

Crestwood Infoline...

CRESTWOOD HIGH SCHOOL

Week 6, Term 3

28th August, 2020

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From The Principal ...

SAS Recognition Week

This week we celebrate SAS Staff Recognition Week where schools take the opportunity to formally acknowledge the invaluable contribution that SAS (School Administration Staff) and SLSO (Student Learning Support Officers) make to our school community. At Crestwood High School our SAS staff work in areas of finance, daily organization, whole school administration, technology, library support, TAS support, Science support, grounds and maintenance, farm management and learning support. Everyday our SAS staff are faced with challenges and difficult situations in the operations of a large comprehensive high school. They are a professional and skilled group who are vital to our school.



Our SLSOs play an essential role in assisting students with special learning needs. All students should have access to curriculum and the opportunity to learn regardless of disability. Our SLSOs are pivotal in providing access to meaningful learning experiences and equitable assessment for many students. They also support the health and wellbeing of students with specific health needs enabling them to attend school with their peers.

On behalf of our school community I would like to thank all our SAS and SLSO staff and acknowledge the valuable contribution you all make to our school. Thank you.



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From The Principal ...

Welcome back Year 12 after trial HSC...

It is my pleasure to welcome back our Year 12 students to classes after the trial HSC. They have been an incredibly hard working and a resilient group of young people who continue to put one foot in front of the other toward the HSC despite the unusual challenges placed before them. The feedback from the Presiding Officer and the exam supervision staff was excellent stating that the manner in which our students conducted themselves during the trials was exemplary.

Given the impact of COVID on the Year 12 graduating year, the school has been determined to provide our students with experiences that recognise the wonderful year group that they are whilst still adhering to the restrictions of NSW Health orders. Year 12 parents and students have been advised of the following arrangements for our graduating year group:

- The Year 12 Graduation will go ahead on the scheduled date of Thursday 24 September at 4pm. It will be livestreamed by a professional team of technicians from a local company enabling families and friends to view the graduation ceremony in real time. All students will receive a professional recording of the event on a commemorative USB as a gift from the school.
- Year 12 students will experience the traditional farewell clap out from all students and staff of the school on Thursday 24 September. Students from years 7 - 11 will be in their year groups to congratulate Year 12 during the clap out
- The Year 12 Formal remains scheduled for Thursday 12 November with multiple planned options to support the event going ahead.

COVID Updates

Each day I receive an update from the NSW Department of Education on the current COVID situation in NSW and the associated implications for managing the school. The school community is reminded of the safety practices we need to maintain to minimise the risk of infection. They include:

- Please do not send your child to school if they are sick, even with the mildest of symptoms
- If your child has been COVID tested they are not to return to school until the negative test result has been presented to the school and they are symptom free. Many thanks to our parents who have been incredibly vigilant with this.
- Parents, carers and non-essential workers are not to be on school grounds
- All camps and excursions (except for DOE Environment Centres) are on hold
 The school continues to provide supplies of hand sanitiser, soap and disinfectant wipes to all class rooms.

From The Deputy Principal

Developing Resilience

Increasingly at school we deal with the notion of reliance and building resilience in young people. Developing resilience is something that should be taught and nurtured and is a skill that needs constant expanding and refining.

Resilience is defined as the ability to deal with adversity. It is a necessary skill for coping with the normal everyday rigours of life and one of the key ingredients of success in a variety of situations including school and work. Students need to be taught that failure can be a precursor to success and can be a component of learning. The only way to succeed with tasks, assignments and exams, in physical activities such as sport, and in life in general is through perseverance and persistence, and by embracing and learning from failure. This is a growth mindset and a key aspect of developing resilience. Some even use the acronym FAIL as First Attempt in Learning, or Forever Acquiring Important Lessons.

Resilience is directly related to wellbeing; it is about having the ability to cope with and adapt to new situations. Being resilient and positive with a sense of wellbeing, enables a person to approach other people and situations with confidence and optimism. This mindset is especially important for students given the enormous changes and challenges they face throughout adolescence, especially in the technology world when they are faced with instantaneous issues.

By helping students to develop the skills to build resilience and strategies to deal with troublesome issues, we can minimise the effects of negative, stressful situations. These skills allow students to face challenges, learn from them, and develop ways to live a happy and healthy life. One major role as a parent is to support your child in developing these resilience skills. That might mean you 'don't rush to their rescue' and allow them to experience difficulty so they get an opportunity to use and build their problem solving skills. Sometimes allowing students to take 'healthy risks', i.e. risks that are perceived rather than real can give opportunities to find, develop and implement strategies to use in difficult situations.

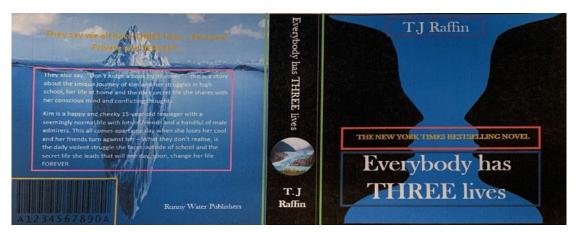
There is much written about this topic and plenty of resources are available. Please take some time to peruse websites and publications. One of my favourite authors in this area is Andrew Fuller. Andrew Fuller is an Australian clinical psychologist and he author of many bestselling books. These include: Life: A Guide— what to expect in each seven year stage, Tricky Teens, From Surviving to Thriving—Promoting Mental Health in Young People, Tricky Kids, Raising Real People, The Brain Based Learning E-manual, and Tricky People.

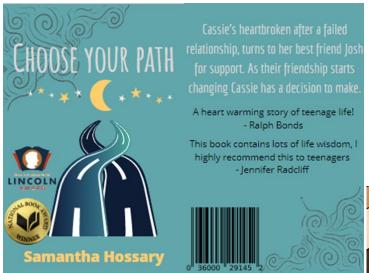
Keeping things in perspective for Year 12

The Year 12 cohort has just completed their trial examinations and some of them are involved in the HSC assessment for their Major Works in Industrial Technology, Visual Arts, Advanced English, Music and Drama. The final years of schooling can be stressful for parents or carers, as well as, for students. As parents you should be careful not to get too anxious yourself. Most young people cope well. For some, however, the pressure and expectation to do well can be difficult. For parents it can be difficult to find a balance between being supportive and being over-involved. Encourage your son or daughter to concentrate on mastering the standards rather than competing with others. It can also be helpful to remember that employers look for more than academic skills. They want an employee who can communicate well, work collaboratively as part of a team and remain optimistic under pressure. These skills are developed both at school and in students' life outside school. You should remind your child of all the useful skills they have already learned in this way.

In English this term, Year Eight students were required to create an original book cover. They then had to create their own front and back covers for these picture books and explain the ideas to their peers.

Students really embraced the creativity of this task, with some students creating images digitally or drawing them by hand. It was amazing to see just how creative these students could be, having to come up with an original idea and execute the design of the book covers. Actively engaging in visual literacy, students were required to think critically about the placement of images, words, and colours in order to effectively communicate the idea they had created.







This fortnight in History...

28 Aug 1963 – Martin Luther King Jr's "I have a dream" speech is delivered.

30 Aug 30BC – Cleopatra VII commits suicide, ending the Ptolemaic dynasty's rule, Egypt becomes part of the Roman Empire.

31 Aug 1997 - Princess Diana dies following a high-speed car crash, after being pursued by paparazzi.

2 Sep 1969 – First ATM opens for business.

3 Sep 1939 – Britain and France declare war on Germany; thus, WW2 begins.

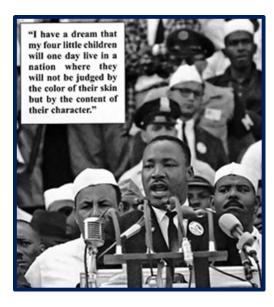
4 Sep 476 – Western Roman Empire falls. Romulus Augustus, the last emperor of the Western Roman Empire, is deposed by Odoacer, a German barbarian who proclaims himself King of Italy.

3 Sep 1783 – The American Revolution comes to an end with the signing of the Treaty of Paris. The United States of America receives the status of a free nation.

7 Sep 1776 – World's first submarine attack.

8 Sep 1664 – New Amsterdam is renamed New York.











Year 7 Geography Brewongle Excursion

On Tuesday 25th August, all Year 7 Geography classes attended an excursion to the Department of Education Environmental Education Centre at Brewongle.

I learned the importance of water and how to measure the cleanness of it. I really enjoyed all the hands-on activities we did. I really liked when we went dip netting for water bugs. (Maddie Cosgove)

We learned lots of different techniques and new knowledge such as ways to collect water bugs with dip nets, how to use equipment to find the temperature, oxygen and salt/acid levels. I enjoyed the hands-on activities with the equipment and group work. As I believe many can agree that the best part was dip netting for bugs from man-made ponds and identifying them to figure out how sensitive they are to the water quality then finding how good the water quality is. (Milla Costin)

In Brewongle I learned about how important water is and how many different animals, beside us, rely on it to live. While I was there, I enjoyed dip netting for water bugs, and looking at what they were called on a sheet. I also enjoyed going around to water tanks and recording how full they were and the temperature of the water. My favourite part was taste testing the water and choosing our favourite. Altogether, I enjoyed our excursion to Brewongle because we got to do a whole lot of fun stuff that made learning about water quality and inhabitants interesting and fun. (Laura Sammut)

At the excursion we learned many things. Some of the things we learned included how to measure the amount of oxygen in the river and seeing how clear the water was on the day. I enjoyed going on a walk up and down hills and learning everything. My favourite part was when we went to the small pond and collected small creatures in the pond, we then had to define what they were and see if they were a sensitive creature or not. (Jessica Wire)

This excursion was fun and enjoyable. We did loads of activities but the one that I most enjoyed was walking down to the river and testing for things like acidity, salinity and turbidity with my friends. Overall this excursion was great and one of the best that I have been on. (Bradley Kwok)

We went on an excursion on Tuesday to Brewongle. We were learning about water for our topic "Water in the World". We did tests on the Hawkesbury-Nepean River. We checked the oxygen levels, we did pH tests (how acidic the water was), salinity tests (the salt levels), the turbidity (the number of sediment particles), we checked the temperature and we checked the width of the river. To get to the river, we went on a nice bush walk. It only lasted 10 minutes. While we were going back up, we checked the height (elevation) of the land (topography). We then looked at the water tanks and learned about town (or tap) water, tank water and bottled water and learned the difference. We then went dip-netting. We learned about how the bugs are a good thing as they indicate how clean the water is. (Boen Wang)

The excursion was about teaching us how they maintain water quality, the topography of the terrain and taste testing the three different types of water, tank water, tap water and bottled water. My favourite part of the camp was walking on the bush track. My favourite activity was testing the water for; salinity, acidity and taking its temperature. I had a delightful day at Brewongle. (Azhar Hussain)

On the 25th August, year 7 went to Brewongle in North Sackville. It was a Geography excursion, for 'Water in the World'. We did numerous water related activities, such as quality testing and salinity testing. My favourite part of the excursion was seeing the enormous river after climbing through the bush. It was massive, and gleaming in the sun, the rippling water stretched out to the horizon, outlined with trees. Testing the water from the Hawkesbury river was by far my favourite activity, as I had never seen most of the equipment used before, and it was extremely interesting. At the end of the day, everyone was tired from the activities, but buzzing with talk on the way back on the bus. (Carmen Liu)



We saw the impact of erosion and learned how both natural and human factors contribute to this erosion.



One of the many outdoor lessons we participated in today. Down at the river we conducted fieldwork to test the water quality of the river.



Using specialist equipment to test the water quality of the river.











Students used specialist equipment to measure topography and vegetation to enable us to assess the impact that each of these has on the water quality in the river below.









Dip-netting for bugs is a method to test water quality. More water bugs means more biodiversity which means the water is clean and healthy.



NATIONAL SCIENCE WEEK: SCINEMA FILM FESTIVAL 2020

Last week was Science Week, an international celebration of all things science and its role in the world around us. This year, unfortunately, we had to forgo our usual science shows in the hall due to the current social distancing requirements. Instead, we celebrated Science Week at Crestwood in the science labs, by participating in the Scinema International Science Film Festival. The students chose from a huge playlist of award winning entries to the festival and the most popular were played during class time. We enjoyed the chance to kick back, eat some snacks and be reminded just how fascinating and exciting science can really be.



Below are some of the fun facts that students took away from our science week celebration:

You can predict a person's ethnicity, background, eye colour or skin colour by testing their DNA

In the documentary "She walks with apes", we got to see women in scientific fields. It is great to see inspiring women in science research

Everything, in a way, can be considered to be science

There are four elements in a car crash accident - human, road, vehicle and environment

Phenotype is the physical appearance produced by someone's DNA

THE NORTH AND SOUTH POLES USED TO EXPERIENCE TROPICAL WEATHER

It seems like the creation of sentient AI is really close All continents on Earth were connected 300 million years ago

There are many unusual branches of science that people are passionate about

Researchers think it's possible that humans domesticated dogs and dogs domesticated humans, almost as if they chose each other

Chimpanzees are sooo similar to humans The Antarctic Current is the only oceanic current in the world that flows through all of the world's oceans and circles Antarctica

STRING THEORY IS A THEORY THAT
TRIES TO CONNECT DIFFERENT
THEORIES TOGETHER. IT IS THE IDEA
THAT EVERYTHING IN THE UNIVERSE IS
MADE UP OF TINY LITTLE STRINGS,
SURROUNDED BY NOTHINGNESS

Animals can be studied at night through the use of thermal detectors

"Food Waste" is the 3rd largest contributor to global warming, behind China and the USA

Mathematical Musings

As Year 12 are receiving their trial examination results and Year 11 are busily preparing for their upcoming preliminary examinations. Here are a few simple tips all students are encouraged to do:

- Utilise their reference sheet in examinations—know and understand what each formula is used for:
- Read the questions carefully for units;
- Ensure they follow the process asked for in a question;
- Use their reading time to ensure they are approaching the exam to maximise their marks;
- Practice all of the above when undertaking practice papers under exam conditions.

Good luck to all students at this time and remember the 6P's: Prior Planning and Preparation Prevents Poor Performance.

This week in Mathematical History

Katharine Johnson was born this week, 102 years ago on the 26th of August, 1918. She showed early promise as a mathematical student, graduating high school at age 14. After commencing her working life as a teacher, Katharine was employed by NASA as a "computer" initially but was eventually reassigned to the Guidance and Control Division due to her deep knowledge of Analytical Geometry. There she undertook calculations of orbital mechanics including trajectories, launch windows and emergency return paths for the first and subsequent crewed spaceflights. She played a crucial role in NASA's progress towards the Apollo missions and the moon landings. Katharine was recently portrayed in the movie Hidden Figures.



Talented Football Program

Trials were held last Friday for next year's soccer program intake.









The soccer program students watching the champions league final during the week





TAS TIMES

STEM

STEM is proving to be a popular subject at Crestwood. We currently have 3 classes! STEM stands for Science Technology Engineering and Mathematics. There is currently a strong push in this area because there is a shortage of Engineers and other related technical workers in Australia.



Our Year 9 STEM class has recently completed a Mechatronics and Robotics unit. Mechatronics is concerned with the design of automated machines. It is based on a combination of mechanical, electronics and software engineering, but is a distinctly different discipline to all three.

One of the tools we used in this Unit was the Sphero. A Sphero is a spherical robot that can be controlled via Bluetooth with computer code to do a plethora of different tasks. These tasks vary from controlling the internal lights to making the Sphero spin, roll and jump and play sounds. The Sphero has a number of onboard sensors, such as an accelerometer, gyroscope and thermometer, which can be used to measure values such as pitch, velocity, location, distance, speed, heading and time elapsed.

Students learnt how to control the Sphero by coding on their smart phone or laptop and were then given a series of challenges where they were assessed against a number of criteria. Each challenge was completed 3 times to calculate an average.

The challenges were as follows:

Obstacle course

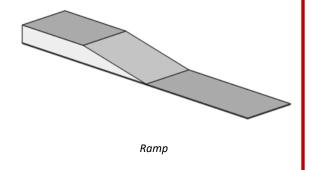
The Sphero had to navigate the 1200x2400mm track as quickly as possible. The fastest time scored the highest mark.

Obstacle Course Top 3	
Students	Ave Time
James Cruickshank/ Gram Huang	6.67
Divyansh Chhabra	7.33
Lily Jamali	7.71

Ramp Obstacle course

Students had to program their Sphero to ascend the ramp and stop on a target on the platform at the top. Points were awarded similar to an archery target. A "bullseye" was worth 10 points.

Ramp Top 3	
Students	Ave Score
James Cruickshank/ Gram Huang	9.3
Paaras Sharma	8.7
Rocco Nikoletic/Max Webster	8.5

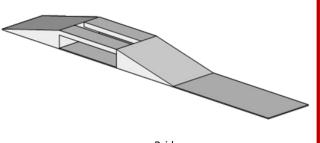


TAS TIMES

Bridge

The Sphero had to climb the ramp, cross the bridge and go down the far ramp. The timer was stopped when the Sphero came to a complete stop.

Ramp Top 3	
Students	Ave Time
Connor Gamack	3.11
Navsimer Kaur/Rida Shaikh	3.32
Lachlan Ebsworth	3.36

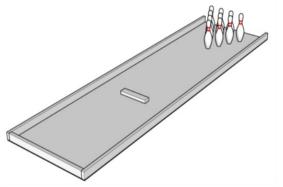


Bridge

10 Pin Bowling

This challenge required students to code their Sphero to knock down as many pins as possible. There was an added challenge of a block in the middle. This meant students had to curve the Sphero. Touching the obstacle or wall resulted in a deduction of 2 pins. A strike score 11/10 and a spare was worth 10 out of 10. Otherwise, students gained 1 mark for each pin they knocked down.

10 Pin Bowling Top 3		
Students	Ave Score	
Riley Wilson	10.3!	
James Cruickshank/Gram Huang Lily Jamali/Gram Huang	9.7	
Harvey Barrett/Lachlan Ebsworth/ Paaras Sharma	8.7	

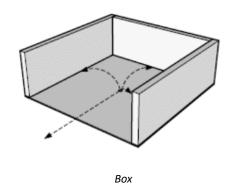


10 Pin Bowling

Box

This was the most difficult challenge. Students had to program the Sphero to search for an exit after hitting all 3 walls. Most students used the accelerometer to detect a collision and combined this with an "if" statement. The highest mark was achieved by the quickest time.

Box Top 3	
Students	Ave Time
Harvey Jenkins/Tyler Wood	4.04
Paaras Sharma	4.54
Rocco Nikoletic/Max Webster	4.62



Congratulations to all students. Our next unit is Aeronautical Engineering. Stay tuned for the results!

UNIFORM SHOP

The Crestwood P & C are thrilled to announce the appointment of Cheryl Cass as Uniform Shop Manager.

Cheryl is a familiar face at Crestwood High School, as she has been working in the Canteen for the past 7 years. Cheryl will continue to work in the Canteen, however from Thursday 3rd September she will also run the Uniform Shop.

PLEASE NOTE FROM 3RD SEPTEMBER 2020 THE UNIFORM SHOP OPENING DAY WILL CHANGE TO EVERY THURSDAY 7.30AM TO 11.00AM

As always, your ongoing support of our Uniform Shop is appreciated, and we are looking forward to Cheryl joining our team.

Crestwood High School P&C Executive.





CAREERS NEWS

CSU Early Offer closing soon—Closes 31 August. Our Charles Sturt Advantage early offer program helped more than 700 students secure an offer to study with us in 2020. Now it's your turn. We're looking beyond academic skills and searching for people with soft skills. Those personal attributes we value and believe you really need to succeed at study and life. Things like resilience, empathy, motivation to create a world worth living in. https://study.csu.edu.au/study-options/pathways/charles-sturt-advantage

UOW College—Online Info Session—looking for a pathway into UOW? - Wednesday 16 September 6.00-7.00pm. Want to get into uni? Use your time wisely and get started on your pathway to UOW. UOW College offer pathway courses that can guarantee entry into a range of bachelor programs, some with direct entry into the second year. Please join us for our upcoming online info session to find out more about our range of courses, scholarships and how to apply at the Wollongong, South Western Sydney, Loftus, Southern Highlands, Bega, Batemans Bay and Shoalhaven campuses. Staff will be available on the night to answer your questions. Applications are open now and classes start in October. Once you register, we will send you an email with further information on how to join us on the night. We look forward to chatting to you. https://studentservice.uow.edu.au/Portal/Events/EventDetails?eventId=0c8902e5-fbd1-ea11-8176-005056814cdc

Uni of Western Sydney Early Offer True Reward—20 September—closing date to be assessed on Year 11 subject results. 24 September—conditional offers made based on Year 11 subject results. 11 December—closing date to be assessed on Year 12 subject bands. 18 December—offers made based on Year 12 subject bands. Our unique program makes an early offer into a University degree based on corresponding HSC subject band outcomes, not your overall ATAR. The program offers you a place at Western before you receive your ATAR, on your HSC subjects results. Western is one of the only universities to offer a program with the chance to apply for an early offer based on your HSC results. At Western, we recognise that you are much more than your ATAR. True Reward focuses on the scores that reflect your strongest skills. https://www.westernsydney.edu.au/future/study/application-pathways/hsc-true-reward.html

Australian Apprenticeships and Traineeships Info Service—Australian Apprenticeships Pathways Facebook information page has loads of useful advice for obtaining an apprenticeship or traineeship. Opportunities are also listed. Go to www.facebook.com/aatinfoservice/

JobTed Resume Writing—A Practical Guide—A new practical guide on how to write an effective resume. This comprehensive Resume Writing guide is intended to help students and job seekers to create a resume and job application. Check it out for lots of good advice. https://au.jobted.com/blog/how-to-write-resume

HSC Guide For Students—Charles Sturt University Support—Welcome to the Charles Sturt University HSC Library Resource Guide for Senior Secondary Students. This guide will offer you resources, information and advice, that will help you during preparation for your HSC. It may assist students but please note that it is not intended to replace advice from your school. We've included links to past exams and study guides, free online resources for each year 12 subject or stream, free multidisciplinary resources. http://libguides.csu.edu.au/HSC/home

Parks and Gardens Apprenticeship—Western Sydney - The Skilling and Employment Centre is recruiting on behalf of their employer for a Parks and Gardens Apprenticeship based in Western Sydney. The Apprenticeship includes both on-the-job training and external training at a vocational provider. You will work towards earning a Certificate III in Parks and Gardens. The job involves hedging and pruning, mowing, weed control, turn preparation and laying, irrigation installation, garden planting and mulching. Find out more and apply here: https://apply.jobadder.com/indeed/au2/2509/1041884/evzebnludotevnczhvhhtfa7ei?show=details

CAREERS NEWS

The University of Sydney Online Open Nights—9-10 September. Get course advice, chat to current students and attend a range of webinars at one of the University of Sydney's Online Open Nights. Choose from either convenient weeknight sessions and learn about the University of Sydney from home. https://sydney.edu.au/undergraduate-events

ACU Early Entry ACU Guarantee—ACU has announced a brand new early offer program, ACU Guarantee. The ACU Guarantee program offers eligible Year 12 students a place at ACU based on their Year 11 results. Applications open 3 August and offers may be made as early as September. Students can learn more and register their interest for ACU Guarantee here.

The University of Newcastle—Open Week Online—14-18 September. A different kind of Open Day. The University of Newcastle invites you to join the Open Week Online. You'll have access to over 40 degree webinars, live information webinars including sessions with the admissions, pathways and scholarships teams, live tours and loads more. Register your interest https://newcastle.edu.au/openday

WSU—2020 Tour Dates—Monday 30th November—Friday 11th December. Come and explore all Western Sydney university has to offer. Prospective students, their family and the general public can take one of our guided Campus tours and see what life at Western is really like. You'll take a tour of our lecture theatres and teaching spaces, stroll through our campus libraries, and visit some of our world class facilities where students gain hands on, practical experience. You will speak to Academic staff, current and past students while having the opportunity to learn more about the various degrees on offer, course selection, living on campus and university life. https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html. Express your interest here: https://www.westernsydney.edu.au/form/campus-tour-eoi

Reminder—Avondale Early Admission. Apply before 31 August. Avondale's Early Admission program can give students an offer to their chosen degree before they get their ATAR. Applications close on 31 August 2020. To find out more and to apply for Early Admission visit, www.avondale.edu.au/earlyadmission or contact Avondale's Student Administration Services on 4980-2377 or studentadmin@avondale.edu.au

TAFE NSW goes virtual for Open Day—9-10 September. Students and parents can connect their own way from anywhere. They'll have access to all the information and expert advice they need to find the career path that's right for them and their teen. https://www.tafensw.edu.au/open-day

Skills and Thrills Digital Parents Showcase—Content only available to 4 September, 2020. SkillsOne have launched The Skills and Thrills Parents Showcase in a digital format. Access a free video to learn about: Apprenticeships and Traineeships; TAFE/Private training Providers; Industry trends; Covid-19 impacts on industry; Funding options available (Smart and Skilled); Vocational Education and Training (VET) Options: School-delivered VET, SBATs and EVET; where to find information; resources and support services. Pre-register interest to receive viewing information and updates at: https://www.skillsone.com.au/digital-parents-showcase-subscription/

TAFE NSW Degrees—You don't need an ATAR to study a degree with TAFE NSW, but you will graduate with a qualification that will change your future. TAFE NSW degrees are taught by industry experts in dynamic, progressive learning environments, with access to industry standard facilities and equipment. Together with our strong industry links and a diverse range of extracurricular student programs, our degree courses set you apart from the crowd. https://www.tafensw.edu.au/degrees Youtube: https://www.youtube.com/watch?time_continue=2&v=OnCWnGZi6ws&feature=emb_logo

New Bachelor of Education (Primary) at WSU in 2021—Starting in Semester 1, 2021, Western Sydney University will be offering their new Bachelor of Education (Primary). This course is a pathway to becoming a primary school teacher, and has a particular emphasis on Science, Technology, Engineering and Mathematics (STEM). The new course will be available at WSU's Bankstown campus. Find out more: https://www.westernsydney.edu.au/future/study/courses/undergraduate/bachelor-of-education-primary.html