Student leaders for 2015

Once again, it is my pleasure to announce our student leaders for 2015.

As always, this is a highly competent, intelligent and self-possessed team capable of doing anything, should they turn their minds to it. All of these students exhibited skills in excellent communication, a strong capacity to think laterally, a capacity to represent the school at a range of events while undertaking serious study and a genuine desire to be part of a team that makes a difference to Castle Hill High School’s ethos and reputation. They are fine people and will make outstanding leaders. My congratulations go to them.

They are:

**School Captains**
Demi McFarlane and Stephen Hall

**Vice Captains**
Laura McInnes, Daniel Lim and Sarah O’Dowd

**SRC Presidents**
Naseem Hemmati, Taylah Hallab and Emma Peake
The 2014 Higher School Certificate written examinations started on Monday 13 October with a record 76,679 students across the state enrolled in at least one HSC course. The written exams take place over 18 days between Monday 13 October and Wednesday 5 November. There are 116 different exam papers with English (Advanced, Standard and ESL) the first exams and Entertainment Industry, French Extension, Information and Digital Technology and Retail Services as the last exams.

Our students looked calm and expectant on Monday, their first day of exams. I know you wish them well.

HSC results will be available to students online on Wednesday 17 December and ATAR results will be available on Thursday 18 December. As always, a BBQ luncheon will be held on Thursday 18 December for HSC students to share results, see teachers and friends and debrief on their HSC experience. We hope to see as many there as possible.

A new position for 2015 – Head Teacher Resilience

Part of our thinking has been about wellness - given the surge in mental illnesses in society generally (in particular anxiety, obsessive compulsive disorders and depression) - and the exploration of authenticity in people’s lives as part of the positive psychology movement. For those of you interested in this, I would recommend any book by the American psychologist and founder of the positive psychology movement, Martin Seligman, and in particular his books “Flourish” and “Learned Optimism”.

Mental wellness, through gratitude and mindfulness amongst other things, is something we want to explore for the betterment of our school community.

To do this, we are taking a risk, stepping outside of conventions and appointing a Head Teacher Resilience who will be charged with overseeing programs to build wellness in our student population. We are all on a steep learning curve with this – but, why not!

We will keep you informed of the details of this position and the programs that will be implemented in 2015.

Executive Conference

On Friday 10 October and Saturday 11 October the school’s executive went to Wiseman’s Resort at Wiseman’s Ferry for its annual executive conference for some important strategic thinking in order to plan for the next three years. As well, policy discussions on the gifted and talented program, NAPLAN, uniform, parent/teacher evenings and the 2015 calendar, ensured that debate was lively.

Simon Breakspear, a young entrepreneurial psychologist who has worked with a number of schools nationally and globally, was the keynote speaker who sharpened our thinking. He was an excellent motivational speaker whose passion for learning was evident. His catchphrase: “Start small, go quickly, fail well” resonated with us all.

Our plans for 2015 – 2017, underpinned by the theme “Challenge Minds, Build Character”, will be sharp, highly focused and will utilise data to verify our successes, or otherwise.

Feedback from teachers and parents has been highly valuable in this process.

Simon Breakspear
A Reminder to all Students Entering Year 11

An important reminder from the Uniform Shop to all students commencing Year 11 soon.

The Senior uniforms are available for purchase now, and if you are quick there may be reasonably priced second-hand stock available.

Girls will need to purchase the checked skirt, and boys the blue shorts and trousers.

**Senior Uniform Price List**

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<td>Check skirts</td>
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<tr>
<td>Blue long trousers</td>
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**Junior Uniform Prices**

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**UNIFORM SHOP TERM 4 OPENING HOURS:**

From Friday 10 October:

8:15am—11:30am
Mondays and Fridays

Check out the price list and the hours (below), and get yourself looking awesome.
What’s Happening in the Canteen?

The first few weeks in the canteen promise to be very exciting – at least we hope so!

Rather than just putting out the new summer menu (with staff deciding what we will be selling and preparing in the canteen) it has been decided to give both staff and students some input. For the next week we are trialling some innovative and delicious items. Every day something new will be offered. Yum!! Naturally, the Castle Hill High School Canteen guidelines of healthy, delicious and homemade foods will be followed. Some choices include:

- Freshly made hummus served in a cup with carrot and celery sticks.
- Quiches (bacon and cheese, vegetable and spinach and ricotta)
- Oven baked potato wedges (using real potatoes of course!)
- A variety of salads (order only)
- Fruit Smoothies for breakfast.

Keep an eye out for the new Term 4 menu. There will be something in there to please everyone.

The Canteen crew are a fun and enthusiastic bunch and are always looking for new faces. If you are interested in lending a hand just give the canteen a call on 9634 1188.
Aditya Pillai- Year 8

A Star is Born in Castle Hill High School.

Congratulations to Castle Hill High Year 8 English student Aditya Pillai who has achieved some outstanding results in speaking competitions through the state during 2013 and 2014.

In 2013 Aditya was selected as a State Finalist in the Multicultural Perspectives Public Speaking Competition held at the ABC Studio in Sydney. As the state finalist, Aditya received a silver medallion. The Rouse Hills Time interviewed him and published an article on his achievement in the local newspaper. The Indian Link Magazine also published an article detailing Aditya’s achievement as an outstanding public speaker. During 2013 Aditya reached the Regional Finals of The Legacy Junior Public Speaking Award and in 2014 was chosen in the Regional Finals of The Legacy Junior Public Speaking Award.

In 2014 Aditya was selected as winner for the OzSpeak speaking competition organised by The Hills Shire Council in Sydney and judged by Toastmasters Australia to participate in the Grand Final Speaking competition which will be held on Australia Day 2015.

Aditya’s advice to those interested in public speaking
(1) Know your speech well. This means quality preparation.
(2) Remember to communicate with your audience by maintaining good eye contact and tonal variation in your voice
(3) Believe in what you say. Feeling strongly about a subject will always ‘shine’ through your enthusiasm, commitment and passion.

Well done Aditya.

Castle Hill High School is proud of you…
Year 11

Welcome to our Year 11 students who have now started their HSC studies this term. The students have received relevant information from the Board of Studies relating to the Higher School certificate Exam Rules and Procedures for 2015. It is important that all the students read the booklet so that they fully understand what their rights and responsibilities are in relation to their HSC assessment tasks and exams.

Year 11 is in the process of ordering their 2015 Year 12 Jerseys, which cost $80.00. The $40.00 deposit for the jerseys needs to be paid by the 31 October. The remaining $40.00 needs to be paid by 8 December. The jerseys are always a great reminder of the students HSC year at Castle Hill High School.

I would like to congratulate a Year 11 student, Laura Mc Innes who recently completed the Max Potential Program which was sponsored through Castle Hill High School. The following is a report from Laura regarding this particular program.

This year I was lucky enough to be selected to be involved in the Max Potential Youth Leadership Program. The program ran for 22 weeks and centred on personal leadership and how this can translate into youth and community leadership. My mentor throughout the program was Mr Brent Williams, the HR Manager of Castle Hill RSL. The program involved several group and individual mentoring sessions, as well as a showcase at the culmination of it all. Through Max Potential I was able to complete my own community service project which was a drama workshop at a local preschool. This aimed to build the children’s personal and social skills which are important during their transition to primary school and beyond. I am extremely grateful for the opportunity to participate in Max Potential and would like to thank everyone involved along the way.

There have been a number of talented Year 11 students who have applied for leadership positions within the school for 2015. The level of self-motivation, responsibility and maturity that they display as senior students will certainly make them excellent role models and representatives of Castle Hill High School in 2015.

I would like to pass onto the current Year 11 students some helpful tips from previous students who have been through the challenging HSC year.

Always complete work when you get it, don’t let it pile up because it is hard to catch up!

Constant revision throughout the year is the key.

Study hard but also maintain a balanced lifestyle. Whilst it can be stressful, your final year of school is ultimately a once in a life time opportunity. You are only in Year 12 once, so make the most of it.

Be prepared to work hard but also have faith in your abilities.

If you have any issues or concerns regarding your sons or daughters progress through their HSC year please do not hesitate to contact me on the school number 9634 4199.

Lewis Williams
Year 11 Year Advisor
Supporting Hospital Ships in Papua New Guinea

In term four, Castle Hill students will be learning a lesson in foreign aid by raising funds and collecting medical supplies to improve the standard of living for people in under resourced communities. Youth With a Mission (YWAM) Medical Ships sail to the most remote areas of our neighbour in the north, Papua New Guinea, to provide medical aid and education to impoverished communities. In week six, members of the SRC will present a monetary donation to help YWAM raise the $5 million they need to fund a new ship. Additionally, staff, students and the school community will be asked to donate medical materials that are essential to basic hygiene but in short supply in Papua New Guinea medical clinics. From weeks two to six, there will be boxes in the staff common room where students can deposit:

- Toothbrushes
- Toothpaste
- Soap
- Spectacles (old prescription glasses)
- Sunglasses

Toothbrushes, toothpaste and soap need to be in sealed packages, but YWAM welcome second hand spectacles and glasses.

If you’d like to learn more about the service the ships provide, or you’d like to volunteer yourself, the ship will be touring through Sydney in late October and November. Alternatively you can make personal or corporate donations at [www.ywamships.org.au](http://www.ywamships.org.au).
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<th>Week 3B</th>
<th>Monday 20 October</th>
<th>Year 7 Yearly Exams</th>
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<td>Tuesday 21 October</td>
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<td>Twilight HSC Tutoring</td>
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<td>Year 10 PASS Surfing Excursion</td>
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<td>Wednesday 22 October</td>
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<td>Year 8 Year Meeting in Library</td>
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<td>Years 7, 9 &amp; 10 Assembly</td>
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<td>Thursday 23 October</td>
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<td>Friday 24 October</td>
<td>Year 7 Yearly Exams</td>
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<td>Tuesday 28 October</td>
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<td>Wednesday 29 October</td>
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<td>Year 9 Boys Vacinations</td>
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<td>Year 9 Year Meeting - Library</td>
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<td>Year 12 Clearance Day 9am -11am</td>
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CASTLE HILL COMMUNITY NEWS AND ADVERTISING

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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We are so much more than a women’s social club; there’s plenty of events to satisfy most interests. Our members are of all nationalities, all ages and from all walks of life.

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Don’t be shy, get in touch. We’d love to have you join us.

Looking for a fun and friendly netball competition?
We invite you to join
ST MATTHEWS UNITING CHURCH NETBALL CLUB
The perfect competition for all ages!
Games played at Gooden Reserve, Baulkham Hills.
The 2015 season begins Saturday 4th April.

Register on Saturday 1st November 2014 at Winston Hills Mall from 10 am to 2 pm
(We will be located down the Coles end of the Mall next to the food court)
For further enquiries, please email stmatthewsnetballclub@hotmail.com

St Matthew’s Netball Club

Art & Crafts
Garden Stall
White Elephant
Entertainment
Books
Food
Clothes
Plus More...

Sunday 19 October 2014
9am - 3pm
A fun day out for the whole family!

Inala
Gnr Castle Hill and Franklin Rds Cherrybrook
Enquiries 9680 1000 www.inala.org.au
BAULKHAM HILLS SPORTS CLUB
NETBALL DIVISION

Is holding Registration Day for Season 2015 on
Saturday 25th October at Baulkham Hills Sports
Club Renown Road Baulkham Hills 10.00am to
2.00pm

For girls turning 5yrs in 2015 through to Senior players

Never played but think you would like to? Experience not a
requirement of registration.
We teach you how to play and enjoy Netball.

Visit our web site www.bhscnetball.org for more details or
come along the registration day. Have all your questions
answered.

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Grandparents Day
25th October 2014
FREE PROFESSIONAL FAMILY PORTRAITS

Bright Light Photography

Professional studio shots of Grandparents
with Grandchildren or capture all the
generations in a family portrait

• Two free photos per family
• Additional photos $5 each

Devonshire Teas

Colouring in for the kids while you
wait for your photos

BOOKINGS ESSENTIAL
9.30am - 4.30pm
Book direct with
Hills Community Aid
at Living Choice Australia Limited
15 Old Glenhaven Rd, Glenhaven NSW 2156

FOR MORE INFORMATION 02 9639 8520 enq@hca.org.au www.hca.org.au
2014 HARMONY CUP TOUCH FOOTBALL
U16 GIRLS & U14 BOYS TEAMS INVITED FROM ALL CULTURAL BACKGROUNDS

TOUCH FOOTBALL

"CELEBRATING CULTURE AND DIVERSITY THROUGH RUGBY LEAGUE"

DATE SUNDAY 9TH OCTOBER
TIME 9:30AM - 9:30PM
VENUE DOYLE PARK, PARRAMATTA, 2150 NSW

*Note: No Junior State Cup players permitted to play.

For more information contact
Martin Shanahan: mshahanan@nrl.com.au OR 0409 153 311

Wesley’s Education Support Team

Invites you to a FREE seminar

Blended Families

Wednesday, 22 October from 7:30pm to 9:15pm
Friendship Room
Wesley Castle Hill
An opportunity to learn more and understand
the issues when it comes to
Blended Families

Our guest presenters, each qualified in their respective fields are:

Sharon Chapman
(Principal, Affinity Counselling) Family counselling service
"Social issues in blending a family"

Karen Haga
(Principal, Karen Haga Lawyers) Family law specialist
"Legal issues in blending a family"

Denise Lockrey
(Deputy Principal, Castle Hill Public School)
"Schools and blended families"

Supper provided

More information:
Bryan Mullan: 046959 538
Church Office: 9884 8999

2014-2015
NSW Family Energy Rebate

$150 TOWARDS ENERGY BILLS

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Apply before Midnight 16 June 2015

FOR MORE INFORMATION & ASSISTANCE
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WEB: www.resourcesandenergy.nsw.gov.au
/info/familyenergdyrebate

* eligibility criteria apply
School performance and your child's mental health

Forum delivered in Mandarin

Keynote speaker Dr. Xiaoping Zhu is a registered psychologist with 20 years experience, specialising in counselling for the Chinese community. Q&A session with experts will follow.

Thursday 6 November 2014
Dougherty Community Centre
7 Victor St, Chatswood
6 PM - 8:30 PM

Registration and light refreshments at 5:30 PM

Bookings essential at rita.leung@willoughby.nsw.gov.au
For enquiries only 9777 7992

Northern Sydney Parent Engagement Strategy CALD Community