Principal’s Message

We’re up and away! Resilience at last!

With a suitable amount of fanfare on Thursday morning, Castle Hill High School’s new resilience program was launched with a celebratory breakfast for teachers following an introduction to parents the night before at Wednesday night’s P and C meeting. Students will have their launch very soon with some special and fun activities to profile this initiative.Aligned to our strategic thinking to “Build Character and Challenge Minds”, this program is about emotional wellness in a 21st century context. Using positive psychology principles, we want students to learn sophisticated (and, for that matter, unsophisticated!) strategies to care for themselves and care for others over their six years of high school. While mental health issues for the young and for society generally, are an increasing problem, the school’s resilience program will not be focusing on this, instead taking a proactive, positive approach to emotional intelligence.

We will establish a program to teach about the strengths of positive emotions – even when under duress or trauma -, mindfulness, meaning through goals and purpose and giving to others. In many ways, we want teachers of the program to be seen as life coaches, guiding students to find purpose, satisfaction, meaning, motivation. Martin Seligman’s work on positive psychology through books like “Flourish” and “Learned Optimism” will guide us.

Ms Helen Preketes will lead this program. She is very excited about its possibilities – and so are we. Helen will be updating you regularly on aspects of the program in this newsletter, so look out for our new logo embracing the mantra “Care of Self, Care of Others” which will flag her articles.

Helen’s introductory power point has been uploaded to our website for those wanting further details.
Sarah O’Dowd steals the show
International Women’s Day breakfasts on March 8 were worldwide events celebrating the achievement of women, providing opportunities for networks to reflect on issues common to girls and women across the globe. Together with a number of our female student leaders, Ms Alex Kenworthy went to Parramatta with some local dignitaries to listen to notable speakers. 2015 Vice Captain, Sarah O’Dowd was one of the invited keynote speakers. Sarah spoke about her work for the United Nations as a youth ambassador when visiting the Middle East in January. Her wisdom, capacity to problem-solve and deep understanding of complex issues resonated very well with the audience on March 8. Feedback on Sarah’s contribution to the event was outstanding. Congratulations Sarah.

Castle Hill Show – photography success
Annually we submit works of art, including a large portfolio of photographs, to the Castle Hill Show. This year we scooped the pool taking out a significant number of prizes. Pleasingly, photography has had a recent resurgence in popularity with our students of late. I thank Mrs Maria Jones for her enthusiasm. She took a great deal of time to submit works of art having nurtured students through a lengthy creative process. Congratulations to all.

Well being and food – they go together
To be emotionally well, we need to eat good food. That is why our canteen provides healthy, delicious, chemical-free and mostly homemade food. In addition to that, the vegetable and herb garden, established through donations and hard work, generates enough fresh produce (lettuce, cucumbers, rocket, pumpkins, etc) to enable a semi self-sustaining canteen. How good is that?

Canteen staff, led by the effervescent (and irrepressible!) Jo Sutherland leads a passionate group of volunteers and paid staff, who have made such a difference with the food that is provided to students and teachers. The new online purchasing opportunity only adds to the quality of food and service. They are to be congratulated, too.

In light of this topic, a parent recently alerted me to a youtube video entitled “The Sugar Film”. For parents of teenagers and for adults too, this film is a must-see. It could change your habits.

World's Greatest Shave
It’s that time of year again. So many students have volunteered for this activity to raise awareness and raise money for charity. In particular, can I pay tribute to Lara Wilkinson who had her head shaved at a recent assembly in front of family and the school. Go Lara!
Resilience at last!
Presentation to Staff
Regional P & C Meeting held  
26 February at Castle Hill High School

On 26 February 2015 Castle Hill High School P & C hosted the quarterly meeting of the Regional P & C Association. Over 20 schools attended the meeting, including Presidents and other Executive members from P&Cs at High Schools and Primary Schools.

In attendance on the night was Mr Tim Spencer, NSW P&C Federation Board Member for North West Sydney and the three delegates from the region.

Also in attendance were the DEC Directors for Dural, The Hills and Hornsby Principals’ Networks, Mr Tim McCallum (Dural), Mr Jeff Bruce (The Hills) and Ms Janet Wasson (Hornsby).

Subjects discussed included recent developments regarding the NSW P & C Federation by Tim Spencer, and discussion of possible DEC responses to potential overcrowding in schools located near the Northwest Rail Link train line.

During 2014 the NSW P&C Federation was dissolved by the NSW Education Minister, Adrian Piccoli, and has since been re-formed with new guidelines. Tim apprised the meeting attendees as to current business of the P&C Fed and how the revamp has, and will, affect members.

One of the mandates set for the P & C Federation is to run eight information or training seminar/workshop days for the local area P&C committees over the course of the year. Funding has been established by the State Government to support this initiative, and the focus of these days will range from basic P&C operational information (such as training for Treasurers), through to key issues and notable speakers.

Following Tim’s discussion was a Q&A session with the three DEC Directors regarding a range of subjects.

Of relevant interest to the schools located along the Northwest Rail Link train line were possible DEC responses to the current student numbers in schools such as Castle Hill High School and Castle Hill Public School. Under discussion is how these schools might be adapted so as to more efficiently use the current land allocations to accommodate student increases expected with multi-storey apartment block development in Castle Hill, Cherrybrook and Kellyville.

While this is a subject still under discussion at the State level, Castle Hill High School P&C will be forming a sub-committee for discussion of options and to assist with formulating appropriate responses to ensure the community feel of our school is maintained.

Any parents interested in participating in the discussion about future developments to the Castle Hill High School property to accommodate increases to student numbers are encouraged to attend the next P&C meeting on 20 May 2015.

Parent to Parent

Did you know?

Flexischools orders are a quick and convenient way to order your child’s lunch from the canteen. What’s more, you can give your student ordering access to the account so they can place their own order from their phone, iPad, or laptop.

All orders must be finalised before 9:30AM on the day of the order. After 9:30 the online ordering is shut, and your child will need to purchase an item from the canteen using cash or EFTPOS ($5 minimum on EFTPOS transactions).

Dates to Remember

| Next P & C Meeting 2015 | 20 May 2015 7:30pm |

P & C Meetings are held in the Common Room, upstairs in Block A
Second Hand Uniforms - Do you have uniforms your child has grown out of? We would love you pre-loved uniforms as we are running very low, (jumpers in particular). Please send in parcel to our uniform shop or leave at School reception.

JUMPERS

Jumpers are only days away from once again being in stock.
Available in Wool or Cotton blend, sizes 10 to 16 are $70.00 and sizes 18 - 24 are $75.00.

All Weather Jackets

The new jacket can be worn by all students from Year 7 through Year 12.
The jackets have a zip closure and zip pockets, are fleece lined and showerproof.
Designed to be easily worn, even over a jumper, on any cool or rainy day, throughout the year.

Extra Opening Hours in the Uniform Shop
As we anticipate the Uniform Shop will be very busy as Winter uniforms are purchased, during Week 10 of Term 1 and Week 1 of Term 2 the Uniform Shop will be open extra days.
For special opening hours please see over the page.

Winter Uniform Price List

<table>
<thead>
<tr>
<th>Junior Girls:</th>
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<tbody>
<tr>
<td>Short Sleeved Blouse:</td>
<td>$40.00</td>
</tr>
<tr>
<td>Long Sleeved Blouse:</td>
<td>$45.00</td>
</tr>
<tr>
<td>Tab Tie</td>
<td>$ 5.00</td>
</tr>
<tr>
<td>Royal Skirt Year 7 - 10:</td>
<td>$65.00</td>
</tr>
<tr>
<td>Black Tights</td>
<td>$ 10.00</td>
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<tr>
<th>Senior Girls</th>
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<tbody>
<tr>
<td>Navy Blazer</td>
<td>$130.00</td>
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<table>
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<tr>
<th>Junior Boys:</th>
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<tbody>
<tr>
<td>Short Sleeved Shirt:</td>
<td>$40.00</td>
</tr>
<tr>
<td>Long Sleeved Shirt:</td>
<td>$45.00</td>
</tr>
<tr>
<td>Grey Trousers</td>
<td>$ 35.00</td>
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<table>
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<tr>
<th>Senior Boys</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Navy Trousers</td>
<td>$ 50.00</td>
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</tbody>
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Common items:
- Jumpers are available in either Wool or Cotton blend
  - Jumper size 10 - 16: $70.00
  - size 18 - 24: $75.00
- Fleece Scarves: $10.00
- Fleece Lined Jackets $75.00

NEW
- Fleece Lined Jackets $75.00
What’s Happening in the Canteen?

CANTEEN UPDATE
The Castle Hill High School Canteen prides itself in providing healthy, delicious and affordable food for all students and staff. While the menu suits the majority of people, some have specific dietary needs and we acknowledge this and try to meet all requirements.

The best way to ensure your child gets the lunch they want (and the way they want it!) is to order through the online Flexischools website: www.flexischools.com.au
Variations are available with just a click of a button.
There is also an ALLERGY ALERT section that gives those in the canteen the information they need to ensure safe food preparation. Why not click on the website and take a look?
The canteen has an extensive GLUTEN FREE menu (see below). Some of the foods are also soy, dairy and egg free (the gluten free sausage rolls fall in this category).
People with a vegetarian preference are also well catered for. Salads, sushi, vege burgers, spinach and ricotta rolls, vegetable quiches…we have it all!

GLUTEN FREE SNACKS
Delites $1
Vege Crackers $1
Mamee Rice Sticks $1
GF Banana Bread $2.50

GLUTEN FREE LUNCHES
GF Garlic Bread $2.50
GF Pizza Slice $3.50
GF Beef Pie $6.00
GF Thai Curry Pie $6
GF Sausage Roll $4
GF Chicken Nuggets $3

TOASTED SANDWICHES
Cheese $2.50
Ham and Cheese $3.50
Chicken and Cheese $3.50
Chicken Cheese and Avocado $4
Ham Cheese and Tomato $3.80

If anyone has any suggestions or questions about our specialty foods, or our menu in general, please give us a call in the canteen
9634 1188

Joanna Sutherland, Canteen Manager
On Monday March 2, Year 7 was treated to a drumming incursion. Each student participated in one of the four workshop sessions held over the day. Each session went for an hour. An African drummer showed us a variety of beats and rhythms which we got to play on African drums called Djembes. We learnt three different beats which we then put together into a song. At the end of each workshop, the African drummer performed a 2 minute solo, demonstrating more elements of African drumming. During the workshops we learnt many new skills and beats and we all had lots of fun. Even the supervising teachers enjoyed themselves!

Stephanie Bebonis & Alannah Hungerford 7T.

Later this month, members of the Castle Hill HS Concert Band will have the opportunity to join with other school and community ensembles around the world to participate in the Earth Hour Concert For The Planet. This is a Global Orchestra initiative in partnership with the Sydney Symphony Orchestra.

CHHS students will be joined by students from Muirfield and Crestwood High Schools on Saturday March 28 for an afternoon workshop followed by a performance of Gustav Holst’s epic orchestral suite, The Planets. This performance will be accompanied by a live audiovisual feed of the Sydney Symphony Orchestra’s Chief Conductor, David Robinson and students will have the experience of playing along with the SSO in real time.

The workshop will commence at 4pm and conclude with the performance of The Planets in its entirely from 8:30pm-9:30pm in the CHHS drama room. Parents, family and friends are welcome to attend. For more information on how you can become part of this amazing initiative please contact Ms Danckert or Ms Babington in CAPA staffroom.
The CAPA department is proud to introduce “Photograph of the Month” to exhibit the artistic and photographic talents of all our students. Photography is an inspiring and immediate medium that is easily accessible by most students using a range of technology such as, mobile phones, I pads as well as cameras. Photograph of the month will be chosen from a selection of creative photographs taken by students doing the current photography courses. However, a competition for the best photograph taken on a previously nominated theme will be offered once a term to any budding photographer in the school. The competition will be judged on the creative interpretation of the theme and technical accomplishment. Students will be asked to submit a minimum sized A4 printed image of their competition entry to Mrs M. Jones by Week Nine of each term. Check the Daily notices for the competition details which will start in Term 2.

The first “Photograph of the month” for the month of February was won by Jessica Georges, Year 11 for her stunning close-up view of nature hanging in Castle Hill High School’s Art Gallery. Other photographic news includes a magnificent number of photography entries in the Castle Hill Show for 2015, 73 to be exact, an all-time record. This is an enormous response for Years 9 and 10 Photography students as well as 9 entries from 3 Year 10 Photography students from last year.
On Monday 9 March we travelled up to Glenbrook to play in the Open Girls Water Polo Gala Day.

We had a super keen group of girls for this competition. This year the team size has been reduced to five players plus goalkeeper in the water at any time. This meant that every player had a greater amount of work to do.

We played four games in the preliminary rounds:
1. Defeated Winmalee 4 - 1
2. Defeated Kingswood 8 - 1
3. Defeated Greystanes 10 – 1
4. Defeated Northmead on forfeit

Each and every player put in a big effort, and worked well as a cohesive team. We got stronger with every game we played.

This performance put us into the regional final against our old nemesis, Blaxland High School.

We started the game strongly, and had a 3 – 2 lead at half time. Blaxland got a bit rough in the second half, and fought back to 4 – 4 at full time. Both teams failed to score in extra time and golden goal time. This put us into a penalty shoot-out, where Blaxland edged us out 3 - 2. Blaxland now progress to the state carnival.

We said farewell to Samantha Carey, our amazing goalkeeper, who has played almost every comp since Year Seven. Thank you for your great sporting commitment.

Final standings:
1. Blaxland 12
2. Castle Hill 12
3. Winmalee 10
4. Greystanes 8
5. Nepean 8
6. Hills Sports 8
7. Muirfield 8
8. Kingswood 6
9. Penrith 4
10. Northmead 0

Our goal scorers were:
- Rebecca 8
- Zoe 5
- Paris 5
- Taylor J 4
- Breanna 3
- Maiya 2
- Emily 1

Team List:
Maiya, Arthur, Breanna Brock, Samantha Carey (goals), Emily Clark, Jayme Cline, Kumiko Delaney, Taylor Jones, Paris Lawrence, Taylor Pedler, Rebekah Sefton, Zoue Sefton & Shannon Williams.

T. Gainey – coach
What is your name?

Hailee Jarrett

What is the sport you play/participate in?

-Olympic Weightlifting

Do you have regular tournaments that you compete in or is it more so just for enjoyment?

- It started off as enjoyment but now that I am representing Australia, my programming and training sessions are structured to coincide with regular competitions that take place on the national and international stage throughout the year.

Where do you play/participate? (One set location, various different locations?)

- Triumph Weightlifting Club in Mona vale

What level have you performed at for this sport? (If unusual, what does that mean e.g. equivalent to state, including your achievements)

- Since starting Olympic weightlifting in November 2014 I have broken 15 national Weightlifting records. I have now been chosen to represent Australia in my first international competition at the Youth World Championships that will take place in Peru in April 2015. I was also chosen to compete in Melbourne at the 2015 Arnold Classic and have qualified for competitions such as the Junior World Championships that will be held in Poland, 2015.

Do you have other interests/hobbies?

- Outside of Weightlifting I have interest in NRL. I am a massive Wests Tigers fan so I also spend a lot of time at the footy on the weekends.

Do you train for your sport, if so what type of training is involved?

- I am currently doing Olympic Weightlifting specific training that I am programmed for twice a day, 6 days a week. Because some of my daily training session’s volume and intensity is so high, my recovery after these sessions is of the utmost importance, so a lot of recovery sessions are also involved.
## CALENDAR

### Term 1

#### Week 9A

- **Monday 23 March**: Year 12 Half Yearly Examinations  
  School Cross Country Week  
  Year 11 Hospitality Work Placement Week
- **Tuesday 24 March**: Year 12 Half Yearly Examinations  
  School Cross Country Week  
  Year 11 Hospitality Work Placement Week
- **Wednesday 25 March**: Year 12 Half Yearly Examinations  
  School Cross Country Week  
  Year 11 Hospitality Work Placement Week  
  Celebration Assembly Years 7-10
- **Thursday 26 March**: Year 12 Half Yearly Examinations  
  School Cross Country Week  
  Year 11 Hospitality Work Placement Week  
  Combined High School Swimming Carnival  
  Year 10 Scripture Seminar
- **Friday 27 March**: Year 12 Half Yearly Examinations  
  School Cross Country Week  
  Year 11 Hospitality Work Placement Week  
  Combined High School Swimming Carnival  
  Year 11 Biology Excursion

#### Week 10B

- **Monday 30 March**: Year 9 PASS Bronze Medallion Testing  
  Year 11 Visual Arts Excursion – Art Gallery NSW  
  Concert Band Primary School Tour
- **Tuesday 31 March**: Year 9 PASS Bronze Medallion Testing  
  Careers Industry Visit to Castle Hill Police Station 9.30am-12.30pm
- **Wednesday 1 April**: Year 11 Geography Fieldwork – Botany Bay  
  Year 11 ESL & Year 10 English Excursion – Sydney Jewish Museum  
  Years 7-10 Celebration Assembly  
  Peer Support Session – Session 4  
  Year 9 PASS Bronze Medallion Testing – Make up
- **Thursday 2 April**: Last Day of Term 1

### Term 2

#### Week 1A

- **Monday 20 April**: Staff Development Day
- **Tuesday 21 April**: All Students resume
- **Wednesday 22 April**: Assembly Years 7-12
- **Thursday 23 April**:  
- **Friday 24 April**: Anzac Day Ceremony
CASTLE HILL COMMUNITY NEWS
AND ADVERTISING

Disclaimer: Advertisements placed in the school’s Fortnightly Newsletter do not reflect an endorsement or otherwise by Castle Hill High School of that product or service.

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www.tkdworld.com.au
5 Gladstone Rd, Castle Hill 8850 7771

BELL’S HAIR & SKIN THERAPY

Student haircuts:
• 0-5 years - ONLY $7
• 5-10 years - ONLY $10
• 10-15 years - ONLY $15

Bring in this voucher to receive 20% off any hair or beauty treatment. This offer does not include with student haircuts.

Offer ends March 2015
BOOK NOW! Call us on 02 8850 7060

102/10 Century Circuit Norwest Business Park Baulkham Hills 2153

Play Rugby League in The Hills for The Winston Hills Tigers

The Winston Hills Tigers
Registrations are now being finalised for the 2015 Season

We require the following age groups and numbers:
- Under 8’s - 5 more players
- Under 9’s - 5 more players
- Under 10’s - 6 more players
- Under 11’s - 6 more players
- Under 12’s - 8 more players
- Under 13’s - 12 more players
- Under 15’s - 8 more players.

U8’s = turning 8 this year and so on.

Torry Burn Reserve, Gleeson Ave.
Baulkham Hills
Mon – Fri, 5:30 – 7:00 pm.

For More Information
Email: winstonhillstigers@gmail.com
Web: www.winstonstigers.org
Phone: 96662442 or Vas 0407482495

U6’s to U12’s $130
U13’s to U16’s $150

Registration covers:
- Registration, Insurance, Jersey, Shorts & Socks.

Discounts apply for more than 1 child
GIRLS!
Play soccer this year with Baulkham Hills Football Club. Looking for girls for under 10’s, Under 12’s & under 16’s. All games on Sunday – doesn’t clash with Netball!

Home games at Ted Horwood Reserve.
Contact Jake 0429 429 266
www.bhfc.org.au
THE BEST HOLIDAYS HAPPEN AT CAMP

- Relaxing
- Fun
- Great value
- Safe

Entertain the kids these school holidays with a Sport and Recreation camp. Our popular Kids and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, swimming, abseiling, crafts, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids’ day camps start from $42 per day. Family Camp weekends start from $45 per day for kids and $96 per day for adults (kids under 6 attend free; cost includes accommodation, meals and activities).

dsr.nsw.gov.au/kidscamps
dsr.nsw.gov.au/familycamps
facebook.com/NSWSportandrecreation

ARE YOU A SINGLE PARENT?

Each week Single with Children provides fun and exciting social activities for single parents and their children. (Many activities are subsidised or free)

It’s a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar

Call 1300 300 496

or check out our web site:

www.singlewithchildren.com.au

ROSY RUBY is your new online fashion store.
Offering a vast selection of styles that we LOVE.

Our aim is to offer beautiful, stylish and affordable clothing that truly complement the modern women of today. We all lead busy, hectic lives and want to look great. You can be certain to find that one piece your wardrobe is missing. Browse our collection today!!!

www.rosyruby.com
Dural Musical Society
Amateur Theatre Group in the Hills District

We’re currently in rehearsals for the May production of West Side Story. We have an open casting call for males between the ages of 16 and 30, urgently required for auditions. We have several fun roles open, details available on request.

Details for the show are as follows:
- Rehearsals Monday & Wednesday night (whole cast not required every night).
- Show dates: May 15, 16, 17, 22, 23, 24, 29, 30 (Friday and Saturday nights, Sunday matinees)
- For auditions & role details, please contact Eddie Bruce (director) on 0412 865 203

Bedford College

Play Session

Come Join Us!
FRIDAYS 9.30 – 11.30
Simply telephone the college and register

Bedford College has provided Play Sessions to the community for 7 years at the Glebe Campus, and we are now bringing the fun along to the Hills!

Play Session is a great opportunity for parents and carers to bring along young children (6-5 years) to have a fun morning in a safe learning environment.

Play Session will commence 1 May 2015 (not open during school holidays).

The cost is $5 for one child and $10 for families of 2 children or more (this includes a healthy morning tea for children and light refreshments for the carers).

The Hills Shire Council in partnership with 2realise, Sydney Hills Youth Ambassadors and the Hills Youth Army have organised a number of events to be held during Youth Week. Youth Week 2015 in The Hills - come along to the Youth Employment Seminar (Y.E.S.) on Friday, 10 April and learn about developing your personal brand, resume writing, selling yourself and personal presentation. Also listen to Sacha Krjatian share his personal experience navigating through the employment web.

Register now at programs@2realise.org.au. On Sunday, 12 April come along to Balcombe Heights Estate for a mini skate comp and demos run by Totem Skate School. It’s on from 9am to 1pm. Don’t forget to nominate yourself or someone you know who excels in arts and culture, environment, science and innovation, education and training, volunteering and apprenticeship and traineeship.

https://www.youtube.com/watch?v=fMDxXm1JLa&feature=youtu.be

Please feel free to call me if you have any queries.

Raquel Ricafort-Bleza | Community Development Coordinator
- Community Services
THE HILLS SHIRE COUNCIL
Administration Centre, 3 Columbia Court BAULKHAM HILLS NSW 2153
PO Box 7064 BAULKHAM HILLS BC NSW 2153 | DX 9966 Norwest NSW
Tel: 61298430237 | Fax: 61298430409 | Mobile: 61422007395
www.thehills.nsw.gov.au | Follow us on Social Media
Hills Active Local Directory – for busy parents of the Hills District
Hills Active is a new community website and local business directory servicing the Greater Hills area.
Hills Active lets you Live, Learn and Trade locally.
Find everything you need, all in one place and it’s free to use.
Search for School Holiday Activities, Dance Schools, Sports Clubs, After Hour’s Medical even a great local plumber. We list thousands of Trades and Services, Activities, Schools, Events and much more. You can browse or search by category, suburb or review rating, you can find exactly what you need in just a few seconds.
We want everyone in the Hills to be able to Live, Learn and Trade locally and we do our best to make that as simple as possible. When you find what you need come back and leave a review, share your experience and help others find what they need based on your feedback.
We list all the great events happening around you so you can always find things to do to fill in a weekend, you can even use our mobile apps when you are out and about.
We list Events, Charities and Schools for free in an effort to engage with the community. We give all businesses a free basic listing and even a detailed listing is less than two dollars per week.
Hills Active helps you get the most out of living in the Hills.
Getting involved with Hills Active is simple - Use the Site, Submit Reviews, List Events, Submit Articles, List your Business.