Principal’s Message

Art and Music Evenings – a terrific success

Annually we display student art so that parents and guests can enjoy the range and depth of talent in this school. Last week over two evenings, art, including the major works of HSC students, was displayed to a very receptive audience. We saw on display still life, portraiture and ceramics from the junior students, and Year 11 students. There’s definitely talent here. The HSC major works were powerful in their statements and execution. The conceptual aspect of many works on display was thought provoking and stimulating. Pieces ranged from mixed media, photography, fine portraiture, graffiti art, painting, and sculpture, highlighting the range of creative experiences Year 12 students have at their disposal.

An example of Tianxiao (Jessie) Kan’s Artwork, a drawing titled “Slide to Unlock” Based on an Iphone
Our Visual Arts staff – Miss Alex Kenworthy, Mrs Maria Jones, Mrs Wendy Prince and Mrs Simone Read – work tirelessly to present student work in a professional, aesthetic way. Their display was outstanding. I’d like to publically thank them for their enormous efforts in showcasing student work so imaginatively.

The Music Evening followed the Art Show and, again, what a success it was. We had Music 1 and 2 students performing in front of family, friends and supporters in preparation for their HSC performance in the coming days. Claudia Chow opened with a delicate, complex flute solo; Shivani Shah wowed us with a sophisticated, clever composition for clarinets; Kieran Hutchinson gave a powerful drumming performance; Liam De Prete entertained us with a surging guitar solo; Aaron Venhuizen gave us a delicate guitar solo as well as a pre-recorded composition showing great skill; Sandra Liu sang two operatic pieces majestically and unforgettably; Liam Attard gave an emotive, intense performance with a jazz piano piece; Kira Leiva sang two musical theatre pieces with such precision and power and, finally, Alec Tonkin played a classic, swinging piano piece with great flourish.

It was a wonderful evening.

Again, students cannot do this without the constant support and encouragement of their teachers. Thank you to Ms Amy Danckert, Mr Nick Powning, Mr Nick Derricot, and Mr Joshua Mann, together with Ms Annie Babington, the Relieving Head Teacher of CAPA.
Visitors from Griffith
Also last week, we had the pleasure of entertaining education personnel from Griffith. Some principals and education officers visited a number of Northern Sydney schools, including Castle Hill High School to learn about other ideas current in a number of our schools.
Mr John Wright and Mr Peter Minne spoke about our new Maths and writing programs and the two Deputies spoke about our professional learning programs with teachers, using films of lessons and observations of one another to learn more about teaching techniques.

Spirit Week
Amongst all of the fun and celebration of Spirit Week, some serious fund-raising was undertaken. A generous $3000 was raised by students at this school for Bear Cottage, a community-funded charity which aims to provide palliative care for children. A more worthwhile charity we couldn’t find.

Year 11 Examinations
Year 11 Yearly Exams commenced on September 4 and will continue until the end of term. This will see the completion of Preliminary studies for Year 11 prior to students commencing HSC studies in Term 4. We wish them well.

Trivia Night
Now an annual fixture it seems, the Castle Hill High School Trivia Night, coordinated by the P and C (in particular, Mr Allan Schumacher and Mrs Anne Maree Kinley) was held on Saturday August 30 to a packed crowd in our auditorium. Hosted by Mr Peter Kerrigan, Mr Brad Tudman and Mr Reece Watson, the night was a great success, raising money for the school. It was good to see ex-students, ex-teachers, current teachers and many parents, ex-parents and their families have a terrific, fun evening. Thanks must also go the Daynes Family who generously supported the school with their time and expertise in Trivia Night technology and organisation.

Vicki Brewer

Activities of Spirit Week
Educators visit P&C meeting to present learning enrichment programs

Peter Minné, John Wright and Terry Gainey visited the P&C meeting on 27 August 2014 to present to parents the detail of two new learning enrichment programs being offered to students of Castle Hill High School.

There’s a RUMBLE being heard in the Maths Faculty

Peter Minné gave a very informative multi-media presentation on the targeted maths program RUMBLE. RUMBLE, as a program, is new to Castle Hill High School, although its basis is familiar in the highly successful format of Quick Smart. The Maths faculty have adapted the program for use with our local students, and are already seeing great results.

RUMBLE is providing much needed instruction in basic fundamentals for Junior High students who present with sub-Stage 4 academic development specifically in Maths. It is a high-intensity, high frequency program that supports students at the individual level, meeting the needs of those for whom traditional classroom methods have left challenged.

Students are invited to join the program based on their performance in a range of evaluative tools, and while some students begin the program with lower than ideal commitment and motivation, the preliminary results have proved increased levels of commitment and motivation by these students in all subjects, not just Maths.

RUMBLE, combined with the Maths Homework Club also offered by the Maths Faculty and available to all students, demonstrate the deep commitment our Maths faculty has to supporting all students in our school. The members of the P&C are grateful for the positive and encouraging programs this faculty are developing.

Members of the P&C with Mr Terry Gainey, Mr John Wright, Mr Peter Minne and Ms Vicki Brewer, Principal, at the P&C meeting on 27 August.
TRIVIA!

WHAT A NIGHT!

On Saturday 30th August, over 200 parents, teachers, students, ex students and friends came together in the school hall to play off in the 2014 Trivia Night. By all accounts it was a fun filled evening with laughs and some serious competition. Apart from all the fun, we managed to raise over $6,000 which the P&C will use wisely in continuing and much needed refurbishments to the school hall.

Thank you all the generous donations from parents and local businesses who provided goods and services.

And a very special THANK YOU must also go to the following people, who without their help, this night would not have been possible. Denise and Adryan Daynes of International Productions and the wonderful teachers Peter Kerrigan, Brad Tudman and Reece Watson. There were many other helpers on the night too including students, P&C committee members and friends. We thank you all.

A fun night was had by all (photo, right)

What’s Happening in the Canteen?

It may have taken a while but the wait was certainly worth it. The Castle Hill High School Canteen now has an EFTPOS machine!! Students and staff can use their cards to make purchases, pay for a lunch order or buy a healthy breakfast. (There is a $5 minimum on all card payments)

Over the next few weeks, we are trialling some suggested new menu items which will be available next term. (It’s not too late to phone in any ideas!)

Mini quiches, some yummy new types of salads and Asian inspired noodle dishes will be made for the students to try. Hopefully, our students will like them as much as we do. Successful items will appear on our new summer menu.

The garden behind the canteen is really enjoying all the rain we have endured over the last few weeks. The canteen no longer needs to purchase baby spinach or rocket or herbs because we grow our own – picked fresh daily!! With spring just around the corner, we hope to grow a lot more of the produce we need. If anyone is interested in helping, just give us a call.

We always need people who aren’t afraid of getting their hands dirty.

A working bee is being organized so stay tuned!!

For more information contact:
Joanna Sutherland, Canteen Coordinator on 9634 1188
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.

Don’t leave it until it is too late and your size is sold out!

ALSO, if you are finishing Year 12 and would like to donate your old uniform pieces that are clean and in good condition, the Uniform Shop will gladly accept any donations.

Senior Uniform Price List
Girls:
Check skirts in sizes 2-22 $65
Boys:
Blue shorts in sizes 76-107 $40
Blue long trousers
Available in sizes 76–97 $50

Larger sized uniforms for both girls and boys can be ordered from the uniform shop.

New stock available for all students:
Now Available
- Tights – Black 70 denier Sizes Mids and Talls $10.00
- Sleeveless Wool Blend Pullovers
  Sizes 16, 18 & 20 only $40.00
- Boys Long Sleeve Shirts
  Sizes 34 – 40 $45.00
- Girls Long Sleeve Shirts
  Sizes 6G, 8G, 12G $45.00

Second hand items:
The Uniform Shop is always happy to accept second hand items in good condition as donation. Please wash and iron any items before sending them in.

Please make sure any items submitted are not stained or ripped.

Updated Uniform Shop opening hours for School Holidays and Term 4
The Uniform Shop will be opening during the school holidays to assist Senior students in need of new uniforms. Also welcome are junior students who may have had that ‘Aha!’ moment when trying on their old summer uniforms: the realisation that they’ve outgrown uniforms that were purchased a few years ago.

A special opening on the last Friday of the School Holidays for two hours between 10:30am-12:30pm will give students plenty of time to come in and try on uniforms. A reminder that the first Monday after the holidays will be Labour Day, so the opening hours for Week 1 Term 4 will be on Tuesday 7 October 8:15am-11:30am instead.

UNIFORM SHOP TERM 3 OPENING HOURS:
8:15am—11:30am
Mondays and Fridays

Special Hours for Start of Term 4
Friday 3 October 10:30am-12:30pm
(Final Friday in School Holidays)
Tuesday 7 October 8:15am-11:30pm
(First day back at school after Holidays)

UNIFORM SHOP TERM 4 OPENING HOURS:
From Friday 10 October
8:15am—11:30am
Mondays and Fridays
Year 7 Achievements!

Every one of us remembers the excitement that filled us as we walked down to the hall on our first day of Year 7. As we sat down and Mrs Girginis introduced our year advisor, Miss Kenworthy, nobody knew how close we would all become and the number of things we would achieve together in such a short amount of time.

The first thing our grade did together was attend the camp. We all made so many memories at camp that we are most likely going to remember them for the rest of our lives! We spoke to some students and they told us that some of the things they remember from camp are mud world and getting all the slimy mud through their hair and in their eyes... GROSS! Or Jinung screaming really loudly and high pitched on the giant swing. Or making new friends and overcoming so many challenges and just giving everything a go!

Year 7 have also created a long list of sporting achievements, such as Sally Shokry doing really well in Shot-put and Discus at athletics; Haani Qureshi becoming under 13’s age champion for Squash; Eve Shvartsman and Kumiko Delaney making it to State in swimming; Georgia Garnett making it into the NSW Futsal team and Molly Donkin, Georgia Garnett, Tiarne Flavin, Hayley Thorndyke and Monica Lenaz finishing 8th in the state for the Open Girls Touch Football team. Well Done to all of our talented athletes!

As well as sporting achievements, Year 7 students of Castle Hill High have shown themselves to be very musical and academic! Mark Perl and Stephanie Anderson finished in the top 2% of Australia for the ICAS Computing Skills test. Many students received straight A’s as well as receiving Perfect Attendance. Many year 7 students participated in the annual school musical, this year being ‘Beauty and the Beast’ as well as the fabulous Showcase. Congratulations Year 7!

Year 7 students of Castle Hill High have achieved incredible results and reached standards of no other school around us. Every student looks forward to coming to school and cannot wait to experience the crazy roller coaster ride we have awaiting us throughout the next few years in this amazing place we call High School.

Congratulations for your amazing effort over the past two terms.
By Molly Donkin.
On Monday 21 July, our international students went on an excursion to Tobruk Sheep Station to experience a "real Aussie" farm. We were warmly welcomed by our guide Stockman Nick. Upon arrival, we were served billy tea and damper. The billy tea was like common red tea but boiled in a special way. We all watched Nick carefully as he poured the tea leaves into the can and lifted it up with tongs but he suddenly stopped. He told us he was going to swing the can three times to each side but added that the handle had broken off yesterday which made us all get very nervous. Slowly he turned to his right and swung it; then to our side and thankfully nothing happened.

Damper is traditional Australian bread made with flour, water and salt but baked in a can with hot coals both on top and underneath. Nick also used tongs to take the damper out and as it was covered with soot he then hit the bread with the tongs, which removed the soot and unused flour covering the surface. The damper turned out to be brown in colour, well-baked bread and it tasted pretty good with butter and maple syrup.

After our morning tea, Nick demonstrated his whip cracking skills. He chose one girl from each school group to add a little danger and make things interesting. He wanted them to each hold one side of a section of fabric so he could use his whip to divide it into half, but not being dangerous enough, he then asked the two girls to put their hands behind their backs and use their teeth to hold it. Then he prayed, counted and cracked his whip. To our surprise he didn't hit the fabric instead he made a crack with the whip and took the fabric away.

The working dog muster display was very exciting as we saw the kelpie dogs herd geese and sheep around the farm. These dogs are very well trained and love to run and work all day. We patted the sheep and felt their woolly fleece. For many of us it was the first time we had felt sheep's wool. Nick then chose three volunteers from each school and asked them to get three sheep into a smaller pen; all of them worked very hard but couldn't control the sheep and it was quite funny to watch.

We were learning that one dog could do the work of many humans, but much more efficiently. The sheep shearing was also fun; we also learned about the evolution of the tools and the sheep. The shearer dragged one sheep from the back and started to shear it, starting from the belly, he gradually cut the wool putting the sheep in all sorts of awkward positions. After he finished the sheep looked pretty slim and was pushed into a tunnel to go back.

Our lunch was bbq beef, potato and vegetable salads - all local produce from nearby farms. After lunch half of us went on a sightseeing tractor ride around the property and could see the beautiful Blue Mountains from the top of the hill. Finally we all had a go at boomerang throwing - some of us even managed to get it to come back to us. We all thanked Stockman Nick for a great Aussie farm experience before boarding the bus to head home.

Zhejun Xu Year 10
HSC Speaking Examinations
Our HSC French (and OHS German and Spanish) students completed their HSC Speaking examinations in August. These are held on a Saturday and students are expected to maintain a conversation about their personal world for ten minutes. Although this can be quite stressful for most candidates, we are confident that our students were well-prepared for the exam and many reported that the experience was ultimately quite enjoyable. Our Japanese students will have their speaking skills examinations in September.

Visit of Onojo City Schools
During August our school hosted a visit from fifteen students and two teachers from five schools from Onojo City in Japan. The students were billeted in the homes of their Castle Hill partners for six nights.
Upon arrival the Onojo students enjoyed a tour of the school, a delicious lunch and welcome party and then they entertained their partners with games and musical performances in English and Japanese.
During their stay, the Japanese students and their partners had the opportunity to participate in a variety of excursions and activities. They enjoyed a movie and pizza party at school on Friday evening. A wonderful visit to the Australian Reptile Park at Somersby provided our visitors with a chance to view and interact with Australian fauna at close range. As part of our Linkages program, Onojo students also visited Castle Hill Public School and taught the younger students origami and Japanese songs.
They also attended classes with their partners in order to experience at first hand an Australian high school. The farewell party, together with final speeches and exchange of gifts, provided a fitting conclusion to a highly successful visit.
I would particularly like to commend Mrs Kris Baker for accompanying the group on the primary school excursion and for her energy, patience and organizational skills, Ms Illone Windrim for accompanying the group on the Reptile Park excursion and Ms Caroline Quee for her support and participation, (not forgetting supportive spouses who helped with fetching, carrying and weekend barbecue duties.) Such visits enable students to appreciate and accept the differences and similarities shared by both cultures. They are the results of months of planning and preparation. All members of the Languages staff worked hard to make this visit a success and are to be congratulated for their efforts. We are also particularly grateful to the families of Rudi Ahi, Caillin Allison, Symantha Bloom, Lillian Burke, Andrew Campbell, Mattison Dawes, Jeremy Grierson, Joshua Henderson, Anna Laroumanie, Abigail Ozer, Alysha Ramsay, Garrett Swearingen, Hugh Thornton, Rebecca Waterfield and Emily Zhou who welcomed their Japanese guests into their homes. Without the ongoing support of the CHHS community, these visits would not be able to continue.

We look forward to reciprocal hospitality when our students take part in the Japan Study Tour with Ms Baker in September this year.

DONNA WOOD

STOP PRESS

Australian Mathematics Competition results will be published in the next issue of the Drawbridge.

Year 12 Girls Mentoring 2015

Beginning early in Term 4 this year, we will once again be running a mentoring group for Year 12 girls (Year 12 graduating class of 2015). Offers are now open for current Year 11 girls to apply to be a part of this group which will run for the duration of Year 12.

Ms Spinks and Ms Vitanza will run the group. We will meet each day in Pastoral Care, which will require you to move out of your existing PC. You will also be required to attend a personalised meeting once a fortnight. The time for this meeting will be negotiated but it will occur in either your free sessions, before school, or during recess or lunch. We will have a group of approximately twenty girls.

Ms Spinks & Ms Vitanza
When our P.C. was told that the fundraising for Week 6 was going towards Bear Cottage, the girls and I undertook some research. We wanted to know more about the children and families at Bear Cottage and learn more about their stories. Together, we decided that we wanted to contribute more than just money and considered ways we could make the lives of these children brighter in such difficult times.

We came up with the idea of a hamper, filled with toys, colouring books, textas and anything else we thought they could share and play with while at Bear Cottage. What started as one hamper quickly became two as the girls’ generosity meant they would come with a bag of goodies each instead of one object each!

Now laden with two oversized hampers, we were delighted to pass everything over to Mrs Boss who will be taking everything over to Bear Cottage next week. The girls took this project seriously and were creative in the items they brought in, discussing how lucky we were and how easy and fulfilling it is to give something back to the wider community. We are already brainstorming our next fundraising project!

Miss Griffiths
Junior Girls Mentor

CHHS Concert Band at Spirit Week and the Ryde Eisteddfod.

Spirit week is always a blast at Castle Hill High School. At recess on Thursday 21 August, the Concert Band had the privilege of performing in the quadrangle for the school. We put together a selection of our well rehearsed songs including an ABBA Medley, Puttin’ on the Ritz, Medley from Shrek and The Best of Queen. On behalf of the Concert Band, we hope you enjoyed our performance.

A few weeks ago, on 30 July, the Concert Band entered the Ryde Eisteddfod and competed against many other schools in the area. We performed our thrilling piece Fantasia and achieved a Highly Commended with a score of 92/100. We are proud of our achievement, especially because this is the first Eisteddfod we have competed in. It was such a great experience for us and we had worked incredibly hard to achieve such a great result.

Our thanks go to Mr Steven Lavis, our wonderful conductor for not only his remarkable conducting skills but his tireless words of encouragement. We really appreciate the hard work he puts in for us and we hope that we continue to make him proud.

The Concert Band is open to any CHHS students from Years 7 to 12 who play a musical instrument. We rehearse Wednesdays after school in the Drama Room from 3:30-5:00pm. It is great fun sharing our love for playing music and especially Mr Lavis’ jokes! We really hope to see some new faces in the weeks to come.

Junior Girls Mentoring

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ORANGE BLOSSOM FESTIVAL GALA CONCERT

Castle Hill High School Concert Band
to perform
at the Orange Blossom Festival Gala Concert

The Gala Concert is a premier event in the Orange Blossom Festival calendar, serving as a showcase for exceptional local musical talent. Bands perform in the concert by invitation, so we are delighted to announce that our own Concert Band will feature in the program. This will be a wonderful evening of music for the whole family and we encourage you to attend to support our performers.

Date       Sunday 14 September 2014
Time       Concert starts at 1.00 pm.
           Castle Hill HS Concert Band performs at 6.00 pm (approximately)
Place      William Clarke College ~ Performing Arts Hall
           Wrights Road (Gate 4), Kellyville
Parking    Some onsite with remainder street parking

Why you must not miss this concert
✦ This is the Gala Concert of the Orange Blossom Festival — one of Australia’s largest community-run festivals. There’s no better time or place to show your support for our band.
✦ Make the most of this rare opportunity to hear our band perform for longer than they are allowed to at most festivals. Let our students show you what they’ve got.
✦ It’s going to be an evening to remember, with great music performed by award-winning concert bands.
✦ This concert will open your eyes to the level of musical talent in our local area. Discover why the local band programs are the envy of other schools all over the state.
✦ Your child’s musical journey doesn’t have to end with school. This evening will inspire them to explore music further.
✦ Just wait until you hear our community bands – another great opportunity for music lovers to investigate.
✦ Music the whole family will love.

Only $5 entry! Tickets available at the door. Light refreshments on sale.

Featuring bands from: Muirfield, Castle Hill and Crestwood High Schools; Pacific Hills Christian School and William Clarke College; Normanhurst West, North Rocks, Castle Hill, Murray Farm, Crestwood, Kings Langley and Matthew Pearce Public Schools, PLUS the Hills Music Academy Concert Band.

For further information, please visit: www.hillsmusicacademy.com.au

Or email: mail@hillsmusicacademy.com.au
| Week 9 B       | Monday 8 September       | Year 11 Yearly Examinations                      |
|               |                           | Hills TAFE  IT Lunchtime Info Session           |
|               | Tuesday 9 September      | Year 11 Yearly Examinations                     |
|               |                           | Girls 15’s Knockout Netball 2pm                |
|               |                           | Quakers Hills HS                               |
|               | Wednesday 10 Sept.       | Year 11 Yearly Examinations                     |
|               |                           | Celebration Assembly Years 7 -10               |
|               | Thursday 11 September    | Year 11 Yearly Examinations                     |
|               | Friday 12 September      | Year 11 Yearly Examinations                     |

| Week 10 A     | Monday 15 September      | Year 11 Yearly Examinations                     |
|               | Tuesday 16 September     | Year 11 Yearly Examinations                     |
|               | Wednesday 17 September   | Year 12 Farewell Assembly 9.35am               |
|               |                           | P & C Meeting 7.30pm                            |
|               |                           | Common Room                                     |
|               | Thursday 18 September    | Year 12 Graduation                              |
|               |                           | Year 12 Formal                                  |
|               | Friday 19 September      | Last day Term 3                                 |

HSC Tutoring Week 2 of holidays

| Term 4 Week 1B | Monday 6 October         | Public Holiday                                 |
|               | Tuesday 7 October        | Staff and Students Resume                       |
|               |                           | Year 8 Music Listening Exams in Class          |
|               |                           | Year 10 PASS Surfing Excursion                  |
|               |                           | HSC Twilight Tutoring                           |
|               | Wednesday 8 October      | Year 8 Music Listening Exams in Class          |
|               |                           | Assembly Years 8-10 - Gym                       |
|               |                           | Year 7 Year Meeting – Library                  |
|               |                           | Combined Schools Band – Hall                   |
|               |                           | HSC Information Night for                      |
|               |                           | incoming Year 12                                |
|               | Thursday 9 October       | Mitchell Youth Camp                             |
|               |                           | Year 9 PASS – Self Defence – 11.05am           |
|               | Friday 10 October        | Mitchell Youth Camp                             |
|               |                           | Year 10 PASS Surfing Excursion                  |
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.

BRENNAN DRIVING SCHOOL
CLASS C LIC. 006937
0418 465 932

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

HILLS DISTRICT LITTLE ATHLETICS
welcomes children aged 5 (tiny tots) - 17 to join in family fun and fitness with Little Athletics

Register and pay online prior to collecting your pack at http://www.laansw.com.au from 1 August 2014

Pack Collection Day for 2014/15 season will be held on Sunday 31st August 10am – 2pm at A.H. Whaling Reserve Roxborough Park Road, Baulkham Hills

Please note that no actual registrations will be taken on these days

New athletes will be required to provide proof of age when collecting their packs. Please bring Birth Certificate, Blue Book or Passport

Season commences 8am Saturday 6th Sept 2014

For further enquiries see the FAQ section on our website www.hillsdistrict.org or contact Sophie 0422 319 131 or Jenny 0407 229 325

HILLS BARBARIANS CRICKET CLUB

Play cricket with

REGISTRATIONS ARE STILL OPEN FOR

IN2CRICKET 5-8 YRS

and

UNDER 10’s, 11’s, 12’s, 13’s, 15’s and Seniors

If you would like further information please call 0468 535 032 or visit our website www.hillsbarbarians.org.au

AFFORDABLE HAIR AND MAKEUP by professional beauty therapist and artist

Hi, I am Kaye, a professional beauty therapist, hair and makeup artist based in the Hills District. I use well known brands such as MAC and Inglot. I offer great packages for school formals, e.g. hairstyle+makeup including eyelashes for $80. I also offer facials, eyebrow threading, waxing etc. Simply call/text me on 0425 416 095.

ABN 166 527 834 01
JOIN IN THE FUN WITH NORTH STEYNE NIPPERS

North Steyne Nippers invites boys and girls aged from 5-14 years to join for the upcoming season. The emphasis is on FUN and education and includes activities such as beach sprints and flag races, wading, swimming, board paddling and other novelty events. Everyone is encouraged to join in and have a go. A Surf Education program is also included to raise surf awareness and help keep our children safe on the beach.

We also are very interested in hearing from runners or swimmers who would like to compete at carnivals this season and offer dedicated competition training for both beach and water competitors.

Join us at our two official registration days – September 14th and 21st between 9am to noon at North Steyne Surf Club (we are the middle surf club on the stretch of beach at Manly). If registering for the first time, please bring your child’s birth certificate/passport.

For more information please call Jodie Frazer on 0411 261 455

www.northsteyneslsc.com.au
Easing children’s anxiety

"Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety."

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time.

It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**Accept** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

**Encourage** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal**, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

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**www.parentingideas.com.au**

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PO Box 167 Balnarring VIC 3926  P. +61 3 5983 1796  F. 03 5983 1722  E. office@parentingideas.com.au

What to do when kids catastrophise!

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

If I don’t do well in this test my whole year will be messed up!

Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands.

Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome. The results won’t just be bad, they’ll be catastrophic!

They won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.

They won’t just fall over in a game. They’ll break a leg, and up in hospital and miss out on going to school camp, or so they say.

They won’t just get a dirty look from their teacher if they arrive late for school. They’ll be kept in at lunch time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

What to do with a catastrophiser?

Your approach will depend to some extent on your child's age.

Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise. Here are five ways you can use to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?”

Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yes, you could break your leg if you go skating. But the odds are that you won’t.”

2. “Does it really matter? You may be right, but is it the end of the world as we know it?”

One way of dealing with hard core catastrophisers is to admit that it’s right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it isn’t so bad.
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