Great success for Jasper Chick
We are absolutely thrilled to announce that Jasper Chick – you may recall him from “Beauty and the Beast” as Lumiere – achieved the top score in Year 10 for NSW and ACT in the International Competition and Assessments for Schools (ICAS) writing test. As a result, Jasper will receive a University of New South Wales medal, a prestigious award for an outstanding achievement. Congratulations Jasper – what a year he has had!

Farewell Year 12
The school said goodbye to Year 12 this week with a Farewell Assembly in front of all the school on Wednesday and a Graduation Ceremony at Castle Hill RSL in front of parents and guests on Thursday, followed by the formal at Homebush on Thursday night. As always, these occasions were filled with reminiscence, reflective speeches, tears of joy, lots of laughter and, on Thursday, a celebratory morning tea for parents and their sons and daughters.

I know the community wishes Year 12 all the best in their upcoming exams which start on Monday October 13. Extra tutoring will be available for Year 12 in the school holidays and on many nights prior to each HSC exam. Our generous P and C are continuing the tradition of supporting this tutoring program, offering Year 12 the opportunity to ask last minute questions, seek advice and review written material. The tutoring is personalised and can be for any amount of time. Again, this is an exceptional service, one that could not occur in its form without the dedication and determination of the P and C.
**2015 curriculum**
As the school grows, so does its curriculum. Most years may see only the number of classes expanding but still with the same suite of subject offerings. This year, not only will we see the number of classes increase but the addition of two new subjects – Society and Culture and Industrial Technology Graphics – selected by students going into Year 11. Teaching staff are very excited about the prospect these new subjects offer for students.

**Year 12 Graduation Assembly address**
As always, I have reproduced my graduation address for parents and students. Can I also give my congratulations to all families of Year 12 students and extend my best wishes to students in this critical life transition. I have very fond memories of this pleasant, interesting and informed group of young people who will make a significant contribution to our society in the coming years.

*Vicki Brewer*

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**Year 12 Graduation Speech 2014**

Can I welcome you all to our favourite time of the year. Year 12 Graduation always has, and always will be, very special. There is a tangible feel about this ceremony as witnessed today by people’s joy, relief, expectancy, excitement - all essential ingredients for life’s holy grail: happiness.

No wonder you’re all feeling good almost after “the year that was”, the HSC year.

It’s been such a test:
- A test of academic prowess
- A test of your endurance – it’s the marathon event, after all
- An assessment of your ability to organise yourself - on someone else’s terms!
- Your ability to work closely with a range of different people and personalities – now that’s a challenge!
- Your capacity to withstand scrutiny, competition and pressure
- Your capacity to balance new and emerging hormones
- A test of your ability to persist, and then persist again
- An ability to multi task
- A test of your willingness to rely on others, and yourself
- A capacity to deal with the frenzy of competing forces associated with your emotional, social, familial and academic life
- And a test of Mr Watson’s sanity, sobriety and sleep patterns

All this at the tender age of 17 or 18.

It’s probably the hardest year of your life, the ultimate test of resilience, a fashionable term some would say, but increasingly in the 21st century a necessary and critical component of mental wellness and happiness.

There’s no question that your resilience has been tested this year, Year 12. I do not doubt the pressure, the intensity or the fear associated with grappling with so many competing forces that don’t just test resilience, but sometimes, it would seem, act to undermine your capacity to bounce back.

It’s no secret that the centuries have passed with the following saying from Confucius firmly etched in Chinese culture. “Our greatest glory" says Confucius, "is not in never falling, but in rising every time we fall."

All of us have fallen, to a greater or lesser extent. Mistakes, or errors of judgment, or disappointments that seem to “do us in", or lack of focus and an inability to figure out how to focus more, or doubt (and the insidiousness of that) , or fear or momentary temptation and dealing with the consequences of that choice.

Don’t be deceived by those who seem to have been sailing along smoothly. They have not. The highs and lows of the HSC have hit everyone – teachers, parents, students alike – and we have all had our resilience tested.
From my point of view it has been so valuable to watch many of you who have bounced back when things have been particularly tough. You’ve done more than “pick yourselves up, dusted yourself off to get on with it”, as the saying goes. You’ve found other means to overcome adversity, to fight back, in your HSC year.

- Most have relied on good relationships, accepted help and support from those you care about and those who will listen to you. They now need your thanks.
- Some have avoided seeing crises as insurmountable. You didn’t change the fact that highly stressful events happen, but you changed the interpretation and response to those events. That’s clever reframing; such an essential life skill.
- Most have accepted that change in life is inevitable; many adults cannot do this so you are to be congratulated for coming to grips with life’s great inevitability: change.
- Many have been determined to develop goals, more importantly some have re-set goals and pursued them realistically so there is a sense of accomplishment. That’s a very disciplined and sophisticated approach. Congratulations. I admire this quality.
- Some have looked for opportunities for self-discovery. You learned something about yourself. I hope you continue on the path of self-reflection – it’s the only way to be a better person.
- Many have trusted your instincts and have placed a strong ethical framework over those instincts when reflecting on the consequences of your actions.
- More than anything, most have kept things in perspective. You resisted anger, hurt and abuse. That’s about self-control.
- You have fought for the positive, taking care of yourself, engaging in activities you enjoy, relaxed when appropriate and maybe done some exercise to align body and mind.
- You expected and some even anticipated the timing of road blocks.
- And after all this most learned to laugh, smile and forgive.

Most of us don’t do all or even the majority of these things. Most of us continue on the resilience life journey, hoping to find meaning, calm and purpose.

So… the year that was, one of the toughest years in life…….
What will you look back and say about it? I hope you will say:
- It was academically tough but really rewarding.
- It was emotionally frustrating but enlightening.
- It was hard grappling with so many relationships – family, teachers, friends – in and around the pressure of academic work, but it was worthwhile (if for no other reason than to get a taste of other challenges to face in life).

In the end, this year will form a significant experience in your life’s journey, no matter what. That will count in shaping you.

I must say you have been an engaging and largely resilient group, buoyant mostly, positive and filled with optimism. And that counts for so much. Confucius would approve.

Can I thank you for your contribution to the school and wish you well for your futures. We will not forget you.

Vicki Brewer
Year 12 2014 Last Days at School

Wednesday 17 September
Final Assembly
Graduation Day
Thursday 18 September
Formal
Parent to Parent

It can be tough trying to start a conversation with someone who is going through a hard time, but what if it is your own child? What if your child doesn’t want to talk to you?

Black Dog Institute, an Australian organization, states: An adolescent who is depressed may not show obvious signs of depression. Instead, he or she may start to behave uncharacteristically, by, for example:
- Becoming socially withdrawn
- Failing in their performance at school
- Engaging in risk-taking behaviour (e.g. reckless driving, inappropriate sexual involvements)
- Engaging in drug and alcohol abuse.

If you think someone you know may be struggling with depression there are many support systems for families and individuals; the key is knowing where to look and who to ask.

Beyond Blue provides a range of information and services on their website including a quick check quiz for depression, and a 24 hour hot line. 1300 22 4636 beyondblue.org.au

Black Dog Institute also has great resources on their website blackdoginstitute.org.au

RUOK is an organisation most students would be familiar with through their programs aimed at high schools. www.ruok.org.au

The Hills Shire Council publishes a Youth Directory with contact information for local services. thehills.nsw.gov.au

Canteen Garden Refurbishment
A bonus in many ways

Last year a brave group of parents tackled the overgrown shrubs and weeds to start the transformation of a previously overgrown space into a small garden to grow veggies and herbs for use in the Canteen cooking. By growing vegetables and herbs onsite we can not only provide beautiful, healthy produce for our students, but save money at the same time.

The transformation of the garden area has been nothing but phenomenal.

The area behind the Canteen in its overgrown state

Today we have a neat, productive area. Our canteen garden is absolutely loving the spring rains and the salad veggies are really thriving. We are already able to harvest herbs, baby spinach and rocket for use in sandwiches and sauces. (You can’t get much fresher than that!)

We have so many more ideas and would really love to expand the variety of food we are growing there. Just think of the possibilities!!

The Canteen Garden, including raised beds

Special thanks must go out to Ryan, the school’s gardener, whose help has been instrumental in this project.

The Canteen crew are a fun and enthusiastic bunch and are always looking for new faces. If anyone is interested in helping in the garden, or lending a hand in the Canteen, just give the canteen a call on 9634 1188.
The Uniform Shop will be opening during the school holidays to assist students in need of new uniforms.

Parents, have a look—how is your student’s summer uniform fitting? Have they grown over winter? It happens to everyone,
something to do with the age they tell us...

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.

**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

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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!

**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 sizes can be ordered from the uniform shop.
What’s Happening in the Canteen?

The end of term three is always sad for those of us who work and volunteer in the canteen.

Firstly, our wonderful Year Eleven Prefects who help us serve all the students and staff every recess and lunchtime, are moving on. Over the term break they magically become YearTwelves. Their enthusiastic, happy, co-operative faces will be missed. Thank you so much ladies and gentleman for your invaluable help and service to your school. You are a credit to yourselves and your families.

Our new prefect helpers have big shoes to fill!

The new summer menu will be out early next term. We are still looking for healthy, innovative suggestions. Some great salad ideas have been put forward and a variety of quiches will be available. Stay tuned! Full details of the tasty treats are coming soon.

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

The Class of 2014 is also graduating and, it goes without saying, they too will be missed. (Don’t forget, any Year Twelve can come into the canteen during opening hours if they need breakfast or a drink or just a chat. No need to wait until recess or lunchtime)
**Peter Jolly**

After 27 years at Castle Hill High School, Peter Jolly of the HSIE Faculty has decided to take extended leave. Whilst Peter has taught mainly HSIE subjects during his time here, he has also worked on many projects to benefit the school. He has been a key member of the school technology and IT team that has seen many changes during his teaching career.

Peter’s calm manner, his dedication to his students and his sense of humour have combined to ensure that he has had a positive impact on all those who have worked with him. He will be missed by staff and students alike.

We thank Peter for his long contribution to Castle Hill High School and wish him well for the future.

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**2014-2015 YEAR 12 MENTORING FOR BOYS**

This information is for all the parents/guardians of boys who will start Year 12 next term.

I am in the process of selecting a new Year 12 boys’ mentoring group. The boys will have the opportunity to apply for this new group, but with boys being boys, they may not seek out this information and/or pass it on to you, and hence this letter. I am looking at selecting any boys who would like to work towards maximising their HSC results. We endeavour to do much more than this by showing the boys just how good they can be and then using it as a springboard to take on further challenges. It will mean that the boys will have to change their Pastoral Care class and meet with myself each day. They will have to organise a fortnightly personalised interview time with me from their study periods or before or after school. I will be conducting a parent information evening for all successful applicants. We will start this group after the Year 11 reports have been distributed. The boys need to have a commitment to working hard and the desire to be the best student they can be. We will help them to work harder and smarter. You are welcome to contact me on the email address or telephone number below if you have any questions.

Mr Peter Kerrigan
9634 4199
peter.kerrigan@det.nsw.edu.au
2014 ICAS English Competitions

Year 10 student Jasper Chick wins the University of New South Wales Medal for the best ICAS Writing result in NSW.

Every year the 7-10 Gifted and Talented classes participate in the International Competitions and Assessments for Schools (ICAS) Writing and English competitions. The ICAS examinations are conducted annually in Australia and over 20 countries globally to give students the opportunity to compare their abilities to similar students worldwide and hone their skills in the discipline of English. They are quite challenging tests and this year our school has a great deal of pride in the students' outstanding achievements.

A huge congratulations is due to Jasper Chick who achieved a truly exceptional score, receiving the highest mark in the NSW for the Year 10 Writing Competition. He will be recognised by Educational Assessment Australia with the University of New South Wales Medal for his outstanding achievement. A formal ceremony will be held at the University later this year to present Jasper with his medal and recognise his hard work.

Special commendation and appreciation ought to be extended to teachers and parents for their continued support and advice because in the recent Writing Test our students performed exceptionally well. An even larger acclamation, though, should go to all the students who participated in a difficult test positively and with the intention to give their very best.

The 2014 Writing Competition, undertaken by 230 students at Castle Hill High Students, involved the composition of a creative writing piece based on a popular saying. Students needed to construct an original piece of writing with only five minutes to plan and 30 minutes to write – not an easy task, while the English Competition involved reading five challenging extracts and answering a number of multiple choice questions. The exams test writing, reading, vocabulary and syntax, and are returned with thorough feedback on how each student has performed in each area.

Some of our other truly exceptional results this year across the two competitions included several Distinctions – achieving in the top 10% of the state – with seven in Year 7, eight in Year 8, fourteen in Year 9 and eight in Year 10.

Students who were awarded High Distinctions for achieving in the top 1% of the state were Stephanie Anderson Year 7; Garret Swearing Year 8; Meg Attard, Lachlan Anderson and Tessa Blunden Year 9; and Jasper Chick Year 10.

Well done to all our students for a tremendous effort and achievement.

Mr Benton
English Faculty
AUSTRALIAN MATHS COMPETITION.

We have had brilliant results once again. From 238 entries this year, we achieved 1 Prize, 3 High Distinctions, 25 Distinctions and 98 Credit awards. Our Highest achievers were Maria Echevaria of Year 8 (100th percentile), and Mitchell Perl of Year 10 (100th percentile).

Congratulations to all those who took part in the largest Mathematics Competition in the world. There were over half a million students from four thousand schools entered this year. Certificates will be presented when they arrive next term.

PRIZE
Marie Echevarria (Year 8)

HIGH DISTINCTION
Mitchell Perl (Year 10)
Allen Qi (Year 11)
Guansen Wang (Year 11)

DISTINCTION
YEAR 7
Xinyi Ding
Adam Obeidi
Mark Perl
Haani Qureshi
Amish Reddy
Alana Reynolds
Reem Vahora

YEAR 8
Angus Crow-Groth
Kaitlyn Eagleton
Mario-Pax Echevarria
Sarah Ho
Yohan Lee
Thiolin Naiker

YEAR 9
Danit Chong
Mitchell Longton
Hillman Mai
Fernan Medina
Ryan Nicol
Michael Symons
Aidan Tobin

YEAR 10
Scott Davis
Raymond Fang
Nicole Leung
Ellen Shai-Hee
Lachlan Smith

YEAR 11
Cuan McLeman
Support of a Year 8 Classmate

In support of a Year 8 classmate, Andrew Campbell, David Kim, Nathan Matur, Ben McDonald, Sho Sasaki, Nathan Shin and Keenan Suhermann had their heads shaved in front of assembly last week. They raised $770 which has been donated to the Oncology Department at Westmead Hospital. On behalf of the boys, can I thank everyone who has donated - your response has been absolutely amazing!

In addition, can I thank Lauren and Rhiannon from Hair Beauty and Soul at Rouse Hill for donating their time and expertise on the day !!!!

Mrs Sharon Shaw
Year 8 Advisor Castle Hill High School
Student Leadership Report
Spirit Week 18 – 22 August

A huge congratulations and thank you to the entire school community for getting involved in Spirit Week 2014. We enjoyed watermelon eating competitions, ice bucket challenges, sporting competitions and ate lots of pizzas. The weather was not kind to us but that did not spoil the fun.

A special thank you for your generous support of our Super Hero Mufti-day. A lot of fun was had by all. By Friday we finally achieved our goal of $3000 for Bear Cottage at Manly. Well done to the entire school community – especially the Year 11 Prefects who put in so much effort in organising the events. THANK YOU ALL – YOU ARE AMAZING.

Ms D Boss
Head Teacher Welfare
Castle Hill High School Uniform Shop
Price List 2014 – 2015
Effective From 07.10.2014
All Prices include GST

<table>
<thead>
<tr>
<th>Size Range</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexi Fit Caps</td>
<td>$ 10.00</td>
</tr>
<tr>
<td>Bucket Hats</td>
<td>$ 10.00</td>
</tr>
</tbody>
</table>

**Girls Uniform**
- Summer Dress (Junior) with logo: 2 – 22, $ 65.00
- Pleated Royal Blue Skirt: 1 – 22, $ 65.00
- Pleated Senior Checked Skirt: 2 – 22, $ 65.00
- Princess Line Blouse: 6 – 24, $ 40.00
- Long Sleeve Blouse: 6G – 10G, $ 45.00
- Tie: $ 5.00
- Black 70 denier Stockings/Tights: M & L, $ 10.00

**Boys Uniform**
- Grey Shorts (Elastic Waist): 12 – XXL, $ 30.00
- Grey Trousers (Elastic Waist): 12 – XXL, $ 35.00
- Blue Shorts (Senior): 76 – 107, $ 40.00
- Blue Trousers (Senior): 76 – 107, $ 50.00
- Boys Short Sleeve White Shirt: 30 – 46, $ 40.00
- Boys Long Sleeve White Shirt: 34 – 40, $ 45.00
- Tie: $ 25.00
- Anniversary Tie: $ 20.00

**Common Items**
- P E Shirts: 10 – 2XL, $ 40.00
- P E Shorts: 10 – 2XL, $ 25.00
- White Socks: 2 – 8 and 6 – 11, 3 for $ 15.00
- Wool/Blend Pullover: 10 – 16, $ 70.00
- 18 – 26, $ 75.00
- Cotton/Blend Pullover: 10 – 22, $ 70.00
- Boys Blazer: 16 – 24, $160.00
- Girls Blazer: 6 – 22, $130.00
- Spray/Rain Jacket: S.M.L, $ 25.00
- Food Technology Aprons: one size, $ 10.00
- Metal School Badges: $ 5.00
- Back Pack designed and endorsed: M, $ 70.00
- By Chiropractors’ Association of Australia: L, $ 70.00

Please note: Larger sizes are available for most items on special order.

Various Second Hand Items Also Available.

**HOURS:** Monday and Friday ONLY 8:15am to 11:30am Including Recess

Please support the Uniform Shop which is run by the P & C Association.
All profits are used to fund P & C projects to benefit yours child’s education
# Calendar

**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-outgoing Year 12
- **Thursday 9 October**: Year 8 Music Listening Exams in Class
  - Mitchell Youth Camp
  - Year 9 PASS – Self Defence – 11.05am
  - Primary School Concert Band Workshop
- **Friday 10 October**: Year 8 Music Listening Exams in Class
  - Mitchell Youth Camp
  - Year 10 PASS Surfing Excursion

### Week 2A

- **Monday 13 October**: Year 7 Music Listening Exams in class
  - Year 8 Yearly Exams
  - HSC Exams Commence
- **Tuesday 14 October**: Year 7 Music Listening Exams in class
  - Year 8 Yearly Exams
  - Twilight HSC Tutoring
  - Student Leader Interview
- **Wednesday 15 October**: Year 7 Music Listening Exams in class
  - Year 8 Yearly Exams
  - Assembly Years 7-11
- **Thursday 16 October**: Year 7 Music Listening Exams in class
  - Year 8 Yearly Exams
- **Friday 17 October**: Year 7 Music Listening Exams in class
  - Year 8 Yearly Exams
  - Prefect Induction Ceremony 9.40am

### Week 3B

- **Monday 20 October**: Year 7 Yearly Exams
- **Tuesday 21 October**: Year 7 Yearly Exams
  - Twilight HSC Tutoring
  - Year 10 PASS Surfing Excursion
- **Wednesday 22 October**: Year 7 Yearly Exams
  - Year 8 Year Meeting in Library
  - Years 7, 9 & 10 Assembly
- **Thursday 23 October**: Year 7 Yearly Exams
  - Year 11 Study Skills
  - Year 9 PASS Self Defence
- **Friday 24 October**: Year 7 Yearly Exams
  - Year 11 Study Skills
  - Year 10 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.

YOU ARE INVITED TO
THE CASTLE HILL HIGH SCHOOL CLASS OF 1984
30 YEAR REUNION

DATE: SATURDAY 4th OCTOBER, 2014
LOCATION: LUXE ROOM, CASTLE HILL RSL CLUB
            CASTLE ST, CASTLE HILL
TIME: 7:00PM
COST: $55
(INCLUDES ENTERTAINMENT, BAND, FINGER FOOD & BEER
    WINE SOFTDRINK UNTIL 8PM THEN CASH BAR).
RSVP BY 4 SEPTEMBER WITH BOOKING
VIA URL HTTP://WWW.TRYBOOKING.COM/75933

17 Mulheron Ave
Baulkham Hills 2153
For *discount prices see*

www.brennandrivingschool.net.au

GIRLS AND WOMEN INVITED
CASTLE HILL RSL ROCKETS Soccer Club

8 week SPRING soccer program for girls

Girls!
Come and try soccer
A new program lead by qualified women coaches who have been trained particularly to coach girls.
This is a new program which will teach all the skills and techniques you need to play soccer.

When: Monday’s from 13th October
Time: 6:30-7:30pm
Where: Eric Mobbs Reserve no. 1, Castle Hill
Cost: $20 (includes training shirt)

Enquiries and registration form - www.rockets.net.au

Jean Anthony : 0410465344  Michelle Tam: 0410 593 833
Do you have a teenager?

If you have a teenager it’s no secret you have one of the hardest jobs in the world so don’t miss this fantastic opportunity!

Parents are invited to attend this life changing workshop aimed at equipping you with positive and powerful skills to raise resilient and successful teenagers.

The session is uplifting and motivational and will provide skills for each member of the family to contribute, support and encourage each other.

Achieve great things in your life

Find your place in the world

Make positive life choices

Build long lasting relationships

6:45pm Wednesday 29th October 2014
William Clarke College, 1 Morris Grove, Kellyville
RSVP to natalie.pauli@2realise.org.au or 02 9639 0253

Special thanks to The Hills Shire Council and William Clarke College
This initiative has been brought to you by 2realise, Wesley Family Centre The Hills, MTC Australia and Castle Hill Police.

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