Principal’s Message

“Once you choose hope, anything is possible”

I have pleasure in being a member of the The Hills Youth Suicide Task Force, formed this year with a singular purpose and drive to make a difference. Along with Gareth McCray (Chairperson and broadcaster with Macquarie Radio Network), Jason Pace (Psychiatrist, CEO Hills Clinic), Michelle Byrne (Deputy Mayor, Hills Shire), Det. Superintendent Rob Critchlow (Commander, The Hills Local Area Command), John Gray (Senior Minister, St Paul’s Church Castle Hill), Martin Ollis (General Manager, Castle Towers), Natalie Peters (Senior Journalist, Macquarie Radio), Jacob Jackson (Provisional Psychologist, SW Sydney Area counselling services), Madison White (Gen Y and IT representative) and Angela Pike (Client Services, Human Synergistics), we aim to “do everything possible to eradicate youth suicide in The Hills”.

Statistics are sobering: youth suicide is the highest cause of death for under 25 year olds, Lifeline calls have doubled in five years, and anxiety and depression, as reasons for special provisions in the HSC, have quadrupled in five years. The Hills Youth Suicide Taskforce organised a community forum on Friday July 31 with keynote speakers John Brogden, Chairman of Lifeline and staunch advocate for those suffering from mental illness and Dr DeQuincey Lezine, president and CEO of Prevention Communities in the US and a suicide attempt survivor. Both speakers are devoting their lives to suicide prevention. As well, a panel of experts, from a range of stakeholder groups including NSW Police, media, university psychology departments and private practice, spoke at the forum during a Q and A session.
The committee was heartened by the number of attendees and the commitment of the audience to seek solutions. Currently, feedback from the forum is being collated to ensure that specific outcomes are pursued.
I certainly learned a lot and so did attendees from CHHS – Relieving Head Teacher Welfare Karen Street, Year Advisers Alex Kenworthy and Alison Bourke, Ingrid Waite P and C President, Anne Maree Kinley P and C Vice-president and Graham Roselen P and C Executive Member.
As soon as the report comes out on actions to be taken by the committee to assist young people in the Hills, I'll inform you.

Can I thank our Year 11 students who assisted with registration and morning tea at the forum. They were a delight, welcoming guests and helping with organisational details. Their interpersonal skills were on show and they were magnificent. Thank you to Angela Tanden, Kate Paterson, Lachlan Smith, Erik Baseyfield, Emily Myers, Henrietta Amvor, Claire Tuivai and Gregor Crawford.
Our canteen staff provided refreshments which were delicious. Thank you, in particular, to Jo Sutherland and Cathy Carlck who provided gourmet, homemade delicacies (the tim-tam balls were to die for!) for delegates at the forum. Their attention to detail and professional approach to catering is very much noticed and valued. Thank you, again.

CHHS’s resilience program – “Care of self, care of others”
It is fitting in this era of mental health issues that schools are proactive in addressing student programs to ensure well-being, positive emotions and a capacity to bounce back.
Our resilience programs, led by Head Teacher Resilience Helen Preketes, are up and running, commencing last term with some Year 10 students who undertook volunteering for a week in local aged-care facilities. Giving is an important part of building character.
This term Year 8 will commence their journey in developing resilience.
An overview of the program is as follows:

- Focus on the power of positive thought - how our brain works
- Explore sense of self and perceptions of self
- Consider perspectives and gain control through resolution
- Evaluate attitudes to face challenges in the face of difficulty
- Connect and build positive relationships through acceptance and tolerance
- Compare and learn from mistakes
- Make valuable contributions
- Set goals
- Build resilience
- Embrace change
- Self-portrait analysis
Helen will be working with a number of staff to deliver this exciting program to students in the coming weeks. Of course, we will ask students to evaluate all aspects, keen for their feedback to see if changes need to be made for the future.

More congratulations
A talented soccer player and leader on the field, Lachlan Campbell in Year 11 is off this week to Coffs Harbour on a training camp with the Western Sydney Wanderers. How good is that!

Max Potential
Each year we participate in the Max Potential program organised by Castle Hill RSL. Max Potential helps students realise their skills and capacity and seeks the involvement of students wanting leadership experience. Each participating student completes a project to change something that concerns them. They must complete a series of tasks to finally deliver solutions. Their journeys culminate with a presentation at Castle Hill RSL in front of guests including parents, school personnel and friends.

This year, Gloria Nasr in Year 11 has completed an important recycling project that attempts to change the habits of students and staff at Castle Hill High School. It’s ambitious, worthwhile and potentially groundbreaking. Gloria will give her presentation on Monday August 10 at Castle Hill RSL.

Congratulations Gloria.

Showcase is coming
On Wednesday August 19 our annual Showcase will be held to highlight the vast array of talented singers, dancers, musicians and dramatists. A better night couldn’t be had. Tickets will be available at the door on the evening and on sale from Room 1 now.

Vicki Brewer
CHHS P & C Elects a New Executive Committee

On 24 June 2015, Castle Hill High School P&C Association held its Annual General Meeting. At this meeting the results of our annual audit and financial reports where presented.

Also at this meeting a new Executive P&C committee was formed and I would like to take this chance to introduce myself. My name is Ingrid Waite and I was voted in as the new Castle Hill High School P&C President.

The new Executive members are:

- President: Ingrid Waite
- Vice-Presidents: Anne-Maree Kinley, Trinity Quinn
- Treasurer: Thomas Kunzler
- Secretary: Elizabeth Madders
- Executives: Carolyn Vanderklauw, Mary Van Goor, John Payne, Graham Rosolen, Deanna Harichandran, Nick Tedesco, Alan Artyun

The committee is made up of a mix of current and new members, which is an excellent combination. As you can see we still need a Secretary. In the past this has been a large role, but in recognition of this we have decided to split the role into various parts. The Secretary now would only be responsible for typing up the minutes of the meetings, which we have usually once a month during term times only. This would be ideal if someone can touch type at the meeting itself. The minutes are in a set format and the work would be minimal, only requiring attendance at the meetings. The other areas of communication will be handled separately.

On 15 July 2015 the new Executive met for the first time in order to introduce ourselves and to begin planning for the upcoming year. As part of the Executive we have a number of areas for which we are responsible and in further editions of this newsletter we will go into further details about each, however as a brief outline of the work which we will be pursuing in the coming months I have listed the areas below.

Communications
This is a huge part of the P&C Association and it is important it is handled well, as this is how we pass on all the information to the wider school community, parents and families. This newsletter is one example but we are also moving into social media via Facebook. Also we would like to re-vamp the P&C website and I am asking for someone who has some expertise in this area, if they are willing to give a few hours to help us ‘modernise’ and freshen up the way we present this info to families.

EMR
As you are all aware Castle Hill High School P&C has been fighting against the installation of a Telstra tower on top of Castle Hill RS. Although we were unsuccessful in this we are still heavily involved in raising awareness of this issue. Watch this space.

Welfare / Resilience
The P&C has a representative who sits on the schools’ welfare committee and this is an area we are keen to explore further in order to support the school.

Relay for Life
An annual event we organise, in which we liaise with the school, to enable students to participate. It is an extremely worthwhile cause and a chance for students to support all those families who have been touched by cancer.

Continued next page...
Trivia Night
Currently this is an annual event, although we have had to postpone this year due to unavailability of our excellent MC – Brad Tudman and the fact that Peter Kerrigan is stepping down after many years of doing such an excellent job. Allan Schumacher has been managing this event but as he is due to leave the school at the end of this year we need a new organiser. We have an MC and the Trivia Night itself is currently run by a P&C Executive Member. We just need someone to organise selling of tickets and tables and to liaise with the school.

Canteen / Uniform Shop
The P&C currently employ nine members of staff to deliver cost-efficient, high quality, friendly and in the case of the canteen, delicious, products and services to the school community.

Building Fund
As I hope you are all aware the P&C have funded the extensive refurbishment of C Block and the refurbishment of the bathrooms in the auditorium. The next phase is the refurbishment of the auditorium foyer. We are aiming to raise $20,000 through our Tax Deductible Building Fund donations and by applying for various grants. Please see the Castle Hill High School website for more details about how to donate to the building fund (P&C section).

Planning for the future
This is a new area we are keen to develop which will explore the impact the new railway station and more importantly the development of new high-rise buildings within Castle Hill High Schools catchment area will have on the school. These developments could significantly impact the school in many different ways and is a significant concern for parents and families. We need to make sure the P&C has a voice in any future plans for the school.

If you are interested in having a say on this panel please email me at: chhspc@gmail.com

Castle Hill High School
P&C Thank You
We would like to acknowledge and thank the executive members who are stepping down from their various roles. First of all to Anne-Maree Kinley who has held the position of President for the last 3 years (and many other positions on the executive in previous years), she has done an amazing job and works tirelessly on behalf of the school and I would like to extend my personal thanks to her for agreeing to stay on as Vice-President for another year to enable a smoother transition for the new committee. Huge thank you also to Allan Schumacher and Katherine Watson who previously held the role of Vice-President, again the work they put in on behalf of the school and supporting the President is enormous, and I know they will continue their support at a non-executive level for the remaining time they are at the school. Also stepping back from the executive is Peter Hinding and again I would like to acknowledge the time, advice and expertise he freely gives to support and benefit the school. Thank you all.

- Ingrid Waite, President Castle Hill High School P&C on behalf of the current Executive Committee
PE Uniforms—is your child’s up to date?

Castle Hill High School PE Uniform is to be worn by all students participating in PE and Sports activities. New Tops are $40.00 and Shorts are $25.00 available in all sizes from the Uniform Shop.

Second hand items are often available, priced according to condition.

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

Regular Opening Hours in the Uniform Shop From Week 2, Term 3

Monday and Friday 8.15 - 11.30

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
- Navy Blazer: $160.00

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

Fleece Scarves: $10.00

NEW
- Fleece Lined Jackets: $75.00
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.

Our school canteen is constantly trying to keep our menu updated and interesting for students and staff. Old favourites are always popular and it’s amazing how new items are welcomed. Students should check the noticeboards outside the canteen for surprise additions to the menu. You’ll never know what we will come up with next!

Just another reminder for all those who utilize our wonderful ‘Flexischools’ ordering system. If you have placed an order, please (PLEASE!!!) remind your child that you have done so. No refunds can be given on uncollected orders which is a terrible waste. We do try and track down those who have forgotten to collect their lunch but we aren’t always successful.

If you have placed an order and your child does not attend school on that day or leaves school early because of illness or any other reason, please call the canteen (96341188) as soon as possible and a refund may be possible.

Refunds are only possible if the call is received before 12 noon.

The school year is racing by but it’s still not too late to volunteer in our canteen or uniform shop. We truly appreciate any help you can give. Even a couple of hours in the morning is a fabulous help … and will be rewarded with a great cup of coffee!

Joanna Sutherland
Canteen Manager 96341188
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
NSWPS Millennium Marching Band
APPLY NOW for 2015/16

The Millennium Marching Band is a fantastic opportunity for students from Year 6 through to Year 12 to make new friends and have brilliant performance opportunities such as the Sydney ANZAC Day Parade, Schools Spectacular, NRL and Rugby Union Games, Operation Art, Olympic Welcome Home Parades and our American Tour in 2015.

What to do:
1. Read about us and apply online at The Arts Unit website
2. Come to our Open Rehearsal - Saturday 15th & Sunday 16th August
   • 9:00-3:30pm at Cumberland High School
   • Students are invited to attend one or both rehearsal days
   Our MMB Boosters (parent committee) provide lunch ($4) & drinks ($1)

For more information on the band see
The Arts Unit website → Music Ensembles or contact:
katrina.andrus@det.nsw.edu.au or
therese.doyle4@det.nsw.edu.au
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.
**Velvet Parlour**

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www.facebook.com/velvetparlour
Insta: velvet_parlour

48 Windsor Road, Kellyville

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**Formal Fever**

Hair & Make-Up Trial $129
Hair & Make-Up Event Package $149
Hair $80 Make-Up $80 Includes False Lashes

Check out our Event Packages for Hair and Beauty on velvetparlour.com.au

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(02) 9686 7756

www.sassyboutique.com.au
sales@sassyboutique.com.au
Come along to... The Great Fete

Samuel Gilbert Public School

Sunday 16 August 2015
10am-4pm, Gilbert Rd, Castle Hill

Great Family Fun!

⭐ Amusement Rides, Novelty Games
⭐ Sweet Treats, BBQ, Food Court
⭐ Prizes, Beauty Parlour, Face Painting
⭐ Market Stalls, And MUCH more!
⭐ FREE Gate Entry

Details at www.greatfete.com.au

2015 SUMMER SPORTS

FUTSAL ★ NETBALL

Dural Sport & Leisure Centre

FUTSAL
FIFA's 5-a-side • Small Court
More touches on the ball
More control • More skill

Girls • Boys
Ladies • Men • Mixed
Over 35s • Over 45s

MINIS Come & Try Day
Wednesday 12 August
4-5pm 6-7yrs • 5-6pm 8 yrs

Team Regos • 3-21 August

NETBALL
Full size courts
2 x 20 min halves

JUNIORS
7yrs-15yrs
Thursday • Friday

LADIES
Daytime • Wed & Thursday
Nights • Mon/Tues/Wed/Thurs

MIXED
Nights • Tues/Thurs/Friday

Team Regos • 3-21 August

Dural Sport & Leisure Centre
Car Kenthurst Road & Pellitt Lane, Dural
Call 9651 2777 or office@dslc.com.au
www.dslc.com.au

Miss Muddy is a female only obstacle course that includes foam, mud, colour and lots of fun! Register as an individual or get your girls together and create a team.

No time limit, no judgement, just an arena where you can be yourself!

Don’t miss out! Register now at www.missmuddy.com.au

#missmuddy missmuddy @missmuddyaus missmuddyaus
## CALENDAR

### Term 3

#### Week 5A

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Monday 10 August</td>
<td>HSC Trial Examinations&lt;br&gt;Yr 11 Design &amp; Tech, Business Studies Assess. Tasks Due&lt;br&gt;Year 10 Drama &amp; PASS Assessment Tasks Due&lt;br&gt;Year 9 Commerce Excursion&lt;br&gt;Year 9 PASS Backyard League Coach</td>
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<tr>
<td>Tuesday 11 August</td>
<td>Open Girls Touch Football State Championships</td>
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<tr>
<td>Wednesday 12 August</td>
<td>Group Photo Day&lt;br&gt;Year 11 ESL, Engineering Studies &amp; Modern History Assessment Tasks Due&lt;br&gt;Assembly Years 7-12&lt;br&gt;Open Girls Touch Football State Championships</td>
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<tr>
<td>Thursday 13 August</td>
<td>Year 10 French Assessment Task Due&lt;br&gt;Scripture Seminars Years 7-10</td>
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<tr>
<td>Friday 14 August</td>
<td>Years 11 &amp; 12 Vaccinations&lt;br&gt;Year 11 Biology &amp; PDHPE Assessment Tasks Due</td>
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#### Week 6B

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Monday 17 August</td>
<td>Spirit Week Begins&lt;br&gt;Year 12 Drama Major Work Rehearsal&lt;br&gt;Showcase Bump Day&lt;br&gt;Year 10 History Elective Assessment Task Due&lt;br&gt;Year 9 PASS Backyard League Coach</td>
</tr>
<tr>
<td>Tuesday 18 August</td>
<td>Showcase Rehearsal&lt;br&gt;Year 11 English Advanced &amp; English Standard &amp; Industrial Technology Assessment Tasks Due&lt;br&gt;Year 10 Graphics Technology Assessment Due</td>
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<tr>
<td>Wednesday 19 August</td>
<td>Mufti Day&lt;br&gt;Year 10 Dance Assessment Due&lt;br&gt;Assembly Years 7-10&lt;br&gt;Showcase&lt;br&gt;P &amp; C Meeting 7.30pm Common Room</td>
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<tr>
<td>Thursday 20 August</td>
<td>Year 10 PBL Event&lt;br&gt;Careers Bedford College Lunchtime Info Session</td>
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<tr>
<td>Friday 21 August</td>
<td>Art Show Setup&lt;br&gt;HSC Hospitality &amp; Construction Assessment Tasks Due&lt;br&gt;Year 11 SD &amp; D, IPT &amp; Hospitality Assessment Tasks Due&lt;br&gt;HSC Industrial Technology Major Works Marking</td>
</tr>
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#### Week 7A

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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<tbody>
<tr>
<td>Monday 24 August</td>
<td>Art Show Set Up</td>
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<tr>
<td>Tuesday 25 August</td>
<td>Art Show Opening Night</td>
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<tr>
<td>Wednesday 26 August</td>
<td>Art Show&lt;br&gt;Year 11 Economics Assessment Task Due&lt;br&gt;Year 11 Crossroads – Allphones Arena&lt;br&gt;Assembly Years 7-12</td>
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<tr>
<td>Thursday 27 August</td>
<td>Year 11 Biology Excursion&lt;br&gt;HSC Music Performance Evening</td>
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<tr>
<td>Friday 28 August</td>
<td>Year 11 Visual Arts &amp; Mod. History Assess. Tasks Due&lt;br&gt;Year 10 Food Technology Assessment Task Due</td>
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