extend both the membership of the band as well as increase performance opportunities for this talented group. All are welcome.

The band currently consists of Flutes, Clarinets, Alto, Tenor and Baritone Saxophones, Trumpets, Trombones, French Horns, Tuba, Drum kit and Percussion. There are also opportunities for a Bass Guitar or a Keyboard.

The band rehearses on Wednesday afternoons from 3:30 to 5:00pm. It is conducted by Mr Damien Butler and overseen by Mr Steven Lavis. Rehearsals begin Wednesday, Week 2, February 6.

Band fees are $8.00 per week, which is invoiced each term and paid to Room One. The fees cover the conductors’ wages, instrument repairs, and new music.

A number of instruments can also be hired through the school for a fee of $150 per year.

Plans are underway for this year’s activities. We will have performances in the community in addition to our regular school-based performances such as Showcase, Year 6 Orientation Day and Presentation Day.

Students who are interested in joining the band or even just getting more information, can come and see Mrs Danckert, Ms Greenhalgh or Ms Babington in the CAPA Staffroom.
CASTLE HILL HIGH SCHOOL
JAZZ BAND

Castle Hill High School has a history of excellence in the Performing Arts. This tradition, inspired by our Arts Staff includes our extra circular activities, such as the Annual School Musical, the School Concert Band and Showcase. Many Castle Hill High School students have gone on to have successful careers, as both arts practitioners and teachers.

It is with this in mind that we encourage new participants into our renowned Jazz Ensemble. This will give talented students a chance to gain experience in performing jazz and soul music.

Rehearsals: Tuesday 3:30 – 5pm
Cost: $8 per week

Paul Derricott, who completed his BMus Music Performance at the Sydney Conservatorium and is currently studying his Master of Performance at the Sydney Conservatorium, will lead the ensemble through a range of the jazz repertoire.

This is a great opportunity for ADVANCED musicians to get a hands-on feel for Jazz music and performance practice.

Instruments include Drums, Saxophone, Guitar, Bass, Singer, Trumpet, any Brass, Piano.

Interested students can come and talk to Ms Greenhalgh or Ms Babington in the Creative Arts Staffroom.
Dear Ms Brewer,

I write this letter to commend the positive impression left by your 2013 Captains during their recent visit to Cootamundra. Haytham was billeted with my family and we spent numerous hours with Jacqueline. Both of the young people exhibited excellent manners and presented themselves as articulate future leaders of our community.

It was a pleasure to deal with your Captains and their demeanour and optimism strengthens my belief that our future is in good hands.

Below is a link to an article on their visit to Cootamundra


Regards
Paul Frilay
Head Teacher Mathematics
Cootamundra High School
Poole St, Cootamundra

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ATTENTION

SCHOOL ID PHOTOS

All Year 7 students
and newly enrolled Years 8, 9, 10, 11 and 12 students
**MUST** be at school by **8.45am**
on **Thursday 14 February**
to have their ID photos taken in the **school auditorium**.
We are having a party!

Castle Hill High School turns 50 this year.
We are planning to celebrate this wonderful occasion.
Do you have any ideas on what we can do?
Would you like to be involved?
Would you like to sponsor an event?
We have already talked about the students celebrating our birthday in spirit week.
Perhaps a fancy ball or cocktail party?
A picnic day where ex-students can tour the school and view photos of the school throughout our history?
So what do you think?
Please email any suggestions you have to peter.kerrigan@det.nsw.edu.au
UNIFORM SHOP NEWS

The Uniform Shop has been busy over the last two weeks. Thank you to those who waited so patiently. Sometimes stock has been sold out and a short wait is necessary for the next delivery. If this happens, items will be delivered from Reception.

Thank you to the wonderful volunteers who make the shop run smoothly.

OPENING HOURS FOR TERM 1 2013

Weeks 2 – 11
Monday and Friday 8.15am – 11.30am
### 2013 TERM DATES

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
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<tbody>
<tr>
<td>Friday 12 April</td>
<td>Friday 12 April</td>
<td>Thursday 15 July</td>
<td>Tuesday 8 October</td>
</tr>
<tr>
<td>Last Day of Term 1</td>
<td>Teachers and Staff Resume</td>
<td>Last Day of Term 1</td>
<td>Teachers, Staff and Students Resume</td>
</tr>
<tr>
<td>Term 2</td>
<td>Term 2</td>
<td>Term 3</td>
<td>Term 4</td>
</tr>
<tr>
<td>Monday 29 April</td>
<td>Monday 29 April</td>
<td>Monday 15 July</td>
<td>Tuesday 8 October</td>
</tr>
<tr>
<td>Teachers and Staff Resume</td>
<td>Teachers and Staff Resume</td>
<td>Teachers and Staff Resume</td>
<td>Teachers, Staff and Students Resume</td>
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<tr>
<td>Tuesday 30 April</td>
<td>Tuesday 30 April</td>
<td>Tuesday 16 July</td>
<td>Tuesday 18 December</td>
</tr>
<tr>
<td>Staff Development Day</td>
<td>Students Resume</td>
<td>Last Day of Term 2</td>
<td>Last Day of Term 4 for Students</td>
</tr>
<tr>
<td>Wednesday 1 May</td>
<td>Wednesday 1 May</td>
<td>Friday 20 September</td>
<td>Friday 20 December</td>
</tr>
<tr>
<td>Students Resume</td>
<td>Last Day of Term 3</td>
<td>Last Day of Term 4 for Teachers and Staff</td>
<td>Last Day of Term 4 for Teachers and Staff</td>
</tr>
<tr>
<td>Friday 28 June</td>
<td>Friday 28 June</td>
<td>Friday 20 September</td>
<td>Friday 20 December</td>
</tr>
<tr>
<td>Last Day of Term 2</td>
<td>Last Day of Term 3</td>
<td>Last Day of Term 4 for Students</td>
<td>Last Day of Term 4 for Teachers and Staff</td>
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**HOLIDAY CARETAKER**

(Home Alone)
# FORTNIGHTLY NEWSLETTER

Published and distributed by email to parents each Friday fortnight during school term

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## CALENDAR 2013 - TERM 1

<table>
<thead>
<tr>
<th>DATE</th>
<th>CALENDAR EVENT TERM 1 WEEK 3B</th>
<th>DATE</th>
<th>CALENDAR EVENT TERM 1 WEEK 4A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 11 February 2013</td>
<td>- Year 7 Internal Testing</td>
<td>Monday 18 February 2013</td>
<td></td>
</tr>
<tr>
<td>Tuesday 12 February 2013</td>
<td>- 2012 HSC High Achievers Assembly</td>
<td>Tuesday 19 February 2013</td>
<td></td>
</tr>
</tbody>
</table>
| Wednesday 13 February 2013 | - Assembly Years 8-10 – Hall  
- Year 7 Year Meeting Sess 2 Gym  
- Meet the Teacher Night 6pm BBQ  
- Year 12 Boys/Girls Mentoring Information Night | Wednesday 20 February 2013 | - Assembly Years 7-12 
- Year 7 Camp – Tea Gardens 
- P & C Meeting 7.30pm Common Room |
| Thursday 14 February 2013 | - Year 7 and New enrolments ID Photos – Hall 8.45am                        | Thursday 21 February 2013 | - Year 7 Camp – Tea Gardens 
- Peer Tutoring Training          |
| Friday 15 February 2013  | - Peer Support Session – Sess 6                                             | Friday 22 February 2013 | - Year 7 Camp – Tea Gardens                                                  |

Next P & C Meeting
20 March 2013
7.30pm Common Room
CASTLE HILL COMMUNITY NEWS
and ADVERTISING

BRENNAN DRIVING SCHOOL
CLASS C
LIC. 006937
0418 465 932

17 Mulheron Ave Baulkham Hills 2153
For discount prices see
www.brennandrivingschool.com.au

The Hills Shire Music School

Ph 9899 3177
www.hillshiremusic.com.au

Professional music lessons at the Hills Shire’s premier music school.
Call us about our trial lesson offer.
Ask about music gift vouchers!

26/22 Hudson Ave,
Castle Hill
Next door to the Hills Homemaker Centre in Castle Hill

Momentum Dance Studios

Need a stress release?

We promise you 1 hour of dance will:
* stimulate your mind
* energise your body
* give you a new perspective

There’s a Saturday class at Baulkham Hills For You!
www.momentumdancestudios.com.au or phone 9624 4770

Taylored Physiotherapy
Helping to understand your body better

Atlas Building
2-8 Brookhollow Ave
Cnr Windsor Rd & Norwest Blvd
Norwest Business Park
Phone: 9659 4540

Specialising in:
Acute Pain
Injury Rehab
Injury Prevention
Exercise Prescription
Remedial Massage

Focusing On:
Posture Assessment
Posture Correction
Headaches
Back Pain
Sporting Injuries
Core Stability
Muscle Imbalances

We Offer:
30 minute one-to-one consultations with qualified physiotherapists with personalised treatment and exercise prescription to suit your specific needs.

Ring: 9659 4540
for an appointment

We also offer qualified massage therapy for 30-90 minute remedial massage. HICAPS processing for Payments

Mention Castle Hill High School and for each referral, $2.00 will be given to the school from Taylored Physiotherapy
act, create, communicate

Acting Classes for High School Students!

Speech, movement, mime, scripts, drama games, improvisation, play building and performance techniques.

Studio locations:
Castle Hill, Baulkham Hills, Dural, Kellyville and Quakers Hill.

Contact Principal Janelle Butler – 8883 2448
www.helenograd.com.au

* Primary Classes also available.

Play AFL with Baulkham Hills Hawks

Registration Days at Charles Mc Laughlin Reserve
Sunday 3rd Feb- 9am to 4pm
Saturday 9th Feb- 10am to 2pm
Sunday 10th Feb- 10am to 3pm

For more information - www.baulko.org.au/
Or call Debbie on 0413317341.
Looking for a fun and friendly netball competition?

**St Matthew’s Uniting Church BAULKHAM HILLS Netball Club**

The perfect competition for girls and women of all ages! Games are played at Gooden Reserve, Baulkham Hills. The 2013 season will begin on Saturday 6 April with game times starting from 12:40pm.

Register 9th February, 8:30am-12pm at St Matthews Uniting Church, Cnr Edgar St & Charles St Baulkham Hills.

Fees: FunNet - $40, 8-16 years - $75, 16’s and Over - $85

For any further enquiries, please contact:
Rebecca Fried (0431 868 447) or Hannah Olley (0421 022 748).

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**PLAY HOCKEY IN 2013**

- Great non-contact mixed girls & boys team sport
- Small field “Minkey” games for U5 - U9
- Mixed junior comps U11, U13, U15
- Play on world class artificial turf facility at Pennant Hills Park
- Great for fitness as well as maintaining cricket & baseball skills

**NORTHERN DISTRICT HOCKEY ASSOCIATION**

Pennant Hills Park, Britannia Street, Pennant Hills

Further information:
Adrian Wilson 0419 299 808
Robert Nicoll 0438 119 729
Rego forms & information at www.ndhockey.com.au

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Gazelles is a Castle Hill based netball club. We train at the netball courts in Coolong St (off Parsonage Rd) and all games are played on a Saturday out at the Baulkham Hills Shire Netball Association netball complex in Wellgate Ave, Kellyville.

We are finalising our teams for 2013 and would love some players turning the following ages:

- 14 years – born 1999

Both are lower graded teams.

Please contact Jane Relyea on 0434 990 807 or registrar@gazellesnetballclub.org.au for further information.

www.gazellesnetballclub.org.au
Invitation

The New South Wales Police Force is presenting a Forum on:

**Cyber Safety**

India Club Indian Community Forum is hosting this Forum

The Hills Local Area Command Team will share a wealth of information on “Cyber Bullying & Safety” in this powerful seminar aimed at Parents and Carers and will give advice on how to deal with these situations and be safe and respectful towards others.

**Topics:**

* Social Networking  
* Bullying  
* Internet filtering and safe chat  
* Chain email/letters  
* Cyber Crime  
* Gaming and parental responsibilities  
* Mobile phones

**Guest Speakers:**

Rob Paterson Senior Constable - Youth Liaison Officer  
Kemuel Lam Paktsun - Australian Federal Police  
Jessica Chan - Nine MSN

**Day & Date:** Sunday 17 February 2013  
**Time:** 2 pm to 5.30pm (Assemble @ 1.45pm for 2pm start)  
**Venue:** Castle Grand Pioneer Hall  
Castle Street Castle Hill (Corner Pennant and Castle Street)

It is a free event and the Forum is open to all adults who wish to attend. We invite all in the area to benefit from the presentations. Spread the word and encourage your friends to attend.

Enjoy over Tea, Coffee & Snacks

**RSVP:**  
Shubha Kumar: 9873 1207 / 0402 257 588 e: Shubha_kumar@hotmail.com  
Aksheya Kumar: 0420 747 080 e: Aksheya.kumar@gmail.com  
Rob Paterson Senior Constable: 9680 5399, Castle Hill Police: 9680 5399
Small Business Operations

Why choose WSI?
At TAFE NSW - Western Sydney Institute (WSI), we are committed to helping you develop real skills for real careers. WSI works closely with industry and employer groups to ensure training is focused, and is exactly what you need to know to meet your goal.

COURSE NAME
Certificate III in Micro Business
TAFE Course No: 17823
National Code: BSB30307

DESCRIPTION
The qualification provides you with the skills and knowledge to effectively operate within a micro business context. For example, setting up or working in a small business

DURATION
17 weeks, 2 days per week

COST
$100 for Government benefit recipients
$ 396 for non benefit recipients

COLLEGE LOCATION
The Hills College

When: Wednesday 13 February 2013 at 9.30 am

Where: FG11 The Hills College
146-160 Old Northern Rd
Baulkham Hills NSW 2153

STUDY TOPICS
This course covers
- Investigating micro business operations
- Developing a micro business proposal
- Organising finances & resource requirements for the micro business

INFORMATION SESSION
An information session will be held at The Hills College
Building F 146-160 Old Northern Road Baulkham Hills FG11
8 February, 2013 commencing at 10 am

Register your interest today!
Contact: Annmaree Bernie (02) 9865 1149

wsi.tafensw.edu.au
STUDENT EXCHANGE AUSTRALIA NEW ZEALAND

FREE FAMILY INFORMATION EVENING FOR Castle Hill High School STUDENTS AND SCHOLARSHIPS AVAILABLE IN 2013

Student Exchange Australia New Zealand, a not-for-profit organisation registered with all State and Territory Departments of Education, is pleased to extend an invitation for Castle Hill High School students and their families to attend our next information evening in Sydney, being held on Wednesday 6th February at the Adina Apartment Hotel Sydney, corner Kent & Bathurst St, Sydney. The session starts at 7:30pm and will be the first session held in 2013.

The evening gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available.

<table>
<thead>
<tr>
<th>SCHOLARSHIPS AND EARLY BIRD DISCOUNTS - DEADLINE 31ST MARCH 2013</th>
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<tbody>
<tr>
<td>Each year we also offer 12 scholarships valued from $2,500 up to $10,800. Students don't need to be A-grade to apply and the top language student doesn't necessarily win.</td>
</tr>
<tr>
<td>• Your career advisor and/or language teachers may be interested to promote our 5 x Language, 2 x International Affairs and 2 x Indigenous scholarship opportunities valued from $2,500 up to $10,800 each.</td>
</tr>
<tr>
<td>• Creative Arts teachers may like to be aware of our NEW 3 Digital Video Scholarships valued from $2,500 up to $3,500 each.</td>
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The deadline for scholarship submissions for all programs departing between October 2013 - March 2014 is Saturday 31st March, 2013.

"I'm having a great time, school is going really well and I like my host family. I will be going to Turkey soon with my class:) and I also have my birthday next week. My family have arranged a small dinner outing and a party for my friends which will be cool :). It's sad to realise I have only 3 months left. "

Grace Casey, New South Wales, Denmark (2011 Indigenous Scholarship Winner)

"Throughout my trip I made many amazing friendships and bonds that I’ll keep for life. My exchange was definitely the most tough, fun and exciting thing I have ever done and it has given me so much more confidence and hunger for life and travel."

Georgia Bryers, New Zealand, Canada (2010 Indigenous Scholarship Winner).

More information on our scholarships and early bird discounts are available from our website: www.studentexchange.org.au
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of “flow”. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energising and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys and girls the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Gross parenting resources to help you promote good mental health in your kids.

- Coping ebook: 12 essential coping strategies every child can use when life gets hard
- Poster: 10 ways to promote good mental health & well-being in kids
- Poster: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!
Council Parking Regulations

What do the parking signs around my school mean?

Bus Zone. You cannot stop your vehicle in a Bus Zone unless you are driving a public bus.

Council’s Compliance Officers will be enforcing parking restrictions at your school! Penalty $298 & 2 demerit points.

For a complete list of school zone offences refer to www.rta.nsw.gov.au

The Hills Shire Council | Ph: 9843 0555 | www.thehills.nsw.gov.au

PARKING UNSAFELY PUTS CHILDREN’S LIVES AT RISK!

Please obey all the parking signs around your school!

Parking illegally, even for a short time is dangerous to children at your school. You can be fined up to $406 and lose up to 4 demerit points if you park illegally around your school.

Packing your car on the nature strip or path can result in a fine and 2 demerit points. Council’s Compliance Officers will be enforcing parking restrictions at your school!

The Hills Shire Council
Telephone: (02) 9843 0555
www.thehills.nsw.gov.au

PARKING AROUND MY SCHOOL

- Observe all parking signs around the school – they are planned with children’s safety in mind.
- Park safely & legally even if it means walking further to the school gate
- NEVER double park – it puts children at risk by:
  - Blocking vision of other drivers
  - Forcing children onto the road
  - Obstructing traffic flow

The penalty for double parking in a school zone is $298 and 2 demerit points. Council’s Compliance Officers will be enforcing parking restrictions at your school!

The Hills Shire Council
Telephone: (02) 9843 0555
www.thehills.nsw.gov.au

PARKING NOTICE

Did you know that it is illegal to park:

- On or near the school crossing
- In the school bus bay
- Within 3 metres of the double centre line

The penalties for parking in these areas are up to $397 & 2 demerit points. Council’s Compliance Officers will be enforcing parking restrictions your school!

The Hills Shire Council | Ph: 9843 0555 | www.thehills.nsw.gov.au

What do the parking signs around my school mean?

No Stopping means... No Stopping!

You cannot stop in this area FOR ANY REASON

Penalty $298 and 2 demerit points. Council’s Compliance Officers will be enforcing parking restrictions at your school!

The Hills Shire Council | Ph: 9843 0555 | www.thehills.nsw.gov.au
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 $220 and 2 demerit points

Council’s Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0445

The Hills Shire Council
P.O. Box 622, Bella Vista
Ph: 9644 6000
www.hills.nsw.gov.au

PARKING AROUND SCHOOLS

OBEY PARKING SIGNS IN SCHOOL ZONES AT ALL TIMES TO PROTECT CHILDREN

ZERO TOLERANCE
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.
The Hills Shire Council’s Compliance Officers will be enforcing parking regulations at your school.
There are now increased penalties and demerit points associated with all offences in School Zones.

<table>
<thead>
<tr>
<th>Offence</th>
<th>Penalty from</th>
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<tbody>
<tr>
<td>No Parking</td>
<td>$165 and 2 demerit points</td>
</tr>
<tr>
<td>You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.</td>
<td></td>
</tr>
<tr>
<td>No Stopping</td>
<td>$298 and 2 demerit points</td>
</tr>
<tr>
<td>Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.</td>
<td></td>
</tr>
<tr>
<td>Bus Zone</td>
<td>$298 and 2 demerit points</td>
</tr>
<tr>
<td>You must not stop your vehicle in the indicated zone unless you are driving a public bus.</td>
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</tbody>
</table>

Additional Fines:
- Double parking: $298 & 2 demerit points
- Stop on path or nature strip: $165 & 2 demerit points
- Stop on / near marked pedestrian/children's crossing: $397 & 2 demerit points
- Approach children's crossing too quickly to stop safely: $496 & 4 demerit points
- Illegal U turns: $397 & 4 demerit points
- Stop across driveway: $165 & 2 demerit points
- Drive using a hand held mobile phone: $397 & 4 demerit points
- Parallel park close to (within 3 metres) double centre line: $232

Fines current as of July 2012
For a complete list of school zones offences visit www.rta.nsw.gov.au