Principal’s Message

“Doing nothing for others is the undoing of ourselves.” Horace Mann

This week, thirty Year 10s begin a volunteering trial, underpinned by the mantra “Care of Self, Care of Others”, as part of the new resilience program at Castle Hill High School. For a week, students will work in aged-care facilities in the Hills Shire, volunteering their services and, if successfully evaluated, will expand for all Year 10 later in the year. Giving is a critical plank of the building of resilience, and so this pilot is important in establishing where we go in the short-term future. While I can see a number of our students introducing Facebook and Instagram to residents – a thought not beyond the realms of possibility – I also know, that students will learn a great deal about ageing, care, history and life, and the connection between the past and present. It’s a cliché, perhaps, but more often than not the giver gains more out of the experience of giving.

Aged-care is an increasingly significant growth area today, one that will continue to prompt our society to consider, and reconsider, what elderly people want and how that can be delivered ethically and fairly. It will be fascinating to hear from students about their perceptions and what society can do now, and in the future, for elderly residents.

Our Year 10 pilot group will be evaluating their contribution after the week of volunteering and this will shape further directions next term. The Year 10 program entitled “Independent” will focus on getting along in the world, planning for the future and helping others.

In the meantime, teachers involved in the resilience program, under the guidance of Ms Helen Preketes, will introduce a new program for Year 8 in Term 3. Using the Tell Them From Me survey data on engagement and connection, the program seeks to give students skills in “Control”. To do this, three strands will be covered:

- Emotional wellbeing (analysis of positive feelings, self-regulation),
- Social wellbeing (connection to others and the community, having rewarding relationships, belonging), and
- Psychological wellbeing (self-esteem, self-realisation, perseverance, the “meaning of life”).

The Year 9 program, “Informed” will be developed around getting to know others and building relationships, in Term 3 ready for launch in Term 4.

A range of materials from Beyond Blue and Harvard University has been incorporated into the programs, to date. Like many of you, I’m excited about the possibilities and directions of this innovation for Castle Hill High School.

2016 preparation has begun
The organisation for the following year in secondary schools takes a good six months. And so, this term, 2016 “is with us” with Year 6 enrolment applications in (as with last year we have close to 600 applications) and subject selection for Year 10 into Year 11 commenced with on-line selections due by the end of the
week. As always, we personalise subject selection procedures with individual interviews for all 277 students, as well as information days and evenings and comprehensive booklets to make selection as informed as possible.

**Bring Your Own Device**
We continue to assess the effectiveness of technology in our school and always know that there are three magic strategies for the success of any initiative: training, training and training!
Teachers will engage, again, in more learning on strategies to use BYOD s in the classroom on the upcoming school development day, and this training will continue throughout the year.

**Glenda Morrissey**
Ms Glenda Morrissey has successfully applied, on merit, for a teaching position at Uralla, a central school 50 kms north of Tamworth, where her son and daughter-in-law live. I know she is very excited about the move that will enable her to be with her family. With the impending arrival of another Morrissey in a few months time, she is, to say the least, “over the moon”.
Glenda has been at CHHS for nearly two decades. She is part of the fabric of this school, a teacher with high expectations and a lot of experience. She is an explicit teacher who loves her work, loves this school and its students. She will be a real loss.
I know you will join with me in wishing her well for the future.

Ms Glenda Morrissey
Character – it matters
On Lateline the other night, an interview was conducted with David Brooks the author of a new book entitled “The Road to Character”. Brooks spoke of his concern at the egocentricity of society, its focus on self at the cost of others, the lack of humility in people and, consequently in his view, a growing loss of humanity. In an age of self-obsession, he argues that we need to find humility.
It’s an intriguing premise so I have asked for the book to be purchased for the library. I’ll be reading it in the holidays.
At CHHS we want to “challenge minds and build character”. Brooks’ thesis might prove valuable in shaping more of our resilience program in order to assist us in developing strategies to build character.

Back in business
After five weeks travelling around Europe (I feel so privileged to be able to do this), I’m pleased to be back, filled with fresh ideas! Watch this space.

Vicki Brewer
SECOND UPGRADE TO TELSTRA TOWER AT THE RSL BUILDING 77 CASTLE ST, CASTLE HILL

Many of you will remember that despite strong opposition from Castle Hill High School and the P & C to the installation of a Telstra Tower on the roof of the Castle Hill RSL, the proposed structure was installed in January of 2014.

Since that time there have been several upgrades to the tower as reported to you in our school newsletters. Unfortunately, in December 2014, the tower received another upgrade.

The 700 LTE (long term evolution) was recently installed on the RSL Telstra Tower.

You may recall the analogue/digital TV changeover. Following this the Telco’s purchased the analogue part of the spectrum and many towers are now being installed with the 700 LTE. This facilitates more data exchange for texting, Facebook etc. It is also reported that this application permeates buildings to a greater extent and the overall result for the high school will be a higher level of Electromagnetic Radiation (EMR).

The P&C committee is concerned with the proximity of the tower to the school being at a distance of 150-200 metres. Department of Education and Communities (DEC) policy states that their preferred distance is 500 metres however the Telco’s don’t have to abide by that policy as it is not law.

(For more information please refer to www.rfnas2.com.au and type in the suburb postcode 2154).

What the P & C is doing:

The P & C committee is working hard to identify areas we can address which will allow us to reduce the exposure of students and staff to EMR in their everyday environment.

We are lobbying ARPANSA (the Government body who sets EMR limits in Australia), through our seat on its advisory committee EMERG. (We are the only school who has a seat on this committee). We are working to bring about a change to the law in regards to the placement of towers near schools.

We are also trialling WIFI switches in classrooms to lower the levels of EMRs we produce ourselves. Every classroom is hard wired for WIFI which is on 24/7. The switch will act like a light switch, that is turn it on when you want to use Wifi in the classroom otherwise leave it turned off. In this way we will reduce the amount of EMRs in the school environment.

Please don’t hesitate to contact your P&C if you would like further information or would like to join this committee: chhspc@gmail.com.
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

**Common items:**
- Jumpers are available in either wool or cotton blend:
  - size 10 - 16: $70.00
  - size 18 - 24: $75.00

**Fleece Scarves:**
- $10.00

**Navy Blazer:**
- $160.00

**NEW Fleece Lined Jackets:**
- $75.00

SCHOOL JACKETS SELLING FAST—NEW STOCK ON ITS WAY

The next shipment of Jackets has arrived and are again selling so fast we have already placed the next order with the manufacturer!

If your size has sold out, we are happy to take prepaid orders ready for the arrival of the next shipment.

Jumpers are currently available in all sizes.

Regular Opening Hours in the Uniform Shop
From Week 2, Term 3
Monday and Friday
8.15 - 11.30
What’s Happening in the Canteen?

CAANTEEN 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.

We are open from 8:15am daily to take lunch orders and serve breakfast.

If you have any problems organizing your children’s lunch, please don’t hesitate to call the canteen directly on 96341188. This also applies to questions or suggestions on items from our menu.

If your child has special dietary requirements we are happy to discuss them and make suitable foods available. Everyone should be able to use our wonderful canteen!!

Joanna Sutherland

Once you organize a Flexischools account (go to Flexischools.com.au for all the information needed to do this), lunches can be ordered with a tap of a key- lunches made the way you want it, suitable for even the fussiest of eaters. It is a great way to ensure the selection of a healthy, delicious lunch.

For those of you who are already enjoying the benefits of online ordering please remember one very important thing – remind your children they have a lunch waiting for them at the canteen!! There is nothing sadder than seeing that one unclaimed lunch waiting for a hungry owner. Please remind your children!!

Lunches can also be ordered directly from the canteen before school.
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: _______ _______ _______ _______
______________________________ PCode__________________________ Expiry: __________
Phone: ____________________________ (address and phone number required for receipt and enquiries)

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

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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.
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
Drama News

What a busy semester we have had in Drama so far!

Year 9 has begun their drama studies by exploring improvisation and physical comedy. All students have demonstrated an increase in their confidence since the start of the year. Through exploring the work of practitioners such as Rowan Atkinson (Mr Bean) and the Umbilical Brothers, they have looked at dramatic techniques such as slapstick and timing to develop their own physical comedy performances. Many laughs were heard in class and performance as we enjoyed an entertaining few weeks.

Year 10 has been super busy with developing their own class playbuilt pieces to audition for the Regional Drama Festival. Both classes worked collaboratively to explore their ideas and bring to life theatrical presentations on their own themes. We look forward to hearing of seeing them onstage at NIDA next term as part of the festival. Year 10 were also involved in a fantastic film making workshop by industry professionals that helped develop their skills prior to creating their own short films. This past week has been our “film premiere” event as we watched the beautifully engaging films that were created.

Year 11 has begun their senior drama studies with developing their sophistication as performers by exploring the power of voice and movement as a means of dramatic expression. They have studied Theatre of the Absurd as a theatrical style and historical artistic movement using this to then inform their own work in developing a class devised piece for the Regional Drama Festival.

Year 12 has been flat out in preparing for their HSC practical exams next term. They are busy putting finishing touches to costume designs, promotional designs, films, scripts, reviews and monologues as part of their Individual Projects. Collaboration is well under way in their Group Performances.

We have had excursions to performances of “The Voices Project” at Australian Theatre for Young People, “Neighbourhood Watch” at Bondi, “Stolen” at Riverside Theatre, and “Mother Courage” at Belvoir Theatre.

Individually some of our students have extended their skills outside of the school through other opportunities. Congratulations to the following students on your commitment and talent.

- Laura McInnes (Year 12) who is a member of the NSW School’s Drama Company performed in one of the lead roles in their production of the confronting play DNA at the Seymour Centre Theatre in the city.
- Henrietta Amevor and Victoria Fernandez Jones (Year 11) were selected to attend the week long State Drama Camp where they had the opportunity to work with industry tutors and other talented drama students on developing their skills.
- Brittany Anderson, Daniel Aquilina, Luke Arthur, Meg Attard, Ella Capbianco, Syarne King, Brennan Kinley, Anton Markovtzev, Kyah Singh and Jonathon Young (Year 10) were all selected to attend the Regional Drama Camp in April.

Holidays will be spent refining Year 12 work prior to their HSC performances in August and preparing for Showcase next term.

Ms Jo Spinks
Chess News

In one of the most testing of chess competitions undertaken in a tournament in the last three years at Castle Hill High, the exciting and dramatic games played over the last few weeks have developed into an extremely close competition fought more between Champions rather than just a challenging banter between chess players.

As we come to the end of Term 2 the Chess competition has heated up to reach a climax, in which four players Ryan Nicol, Jarrod Nicol, Agastya Kapur and Shelly, our first female player to reach this level of the tournament, will battle for the School Autumn/Winter Championship. These four players have been in battle since Term 1, showing determination, extreme effort and diligence in a game that requires discipline, concentration, endurance and stamina.

In this tournament the students did not give their opponent space to correct their mistakes, but took advantage at every opportunity to further crush their nemesis, as they played each game with deep concentration, determination and in a competitive manner, while at the same time expressing their enjoyment in being a participant. Early knock out players include Damon Ford, Joshua Hall, Aaron Loganathan, Anton Narkovtzev, Ibrahim Qureshi, Joel Randell, Rishabh Shetty, Navein Thanglah and Jason Xu who were knocked out over Semester One.

These contestants in the Autumn/Winter tournament all played amazing games, showing off their individual strengths in a combat of brainpower, tactics and strategy. We can only wish our them good luck in the coming games which would determine the Semester one chess champion as they go through to the finals in Term 3.

Mr David Singer
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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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Email: empowerbeauty@hotmail.com
Ph: 0403 864114

Baulkham Hills Cricket Club Inc
2015/2016 Season

Registration Day
For both Junior and Senior players
New players always welcome!

Sunday 19th July - 9:00am to 2:00pm
Saturday 25th July – 9.00am to 2.00pm
Baulkham Hills Sports Club, Ronen Rd, Baulkham Hills

Junior Cricket
We have teams in every age group. Family discounts apply.

Under 10’s (Modified rules) play on Saturday mornings 8.30am – 11.00am from September to March
Under 11,12,13,14,15 & 16’s play on Saturday mornings 8.30am – 12pm from September to March

Senior cricket
For ages 16 & over.
Senior cricket is played on Saturday afternoons 1.30pm – 4.30pm from September to March.
We normally field a minimum of 10 senior teams each year.

Junior training and grading will be held throughout August.
Senior training and grading also in August.

Whether you are a first-time player or someone returning to the game, come & find out why we are the biggest club in the Hills District.

Find more details on our website
www.baulkocricket.com.au

Parramatta Touch
Play Touch Football
Thrill of a Lifetime
in Sydney’s Leading Affiliate

Parramatta Touch 2015 Junior Competition

Junior Competition Commences

Tuesday 1st September Boys under 9s 11s 13s 15s & 17s
Wednesday 2nd September Girls under 11s 13s 15s & 17s
Location: Doyle Park Macarthur Street North Parramatta from 5pm

Online registrations for teams and individual player

Under 9s $42.00 per player Minimum of 8 players
All other players $53.00 per player
Minimum of 10 players

EVERY TEAM ENTERED RECEIVES A FREE TOUCH FOOTBALL

Playing Singlet package set of 10 $190.00

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