**Principal’s Message**

**School Leaders 2016**
At an induction ceremony today, in front of parents, students and teachers, the 2016 school leaders were inducted and the executive leadership team announced.

A wonderfully keen and dedicated group, these young people are passionate ambassadors for the school, very keen to give back, mentor and lead the dynamic spirit that the school enjoys.

Can I again congratulate these fine young people on their achievements.

The School Captains for 2016 are: Ethan Gardiner and Hannah Spinks

The Vice Captains are: Angela Tandon, Kate Paterson, Joshua Cramer and Sohaib Mohammed

The SRC Leaders are: Henrietta Amevor, Georgia Fugar and Lachlan Smith

The Sports Captains are: Allison Dallaway and James Salvador

Back Row: Lachlan Smith, Joshua Cramer, Henriette Amevor, Kate Paterson, Angela Tandon, Sohaib Mohammed

Front Row: Hannah Spinks, Ms Vicki Brewer, Ethan Gardiner, Georgia Fugar
Problem Based Learning – it’s not a problem

Last Thursday evening, in front of parents, teachers and student peers, a selection of students in Year 10 presented their final projects on a problem based learning (PBL) task they had been assigned in term 3. The task centred on this assertion: “That modern Australia is the product of the Vietnam era.” Students worked on this for all their time in English and History for ten weeks.

This was a challenge that invited students to step outside of their comfort zones: to work in an assigned team, not of their choosing; to solve a problem with little scaffolding; to aim for quality knowing that there were no marks awarded for the final product; to collaborate, make decisions, take risks and work with their “coach” (as opposed to their “teacher”); to research, critically analyse and creatively explore a whole range of interconnecting issues to find an argument, for or against, that was sustainable; to journal their issues and communicate with their team and teacher in less conventional ways. Their work had to be deep, fully developed and negotiated.

The final products were not only engaging and stimulating, but students were extremely positive about the different approach – they liked the freedom to work at their own pace on a set topic; they saw the advantages of working collaboratively; they retained more knowledge because, they said, they were doing the teaching; they saw connections they might not otherwise have made had they been listening in class or working alone on a project.

Ms Monique Frangi has led this project, working with a committed team of teachers who energetically mentored students through this new process so that they were challenged and engaged. She did a wonderful job, so much so that we will continue next year after a full evaluation of the entire experience.
Terrific Dance results

Callback is a selection of outstanding performances and projects from Higher School Certificate Dance students. For the first time, all students in Castle Hill High School’s Dance course have been nominated for this prestigious chance of performing at the Seymour Centre. Further, many of the students have been nominated for more than one of their areas. This is such a wonderful achievement.

Ms Kate Riley, rightly, is over the moon.

The students nominated are:

Georgia Kalebic for Core Composition and Major Study Composition
Bridie Kay for Major study Dance and Technology – Film and Video
Demi McFarlane for Core Composition, Core Performance and Major Study Composition
Emma Peake for Core Composition and Core Performance

Higher School Certificate examinations
About 70,000 students across the state in Year 12 commenced their HSC exams this week and are now well and truly down the track. Our students, while filled with the usual nervous anticipation, have adjusted well and have been diligent with their application and focus. These exams will continue for the next month.

HSC markers – we have nearly thirty from our school – will spend time after school and on Saturdays on the arduous process of HSC marking. Results for students will be emailed and conveyed through SMS message on Wednesday December 16.

NAPLAN 2017
In 2017 NAPLAN tests across the state will be on line. We look forward to determining how this will proceed and will keep you up to date as time progresses.

School App 2016
As of next year, the school will use an app as another means of communication between the school and its community. This will give us an opportunity to flag changes of routine or alert you to coming events, and so forth. A presentation of this app will take place at the P and C Meeting on Wednesday October 21.

Study Skills for senior students
After evaluations from students, the school has determined that its study skills program for Year 11 students is optional. Students can now choose one or two workshops within a range of times run over 2 successive weeks. The workshops will be for about an hour on Essay Writing Skills (Ms Lindy Jones and Ms Linda Vitanza) and Exam Techniques – how to study for exams, note taking and summarising (Mr Brad Tudman and Mr Peter Kerrigan). Workshops will commence in Week 4.

Vicki Brewer
Follow your P&C on Facebook

https://www.facebook.com/CHHSPC

“Like” us now and stay up-to-date with all things CHHS P&C including:
- Fundraising events
- Canteen
- Uniform Shop
- Local community issues
EMR Committee Update
by Elizabeth Madders

Castle Hill High School P&C have an Electromagnetic Radiation Committee (EMR) Committee. This committee was first formed when the Mobile Phone Mast was proposed on the roof of the RSL opposite the school. Radiofrequency Microwave Radiation has been classified as a 2B Possible Carcinogen by the World Health Organisation. Some recent International developments appear below. Please take the time to read.

Message To Public Schools About Wireless Devices
By Ronald M. Powell, Ph.D - USA

Extract
Wireless devices transmit information using radiofrequency/microwave radiation. Examples of wireless devices that are of concern include include Wi-Fi, mobile phones and cell towers, cordless phones, wireless computers, wireless baby monitors, wireless smart electricity meters, emerging wireless smart appliances and microwave ovens (which leak radiation).

The vast majority of the thousands of peer-reviewed research publications when funded independent of the wireless industries, are finding biological/non-thermal effects of concern. Further, these biological/non-thermal effects occur at levels of radiation far lower than earlier understood. Simply stated, a worldwide health crisis is emerging and is becoming a hallmark of the 21st century.

The international biomedical research community is trying to warn us, but, as a society, we are not yet listening.

First US Public School District Limits Wi-Fi Radiation Exposure to Students and Staff

Press Release Extract
Ashland, Massachusetts Public Schools have implemented Wi-Fi Device "Best Practices" which include turning the Wi-Fi off when not in use and keeping devices on a table.

Since wireless devices are constantly emitting radiation even when the user is not using the Internet, the instruction to "turn it off when not in use" stops the Wi-Fi antennas from continuously emitting radiation and is one simple way to reduce the radiation dose and exposure time for children and staff.

Instructions for "Best Practices" are posted in every classroom and include:
- Turn off the device when not in use
- Turn Wi-Fi on only when needed
- Always place the mobile device on a solid surface
- Viewing distance should be a minimum of 12 inches from the screen
- Specific product information guides are available through the IT department
- We ask that staff members regularly remind and instruct students in using best practices in regards to mobile devices

Ashland's Best Practice of "keeping the device on a table" and no closer than a 12 inch viewing distance is critically important. Laptops and tablets have fine print warnings buried in their manuals specifically stating that the laptop should be at least 8 inches away from the user so that the user is not exposed to radiation levels that exceed as-tested FCC levels. If a device is used on a lap, as is common practice, the student could receive radiation levels far exceeding FCC limits.
FCC limits are set to prevent the radiation from heating the brain and body but are not set to avoid chronic impacts on the developing nervous system or reproductive organs.

Many are unaware of FCC fine print advisories in the manuals of every wireless device confirming as-tested distances set to avoid heating. Cell phones, laptops and even baby monitors have these specific instructions in their product information guides. By referring to the product information guides, Ashland Public Schools are informing people about the need to keep a distance between the device and our bodies. As a public service, Environmental Health Trust (EHT) has compiled these fine Print warnings on their website: Showthefineprint.org.

It is important to note that even if users comply with these FCC recommended distances as stated in the device manual, accumulating research shows that biological damage can occur from wireless radiation levels far lower than these FCC levels. FCC limits are only set to protect people from heating harm and do not address non-thermal effects.

This ground breaking policy action by the Massachusetts school district is indicative of the wave of parents raising concerns about Wi-Fi across the country. Some governments have already implemented even more stringent measures to reduce wireless exposure to children. For example, Israel and France have banned Wi-Fi in kindergarten. The European Union recommends wired Internet rather than wireless in schools.

The Environmental Health Trust maintains a regularly updated database of these worldwide precautionary policies on wireless related to children and schools.

Please visit http://www.EHtrust.org and n Facebook

Year 10 students may now purchase and wear senior uniform.

GIRLS need a check skirt, $65.00. All other uniform is the same as for the junior years.

BOYS Navy shorts $40 and/or Navy trousers $50. Other uniform the same as for junior years.

Junior boys summer uniform, Grey shorts—$30
Junior girls Summer Dress—70.00

Volunteers needed
Whenever you are available for an hour or two, please do come and help out at the Uniform shop.
It is pleasant and easy work and a chance to get to know the students and the school a little better.
Please email: chhspc@gmail.com if you are interested or pop into the Uniform shop and speak to Margaret.

Second Hand Uniforms - Do you have uniforms your child has grown out of? Uniforms in good condition are always welcomed as donations to the Uniform Shop. They can be left at the School Reception if the shop is closed.

Regular Opening Hours in the Uniform Shop
Term 4 2015 Weeks 2-10:
Monday and Friday 8.15 -11.30am
The Uniform Shop will be open during Year 7 Orientation days

New Uniform Shop price list and order form appear later in this publication

Please note that due to rising supplier costs, the Uniform Shop will be required to raise prices on select items from the beginning of Term 4, 2015
From term 4 all Junior Girls dresses will be $70.00.

Senior Uniform

Price List

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<td>Blouses</td>
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<td>Tab tie</td>
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| **Boys**  |       |
| Blue shorts | $40   |
| Blue long trousers | $50 |
| Shirts    | $40   |
What’s Happening in the Canteen?

CANTEEN UPDATE
The Castle Hill High School Canteen is a P&C operated canteen that prides itself in providing healthy, delicious and affordable food for all students and staff.

The start of term four has been a tough one for the canteen (The expression ‘everything that can go wrong does go wrong’ comes to mind). Thankfully, our wonderful volunteers came in to help under the most trying of circumstances – it gets mighty hot in a canteen filled with ovens without a working air conditioner!

A huge thank you must go out to Narelle Wood, Michelle Ward, Kerry Stokes and Kylie Hungerford. These ladies went beyond the call of duty to keep the canteen running during the first three difficult days.

Good news! Everything is now in perfect working order and your next rostered day will be a lot cooler (Promise!)

The new summer 2015 – 2016 menu follows this canteen update. Please check through it carefully as there have been many changes, especially to the daily specials. Any questions please don’t hesitate to call the canteen on 96341188.

Joanna Sutherland
Canteen Manager
Photograph of the month for September

The September Photograph of the month is awarde to Cameron Hucker for his interpretation of the theme "Glass". This is a striking image in its simplicity and dramatic use of light and shadow creating a slightly abstract representation of the theme. In addition the rough gravel background contrasts beautifully with the sun soaked sun glasses. Well done Cameron.

Cameron Hucker
Sun and Shadow Still life
Parenting Ideas: Insights

Building parent-school partnerships

WORDS Michael Grose

Developing your child’s social media scripts

It’s important to start conversations with children about using social media at a young age to prepare them to be savvy users when we’re not around.

“If a job’s worth doing, it’s worth doing well.”

This mantra always pops into mind whenever I am about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I often prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for instilling this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach children important lessons about safety and manners rather than assume they’d be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their everyday lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we’re not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There’s no guarantee they’ll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we’re not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we’re not around. Here are some ideas to get you started:

1. “Is this worth posting?”

   The relatively impersonal nature of social media means that we can post information and pictures with relative impunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. ‘Is this accurate?’ and ‘Is this worth posting?’ are two valid questions children can ask when they read posts placed by others.

2. “Have you taken a big breath?”

   A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. ‘Think before you speak’ is the type of message that every child should have in mind.

more on page 2

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au

© 2013 Michael Grose
... Developing your child’s social media scripts ...

The same applies to social media. Just because they think something doesn’t mean they post it. ‘Take a big breath’ may just about be the most important message to give your kids about social media.

**“Do you want the principal to see this?”**
An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

**“How does this post make you feel?”**
We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they’ve calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people’s minds when they haphazardly post a message.

**“How will you fix this?”**
Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it’s fair that they fix their mistakes, and apologise. It’s reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with Galit Breen author of *Kindness Wins* who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

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Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
# CALENDAR

## Term 4 Week 3

**Monday 19 October**
- Year 7 Year Exams
- Year 10 Textiles & Design Assessment Task Due
- Year 10 Food Technology Assessment Task Due
- State Drama Festival Dress Rehearsal

**Tuesday 20 October**
- Year 7 Year Exams
- HSC Twilight Tutoring

**Wednesday 21 October**
- Year 7 Year Exams
- Assembly Years 7–11
- P & C Meeting 7.30pm Common Room

**Thursday 22 October**
- Year 7 Year Exams
- Year 11 Study Skills
- State Drama Festival pm Year 11 Performance

**Friday 23 October**
- Year 7 Year Exams
- Year 10 Design & Technology Assessment Task Due
- State Drama Festival 8.30am – 11.00pm

## Term 4 Week 4

**Monday 26 October**
- Year 9 Exams **all week 26–30 October**
- Year 7 2016 Orientation Interviews **all week 26–30 October**
- Year 12 2016 Hospitality Work Placement **all week 26–30 October**

**Tuesday 27 October**
- HSC Twilight Tutoring
- Year 10 Graphic Technology Assessment Task Due
- Year 12 2016 Extension 2 English Excursion

**Wednesday 28 October**
- Year 10 Metal/Wood Technology Assessment Task Due
- Business Breakfast 7.15am
- Year 12 2015 Clearance Day 9.00am – 11.00am
- Assembly Years 7–10

**Thursday 29 October**

**Friday 30 October**

## Term 4 Week 5

**Monday 2 November**
- Year 10 Exams
- Year 7 2016 Orientation Interviews

**Tuesday 3 November**
- Year 10 Exams
- Year 7 2016 Orientation Interviews
- Melbourne Cup Day

**Wednesday 4 November**
- Year 10 Exams
- Year 7 2016 Orientation Interviews
- Assembly Years 7–11

**Thursday 5 November**
- Year 10 Exams
- Year 7 2016 Orientation Interviews

**Friday 6 November**
- Year 10 Exams
- Year 7 2016 Orientation Interviews
- HSC Concludes
- Year 12 2015 Clearance Day 9.00am – 11.00am
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.

17 Mulheron Ave Baulkham Hills 2153
For Discount Prices see:
www.brennandrivingschool.net.au

INTERESTED IN LEARNING TO PLAY NETBALL???

BAULKHAM HILLS SPORTS CLUB
NETBALL DIVISION

Is holding a registration day for Winter Season 2016 for Juniors through to Seniors on Saturday 24th October 2015.
At Baulkham Hills Sports Club 11 Renown Road Baulkham Hills in Events Centre (dwarisata) from 10.00am to 2.00pm.

Registration is open for girls turning 5yrs & over in 2016.

New to Netball?? Any questions you may have can be answered on the day.

All those who register on 24th October will be placed in a team, after this date new registrations will be accepted if a vacancy exists in your age group.

Training is held on Ted Horwood Reserve (opposite Baulkham Hills Sports Club), games are held on a Saturday (7yrs in 2016 through to Seniors) at Baulkham Hills Shire Netball Association complex Kellyville.

Girls turning 5yrs & 6yrs Skills Programme is held at Ted Horwood Reserve.

Enquiries: Tom Keft
NSW Rugby Union
Development Officer-Sydney West
0404 326 452
Supported Decision Making
WISDOM, LIFE EXPERIENCE AND COMMON SENSE NEEDED
Wednesday 21 October Wollongong Sage Hotel
Monday 26 October Parramatta RSL
Wednesday 28 October South Newcastle Rugby Leagues Club
9:30 AM—2:30 PM

It is challenging for anyone to make decisions about life and even harder for people who require support from others to assist with decision making. This workshop will cover many of the important considerations that others need to be aware of if they are to be the best possible support for vulnerable people to make decisions for their lives.

Cost per person:
Families $30
Professionals $100
We have places reserved for families who may have difficulty making payment. Please contact us.

Register online
Or call 1800 774 764

www.resourcingfamilies.org.au

Practical guidelines on how to advise people with disabilities on wise decision making

Topics to be covered include:

- What is informed decision making and why is it so important?
- How does decision making happen in life in general?
- What are the different levels of decisions?
- What are the different forms of supported decision making?
- What are some roles others (e.g. family members, human service staff, advocates) may assume in supporting people to make informed decisions?
- What are some of the considerations and competencies needed by those who are in the role of supporting people to understand and make wise decisions?
- Potential dilemmas that can arise when someone is being supported by others to make decisions about one’s life and guidelines for dealing with those dilemmas (including risk taking, safeguarding, etc.).

About our presenter—Darcy Elks

Darcy is an educator, consultant, human service evaluator, and advocate on behalf of people who are socially devalued. Darcy is also a parent of 3 children one of whom has an intellectual disability. Darcy has travelled internationally for 15 years and has worked with many different groups of people, including persons who have themselves been marginalised by society, family members, professionals from different disciplines such as teachers, psychologists, social workers, members of faith communities, and human service providers from a number of fields (intellectual disability, mental health, and aging).

Resourcing Families is a statewide initiative that works with families that include a family member with developmental disability. We provide information, ideas and resources about developing a positive vision for the future, building informal supports, establishing networks, creating community connections and having more choice and control within people’s lives.
Sydney Newcomers is the friendliest of clubs!
If you’re new to the area, bursting to try new things or just want a group of regular friends to get together with, then we might be exactly what you’re looking for!

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

Please have a look at our website on [www.sydneynewcomers.com.au](http://www.sydneynewcomers.com.au) or...

Get in touch with us: [sydneynewcomers@gmail.com](mailto:sydneynewcomers@gmail.com) or via [Facebook](https://www.facebook.com)
# CHHS Uniform Order

Prices effective 1st October 2015 & inclusive of GST. Prices are subject to change without notice.

Student’s Name & Year: ____________________________ Date: __/__/____

Parent/Carer’s Name: ____________________________ Ph No or Email: ____________________________

For further assistance please email chhspc.uniform@gmail.com

Shop Opening hours: Monday and Friday mornings 8:15-11:30am

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## Dress & Skirts

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## Slim Fit Blouse

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## Girls Blazer

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## Girls Accessories

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## Boys

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## Boys Accessories

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<tr>
<td>PE/Sport Polo Shirt</td>
<td>$40.00</td>
<td></td>
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</tr>
<tr>
<td>PE/Sport Shorts</td>
<td>$25.00</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

## Jumper

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wool Blend Jumper</td>
<td>$75.00</td>
</tr>
<tr>
<td>Cotton Blend Jumper</td>
<td>$75.00</td>
</tr>
</tbody>
</table>

## Slim Fit Jacket

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>2</th>
<th>4</th>
<th>6</th>
<th>8</th>
<th>10</th>
<th>12</th>
<th>14</th>
<th>16</th>
<th>18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slim Fit Fleece Lined Jacket</td>
<td>$75.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

## Regular Fit Jacket

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>3XS</th>
<th>2XS</th>
<th>XS</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
<th>2XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Fit Fleece Lined Jacket</td>
<td>$75.00</td>
<td></td>
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</tr>
</tbody>
</table>

## Accessories

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Cap</td>
<td>$10.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bucket Hat</td>
<td>$10.00</td>
<td></td>
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<tr>
<td>Socks - White Crew</td>
<td>$5.00</td>
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<tr>
<td>Anniversary Scarf</td>
<td>$10.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Backpack</td>
<td>$70.00</td>
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</tbody>
</table>

## Secondhand Items

(Available in store only)

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Total

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Cardholder’s Name: ____________________________

Ph No: ____________________________

Card No: __ __ __ / __ __ __ / __ __ __ / __ __ __ Expiry Date: __ / __ CCV: __ __

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Uniform Shop Use Only

Paid by: ____________________________

Date processed: ____________________________

Collected by: ____________________________
CASTLE HILL HIGH SCHOOL CANTEEN – SUMMER MENU 2015/16

ROLLS & WRAPS
- ¼ wrap - Ham Cheese & Salad $2.50
- ¼ wrap - Chicken Avocado & Rocket $2.50
- ¼ wrap - Salad $2.50
- ¼ wrap - Falafel, houmous, tabouli, lettuce, tomato $2.50
- Chicken & Salad Roll $3.50
- Chicken, Lettuce & Mayo Roll $3.50
- Salad Roll $3.50
- Buttered Roll $3.00
- Unbuttered Roll $3.00

SANDWICHES (White/Wholemeal/Multigrain)
- Chicken Lettuce & Mayo $3.00
- Egg & Ham $3.50
- Egg & Cheese $2.00
- Cheese $1.50
- Ham & Cheese $2.00
- Buttered Bread $0.50
- Unbuttered Bread $0.50

RICE PAPER ROLLS
- Chicken / Beef / Vegetarian / Salmon / Tuna $3.00

BREAKFAST – from 8.15am
- Toasted Ham & Cheese Sandwich $2.00
- Toasted Cheese Sandwich $1.50
- Toasted banana bread $2.50
- Raisin Toast – per slice $0.70
- Toast & Vegemite – per slice $0.50
- Smoothies (Banana or Berry) $2.00

SALADS / FRUIT
- Salads (order only). Various ingredients listed at canteen. Prices vary according to selection. eg Caesar salad $4.00
- Chicken Caesar salad $4.50
- Green mixed salad $4.00
- Seasonal fresh fruit $1.00
- Watermelon Tub $2.00

MILK
- Ice Break Coffee 500ml $3.50
- 800ml Large Chocolate / Strawberry $3.50
- 300ml Oak (Chocolate / Strawberry / Coffee/Vanilla) $2.00
- 250ml Up & Go (Choc / Strawberry / Vanilla) $2.00
- Plain Milk 800ml $1.00
- Plain Milk 300ml $1.00

ICE CREAMS
- Paddlepop Shaky Shake $2.00
- Mini Calippo Tube $1.00
- Frozen Yoghurt $1.00
- Paddlepop (Chocolate / Rainbow) $1.50
- Vanilla Ice Cream Cups $1.50
- Paddlepop Ice Twist (Lemonade) $1.00
- Quench fruit juice stick $0.50
- Frozen Juice cup $1.00

HOT FOOD
- Flame Grilled Chicken Burger $4.50
- Classic Chicken Burger $4.50
- Chicken nuggets (includes sauce) $3.00
- Four-N-Twenty Travel Pie (beef or beef bacon cheese) $3.00
- Spinach & Ricotta Roll $2.50
- Hot Cheese Roll $2.00
- Pizza Rounuda $2.50
- Garlic Bread (small) $1.50
- Garlic Bread (large) $2.50
- Cheese Toastie (half toastie 30c) $1.50
- Ham & Cheese Toastie (half toastie $1.00) $2.00
- Sauce sachet (Tomato or BBQ) 20
- Vegetable Platter $3.00

DRINKS
- Pump Water 750ml (Plain) $2.50
- Flavoured Pump Water 750ml $3.00
- Apple juice/cider $2.00
- LOL Fruit Juice Cans $2.00
- Nudei fruit juice (100% juice) $2.00
- Water 500ml $2.00
- Iced Tea (Peach / Blueberry / Green) $3.00
- Lightly Sparkling Water $2.00

EXTRAS
- Chips (Honey Soy Chicken, BBQ, Sea Salt, Salt and Vinegar) $1.20
- Plain Popcorn 20g $1.00
- Mamas Rice Sticks (Cheese) $1.00
- Mamas Noodle Snacks (Chicken) $1.00
- Piranah Vega Crackers (BBQ or Honey Soy) $1.50
- Deliites (Salt and Vinegar, Sour Cream and Chives) $1.00
- Eucalyptus Drops 25g $0.60
- Life Savers Peppermint $1.20
- Finger Buns $2.00
- Homemade Choc-Chip Cookie $1.00
- Mousse Cup $1.00

Daily Specials
Mon: Sausage in a roll $2.00
Tue: Vegetable/Ham & Cheese Slice (Frittata) $3.00
Mini Quiche $2.00
Wed: Ham and Cheese Scrolls or Chilli & Cheese Scrolls $3.00
Thu: Beef Sliders (mini Burger) $3.00
Fri: Sweet Chilli Chicken Wrap $4.00

EXTENSIVE GLUTEN FREE MENU AVAILABLE AT CANTEEN
ORDER ONLY