PRINCIPAL’S MESSAGE

Mentoring

Boys and girls mentoring are prominent programs at Castle Hill High School, designed for Year 12 students largely, and aimed to personalise strategies for each student to assist them with their HSC journeys and improve HSC performance. We have also extended this program to the junior years with some different emphases. Mr Reece Watson and Miss Catherine Griffiths run the boys and girls junior programs respectively to increase motivation and tailor learning plans for each student, offering advice on coping with the complexities of school life.

The senior program, specifically for a targeted group of Year 12 students, while small in its scope, is very bold in its intentions, impact and workload. The boys program has evolved to target sixty students, much larger than when it was first introduced four years ago with twenty-five boys. It is a program that has received wide recognition from the community and from schools across the state. Mr Peter Kerrigan who manages the program, ably assisted by Mr Brad Tudman, is doing a sterling job of changing the culture for senior boys. It is a program based on teamwork, competitive challenges, direct feedback to parents, a fortnightly individual interview and goal setting. It’s intense and rigorous and one that students highly value.

The girls mentoring program has evolved from the one established two years ago by Ms Jo Bardakos. Ms Jo Spinks, Head Teacher Teaching and Learning and Ms Linda Vitanza now have carriage of the new program, utilising the many strengths of the previous program at the same time as introducing some new concepts for senior girls. Key elements of the program so far are:

- time management skills through an evaluation of work done in an average week to find a balance between study and a social life
- goal setting by reflecting on Year 11 results and setting a target for each subject
- study strategies through research using teachers to identify one area that could make a difference to each student’s work
- use of the ATAR calculator to collect data to inform students of some benchmarks for improvement
• fortnightly meetings with the mentor and each student to follow up on goals and identify new strategies for improvement
• communication with parents fortnightly by email
• having some fun with birthday celebrations, International Women’s Day breakfasts and Valentine’s Day

After the Half Yearlies, the girls will reflect “long and hard” on results, set new goals if needed, target new strategies and share ideas with the team. Stress management in the coming terms will also be a major focus. These programs are such an important part of our service to students. Our teachers, as always, are working very hard to provide specialised and personal time for HSC students. They are to be congratulated.

Special award for two special teachers
On the evening of Wednesday March 20, accompanied by Ms Lindy Jones, Head Teacher English, and Mrs Diana King, Head Teacher Science, I had the pleasure to witness two of our excellent teachers, Mrs Karen Randall and Mrs Cheryl Clifford, receive awards from the Rotary Club of Castle Hill. Their work at Castle Hill High School over many years, their dedication, persistence and high standards have been recognised for what it is: outstanding.

Good luck
Many of our students are off to the Combined High School Swimming Carnival in the coming weeks. As always, we have fielded a large team of competitive students who have been training hard. A comprehensive report of results will appear in later editions of Drawbridge. We wish all competitors the best of luck.

Vicki Brewer

Boys Mentoring Program
… from a student’s perspective

So far in our HSC year, the Boys Mentoring Program has driven us to study harder and perform at a higher level. We’ve had speakers such as Miss Curran, Miss Jones, ex-students Michelle Nguyen, Marco Capobianco, and Mr Kerrigan contribute pearls of wisdom we would otherwise go without.

Personally, the program has helped me organise myself and be a harder working, smarter student. I can see the other boys in my group and PH definitely benefiting from the course as well. Supplementing our personal revision programs and diary checks, once a week on Tuesdays, the entire enrolment participates in a physical game, usually bin ball or indoor soccer, helping to balance our week and break up the day. Key to the program’s aims, balance is essential.

Through the mentoring program we’ve been given the opportunity to take advantage of additional resources and go the extra mile in working towards our HSC. This also means we’re saving time and working smarter, allowing us to balance the time we use for study and breaks. Mr Kerrigan and Mr Tudman have both gone out of their way to make us the best we can be and 6 months in, the results are coming through. The real pay-off however, will come after the Half Yearlies…

Thanks to Matt Rupp from the “London Look”.

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School Telephone: 9634 4199  School Facsimile: 9899 6527  Website: http://www.castlehill-h.schools.nsw.edu.au
The Hills Relay for Life – 4 May 2013

Castle Hill High School has been set up as a team for The Hills Relay for Life 2013. We have set the target for our school’s team at $6,000. If we combined all the teams from last year from Castle Hill High School, we reached a fantastic total of $5,700.

The Hills Relay for Life will take place at Wrights Road Reserve, Kellyville at 9.30am, Saturday 4 May to 10am, Sunday 5 May 2013. Students will not be staying overnight unless they are accompanied by their parents.

In 2013 the good news is that we can all register under the same team this year – there is no longer a restriction on team numbers. The Castle Hill High School Team is creatively named as just that, “Castle Hill High School”.

There are two ways to register for our team. Firstly is the analogue method where the registration form is available from school, with money being paid to Room 1. Registration forms are simply returned to Mrs Boss or Mr Warren at school. Alternatively and possibly a little simpler is to make use of the World Wide Web and I have provided the link below.


May the 4th be with you…

Ross Warren
OPEN GIRLS WATER POLO 2013

On Friday 8 March we travelled up to Glenbrook to play in the Open Girls Water Polo Gala Day.

Our team was decimated in the week before the competition. Two girls had regional hockey trials rescheduled from the previous week, due to wet weather. Three girls decided not to play because of national swimming trials the following weekend. Two girls were sick the night before. Our team went from possible regional champions (we were runners up in the 15’s last term), to a team of just eight girls, where a full team is thirteen.

We played six games with just one reserve.

1. Defeated Winmalee B 7-0
2. Lost to Penrith 3-4
3. Lost to Nepean 2-8
4. Lost to Hills Sports 4-5
5. Drew with Winmalee A 4-4
6. Lost to Blaxland 0-7

It was a day where our girls really dug deep, and showed their true fighting spirit. We started brilliantly, but tired in every game. All of our competitors had full teams (six reserves), allowing them many more player exchanges. Paris was outstanding as captain, Soo, Bronte, Anna and Shivani played their best games, our new Year 7 recruits (Shannon and Taylor) played well, our stand-in goalkeepers (especially Sam) did a brilliant job, under extreme conditions.

We said farewell to Bronte Simpson of Year 12 who has played in every comp since Year 7.
Thank you for your great sporting attitude!

Final standings:
1. Blaxland 18
2. Nepean 16
3. Winmalee A 13
4. Hills Sports 12
5. Castle Hill 9
6. Penrith 8
7. Winmalee B 6

Blaxland were regional champions, going to the state carnival in April.

Our goal scorers were:
Paris 13
Bronte S 3
Soo 3
Shannon 1

Team:
Samantha Carey, Soo Hwang,
Paris Lawrence, Taylor Pedler,
Anna Relyea, Shivani Shah,
Bronte Simpson, Shannon Williams

T. Gainey - Coach
Sports Council 2013

Sports Week

The 2013 Sports Council team wanted nothing more than to start a new tradition at Castle Hill High School that would mark our wonderful team’s determination and willpower to make this year memorable.

This year, Castle Hill High School is staging its inaugural sports week next week where the entire week is dedicated to sport in school and raising school spirit, as well as funds for the McGrath Foundation and Cancer Council. The week will consist of numerous sporting events ranging from Soccer, Touch Footy, Netball and a Year 7 Binball match, and how can we forget the foreseeable rivalry match between Prefects vs Sports Council in a game of touch football? Wednesday will be Pink day where the students are encouraged to wear pink accessories and raise funds for charity. We are also organising some physical and sporting challenges on Wednesday with trophies for the winners of these challenges, so get yourself ready for the challenge! Trivia Tuesday will be designed around sporting questions. Lastly get excited students of Casso as we will have some local sporting identities joining us through the week.

We really hope this will be a joyful and successful week that will be continued throughout the years to come.

Sports Captains: April-Maree Mannah & Matt Hall

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CALLING ALL BUDDING WRITERS in Years 7 - 9…

Do you have a touch of J.K. Rowling about you? Perhaps you fancy yourself as a modern day Jane Austen or maybe a Morris Gleitzman. Regardless of who your literary heroes are; now is the time for you to have some of the fame and fortune only experienced by published writers!

WRITE NOW! is a creative writing competition for NSW AND ACT students in Years 7– 9

This is a wonderful opportunity for students to canvass their skills as a creative writer and there is the added bonus of prizes and literary kudos!

YOU WILL BE GIVEN A ‘STORY STARTER’ TO COMPLETE; SO SOME OF THE HARD WORK IS ALREADY DONE FOR YOU.

If you are interested in entering this fantastic competition please come and see Ms Nelson in the English Staffroom for an entry form and list of ‘story starters’.

DON’T DELAY AS ENTRIES CLOSE ON APRIL 6 2013.
2013 CHHS Relay for Life

We need your help to help others!

**What is the Relay for Life?**

Relay for Life is a 24-hour fundraising event that brings communities together in the fight against cancer. Whether you are a cancer survivor, a carer, supporting friends or loved ones, or simply wanting to make a difference, Relay for Life empowers everyone who participates. Relay for Life is not a race - teams of people take turns to walk or run around the track. A huge part of Relay for Life is the atmosphere - it's a carnival, a celebration and also a heart-warming time to reflect, share experiences and build HOPE for the future.


**How is Castle Hill High School involved?**

Castle Hill High School students are again entering a team as they have done each year since the Relay's inception at the Castle Hill, however this year we are moving to a new location.

**Where:** Wrights Road Reserve - Kellyville  
**When:** The weekend of 4 & 5 May 2013  
**Times:** The Relay commences 10am Saturday 4 May and concludes 10am Sunday 5 May.

**How can I help?**

Parents are needed to man the P&C marquee and tent which will be located alongside the walking track at the reserve. The role of parents is to provide support to a small team of dedicated teachers who run the school team and to the students participating. You can offer as much time as you like, but our aim is to have the marquee and tent manned by parents throughout the 24 hours.

**Duties:**

- To remain in the CHHS allocated area to ensure the students belongings are as secure as possible
- Assist students - encouraging individual goals and supervising tallying laps for each student

Ideally, we would like you to be involved for a minimum of 2 hours but are happy to have you for any length of time you are able to assist us in covering the 24 hours from the Saturday 10am start through to the conclusion on Sunday at 10am. There is plenty of time for you to sit and relax around the tent area.

If you can help, please contact the P & C by email: CHHSPC2154@yahoogroups.com, by Monday 24th April 2013. Please include the times (from and to) you are available, along with a contact phone number, preferably a mobile number, and your email address.

In addition, do you have contacts that would provide the team with fruit, water etc? It would be great to be able to keep a supply of fresh healthy food to the team so they don't go hungry or thirsty! Please contact us if you can help.

Yours in appreciation,  
CHHS - P&C Committee
School Fees
Thank you to all parents who have paid their child/ren’s school fees. Just a reminder that payments can be made by credit/debit card over the phone by calling the school office on 9634 4199.

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

Junior Girls Winter Uniform
Royal Blue Skirt Sizes 1-22 $65.00
Blouses Sizes 6G – 14G $40.00
6 – 22 $40.00
Tab Tie $5.00
Jumpers – Wool/Nylon $70.00/$75.00
Cotton/Polyester $70.00

Junior Boys
Shirts Sizes 32 – 40 $35.00
Long Sleeve Shirts Sizes 32 – 40 $40.00
Long Grey Trousers Sizes 12 – 2XL $35.00

Girls
Long Sleeve Blouse Sizes 6G – 10G $45.00

Limited stock is available for long sleeve shirts and blouses. Orders are accepted during uniform shop opening hours.

OPENING HOURS FOR TERM 1 2013:
Weeks 2 – 11 Monday and Friday 8.15am – 11.30am

OPENING HOURS FOR TERM 2 2013:
Monday 29 April 9.30am – 12 noon
Tuesday 30 April 9.30am – 12noon
Wednesday 1 May 8.15am – 11.30am
Friday 3 May 8.15am – 11.30am
Weeks 2 – 9 Monday and Friday 8.15am – 11.30am
**FORTNIGHTLY NEWSLETTER**
Published and distributed by email to parents each Friday fortnight during school term

**CALENDAR 2013 - TERM 1**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CALENDAR EVENT TERM 1 WEEK 9B</th>
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<th>CALENDAR EVENT TERM 1 WEEK 10A</th>
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<tbody>
<tr>
<td>Monday 25 March 2013</td>
<td>• Year 12 Photo Day</td>
<td>Monday 1 April 2013</td>
<td>• Easter Monday</td>
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<td>Tuesday 26 March 2013</td>
<td>• School Cross Country Day</td>
<td>Tuesday 2 April 2013</td>
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<td>Wednesday 27 March 2013</td>
<td>• Assembly Years 7, 8, &amp; 10 Hall</td>
<td>Wednesday 3 April 2013</td>
<td>• Celebration Assembly Years 7-12</td>
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<td>• Year 9 Year Meeting - Gym</td>
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<td>• Bedford College Lunchtime Info Session</td>
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<td>Thursday 28 March 2013</td>
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<td>Thursday 4 April 2013</td>
<td>• Combined High Schools Swimming Carnival</td>
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<td>Friday 29 March 2013</td>
<td>• Good Friday</td>
<td>Friday 5 April 2013</td>
<td>• Combined High Schools Swimming Carnival</td>
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<td>• Peer Support Session 2</td>
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<td>Next P &amp; C Meeting</td>
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<td>7.30pm Common Room</td>
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**2013 TERM DATES**

**Term 1**
- Friday 12 April
- Last Day of Term 1

**Term 2**
- Monday 29 April
- Teachers and Staff Resume
- Tuesday 30 April
- Staff Development Day
- Wednesday 1 May
- Students Resume
- Friday 28 June
- Last day of Term 2

**Term 3**
- Monday 15 July
- Teachers and Staff Resume
- Tuesday 16 July
- Students Resume
- Friday 20 September
- Last Day of Term 3

**Term 4**
- Tuesday 8 October
- Teachers, Staff and Students Resume
- Wednesday 18 December
- Last Day of Term 4 for Students
- Friday 20 December
- Last Day of Term 4 for Teachers and Staff
Disclaimer: Advertisements placed in the school’s Fortnightly Newsletter do not reflect an endorsement or otherwise by Castle Hill High School of that product or service.

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SCOLIOSIS? POOR POSTURE?
HEAVY BACK PACK?

**$39 CHIROPRACTIC EXAMINATION FOR YOUR CHILD**
Chiropractor/Author Dr Bryan Hornby is assessing school aged children at a New Year reduced rate including: Scoliosis Examination, Digital Posture Analysis, Back Pack Check. CALL GENTLE CARE CHIROPRACTIC NORWEST TO GET YOUR CHILD ASSESSED NOW: 02 9672 6892
www.gentlecarechironorwest.com.au

**HOOKED ON DRAMA**
@ Worthwhile Kids Drama Academy
Inc. Worthwhile Kids Talent Agency
Is your child shy?
Scared to speak up to speak up at school?
Drama is empowering by helping students build their confidence and self-esteem.
Expert teachers are trained to bring out the best in each child.

**GIVE YOUR CHILD THE EDGE AND LET THEM HAVE THE OPPORTUNITY TO SHINE!**
Classes in the Tribute Room Level 1 Castle Grand
Junior Class: 8 to 12 yrs Wednesday 6pm - 7pm
Senior Class: 13 to 18 yrs Wednesday 7pm - 8pm

Students aged 8 to adult are trained in many aspects of Drama including vocal coaching, stagecraft, movement, improvisation, characterisation, play acting, directing and producing plays. As well as learning their craft, drama students are equipped with life skills that will carry them into whatever profession they choose to follow.

Mention Castle Hill High School and for each referral, $2.00 will be given to the school from Taylored Physiotherapy
Australis's First Coloured Commemorative Coin!
LIMITED EDITION

For a $10 donation
the $2 Poppy Coin will come with a Certificate of Donation

Australia's first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this ground breaking $2 coin is simply an outstanding keepsake for everyone Australian.
The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.
All funds raised go to support our vital RSL programs helping thousands of Veterans and serving Defence personnel and their families in homes and communities across Australia.

Available from the RSL National Office at Level 3, 65 Constitution Avenue CAMPBELL ACT
Phone orders can also be made through the National Office at 02 6248 7199.
Please note there will be a minimum postal charge of $5 per coin.

www.rsl.org.au

OAKHILL COLLEGE
2013 ART EXHIBITION
Saturday 23rd & Sunday 24th March 2013
OPENING NIGHT
Friday 22nd March - 7pm for 7.30pm till 10.30pm
ADMISSION
$20 pre-paid via website or $30 at the door.
EXHIBITION CONTINUES
Saturday: 23rd March - 10am-5pm
Sunday: 24th March - 10am-4pm
Admission - Gold or Fold
ENQUIRIES
Terri Unwin: tunwin@smartline.com.au - 0419 734 704
Chris Moyen: moyenchristophe@yahoo.com
0449 158 886
* ART • CRAFT • SCULPTURE • GLASS • JEWELLERY • MUSIC • CAFE
www.aroakhill.com.au

Learn 2
Level 2/ 29 Main Street, Rouse Hill
Town Centre, Opposite the Vinegar Hill Memorial Library

Monday's during School Terms
Times: 3.30 - 4.30 & 4.30 - 5.30

Our Rouse Hill Homework Group

A tutor/teacher is available every Monday to assist students with homework & assignments, offer study tips & advice and to facilitate progression with problem subjects.
Hills Community Aid & Information Service are pleased to offer FREE homework sessions to year 7-12 students.

Supported by Rouse Hill Learning and Community Partnership

Places are limited; to register or for more information please email cdo2@hca.org.au or ring Mici on 9639 8520

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Wielding ‘soft power’ at home

Your parenting authority works well with easy, compliant children but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their co-operation.

Many people ask me: “How do I get my kids to cooperate with me?” This question reflects a frustration that many parents have with their ability to influence their children. It’s also indicative of the changing times in which we live where kids don’t necessarily blindly obey their parents, as they did until a few generations ago.

As a parent you have two sorts of power; positional power and soft power.

**Positional power** is better known as your authority as a parent. Parenting has a huge vocabulary built around ‘positional power’ with terms such as discipline, punishment, child management and behaviour management to name a few.

When I began as a parenting educator 20 years ago the term ‘parenting’ was code for behaviour management. It was mostly about helping parents exert their ‘positional power’.

The second type of power is **soft power** and is mostly about effective communication. It’s about influencing rather than simply exerting your authority over kids. Interestingly, your authority works well with easy, compliant kids but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their cooperation.

Don’t get me wrong. It’s okay to use your positional power. Kids need to know that someone is in charge. They need parents who feel comfortable in their role.

But relying solely on positional power is hard work. A statement directed at you by a child along these lines: “You can’t make me do anything I don’t want to do!” is a challenge to your position as parent.

When positional power fails, which it inevitably will, you can only rely on soft power to influence your kids. Here’s the rub: there is nothing soft about it because it carries significant weight when all else fails!

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Here are five ideas to make you less reliant on using positional power and help build your soft power skills:

1. **Get** your head around the fact that discipline (there’s that positional power thing again) is not about winning and losing, but about teaching kids how to behave and be responsible for their behaviour. The key to successful discipline with adolescents is to speak to them in ways that don’t threaten their need to feel like they are in control.

2. **Choose** a role model who wields soft power well and start to copy their way of speaking and acting with kids.

3. **Talk** about the difference between positional power and soft power with your partner or a friend to help you clarify the differences, as well as find an ally to support you.

4. **Make** soft power your priority for a week and see how it feels to influence rather than brow beat; to mediate rather than negotiate; to use consequences rather than yell when kids don’t cooperate with your way of thinking.

5. **Practice** one skill at a time. Read books, blogs and other resources to help you understand more about soft power, then gradually practice and experiment with new ways of communicating with kids.

Next time you speak to your kids in a potentially tricky or challenging situation check to see if you are using positional power to win the situation or soft power to win the kids over to your way of thinking.

Hopefully, its soft power that you are using to win the day!

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Great ways to develop your soft power skills with Michael Grose:

1. **Subscribe to Happy Kids** – Michael’s free weekly email guide.

2. **Download our free Parentingideas Skills Guide**: 10 BEST tips to get cooperation from kids without tears, fears or putdowns.

These great resources are waiting for you at Parentingideas.com.au/Parentingideas-Newsletter