Principal’s Message

High Achievers’ Assembly – a terrific morning
Last Tuesday, the school hosted a special ceremony and morning tea for our 2015 HSC High Achievers. It was a wonderful morning, with ex-students, their families and the current Year 12 in attendance to celebrate outstanding achievements. Dunja Tatic, our dux (ATAR of 99.9) spoke eloquently to the audience about her journey, giving motivational food for thought for the current HSC cohort.

Awards were given to the forty five students who gained an ATAR over 90, the seven students who were All Rounders (a Band 6 or E4 in at least 10 units) and all students who received a Band 6 in a course. After, a morning tea, catered for by our very generous Hospitality Department, gave opportunity for the conversation to flow and celebrations to continue. A photographic display of all students who received an ATAR over 90 is, as usual, in the front foyer.

Good morning parents, teachers, fellow students and year 12 of 2016.

I am honoured and humbled to address you today, and I hope to use this opportunity to congratulate those who have worked their hardest, thank those who have offered their unequivocal support, and impart some HSC-veteran wisdom on the class of 2016.

First and foremost, I would like to offer a congratulatory message to the high achievers of 2015; above all, it was the diligence and perseverance of the people here today that has enabled their success. Every single one of us has performed exceptionally well, and I believe, undergone growth not only as students, but as people.

And naturally, throughout high school many of us have mastered various skills. We have learned how to dominate a classroom discussion even when we didn’t complete the required homework. We’ve learnt how to write essays about books we haven’t read… because, I mean, who actually read Heart of Darkness? Facing our fears was something else we managed to do, particularly when handing in our creative writing to Ms Frangi. We negotiated the route between choosing subjects we were passionate about and the mercenary subjects our parents wanted us to choose. And now at the completion of our high school experience, our academic and social lives are truly taking a thrilling turn.

Similarly, the school and the wonderful staff here have worked with such commitment, often checking drafts at 2 a.m. (sorry about that, Ms Jones), and providing us with pseudo-counselling sessions during the most stressful times, and most importantly, offering immense amounts of support to every single student. I would like to thank my own teachers, Ms Jones, Mrs McDonald, Mrs Kenworthy, and Mr Lee, for they were more than simply teachers. The dedication on their part – and so many other teachers at this school – was astounding.
And now, the class of 2016. You will undoubtedly hear numerous speeches and receive an influx of advice from peers, teachers, parents and so on. Yet, it’s easy to become desensitised to it all. So I hope to provide you with a few, condensed tips.

Firstly, it is imperative that you stay motivated and inspired throughout the year. This includes visualising your goals, making lists, perhaps creating an image board of your aspirations. Yet, the most crucial advice I can give you is actually a phrase. And it’s a phrase that – without overstating its importance – I can say truly motivated me throughout the year: “Input equals output.” If you remember one thing from not only this speech, but all the speeches you are bound to hear throughout the course of Year 12, remember this. Input equals output. The results that you strive for are derivative of your efforts. You will only reap the rewards if you work hard.

Year 12 is more than just studying, however. Enjoy every moment of your final year and participate in as many things as you can. Make memories with your family and friends because they are the ones that will support you every step of the way. And of course, as many of us can attest, there is a lot to look forward to after your exams: muck-up day, formal, and a long holiday.

For those of us who have completed the HSC, the journey was irreducibly and unquestionably challenging at times. For those who are just starting the HSC, you will also make this discovery. But it is all part of the process, the process of finding your passions and testing them. We all love certain things: certain subjects, certain dreams, certain professional goals. And you have your own criteria. You’re not relying on the opinions of others. What truly remains consequential is your own standard and ability to judge your own life.

And so, at such moments, there’s nothing to be done except be thankful, thankful for people, places, ideas, and causes that you have embraced and that have embraced you back.

So, thank you, and I wish everyone all the best for the future.
Catalyst – our P&C makes a mark

As many of you would know, the electromagnetic radiation (EMR) issue has been ongoing at Castle Hill High School for a couple of years now, following the construction of the Telstra tower on top of Castle Hill RSL, only metres from the school. Our vigilant P and C has been active in keeping us informed of the potential dangers associated with EMR. Their diligence and persistence in finding accurate, evidence-based information with which to make recommendations, and their lobbying to access those in the know, have been a hallmark of their determination.

Last Tuesday, on the program “Catalyst” at 8pm on ABC TV, Libby Madders from CHHS’s P and C was featured, discussing the work her team has been doing in raising awareness of the EMR issues. (I believe you can access this show in Iview, if you missed it.) Their work is authoritative, compelling and important.

No-one would for a moment suggest that we can now live without technology, but with the assistance of our P & C we are undertaking ways to more safely accommodate technology, if for no other reason than to prevent long-term health risks.

We have invited students to:

- Keep phones on airplane mode when not in use
- Keep phones at a distance
- Not place phones in pockets near vital organs
- Turn off WiFi at home when not in use

In addition, the school is exploring the use of switches to turn WiFi off when not in use. A trial, commenced last year in three classrooms, will see other classrooms fitted out with custom-made switches to disconnect wifi, small but important changes to the way we engage with technology in the real world.

Signs in each classroom will also remind students of their responsibility for their long-term safety.

The P and C is to be commended on their vision and absolute determination in this area.

Vicki Brewer

Wednesday 17 February Meet the Teachers Night and Barbeque
2015
HIGH
ACHIEVERS’
ASSEMBLY
Swimming Carnival Spirit
At the start of this new school year I would just like to say welcome back to all current students and families and a big welcome to all new families, I trust you all had a relaxing break and are now all settled back into the school routine.

Since it is the start of a new school year I thought I would re-introduce CHHS P&C Executive committee. My name is Ingrid Waite and I am the current P&C President, the rest of the Executive committee and our Mission Statement are as follows:

Vice-Presidents: Anne-Maree Kinley Trinity Quinn
Treasurer: Thomas Kunzler
Minutes Secretary: Katie Davis-Hall-Watson
Executives: Elizabeth Madders
Carolyn Vanderklauw Mary Van Goor
John Payne Graham Rosolen
Deanna Harichandran Nick Tedesco

Mission Statement
Castle Hill Parents & Citizens Association Inc. is a not for profit association consisting of parents, carers, teachers and members of the community. We exist to raise funds to enhance the educational experience of the students and staff of Castle Hill High School. We organise events and oversee the operation of the Uniform Shop and school Canteen, along with other endeavours, for the purpose of raising funds and providing a quality service to the school. The proceeds of our fund-raising initiatives, including donations and grants, are primarily targeted towards enhancing the academic, social, emotional and physical well-being of our students. Additionally we endeavour to empower parents and carers with information and knowledge to better support their children’s education, growth and development at Castle Hill High School. We aim to promote an inviting, inclusive, cohesive and engaged community.

As a P&C committee we generally try and meet twice a term on the third Wednesday of each month, with email reminders going out to all those members who have signed up with their email addresses. If you are unable to come to meeting but would like to be kept informed of all decisions then please send your email address to chhspc@gmail.com and we will ensure the meeting minutes are emailed to you. Please use this email for all questions, comments or concerns.

I look forward to seeing you at our next meeting.

Term 1 2016 P & C Meetings:
Third Wednesday of the month,
7:30pm Common Room, Block A
17 February 2016
16 March 2016
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
On December 14 & 15 last year, Mr Tudman, Mrs Bandiera and Mr Kerrigan took thirty-two excited athletes to the Australian Institute of Sport in Canberra. The students stayed in the athletes’ accommodation and took part in training drills, recovery sessions, participated in a sports psychology tutorial and toured the AIS complex. The students were outstanding ambassadors for Castle Hill High and it was a pleasure to take them away. All the students were asked to submit a paragraph on what they learnt and how it might help them in the future. These are two of these paragraphs.

Mr P Kerrigan

So in regards to the trip to the AIS, I found it was one of the best sport related camps I've ever been on. I learnt so many technical things about rowing I never knew before particularly about the biomechanics and was also able to meet new people from the school which was also very cool. I really found it cool listening to the basketball player (Abbie Bishop) and hearing what it is actually like living a life surrounded by sport. It was really good to hear about the positives but also the negatives about her time at the AIS and how she has pushed a lot and fought for what she believed was right in regards to her child. I also learnt a lot from the practical sessions particularly about recovery and what is necessary in order to recover properly. As well as this, the session in the gym was also interesting, more due to being able to see athletes training. Seeing all of the athletes, particularly the Australian rowing team made me realise how much I missed rowing and that I needed to do something in order to get back into it. I've spent the last part of the holidays contacting rowing clubs and waiting for their replies and so far I've heard back from Leichhardt rowing club who I am meeting with on Wednesday to discuss me joining their club to compete at the Schoolgirl Head of the River (the biggest race of the season, sort of like the grand final when compared to other sports). Without the trip to the AIS I wouldn't have been so motivated to do this so I am so happy I attended. Thank you for allowing me to attend the trip, I will definitely give you a shout out when I win my gold medal at the Olympics.

Regards

Emma Jalalaty

The AIS experience will most likely be one of my fondest memories I have, not just of high school, but in life.

I was so happy to be one of the lucky ones to go, and really felt I gained a lot out of it. Looking back at it now, I've noticed that I've changed the way I view sport and professionalism. I know that it takes more than talent to be a professional, it challenges you in every way possible, the mental and physical side of things. In my chosen sport of cricket, the key to success is a few simple things done well, it is taking care of yourself and others off and on the field. It also includes hard work, persistence, grit, and being able to bounce back even in the toughest times. If all of these things are completed well it creates a clear mind and a will to score runs.

The psychologist at the AIS said something that has stayed with me - its that the human brain never stops thinking, you have bad thoughts and good thoughts, and its about knowing to accept the good ones and rejecting the bad ones. You can't pretend they aren't there; its all about moving on and being prepared for the next thing that happens. In cricket, its the next ball.

Since the AIS I have set daily and weekly goals and checking in on these goals, I have realised its important to have your life in order off the field, so when you're on it there's no external pressure. You just have a clear mind. What I'm working on now is expanding my game ball by ball. Currently I play within my limits, I'm growing in confidence to be able to play more attacking cricket and scoring runs, because that's what wins games of cricket.

Most importantly what I will take away from this incredible experience for sport and life is that it is a unique journey that has it ups and downs and it tests you to your full ability. I know now that if I keep up my hard work and do all the little 1%'s right that I will one day achieve and get the life that I've worked hard for!

Regards

James Salvador.
Students who attended excursion:

Lachlan Campbell, Hayley Chapman, Emily Clark, Allison Dallaway, Kumiko Delany, Matilda Donkin, Molly Donkin, Hannah Eagleton, Kaitlyn Eagleton, Brent Flavin, Tiarne Flavin, Joel Flude, Georgia Garnett, Kurt Garnett, Liam Gilchrist, Connor Holmes, Emma Jalalaty, Josephine Lenaz, Solomon Maguire, Mitchell Perl, Zoe Petridis, Harrison Read, Georgia Riley, James Salvador, Rebekah Sefton, Zoue Sefton, Kyle Serret, Sally Shokry, Carley Thomas, Hayley Thorndyke, Cassidy Williams, Ethan Zirh,
ATTENTION PARENTS/CAREGIVERS

Student Attendance
Reasons Given for Absences

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. This also applies to late arrivals and early leavers.

The following may not be used if your child is absent from school:
• At home studying for exams and/or assessments
• At home
• Permission to be absent/to stay at home
• Family reasons and/or commitments, appointment – A specific reason or type of appointment needs to be given
• With me (Parent/Caregiver)
• That you are aware of your child’s absence

The above mentioned are not valid reasons for absence and consequently will be recorded as “Unjustified Leave”

EARLY LEAVERS

Students are not permitted to leave school early without a parental permission note, which is taken to Room 1 prior to the start of the day, to receive a pass to be permitted to leave class.
The student MUST go to Room 1 at the time of departure to be signed out of the school.

Mr Ross Warren
Deputy Principal
FOR YOUR INFORMATION

2016 Term Dates

Term 1  
Friday 25 March – Good Friday  
Monday 28 March – Easter Monday  
Friday 8 April – Last day of Term 1

Term 2  
Monday 25 April – Public Holiday – Anzac Day  
Tuesday 26 April – Staff Resume  
Wednesday 27 April – Students Resume  
Friday 1 July – Last Day of Term 2

Term 3  
Monday 18 July – Staff Resume  
Tuesday 19 July – Students Resume  
Friday 23 September – Last Day of Term 3

Term 4  
Monday 10 October – Staff and Students Resume  
Friday 16 December – Last Day of Term 4 for Students  
Tuesday 20 December – Last Day of Term 4 for Staff.

Message from Room 1

Payments can be made between 8am and 1:30pm Monday to Friday:  
• In person using Cash, Cheque, EFTPOS or Credit Card (Visa or MasterCard)  
• Over the phone using a Credit Card
Term 1

Week 5B

Monday 22 February  
Epic Proportions Tour – Musical Performance – 12.45pm

Tuesday 23 February  
Year 6 Open Day
Zone Swimming Carnival
Girls Open Volleyball Knockout 3.30pm Gym

Wednesday 24 February  
Assembly Years 7-10
Year 6 Open Day
Zone Swimming Carnival
Year 6 Parent Information Night  6.30pm in Hall

Thursday 25 February  
Year 9 Scripture Seminar

Friday 26 February  
Year 12 English Paper 1 Study Day Excursion

Week 6A

Monday 29 February  
Year 7 Drumming Workshop
Design & Technology Excursion Yr 12 - Powerhouse Museum

Tuesday 1 March  
Year 12 Parent Teacher Meeting 4pm

Wednesday 2 March  
Assembly Years 7-12
UTS Big Day In IT Careers Conference – UTS Broadway

Thursday 3 March  
Year 8 Scripture Seminar
Ear 12 Geography Excursion - Collaroy

Friday 4 March  
Clean up Schools day
Year 11 Dance/Drama Excursion
Peer Support Session – Session 4

Week 7B

Monday 7 March  
Girls Open Water Polo Gala Day 7am – Glenbrook Pool

Tuesday 8 March  
International Women’s Day

Wednesday 9 March  
Mufti Day
Assembly Years 7, 9 & 10
Year 8 Year Meeting Hall

Thursday 10 March  
Selective High School Placement Test

Friday 11 March  
Year 7 Vaccinations
Zonta Breakfast
Young Men’s Health Forum
New Council Parking Restrictions

Castle Hill High School has been notified that Council has a program of parking enforcement which includes all schools in the Hills Shire. Council Compliance Officers are programmed to attend schools in the Shire before and after school to enforce illegal parking to improve safety around our schools.

**All school zone parking offences carry fines and demerit points.** Information about these fines and demerit points as well as what the common parking signs mean, are shown below.

![Diagram of parking signs and fines]

There are now increased penalties and demerit points associated with all offences in School Zones.

- **No Parking**
  - You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.
  - Penalty from $177 and 2 demerit points

- **No Stopping**
  - Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.
  - Penalty from $319 and 2 demerit points

- **Bus Zone**
  - You must not stop your vehicle in the indicated zone unless you are driving a public bus.
  - Penalty from $319 and 2 demerit points

- **Double Parking**
  - $319 & 2 demerit points

- **Stop on path or nature strip**
  - $177 & 2 demerit points

- **Stop on / near marked pedestrian/children’s crossing**
  - $425 & 2 demerit points

- **Approach children’s crossing too quickly to stop safely**
  - $531 & 4 demerit points

- **Illegal U turns**
  - $425 & 4 demerit points

- **Stop across driveway**
  - $177 & 2 demerit points

- **Drive using a hand held mobile phone**
  - $425 & 4 demerit points

- **Parallel park close to (within 3 metres) double centre line**
  - $248

**Fines current as of July 2015**

For a complete list of school zones offences visit: [www.rte.nsw.gov.au](http://www.rte.nsw.gov.au)
Parking Rules & Penalties Fact Sheet

BUS ZONES

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.
Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE
Penalty from $319 and 2 demerit points

Council’s Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145
PARKING AROUND SCHOOLS

OBEY PARKING SIGNS IN SCHOOL ZONES AT ALL TIMES TO PROTECT CHILDREN

ZERO TOLERANCE

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance.

When an offence is detected, you will be fined.

The Hills Shire Council’s Compliance Officers will be enforcing parking regulations at your school.
You must not park your car over or block access to a driveway.
You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

**SCHOOL ZONE**
Penalty from $177 and 2 demerit points

Council's Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145
Parking Rules & Penalties Fact Sheet

NO PARKING

The Hills
Sydney's Garden Shire

You can stop only to drop off or pick up passengers or goods
and you must not stop for more than 2 minutes
and The driver must stay within 3 metres of your vehicle

Stopping includes when the vehicle is not moving but the engine is still running

SCHOOL ZONE
Penalty from $177 and 2 demerit points

Council’s Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145
Parking Rules & Penalties Fact Sheet

NO STOPPING

THE HILLS
Sydney's Garden Shire

You must not STOP at any time
Stopping includes when the vehicle is not moving
but the engine is still running

SCHOOL ZONE
Penalty from $319 and 2 demerit points

Council’s Compliance Officers enforce parking signs at your school.
For more information please contact The Hills Shire Council on 9843 0145