Drawbridge

Principal’s Message

Special points of interest:
- Relay for Life
- Year 12 Boys Mentoring
- Congratulations
- 2015 Max Potential Program
- Musical

Relay for Life
Castle Hill High School is an enormous supporter of the Hills Relay for Life. 2015 is the 14th Hills Relay For Life event to be held at the venue of Centenary of ANZAC Reserve, Kellyville (Formerly Wrights Road Reserve).

This is an event where students, parents and teachers unite to raise money for cancer research. This year the school, with the hard work of Tracey Garnett (P&C Relay for life coordinator), is aiming to increase the numbers registered in the Castle Hill High School Team.

If you can spare one hour this weekend (16 and 17 May), come done and say hi. Remember to jump on the website and register.

Facts about Cancer in NSW
One in every two men and one in every three women will be diagnosed with cancer in their lifetimes. Eighty-nine people are diagnosed with cancer every day; 32,000 a year.

Where does the money go?
Funds raised by the Hills Shire community for The Cancer Council New South Wales are used for local programs to help defeat cancer.

In the Hills District, funds from past Relays have gone to:
- Cancer research and one-to-one support programs in the Hills.
- Local cancer patients and providing extra beds for palliative care patients to stay at home.
- Providing emergency funding for cancer patients and art therapy/pilates classes to Hills residents undergoing cancer treatment.
Hairspray
Rehearsals for this year’s musical “Hairspray” are in full flight for opening night on the 27 May with continuing performances on Friday 29 May and Saturday 30 May. Our musical is not only an event for our school community but an event for our local community. Every year we invite to our matinee performances residents of Mowll Village and our partner primary schools. Tickets are now on sale and are available in Room 1 or you can phone the school on 9634-4199.

Naplan
Year 7 and 9 completed their NAPLAN tests on May 12, 13 and 14. These are diagnostic tests. The purpose is not to test content. Instead, they test skills in literacy and numeracy that are developed over time through the school curriculum. They aim to identify whether all students have the literacy and numeracy skills that provide the critical foundation for their learning, and for their productive and rewarding participation in the community. They are only one measure of a student’s performance and should be considered in the context of other areas of assessment.

Athletics Carnival
Last Friday, we held our Athletics carnival at Blacktown Sports Park. A fantastic day was had by both staff and students. These events occur because of the hard work and good will of a number of teachers. I want to take this opportunity to thank Mr Terry Conistis, Mr Brad Tudman and all the PDHPE staff for the outstanding job they did to organise the Athletics Carnival. Terry’s attention to detail and organisation of the roster and events schedule definitely contributed to making this carnival a success.

Nepal Earthquake Appeal
A mufti day was held at school today to help support Nepal. This will be an ongoing focus for the SRC for 2015. Our aim is for the money raised to go directly to the people of Nepal. We aim to do this by donating all funds raised to the International Medical Team (IMT). This team is working on the ground in Nepal. They are working with local doctors and medical staff in areas most affected by the earthquake. They are providing medical expertise, medical supplies, food and basic sanitation in Nepal and the more remote areas. This is another example of how our school community rallies behind those in real need.
Guest at our next P and C meeting
This year our school was selected to participate in a Department of Education and Communities ‘Tell Them From Me’ student survey. The TTFM survey has provided our school with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them.

Schools in Australia and around the world have used the TTFM survey to help improve how they do things at school. The data gathered from our students will allow us to analyse the factors that are known to affect students achievement and assist in setting directions and target programs to help improve student learning outcomes.

Our next P&C meeting is scheduled for Wednesday 20 June at 7:30pm. At this meeting, Mrs Helen Preketes, Head Teacher Resilience will address parents on the results of the ‘Tell Them From Me Survey’ and the directions of our resilience program.

Mrs Anna Girginis
Relieving Principal

Important Dates to Remember

‘Hairspray’ – School Musical
27 – 30 May

Year 10 Subject Information Week
Term 3, Week 8

Years 9 & 11 Parent Teacher Night
16 June

Year 10 into 11 Parent Subject Night
18 June

Year 10 into 11 Subject Selection Interviews
22 June

Years 8 & 10 Parent Teacher Night
23 June

Year 7 Parent Teacher Night
15 July
Uniform Shop Update

The new Fleece Lined Jackets are very popular with students and are selling fast!

Smaller sizes are still in stock and all sizes will be available when the next shipment arrives in June. Jumpers are available in all sizes.

Blazers are also available and may be worn by all students. Grey Trousers for Junior Boys and Navy Trousers for Senior Boys are in stock in all sizes.

Winter Uniform Price List

Girls:
- Short Sleeved Blouse: $40.00
- Long Sleeved Blouse: $45.00
- Tab Tie: $5.00
- Royal Skirt Year 7 - 10: $65.00
- Black Tights: $10.00
- Navy Blazer: $130.00

Boys:
- Short Sleeved Shirt: $40.00
- Long Sleeved Shirt: $45.00
- Grey Trousers: $35.00
- Navy Trousers: $50.00
- Long Sleeve Shirt: $45.00
- Navy Blazer: $160.00

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

NEW
- Fleece Lined Jackets: $75.00

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.

Opening Hours in the Uniform Shop
Monday and Friday
8.15am - 11.30am

The Uniform Shop is always looking for volunteers to help us. If you are interested in joining our team please come in and talk to us, or leave your number at Reception.

Smaller sizes are still in stock and all sizes will be available when the next shipment arrives in June. Jumpers are available in all sizes.

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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.

Winter Menu Update
The new winter menu has been well received by both students and staff. Winter warmer foods are as popular as ever. What could possibly beat a hot cup of homemade soup and fresh bread roll on a cold winter’s day?

Ordering lunch is the best way to ensure getting exactly what you want for lunch. Popular items can still be bought over the counter but they sell out fast. Avoid disappointment—place an order.

Remember this can be done either online through Flexischools (www.flexischools.com.au) or directly at the canteen before school. Ordering is definitely the best way to get the lunch that you want.

“For One Week Only”
Lots of suggestions of what we should make and sell in the canteen have been made—far too many terrific ideas to include in our menu…and so the Castle Hill High school canteen is delighted to introduce the “for one week only” selection.

We are going to make and trial an array of items which will be available for one week only. Depending on the popularity, these items may become more permanent. Savoury muffins, sweet chilli scrolls, and yummy soups are already in the “let’s try” list. Keep checking the sign outside the canteen for the item for the week. Definitely something to look forward to!! Suggestions are always welcome.

The Canteen crew are a fun and enthusiastic bunch and are always looking for new faces. If you are interested in lending a hand just give the canteen a call on 9634 1188.
Castle Hill High School P&C Building Fund

Castle Hill High School is a great place for our children’s education. As a community we are lucky that the school’s teaching and administration staff show drive and dedication to making the daily environment one of a dynamic, engaged place for learning.

The original Castle Hill High School buildings are over 50 years old. As parents and community we have the unique opportunity to assist with renovation and refurbishment. These works will benefit the current students immediately, but will also be a legacy for those students attending the school in years to come.

The P&C Building Fund donates to projects that are facilities-based, and contributions are voluntary and tax deductible. The P&C Building Fund Committee works closely with the school to identify crucial projects affecting the facilities students utilise every day, and funds projects that will be relevant to the ongoing school life.

In the past 4 years over $300 000 has been dedicated to P&C refurbishment projects at CHHS. Most recently in 2014 the P&C Building Fund oversaw the upgrade of the Auditorium toilets and change-rooms. Building Fund donations were combined with a Community Building Partnership Grant to completely renovate the tired old facilities into modern amenities that are far more suitable for use by the school and community.

The P&C are continuing the redevelopment of the hall, with renovation of the foyer our next step in the project.

We need your help!

Please donate to our tax-deductible Building Fund before June 30th 2015 and help us start moving on our foyer renovation. Donations of $2.00 and over are tax-deductible.

How to donate:
Direct debit to: CASTLE HILL HIGH SCHOOL P&C Assoc. BUILDING FUND Westpac Castle Towers Branch BSB / ACCOUNT NO: 032 173 483270 Make sure your name is included in the reference section and email us at chhspc@gmail.com so we can provide you with your receipt.

Donate by cheque or cash at Room 1 at the School.

Please consider donating to the Building Fund – and help us provide our children with a dynamic and modern environment where they learn.

Donate Now to the Castle Hill High School P &C Building Fund
Detach this slip and return to Room 1 with your donation:

Name:______________________________________          Amount: $_________________________
Address:____________________________________          Card Number: _____ _____ _____ _____
PCode______________________________          Expiry: __________
Phone:_______________________________          (address and phone number required for receipt and enquiries)
Congratulations

Sally Shokry competed in the Little Athletics' State Championship where she was awarded Bronze medals in both Discus and Shot-put.

Sally was then selected to represent NSW in both events at the Asics Little Athletics National Championship in Perth last month. Only 11 girls and 11 boys from the under 13s in the state were chosen on the team.

At Nationals, Sally achieved a Bronze medal in discus throwing a personal best, followed by a Silver in Shot-put.

Sally said it was a great experience to travel with her team to Western Australia and meet other 13 year old girls from all over Australia.

Congratulations Sally on achieving these fantastic results. You are a great ambassador for our school and sport in general.
On Tuesday 7 April, the first week of the school holidays, men from the Year 12 Boys Mentoring Program went to Penrith White-Water Stadium for a morning of group white-water rafting.

After a slow start caused by yours truly (sorry boys!), the 17-strong group, accompanied by Mr Kerrigan, Mr Tudman and Mr Gainey, arrived at the venue, waited for our availability, and then begun the preparations and safety tutorial for the day’s activity.

Fitted with Helmets and life jackets, groups of about 8 were formed and the rafts launched into the water. Each group, accompanied by an experienced instructor, got to have several trips down the white water course, and the instructors varying the experience for each group each time, including a wild ‘surfing’ experience, where most, if not all of my group, were at some point displaced from the raft.

Overall, the event was a thoroughly enjoyable experience, one we are all truly grateful for!

Taylor Stokes
Gloria Nasr, Year 11, is representing Castle Hill High School in the 2015 Max Potential Youth Leadership Development Program. She has received a scholarship from Castle Hill RSL to take part in the program. She has started meeting with her coach and will be developing her own personal leadership skills as well as completing a community service project later in the year. This is what Gloria has to say about the Max Potential Program:

**What is the Max Potential Program?**
The Max Potential’s mission is "To enhance regional well-being through community engagement and a common vision to maximise the lives and leadership potential of young people in the Hills District area". This will be achieved over 22 weeks through attending 3 connect groups and 11 personal coaching sessions. The personal coaching sessions are led by a professional member of the community to help students maximise their potential during their final years at school, and beyond. It also encourages students to focus on the local community and ways that they can work to improve it. I will have the opportunity to impact others in the Hills District region through a major community service project, supported and partnered by local community leaders and networks.

**What are you hoping to get out of the program?**
As a year 11 prefect of 2015, I am hoping that this program will maximise my leadership potential. The skills gained from this program will be useful in all aspects of my life. The Personal leadership coaching sessions have already improved my ability to lead myself and others effectively.

**Anything else you’d like to add?**
The Max Potential Program is one of the many programs funded by Castle Hill RSL and I’m so pleased to have received a scholarship from them to take part in this program. I urge anybody in their senior years to inquire into the endless list of programs funded by the Castle Hill RSL Club and other sponsorships. Don’t miss the once in a lifetime opportunity.

-Gloria Nasr, Year 11
Parenting Ideas
Insights
Building parent-school partnerships

Words Michael Grose

Be careful what you wish for as a parent

The focus on success and achievement doesn’t have to come at the expense of our children’s empathy and wellbeing.

What would you wish for? A caring child or a successful child?
If pressed to choose, which would you prefer?

If you were like the parents of kids in a recent study you’d go for successful rather than caring.

In a fascinating Harvard study referred to in a recent Age article, 10,000 kids were asked whether achievement and success, rather than caring for others, were their parents’ main priorities. The kids overwhelmingly said their parents opted for success rather than caring.

I suspect Australian kids would come up with a similar response if asked. In my work with parents and schools over nearly 40 years I’ve never seen the educational and parenting landscape so competitive as it is today. The standard belief of ‘Everyone can get ahead and be successful’ has been replaced by ‘my child needs to get ahead and be successful’.

Parents rightly will go to great lengths to make sure their kids don’t get left behind, but now academic success increasingly means achieving at any cost. Even at the expense of a child’s well-being, and in extreme cases, at the expense of other children’s success.

A sign of the times
This is very different from even a generation ago when caring and respect for others were drummed into kids. “Do the right thing by others,” “Respect your elders,” “Take good care of each other,” were common mantras that many of today’s parents grew up hearing.

Now that these kids have become parents themselves they use achievement mantras rather than the empathetic statements they were raised on. “Always do your best,” “Think confident thoughts,” “Set your goals and work hard to achieve them” are typical of the comments that kids hear in today’s more competitive environment.

We can have both
This is a controversial view based on the assumption that you can have either successful kids or caring kids. I believe you can have both. Parents and teachers can encourage kids to achieve, but also emphasize the importance of looking out for your mates, and taking care of others. Individual success doesn’t have to come at the expense of well-being and the success of others. It does mean that we need to put caring for others firmly on our parenting agendas.

Here are five ways to do this:

1. Develop a language for caring
Parents Invariably develop a deep language around the things they value. If caring is important then you need to develop language for caring (look after your brother; do the right thing; do unto others) just as you have probably developed a language around success (persist, work hard, do your best).

The price of success at all costs
Washington Post parenting writer Ashley Trenier argues that putting happiness and success before caring and empathy is raising a generation of bullies. She claims that parents unknowingly encourage bullying through their focus on success at all costs, as kids are being encouraged to pursue power at the expense of empathetic behaviour.

more on page 2


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... Be careful what you wish for as a parent ...

1. **Model caring behaviours**
   Parents need to model caring, relational behaviours if they want children to develop these behaviours. Positive displays of intimacy such as a kiss and a hug for every family member as they walk out the door each day is a great way to teach healthy caring behaviours. It's the small acts of kindness and caring that happen on a consistent basis that has the most lasting impact on kids.

2. **Focus on co-operation rather than competition**
   It's easy to develop competition between kids. As a parent all you need to do is praise one child and criticise another and you've established the conditions for competition. It's far harder to develop cooperative behaviours, but it's worth the effort. Encourage kids to help each other; ask them to do jobs in pairs so they learn to work together, and teach older children to give way to younger children rather than always have their own way. Caring kids learn that not everything goes their way and that they need to compromise and give way to others in the name of being social and getting on.

3. **Pay attention to children's emotions**
   Now more than ever it's important for parents to be attuned to children's emotional lives, and also to develop an awareness of their own feelings and the feelings of others. Empathetic kids rarely use power and bullying to get their own way. Empathy always starts with an awareness of a child's own emotional state.

   As parents we want our kids to grow up to be successful and achieve their full potential. It's the default position for most parents. But that doesn't have to come at the expense of caring for others. In these times of small families and a more competitive landscape parents need to work harder than ever to develop nurturance, caring and respect for others in kids.

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parentingideas.com.au

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Michael Grose
CASTLE HILL COMMUNITY NEWS
AND ADVERTISING

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COMMUNITY INFORMATION EVENING

LIONS AND COMMUNITY working together

50 years of service to our community

THE LIONS CLUB OF
WEST PENNANT HILLS CHERRYBROOK INC

Sponsored by

NORTH WEST RAIL LINK UPDATE

PRESENTER AND SPEAKER: Gai Hardman, Manager, Community Information Centre, North West Rail Link

WHAT DOES THIS MEAN FOR NORTH WEST & HILLS COMMUNITIES?

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<td>RSVP</td>
<td>8th May 2015  Only 100 seats available</td>
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The proposed new Cherrybrook station
Crawshaw Music Classes
Limited No. of New Positions
have become available for
Beginners to grade 8 AMEB & HSC
in
Clarinet
Theory
Musicianship
Music craft

I am a teacher of many years’ experience.
Home visits in the Hills district
or at my studio. (Reasonable rates.)
Contact Janet on 0408 287 540
or jmcrashaw@optusnet.com.au

Janet Crawshaw B. Music, Grad Dip T.