Principal’s Message

Special points of interest:
- Hairspray
- P & C News
- Photo of the Month
- Languages Alive
- Youthrock 2015
- National Collection of Data

Hairspray” – What a winner!

After watching Beauty and the Beast last year, I walked away thinking we could never produce a show of the same calibre. Wow! Was I wrong! The look and feel of the show was outstanding. The orchestra was a tight, well-oiled ensemble. The leads were exceptional. They were engaging, funny and professional. The chorus and featured dancers worked collaboratively and complemented the leads with such enthusiasm. The lighting, stage and sound crew worked behind the scenes to make things happen in a seamless way. What we saw in ‘Hairspray’ was more than the total sum of the parts. Everyone loved the show and continued to talk about it well after the curtains were drawn.
Many thanks must go to some key people. Productions such as this can only occur because of the goodwill of our staff. A massive thank you to:

Ms Josephine Spinks - Director and Costume Design
Ms Lindy Jones - Producer
Ms Kate Riley - Choreographer
Ms Amy Danckert - Vocal Trainer
Ms Naomi Muller - Assistant Director
Ms Natalie Olivera - Stage Manager

Ms Alexandra Kenworthy - Set Design
Mr Tony Rodi - Technical Supervisor
Ms Clarissa Greenhalgh - Costume Design and Production Assistant
Ms Simone Read - Artwork
Mr Terry Gainey - Photography

And all the staff that helped with ticketing, refreshments and printing.

I can’t wait to see what they have installed for us next year!
National Sorry Day

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities.

This week students were involved in a number of National Sorry Day activities to recognise Indigenous Australians who were taken away from their families and communities. They viewed Kevin Rudd’s Apology speech apologising to Australia’s Indigenous people, particularly the Stolen Generations and their families and communities, for the laws and policies that inflicted profound grief, suffering and loss. The apology included a proposal for a policy commission to close the gap between Indigenous and non-Indigenous Australians in matters such as life expectancy, educational achievement, and economic opportunity. This event is seen by many as a step forward in reconciliation. Students were given the opportunity to write messages on ‘hands’ showing their commitment towards reconciliation. A special thanks to Ms Catherine Kenna who coordinated our activities for this week.
Nepal Earthquake Appeal
An outstanding effort by students, parents and teachers - $3220 was raised for the people of Nepal. All funds raised will be donated to the International Medical Team (IMT) who are currently 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 remote areas.

Parent Teacher Nights
Parent/Teacher/Student interviews will be held on the following dates:

- Years 9 & 11
  16 June, 2015  3:30pm – 7:00pm
- Years 8 & 10
  23 June, 2015  3:30pm – 7:00pm
- Year 7
  15 July, 2015  4:00pm – 7:00pm

Information will be emailed home when the online booking system for each year group has been activated with clear instructions on how to make bookings with classroom teachers.

Relay for Life
Congratulations to all those involved. We achieved our goal for 2015. Castle Hill High registered a team of over 100 participants consisting of students, parents and teachers.

An outstanding effort by Year 11 who collectively walked 518 laps, closely followed by Year 12 (368 laps) and then Year 10 (297 laps).

Our top lap scorers were:

- 75 laps Year 10 Joy Gao
- 60 laps Year 11 Mary-Louise Brazenell
- 55 laps Year 11 Liam Gilchrist
- 50 laps Year 11 Edward Lee
- Year 11 Emily Hodgetts
- Year 11 Kate Paterson
- 41 laps Year 12 Stephen Hall

Congratulations to Durham House for winning the most amount of points for their participation on the day.

Our aim was to participate in a community event and make a contribution in the fight against cancer. One I feel we have achieved and should by extremely proud of. A special thank you must go to Mrs Tracey Garnett (P&C Relay for Life co-ordinator), Ms Debbie Boss (CHHS team co-ordinator), Mr Allan Schumacher (for tackling the am shift), Mr Terry Gainey & Mrs Anne-Maree Kinley (who consistently take on the challenge of the night shift) and the P&C in general for their on-going support not only of the school but also of the local community. These events do not happen without such a committed team of people.
School Plan 2015 - 2017
The School Plan outlines our vision and strategic directions for the next 3 years. Below is a snapshot of what we aim to achieve in this period.

CASTLE HILL HIGH SCHOOL – CHALLENGING MINDS, BUILDING CHARACTER
Strategic Plan 2015 - 2017

Castle Hill High School builds character and challenges minds of students and staff. We nurture the individual and encourage respectful relationships to inspire lifelong learning in the 21st Century.

We began the process of consultation with all stakeholders in September last year and we are really excited about what lies ahead for Castle Hill High School. The full version of the document has been uploaded onto our school website.

Annual School Report
Our Annual School Report is now available to all parents and community members via our school website. It is an informative document that contains worthwhile information about the school's academic performance, sporting performance, extra-curricular activities and outstanding achievements over the 2014 calendar year. A big thank you to everyone who contributed to the Annual School Report and to Mr Lloyd Das who worked hard to compile this highly professional document.

Years 9 and 11 Parent Teacher Night ONLY
BOOKINGS OPEN: Monday 1st June at 9am
BOOKINGS CLOSE: Friday 12th June at 9am
Go to www.schoolinterviews.com.au to book your appointments and enter the code below:

Important Dates to Remember
- ‘Hairspray’ – School Musical 27 – 30 May
- Year 10 Subject Information Week Term 2, Week 8
- Year 10 into 11 Parent Subject Night 18 June
- Year 10 into 11 Subject Selection Interviews 22 June

Anna Girginis
Relieving Principal
ATTENTION PARENTS/CAREGIVERS

Changes to Student Attendance Policy

The Minister for Education has approved the following changes to attendance.

As part of the implementation of the National Standards, holidays taken by students outside of school vacation periods will now be included as absences. A Certificate of Exemption can no longer be granted for this purpose.

Families are encouraged to holiday or travel during school vacations. If travel outside of school vacation is necessary, the following considerations apply:

- If the principal accepts the reason for the absence, the absence will be marked as “L” and a Certificate of Extended Leave – Holiday issued. Leave must be applied for prior to departure.

- If the principal does not believe the absence is in the student’s best interests and does not accept the reason, the absence will be recorded as “A”. A Certificate of Extended Leave – Holiday will not be issued.

- If the period of absence is in excess of 50 days, the student may be eligible to enrol in Distance Education. See Distance Education – Revised Enrolment Procedures 2014.

Castle Hill High School notifies parent/caregivers by SMS of all whole day absences and late arrivals. Parents/caregivers who respond to the SMS by supplying a valid explanation are not required to send in a note as the SMS explanation is saved to the attendance record for that date.

A detailed explanation for all absences from school is required. Stating that you are aware of your child’s absence is no longer a valid reason and will be recorded as unjustified leave. This also applies to late arrivals and early leavers.

REMINDER TO PARENTS/CAREGIVERS

Early Departure/Late Arrival
Notes requesting special permission for your child/children to leave school early must be presented to Room 1 before school commences, when a pass will be issued. These passes have been provided by the Department of Education and Communities. Students must show the pass to their teachers to leave the class and present the pass at Room 1 to sign out of the school. Students without a pass will not be allowed to sign out. Students who leave the school grounds without a pass are regarded as being truants.

Students who are late to school are required to bring a note from their parent/carer. They should report to Room 1 for a Late Slip to hand to their teacher, before being admitted to class.

Unacceptable reasons for absences:

- At home studying for exams and/or assessments
- At home
- Permission to be absent/to stay at home
- Family reasons and/or commitments
- With me (Parent/Caregiver)
Castle Hill High School has always prided itself for it’s involvement in the Cancer Council’s Relay For Life activities, and last weekend 16th & 17th May was no exception. This year the school team consisted of over 100 walkers, made up of students, teachers and parents. There were also many students and their families participating in other community teams as well over the weekend.

Friday afternoon started a bit chilly with the wind howling around Centenary of Anzac Reserve Wrights Rd, whilst my husband Graham, our 9 year old Chelsea and I proceeded to set up the Marquee and tent. I remember why our camping days ended before kids came along, as he let go of one of the poles and nearly knocked me out! He wonders why I hate camping!!!

The opening ceremony starts at 9.30, then the Survivor’s and Carer’s lead of for the first lap at 10.00am. The day is a buzz of activity, on and off the stage with Sister 2 Sister School of singing, there was Zumba, Corporate games, Combined Crestwood & Castle Hill Concert bands performing, Tanis’s Strictly Dance Troupe and even The Castle Hill Pipe Band performed. There are many stalls of delicious food and coffee to enjoy.

At 6.00pm a very touching minute’s silence and Ceremony Of Hope candle light parade do a lap in remembrance of loved ones.

Later into the evening raffles were drawn, heads were shaved and a covers band The Breakaways played old songs that we all grew up with.

The community atmosphere is truly amazing, there were many dress ups. Shrek and Fiona got a big work out and much to the little kids delight there were Cinderella, Snow White and many a Princesses doing laps as well. If your up for it, the walking goes all night and so did our kids! Sunday morning concludes with a final lap and closing ceremony at 10.00 am.

The P & C along with Ms Boss managed the school’s registration, marquee and storage tent and helped the walkers record their laps and provided encouragement and snacks for the 24 hour period.

A special thanks goes to Jo from the canteen who baked dozens of her famous choc chip cookies, Catherine and Richard Carlick from Pureau Water donated gallons of bottled and cast water for the kids, which was very kind. Woolworths and Coles at Baulkham Hills were also generous in donations giving us each a $50 store voucher to purchase the much needed energy snacks to boost the sugar levels of out walkers.

Another big thank you goes to Ms Boss, Mr Gainey and all the staff for your support, especially in the lead up and to the promoting of Relay for Life, this event would not happen without you. Allan doing the am shift, Mr Gainey and Anne-Maree, the night shift was very much appreciated on a very chilly Saturday night. To the staff that popped in throughout the day, the kids thought that was terrific. Thank you to the wonderful parents who gave up their time to help manage the marquee and storage tent. I know we are all so busy and our weekends are precious, it was really nice to meet most of you for the first time, I had a couple of friends bring their kids to walk with mine, and not knowing what it was all about, ended up staying for a few hours as they thought it was fabulous and will definitely be getting involved next year which is great.

The Year 11 girls who set up a Henna stall next to us were a hit, you girls didn’t stop all day, you raised $274, so proud of you girls fabulous effort.
Relay For Life
Castle Hill High School
Outstanding Students’ Participation

As previous years, the lap scoring was a hectic, competitive but a fun activity, congratulations Year 11, you walked the most laps

Year 11 - 518 laps
Year 12 - 368 laps
Year 10 - 297 laps
Year 8 - 132 laps
Year 7 - 126 laps
Year 9 - 71 laps

Top lap scorer’s were

Year 10 - 75 laps Joy Gao
Year 11 - 60 laps Mary-Louise Brazenell
Year 11 - 55 laps Liam Gilchrist
Year 11 - 50 laps Edward Lee,
Emily Hodgetts, Kate Paterson
Year 12 - 41 laps Stephen Hall

The Sports House with the most points goes to Durham
Durham - 24 points
Carnarvon - 22 points
Windsor - 16 points
Edinburgh - 14 points

Most importantly, every one that participated in Relay For Life you all should be very proud of yourselves, you have contributed in the fight against cancer and that’s what it’s all about.

Well that concludes another year at Relay for Life, well done Castle Hill High, lets see if we can spread the word and make it just as special next year

Thanks again
Tracey Garnett

The P & C would like to thank Tracey Garnett for organising volunteers, and coordinating the event from the parent perspective on the weekend. She did an excellent job.
Now all students are wearing winter uniform and the shop is quieter, this is a really good time to start volunteering!

Assisting families with their uniform purchases is a great way to participate at Castle Hill High School.

Volunteering in the Uniform shop can also be a great way to return to the workforce - we have given references to several of our volunteers as they successfully applied for jobs.

We have a flexible roster designed to suit our volunteers availability. If you are interested in joining our team please come in and talk to us or leave your number at Reception.

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.

### Winter Uniform Price List

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Girls:</td>
<td></td>
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<tr>
<td>Short Sleeved Blouse</td>
<td>$40.00</td>
</tr>
<tr>
<td>Long Sleeved Blouse</td>
<td>$45.00</td>
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<tr>
<td>Tab Tie</td>
<td>$5.00</td>
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<tr>
<td>Royal Skirt Year 7 - 10</td>
<td>$65.00</td>
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<tr>
<td>Black Tights</td>
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<tr>
<td>Navy Blazer</td>
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</tr>
<tr>
<td>Boys:</td>
<td></td>
</tr>
<tr>
<td>Short Sleeved Shirt</td>
<td>$40.00</td>
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<tr>
<td>Long Sleeved Shirt</td>
<td>$45.00</td>
</tr>
<tr>
<td>Grey Trousers</td>
<td>$35.00</td>
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<tr>
<td>Navy Trousers</td>
<td>$50.00</td>
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<tr>
<td>Navy Blazer</td>
<td>$160.00</td>
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<tr>
<td>Common items:</td>
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<tr>
<td>Jumpers are available in either wool or cotton blend</td>
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<tr>
<td>size 10 - 16</td>
<td>$70.00</td>
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<tr>
<td>size 18 - 24</td>
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<td>Fleece Scarves</td>
<td>$10.00</td>
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<tr>
<td>NEW</td>
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</tr>
<tr>
<td>Fleece Lined Jackets</td>
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</tr>
</tbody>
</table>

### Opening Hours in the Uniform Shop

Monday and Friday
8.15 - 11.30
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
With the cooler weather fast approaching, the canteen has become the most popular place in the school.

The “This Week Only” promotion has been an instant hit. Everyone loves a bargain and who doesn’t enjoy a new addition to the menu?

Priced at just 50 cents, the scones, jam and cream and this week’s pizza pinwheels simply flew off the plate. Stay tuned for next weeks delicious treat.

Check the notice board outside the canteen where the “This Week Only” item will be revealed.

The canteen garden is still providing us with fresh vegetables and herbs for our salads, sandwiches and sauces.

Sadly, it was starting to look a little scruffy but thanks to an afternoon spent weeding it is now looking wonderful.

A huge thanks must go to Catherine and Richard Carlick for their efforts. Unexpected but very much appreciated.

More thanks must go Richard’s way for organizing a donation of bottles of Pureau water bottles and refill casks for all those who participated in the ‘Relay for Life event. Thank you ‘Nobel Beverages’ for supporting such a terrific cause.

The P&C run school canteen is such a success partly because of generous donations — whether it be donations of volunteer time or actual products.

We can never say thank you enough to all those who see the value of having a school based canteen determined to provide healthy, delicious and affordable food.

If you would like to be involved, give us a call at the canteen on 96341188. All help and input is most welcome.

Joanna Sutherland
Canteen Manager
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.

Last year’s project included refurbishment of the School Hall bathrooms and backstage dressing rooms. Above left, the girls’ bathroom before refurbishment, and above right, after refurbishment.

Donate Now to the Castle Hill High School P &C Building Fund
Detach this slip and return to Room 1 with your donation: Cheque/ Cash enclosed Credit card
Name:______________________________________          Amount: $_________________________
Address:____________________________________          Card Number: _____ _____ _____ _____
Phone:______________________________________          Expiry: __________
                        (address and phone number required for receipt and enquiries)
Nationally Consistent Collection of Data on School Students with Disability

Notification for Parents and Carers

From 2015, all Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the Disability Discrimination Act 1992 and Disability Standards for Education 2005. This data will be provided to the Australian Government to assist in the development of a consistent, national picture of the education needs of students with disability.

The data provided to the Australian Government by the NSW Department of Education and Communities is provided in such a way that it cannot be used to identify any individual student or school.


Privacy Protection

The NSW Department of Education and Communities follows the requirements of the Privacy and Personal Information Protection Act 1998 and the Health Records and Information Privacy Act 2002. Schools will collect, record, store and use data about individual students in line with these requirements. Data security and protection is a priority and students’ personal details will be kept confidential.

Under Clause 52 of the Commonwealth Australian Education Regulation 2013, data collected by the NSW Department of Education and Communities for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the Commonwealth Privacy Act 1988 when handling any data provided by NSW Department of Education and Communities in connection with the national data collection. A privacy notice has been developed to by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the department’s website at http://education.gov.au/notices.

If you have any questions about the data collection please do not hesitate to contact the school on 9634 4199.
Youthrock 2015

During these recent school holidays, four Year 10 students from Castle Hill High School represented us at Youthrock semi-final 2015 – a competition for original high school bands with a lot of prizes including cash, recordings and musical equipment up for grabs. These four students are: Sarah Wanstall (vocals), Sam Lee (guitar and vocals), Wangsu Lee (drums) and Emad Ghaffar (bass) and their band is called Konkrotch.

This competition took place at Sutherland Entertainment Centre and started with (at 11am) a song writing workshop, professional sound check, high quality stage equipment, lighting, sound mixing and the chance to perform to six judges based in the music industry. They were up against a lot of older bands, most of which were from the Central Coast.

This was a big day for this newly formed band. Within two months they had written, recorded and filmed live demos of three original songs. These students need to be congratulated for all of their hard work and time (five hour practice sessions) spent on making this happen. The maximum time allowed for this competition was fifteen minutes per band and the focus was on originality, stage show, musical skill and audience engagement.

At 8.30pm, Konkrotch took to the stage and performed to an enthusiastic audience. Opening with “IDK” featuring Sam on vocals, this set the tone for their set at a frenetic and energetic pace. Next up came “Cornered By The Enemy” which was played with maximum intensity and then finishing with their exhaustive piece “Out Of The World”. As for the players: Sarah owned the stage from the very first note, engaged with the crowd and gave a very confident and passionate delivery; Sam astounded with his dazzling fret-board wizardry, lightning fast runs and rock star poses; Wangsu displayed an intricately technical approach utilising the whole kit including thunderous double kicks and actually was the most enthusiastic and energetic drummer on stage that night; Emad provided the rock solid foundation, the glue required to make this powerhouse rhythm section work so well.

At the end of the evening (10pm – a long day!) two winners were announced to go on to the Grand Final. The two bands that made it through were in their third year of attending Youthrock, had been gigging outside of school and were in Year 11/12. Fortunately, feedback on Konkrotch’s performance was given and it praised the band’s energy, enthusiasm and Sarah’s stage presence.

I am very proud of what the band has achieved in such a small period of time and wish them all the best for future contests. At this moment, the band is refining and writing new material with a focus on entering 2JJJ Unearthed High 2015 competition. Although they didn’t win “this time”, they have had a valuable experience and will now know what to expect next time. Best of luck for the future.

Mr Powning
It’s May already and the Languages Department has been busy as ever. Half-yearly examinations are well underway. The corridors are buzzing with Japanese and French as students prepare for their oral and written exams.

**HSC French Study Skills Day**

On Saturday Ms Wood and her Year 12 French Continuers class attended an Examination Skills Preparation Day at Macquarie University. All who attended affirmed that the sessions were most helpful and informative.

**Visit to the Little Snail Restaurant**

As part of the unit on French food and cooking, the Year 8 French classes will be participating in an excursion to the Little Snail Restaurant towards the end of term. They will be enjoying a three course French lunch (including “escargots”) They are very excited, choosing their dishes from the choices available.

For a week in August (**18 to 24 August**) we are welcoming young students from our Japanese sister-schools in Onojo. The Languages Faculty is already busy preparing the varied and interesting program. I would like to thank the families who have already volunteered to host a Japanese student in their home for the week. We are still looking for a few more families who would be interested in hosting. Students studying Japanese as an elective or any student in Year 7 or Year 8 would be particularly suitable. Students who host would have the opportunity of participating in the welcome party, a pizza and DVD evening and an excursion to the Reptile Park (free of charge.)

We have always relied on the hospitality of the CHHS community in the past to help make our exchange program successful and hope that this year will be no exception. Please contact me preferably by email: donna.wood13@det.nsw.edu.au or phone me at school (9634 4199)

Merci, Arigato,
Photograph of the Month

This month the “Photograph of the Month” is awarded to Kiara Milton of year 10 for her close-up view of nature titled “Snowbells”. The selective sharp focus of the plant with its peachy hues contrasts gracefully with the soft array of leafy greens in the background.

Term 2 Photography Competition
Our first whole school competition for “Photograph of the Month” is on; don’t forget to get your entries in by Thursday of week 8 to Mrs Jones in the Visual Arts staffroom. Each entry is to be submitted on photo quality paper. The minimum size is A4. The theme is CARE OF SELF- CARE OF OTHERS. Prizes will be awarded for the best interpretation on the theme.
# CALENDAR

### Term 2

**Week 7A**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 1 June</td>
<td>Musical Bump Out</td>
</tr>
</tbody>
</table>
| Tuesday 2 June| Musical Bump Out  
Year 9 PASS X-1 Coaching Clinic 1.30pm - in class  
Boys Rugby League 3.30pm Home Match - Gilroy |
| Wednesday 3 June | ICAS Science Competition  
Assembly Year 7-12 |
| Thursday 4 June | Year 12 Music Composition Workshop 8am  
Year 10 Scripture Seminar  
Careers UNSW Lunchtime Info Session |
| Friday 5 June | Years 11 & 12 Drama Excursion  
Year 7 Taronga Zoo Excursion  
Sydney West Tennis - Penrith |

**Week 8B**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 8 June</td>
<td>Public Holiday</td>
</tr>
</tbody>
</table>
| Tuesday 9 June | Year 10 Subject Information Week  
SRC Multicultural Week  
Hills Zone Athletics Carnival  
Boys Rugby League 3.30pm - Away Match  
Seven Hills HS Alan Robertson Reserve Vardy’s Rd |
| Wednesday 10 June | Year 10 Subject Information Week  
SRC Multicultural Week – Mufti Day  
Regional Cross Country  
Years 11 & 12 Drama Excursion  
Year 9 Meeting in Hall  
Assembly Years 7, 8 & 10 |
| Thursday 11 June | Year 10 Subject Information Week  
SRC Multicultural Week  
Year 9 Scripture Seminar  
Careers Sydney Uni Lunchtime Info Session  
Year 12 HSC Lecture Day – St Andrews |
| Friday 12 June | Year 10 Subject Information Week  
SRC Multicultural Week  
Year 7 Vaccinations  
Year 10 Shootout Festival  
Young Mens’ Health Forum – Parramatta |

**Week 9A**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
</table>
| Monday 15 June | International Student Excursion  
Year 9 PASS Y-1 Coaching Clinic-1.10am – in class  
Careers UTS Lunchtime Info Session  
Year 9 PASS Z-1,Z-2 Coaching Clinic-1.30pm-class |
| Tuesday 16 June | ICAS Spelling  
Year 9 PASS X-1 Coaching Clinic - in class  
Years 9 & 11 Parent Teacher night 3.30pm |
| Wednesday 17 June | Celebration Assembly Years 7-12  
P & C Meeting 7.30pm Common Room |
| Thursday 18 June | Year 7 Scripture Seminar  
Year 10 into Year 11 Parent Subject Info Night 6pm |
| Friday 19 June | ICAS Writing Competition  
Western Sydney Careers Expo |
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
**KICK START 2015**  
**FREE SPORTS TRAINING SERIES**

**WEDNESDAY 10 JUNE | 6:30PM-9:30PM**  
**CLUB PLANNING**
Does your club need help planning for its future? Planning is a key responsibility for committees. Planning helps in organizing the events that will happen in the future and ensures goals are set. Workshop is suitable for volunteer administrators, programmers, board directors and anyone involved in club and association sport. Program No. 76024

**MONDAY 15 JUNE | 6:30PM**  
**DEP INCLUSIVE COACHING**
Because opportunities for people with a disability to participate in their local or community physical activity programs are limited, the Inclusive Coaching workshop will help you to adapt and modify specific physical activities to cater to people with varying levels of ability. Program No. 76025

**WEDNESDAY 14 OCTOBER | 6:30PM**  
**MPD - MEMBER PROTECTION INFORMATION OFFICER WORKSHOP**
A Member Protection Information Officer (MPIO) is responsible for providing information about a person’s rights, responsibilities and obligations to an individual under a sports or recreation policy. They can also provide information and advice to sport administrators and involved with respect to the Member Protection Policy of that sport. Program No. 76026

**WEDNESDAY 5 JULY | 6:30PM**  
**RECRUITING AND RETAINING VOLUNTEERS**
This workshop is designed to provide grass roots clubs with basic knowledge and key ideas to improve their ability to recruit and retain volunteers. Program No. 76030

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**INCLUSIVE COACHING WORKSHOP**

Are you looking to increase opportunities for people with a disability in sport and recreation? Are you having difficulty providing sport and physical activities that are inclusive for all?

**Places are limited. Book now!**

**More Details**
- **Date:** 15 June 2015
- **Time:** 6:00pm to 9:00pm
- **Venue:** The Hills Shire Council, C. Columbia Ct, Blacktown Hills
- **Cost:** FREE; for residents within The Hills Shire local council area
- **Program number:** 0076025

**Note:** This course is being subsidised by the Hills Shire Council and is only available to residents of the local council area. Non-residents will be placed on a waiting list and contacted after 25 May to confirm whether places are available.

The basic skills of good coaching, when applied with an inclusive philosophy, will ensure that all participants including people with a disability can participate. The Inclusive Coaching workshop will help you to adapt and modify sport and physical activities to cater to people with varying levels of ability.

**Who should attend?**
Parents, teachers, coaches and sports administrators wanting to improve the experience of athletes with a disability participating in sport.

**Topics**
- Understand how the sport and/or recreation setting can disadvantage people with a disability and develop strategies to minimise disadvantage.
- Understand the importance of positive attitudes.
- Develop inclusive strategies for coaching situations.
- Adapt and modify activities and coaching methods to provide maximum participation opportunities.
- Become an accessible organisation/club.

This is a practical based workshop. Please dress accordingly.

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Book now! Places are limited. Call 13 13 02 or book online at:

The Oakhill College Gala Day is on Saturday 30 May. It will be held on the College grounds, Old Northern Road Castle Hill, and run between 9am and 4pm.

There will be all the fun of the fair with rides, market stalls, 2nd hand books, farm animals display, the Oak cafe and plenty of great food.

Plus it’s a great day of sport with rugby, soccer, tennis and netball matches all through the day.

This year’s Gala Day raffle is for a Hyundai i20 valued at $12,990. Tickets are available on the day or at www.oakhillgaladay.org

All welcome

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**The Inner Wheel Club of Baulkham Hills Inc.**

**presents a**

**Musical Evening**

to showcase some of the musical talent of students in the Hills district

at 7.00 p.m. on Wednesday 10th June, 2015

in the hall at

Castle Hill High School,
Castle Street, Castle Hill

**Tickets:**

Adult $12; Students (to 18 years)$6; Family $25

**Tickets may be purchased at**

webticketing.com.au

Items will include choir, dance, individual and group vocal, individual and group instrumental performances.

Purchase a sausage sandwich and a hot or cold drink from 6.00 pm prior to the Concert.
Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin’s house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn’t help but give her some fatherly advice on Sunday night. “You’ve spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities. If they are stressing you out so much!”

A tantrum followed…from Elle.

Elle’s mum took a different tack. She had a hunch that something was bothering her daughter. “You sound like something is bothering you big-time. What’s up?”

“I’ve got to give a talk at school on Monday in front of the whole school and I haven’t time to prepare. It’ll be awful and everyone will laugh.”

Her mum replied, “You sound like you might be pretty nervous. That makes sense. Giving a talk in front others can be nerve-wracking.”

Elle dropped her shoulders, smiled, and said, “You’re right. I was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle’s dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter’s behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please. There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get an good understanding of what’s happening to that child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common.

They will usually:

1. **Listen more and judge less**
   - There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

   **IMPACT:** Better, more open relationships.

2. **Accept strong emotions**
   - Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not unacceptable.

   **IMPACT:** A healthy expression of emotions.

*more on page 2*
... What it means to be an emotionally intelligent parent ...

1. Focus on the present
Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That’s part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.
IMPACT: Happier families and less stress felt at home.

2. Develop a language around feelings
A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.
IMPACT: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we’ve never had any training in it. We didn’t learn it from our parents, and more than likely haven’t learned it at work. Emotional intelligent parenting can be learned. At ParentingIdeas emotional Intelligence is central to the work we do with parents. We know first hand that kids who have parents versed in Emotional Intelligence are more likely to raise kids with the skills to be happier, enjoy better relationships and experience more success at school.

Michael Grose