

CRESTWOOD HIGH SCHOOL

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- Year 9 camp review
- TAS Times
- Bright Award winner
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- Peer Support
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- French Breakfast

From The Relieving Principal ...

Congratulations to the students who returned from the Year 9 camp at the Sydney Academy of Sport and Recreation at Narrabeen last week. All of the feedback from the teachers was that students had a great time and actively participated in all of the activities in the right spirit. New friendships were forged between students and staff and it appears that the year group is more cohesive following camp. Special thanks to the staff for your time and commitment to these wellbeing programs which continue to be a highlight on the school calendar. Thank you also to Chris Lloyd who is the Camp Coordinator on a well organised and professionally run camp.



This week 16 staff are involved in professional development in Choice Theory/Reality Therapy training. This program is based on the work of William Glasser, a world renowned psychiatrist, who developed a new internal control psychology that explains how and why we behave. His goal was to teach the world how to have better mental health and improved quality relationships. This professional learning has been very well received and will prove to be enormously beneficial for quality interactions between students and teachers.

This year I have been concerned about sighting a number of students coming to school with energy drinks. We do not sell them at the school canteen. These drinks are being purchased externally by teenage boys, in particular, who are consuming them on their way to school and at school in the morning before Home Room. The negative effects of these energy drinks have been widely publicised and while I have spoken to the individuals that I have seen with these drinks it has prompted me to state that we do not support students consuming energy drinks such as Mother, Red Bull and the like here at school. Energy drinks are marketed in a way that suggest it will provide consumers with enhanced levels of mental alertness and physical stimulation. The reason why they are so dangerous is that they contain high levels of caffeine (usually roughly 80mg in a 250ml can). Excess amounts of caffeine can lead to high blood pressure, nausea, vomiting and convulsions. If you could support the

Copies of all
excursion notes can
be found on the
school
website.
[http://
www.crestwood-
h.schools.nsw.edu.
au](http://www.crestwood-h.schools.nsw.edu.au)

Weeks 9 and 10, Term 4

Week A

Year 11 Hospitality second
work placement all week

9.12
Theatresports evening
Year 7 Swim School
10.12
G&T Vertical class TED talk
night
Year 7 Swim school
11.12
Presentation Evening
Rehearsals periods 1-2
Year 7 Swim school
12.12
Year 7 Swim school
Presentation Evening
13.12
Year 7 Swim school

Week B

17.12
Academic Decathlon 7C&8C
Yr 11 Business studies
excursion
18.12
Last day of school
Year 12 morning tea ATAR
celebration

From the Relieving Principal cont ...

school in ensuring your child does not purchase or consume these drinks at school that would be much appreciated.

On Tuesday the 3rd December I had the pleasure of attending the Sydney West Sports Awards at Rooty Hill. Sophie Williams in Year 10 was the winner of a Blue Award for Touch football which is the highest accolade for the best female sportsperson for touch football in Western Sydney. She is an extremely worthy recipient and an outstanding leader on the field.

There is one more edition of InfoLine for this year as we celebrate our upcoming Presentation Night next Thursday the 12th December.



The Turning Page - English and Drama News



Debating and Public Speaking

Congratulations to Sajnoor Rana who has spent three days at The Women's College of the University of Sydney for the Junior State Debating Championships, as part of the Western Sydney Regional team.

Sajnoor debated in 6 out of the 7 Western Sydney debates culminating in the team winning their way through to the State Final, where they were unfortunately narrowly defeated by the Sydney Region team, debating the topic 'That we should ban children from drinking around their kids'.

Congratulations to Sajnoor on a successful year of debating. We look forward to what she can bring back to Crestwood to share with her teammates and younger debaters next year!



Mandatory curriculum requirements – for RoSA

To be eligible for a RoSA, students must have:

- Completed the mandatory curriculum requirements for Years 7 to 10.
- Achieved satisfactory attendance and completed the minimum mandatory hours.
- Completed courses of study that satisfy Education Standards' curriculum and assessment requirements for the RoSA.
- Complied with the requirements from the [Education Act](#).

'N' determinations

If students do not complete a course's requirements they will receive an 'N' determination.

Students are warned via a letter from school if it looks like they might receive an 'N' determination. This aims to give the student time to complete the course requirements and rectify the problem. This is usually to catch up on a missed assessment item or to improve poor attendance.

If a student receives an 'N' determination in a mandatory curriculum requirement course, they won't be eligible for the RoSA. If they leave school, they will receive a Transcript of Study that will list the mandatory course(s) that received an 'N' determination. This could make them ineligible to continue to Year 11 or Year 12.

If a student is given an 'N' determination in a non-mandatory course, the course will not appear on their RoSA or Transcript of Study.

'N' determinations are issued for the non-completion of requirements in a course. Students who have not complied with the requirements for satisfactory completion of a course at the time of finalising grades cannot be regarded as having satisfactorily completed the course. The principal will then issue an 'N' determination.

Where a student fails to satisfactorily complete a mandatory Stage 5 course the student:

- is ineligible for the award of the RoSA if they leave school at the end of Year 10;
- may be ineligible to enter Preliminary (Year 11) courses or HSC courses.

All students receive adequate warning that an 'N' determination could be considered. 'N' Determination Warning Letters are issued to students when they do not meet the requirements of the course, including missing assessment tasks or not sitting examinations. The letter outlines what needs to be completed and the time frame for completion. It is vitally important that students complete all requirements if they are to receive a RoSA at the end of yr 10 and the Preliminary Course (Yr 11).

Year 9 Camp

Some reflections on camp

Alex Gray

Year 9 camp gave me great memories that I will never forget. The meals were quite enjoyable. The best activities in my opinion were the high ropes which challenged me to go higher and take on the highest levels. The bushwalk was quite unique with the terrain being tough and quite rough. However, the view from the top was astonishing and unforgettable. Trivia night was fun, inclusive and intense. I also enjoyed the freedom between each activity which made year 9 camp enjoyable



Bonclare Wong

At camp, we were challenged physically and mentally. The staff at camp were encouraging and helpful to the students and pushed us to our limits. There were many fun activities and I made new friends there. The beach was my favourite activity since I got to mingle with my friends and make new ones. The food was good and eating with my friends was really fun. The water activities were the most enjoyable.



Denusha Suthagar

At camp, we were challenged to do so many activities out of our comfort zone. We did many water and land activities like kayaking, sailing, high ropes and rock climbing. We also had night activities like games of snatch, trivia night and hanging out with our friends. The cabins were also fun as we had lots of snacks. We got to celebrate a birthday which we made a mini cake and gave out presents. We also had ramen night in the cabin. My favourite part was being allowed to have a lot of free time where we could hang out with our friends. Camp taught me many things and I will never forget it.



Ang Li

Camp was a good opportunity to be with your friends more as well as participating in really fun activities. There was plenty of food so no one went hungry. The camp taught me how to be more organised and also taught me that I like apples because I ate so many.



Year 9 Elective History are learning about...



Ancient Egyptian mummification



Year 9 Elective History are currently studying Ancient Egypt. They have learnt about its geography, social structure, inventions, religion, the pyramids and burial practices – including the process of mummification. In class, the students had a go at ‘mummifying’ a fellow class mate using a single roll of toilet paper. The results are below...



Peer Support Training Workshops



On Monday and Tuesday of Week 6, over 70 Year 9 students were trained by several teachers and Year 10 Facilitators in Peer Support.

Over the two days, the Year 9 students were led through a variety of activities preparing them for their role as Peer Support leaders in 2020. All students enjoyed the day and many new skills were gained. These skills were put into practice on Tuesday when they assisted the 2020 Year 7 group for Orientation Day.





SRC NEWS

Congratulations to staff member Wendy Faulkner who won the cricket bat signed by Steve Waugh as part of the campaign to raise funds for the Steve Waugh Foundation. Over \$1200 was raised for this part of the campaign, which will be added to the other money raised at school to help children with rare diseases.



Future Leaders

Our Captains Arthi and Andrew were invited to be part of a professional photographic exhibition held in Pymble last week. Student leaders from a range of public, private and selective schools were interviewed and photographed. Their opinions about the future and personal images of them are on display as the artist explored the ideas of future leaders for 2020.



Andrew Phelps 17

Crestwood High School

School Captain

“I really hope future generations see there’s life beyond technology, and that personal connections garnered by face-to-face interactions are way more important long term, and in any instance”



Arthi Sundaram 17

Crestwood High School

School Captain

“Stress is a prevalent issue facing my peers, it’s not something we are taught to handle and I don’t believe enough attention or support has been made aware to young people, to help them through these times.”



YOU'RE INVITED TO...

CRESTWOOD'S ANNUAL

**THEATRESPORTS
COMPETITION**



FREE!

**DECEMBER 9TH
6PM IN THE HALL**

Uniform

Below are photos of acceptable footwear to help with your purchases for 2020.

Correct footwear is hard, all enclosed black leather shoes and white socks above the ankle.



UNIFORM SHOP

ATTENTION YEAR 10 STUDENTS

Those of you wanting a white shirt/blouse for 2020 are best advised to go the uniform shop this term and try them on so then you know the correct size. This way you can place your order for next year through Qkr! for collection in January without having to wait in long queues!



YEAR 7 FRENCH—Education Perfect Languages

Championships 2019

Congratulations to Nikki Bi, Mia Jackson, Shanice Yek and Alvera Hirani (7C) for participating in the 2019 Education Perfect Languages Championships. The students answered a total of 8,123 questions and achieved the following awards:

Nikki Bi	Bronze	1,454 questions answered
Mia Jackson	Bronze	1,851 questions answered
Shanice Yek	Bronze	2,313 questions answered
Alvera Hirani	Silver	2,505 questions answered

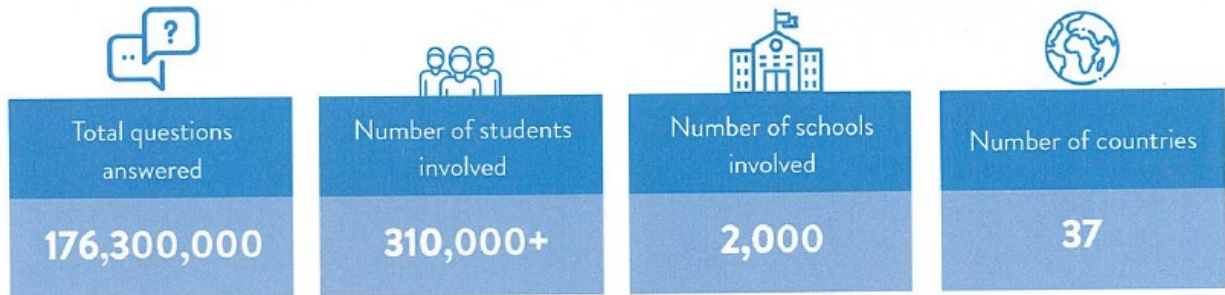


Education Perfect World Series

2019 Facts and Figures

Students collectively spent the equivalent of over **1,700 years of online learning** throughout the competition.*

*Based on average of 5 seconds to answer a question.



French Breakfast

On Tuesday 19th and Friday 22nd of November, year 7 classes got to experience “un petit déjeuner français” (a French Breakfast) to conclude our current topic “French Food and Drinks”. Once seated, we were each served a piece of a baguette (French bread), “du beurre” (butter) and “de la confiture” (jam). This is “une tartine” which we then dipped into the hot chocolate. “Miam!” It was interesting to experience how people in France eat certain foods. Subsequently, we were served delicious croissants and “pain au chocolat” (chocolate croissants). We really enjoyed this experience as nothing better than eating outstanding food and chatting with friends. - Ophelia T (7C)



P&C - December

On behalf of the Crestwood High School P&C Association, I'd like to thank all our wonderful paid staff and tireless volunteers in the Canteen and Uniform shop this year.

The hard work and dedication of all these people, has made it possible for the Canteen and Uniform shop to be very profitable, which then allowed the P&C to fund several major projects this year. The replacement of all the woodwork and metalwork benches, and upgrading the old textiles rooms into a new multipurpose, future focused learning space, have all been funded by the P&C.

We'd like to encourage as many of you as possible to get involved with the P&C and /or volunteer in any way you can. It's very rewarding to see what can be achieved when we work together for the good of our children and their school.

Lastly, we wish all the students, parents and staff a very Merry Christmas and a safe holiday season. We look forward to another positive and productive year in 2020.

Best wishes,

Betty Flower

P&C President



SPORT NEWS

Tennis

Congratulations to the Crestwood tennis players who represented the school in the ETDTA Schools Tournament in week 7. Well done to Bailey Mularczyk and Rebecca Wills who made the Semi-Finals in the Opens Mixed event. Our other representatives included Ollie Woolstencroft (Year 7), Derin Sen (Year 8), Jean-Paul Taliai (Year 8) and Sophie Little (Year 9). Thanks you to all the competitors and parents for their time and support! Well done Crestwood.



Sydney West Sporting Blue Award

Congratulations to Sophie Williams who received a sporting blue award at the Sydney West blues awards night. Not only did she receive this award for her outstanding achievement in the Open Girls Touch Football competition, she was also acknowledge for her leadership skills, teamwork, determination and commitment. Well done Sophie!



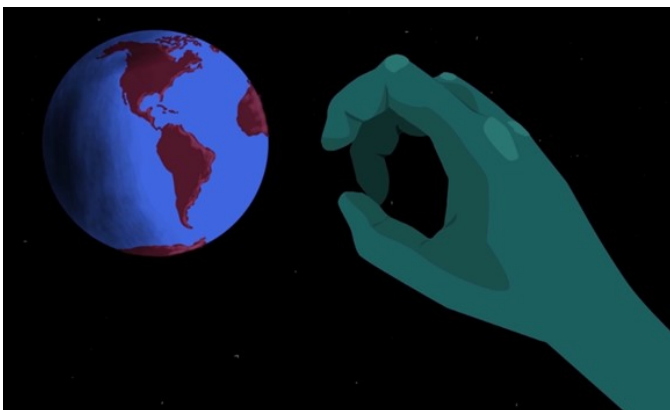
TAS TIMES

Bright Awards 2019 – Wendy Woodward



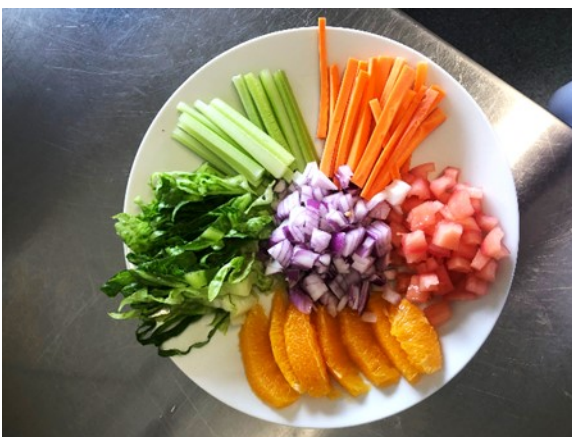
The Bright Awards are a national competition held every year to recognise the creative talent of emerging young designers from across Australia. The competition is coordinated by Billy Blue College of Design, Torrens University Australia and Media Design School and is judged by leading designers from within the industry in a range of creative fields. Students from Years 10, 11 and 12 can enter projects in a number of categories. The categories include Graphic Design, Web and Interactive, Photography, Animation, Games, Fashion and Interior Design.

This year Wendy Woodward has been named the winner of the Animation Category for her animated short film to accompany a poem called "I'm thinking about horses". Her short film took a poem with deep and complex allusions and she visualized them through well-conceived imagery and animations. Wendy created the short film for her HSC major project using a combination of 2D animation and visual effects. Wendy is to be congratulated on this outstanding achievement which is reflective of the high-quality project that she was able to produce.



TAS TIMES

Year 11 Hospitality students have been developing skills in food preparation techniques as part of the Certificate II in Hospitality course. As part of their practical assessment task, they were required to produce a range of precision cuts, which is cutting food into uniform shapes and sizes. The cuts they had to demonstrate included julienne, concasse, chiffonade, brunoise and segmenting.



TALENTED FOOTBALL PROGRAM

We would like to thank our sponsors:



FINEFORM
JOINERY
0406 124 467



Join Our Club!

Knights

2020 Season



Knights Kick-Off ages 3.5 to 5
In-house program for pre-schoolers

Knights Kickers ages 5 to 7
In-house professional program

Knights Juniors ages 8 to 12
Small sided game competition

Knights Youth ages 13 to 17
Full field youth competition

Knights All Age Men
Men's competition at all levels

Knights Over 35/45 Men
Modified game for over 35's & 45's

Knights Girls & Women
Females from ages 8 to over 35

Knights Kickaroos
For players with Special Needs

Knights Development Program
Program for talented players

Knights Instructional Referee
Junior referee development program

Foundation
Member of
Hills Football



- Local Hills Football Competition -
- Play in Graded Teams or with your Mates –
- Development Program for all Standards –
- Register at www.playfootball.com.au -

Registration Details & More Information

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