

From The Principal ...

As a school, striving for continuous improvement forms an essential component of our school culture and it is important to recognize that there will always be areas for improvement.

School improvement is a continuous process centred on maximizing outcomes for all students and sustaining this improvement over time.

Currently the school is undergoing the process of self assessment in order to analyse our current situation with regard to student outcomes and teaching and leadership practices. Data and evidence is being gathered from various sources including surveys from students, staff and parents.

The feedback and input from parents and community is essential in our self assessment and assisting with planning and future direction. Next week we will be sending home an email to all parents with a link for a survey. It would be greatly appreciated if you could take the time to complete the survey as your opinion plays a vital part in our strategic planning.

A note from Mark Scott Secretary for Education

Thank you Teachers

Last Friday was World Teachers' Day—a wonderful opportunity to thank the great teachers that change students' lives every day. They are always incredible, but this year our teachers stepped even further into the spotlight and shone. World Teachers' Day was our chance to say thank you for your great professionalism, dedication and resourcefulness.

I couldn't agree more with these sentiments. Our school is very fortunate to have such a dedicated team of teachers. Certainly this year has highlighted the calibre and professionalism of our teachers. Thank You.



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From The Deputy Principal ...

Helping your child express their feelings

From the moment kids are born, they start learning the emotional skills they need to identify, express and manage their feelings. They learn how to do this through their social interactions and relationships with important people in their lives such as parents, grandparents, carers, mentors and role models, including teachers.

Being a parent means you've got a really important role to play in helping kids understand their feelings and behaviours. Kids need to be shown how to manage their feelings in positive and constructive ways. However, it is sometimes very difficult to give advice because, even though you were once their age, they cannot learn vicariously through your experiences. They have to make their own mistakes and experience their own emotions to learn.

Here are some of the ways you can help your child learn about and express their feelings:

- Tune into cues - Sometimes feelings can be hard to identify. Tune into your child's feelings by looking at their body language, listening to what they're saying and observing their behaviour. Figuring out what they feel and why means you can help them identify, express and manage those feelings better.
- Behind every behaviour is a feeling - Try to understand the meaning and feeling behind your child's behaviour. You can help your child find other ways to express that feeling once you know what is driving the behaviour.
- Name the feeling - Help your child name their feelings by giving them a label. Naming feelings is the first step in helping kids learn to identify them. It allows your child to develop an emotional vocabulary so they can talk about their feelings.
- Identify feelings in others – Provide lots of opportunities to identify feelings in others. You might ask your child to reflect on what someone else may be feeling. Cartoons or story books are a great way discuss feelings and helps kids learn how to recognise other people's feelings through facial expressions.
- Be a role model - Kids learn about feelings and how to express them appropriately by watching others. Show your child how you're feeling about different situations and how you deal with those feelings.
- Encourage with praise - Praise your child when they talk about their feelings or express them in an appropriate way. Not only does it show that feelings are normal and it's ok to talk about them, it reinforces the behaviour so they are likely to repeat it.
- Listen to your child's feelings - Stay present and resist the urge to make your child's bad feelings go away. Support your child to identify and express their feelings so they are heard. When feelings are minimised or dismissed, they will often be expressed in unhealthy ways.

If you would like to have more information on this, check out the Kids Help Line (see link below) and talk to your child's Year Advisor, Deputy and teachers.

More information is available at

<https://kidshelpline.com.au/parents/issues/how-kids-helpline-can-help-your-child>

Warren Groth DP

Welfare News

Catch up Vaccinations

NSW Health will be visiting our school on Tuesday 10th November to provide catch up vaccinations for those students who were absent for vaccinations held in Term 3.

Impacted students will receive a written reminder of this today.

Allergy Plan

Parents are reminded to please ensure that the school has an in date copy of all ASCIA plans. Most plans expire within 2 years of seeing your doctor unless the doctor has stated otherwise. In addition to this, those students with an action plan for anaphylaxis must carry an in date EpiPen in their bags at all times.

SRC NEWS

At this week's SRC meeting students discussed ideas to be pursued in 2021. They have established a google classroom for ideas to be shared and invite all students to approach SRC members with any concerns that students wish to see addressed within the school.

They are currently looking at some ideas which will embrace a similar concept to Diversity Day which, due to current circumstances we are unable to proceed with this year.

Students are also welcome to see Mrs Jones in the Visual Arts staffroom if they would like to share any ideas.

Visual Arts

Visual Arts students in the Support Unit have been learning about the tradition *The Day of the Dead* focusing on incorporating symbols and designs to create their own sugar skull masks. Students had lots of fun designing and creating their masks. Final artworks ranged from traditional sugar skulls to scary skulls, just in time for Halloween!

*S2 wearing their Day of the Dead
Inspired masks*

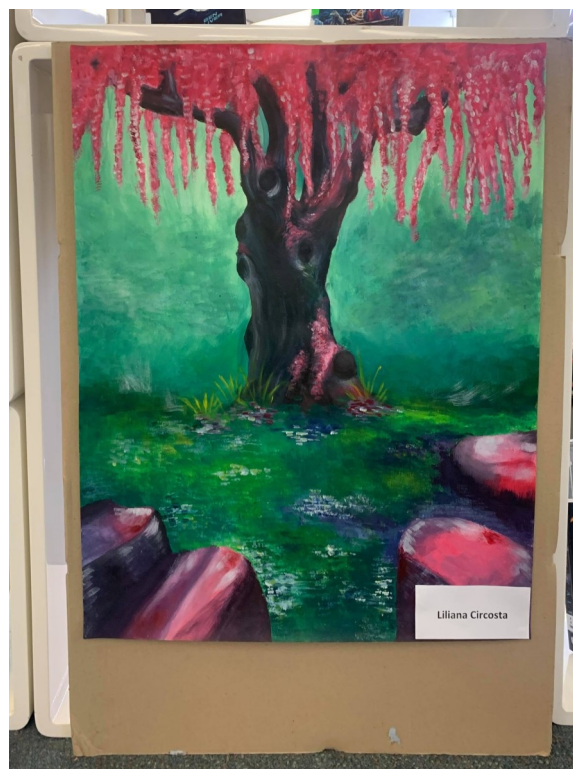


Alex Jones from S3



Art Club

Art club has continued to operate full steam ahead this term! Students have been working on a range of artworks including individual and group projects. We have seen some talented Anime artists working hard to develop their skills and design their own characters and a few individual students have been creating artworks inspired by spring which are currently displayed in the Library.



Spring inspired artworks by Lauren Morden in Yr 11 and Liliana Circosta in Yr 8, displayed in the library.

Art Club



Art Club students



*Yr 8 students working hard practicing
their Anime character designs*



Book Week at Crestwood 2020

This year in celebration of Book Week, staff at Crestwood High School were encouraged to dress up as characters from books or to wear literary t-shirts and/or pins. Staff also had the opportunity to read their favourite books to their classes during DEAR.

Crestwood students spent an English lesson preparing a submission for a Crestwood compendium of short texts that capture the year that was 2020. Students could choose from the formats of short story, recount, graphic novel excerpt, manga, comic strip, poem, and journal entry. The best three from every class will be entered in the book which will be posted online on the school website and social media. The best entries will receive awards. Winning pieces will be decided soon. Ending date for submissions is on the 13th of November. Entry to the book compendium is on voluntary basis.

Thank you to all staff and students for their support. The English Faculty are hoping to make Book Week bigger and better next year! Book Week is the annual celebration of books for young people and the joy of reading. Every year, events are held nationwide at schools, libraries, bookstores, homes — wherever young readers and books connect!



HSIE Happenings

This fortnight in History...

6 Nov 1860 – Abraham Lincoln was elected president of the United States of America.

7 Nov 1917 – The Bolsheviks, led by Lenin, take power in Russia.

9 Nov 1938 – The Nazis launch Kristallnacht ('Night of Broken Glass'), a campaign of terror against Jews (and their homes and businesses) in Germany and Austria. The violence continued through November 10 and foreshadowed the Holocaust.

9 Nov 1989 – The Berlin Wall falls after nearly three decades of keeping East and West Berliners apart.

11 Nov 1918 – Armistice Day, marking the end of World War I (hence 'Remembrance Day' is commemorated on November 11). 416,809 Australians enlisted, of whom 59,258 died and 226,073 were wounded.

11 Nov 1975 – Australian Prime Minister Gough Whitlam is dismissed by the Governor General. *It is the only time an Australian PM has EVER been removed from office.*

12 Nov 1799 - First meteor shower on record.

12 Nov 1969 - Seymour Hersh breaks the My Lai massacre story from the Vietnam War.

12 Nov 1980 - U.S. planetary probe Voyager 1 passes Saturn. The photos beamed back to Earth stunned scientists - the high-resolution images showed a world that seemed to confound all known laws of physics.



HSIE Happenings

16 Nov 1920 – The Queensland and Northern Territory Aerial Service (QANTAS) begins operations.

17 Nov 1558 – Elizabethan Age begins (Queen Elizabeth I of England ascends to the throne upon the death of her half-sister Queen Mary.)



17 Nov 1869 – Suez Canal opens, connecting the Mediterranean Sea with the Red Sea.

18 Nov 1916 – end of the Battle of the Somme.

The battle was one of the largest of World War I, in which more than 1 million men were wounded or killed, making it one of humanity's bloodiest battles. It had started on 1 July 1916 = 141 days duration.

(Average >7100 men killed or injured each day, although day 1 was the bloodiest with 58,000 British/Allied troops alone killed, not counting French or German casualties).

19 Nov 1863 – U.S. President Lincoln delivers the Gettysburg Address.



Year 10 History...

Wishing all Year 10 students the very best for their upcoming History End of Course exam.

Topics to revise include:

WW2, Popular Culture, Changing Rights and Freedoms, Vietnam War.

HSIE Happenings

Remembrance Day, 11th November...

At 11 am on 11 November 1918, the guns on the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months.

In November, the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted the allied terms of unconditional surrender. The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years and became universally associated with the remembrance of those who had died in the war.

On the 11th hour on the 11th day of the 11th month, a minutes' silence is observed and dedicated to those soldiers who died fighting to protect the nation.

After World War Two, the Australian Government agreed to the United Kingdom's proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.



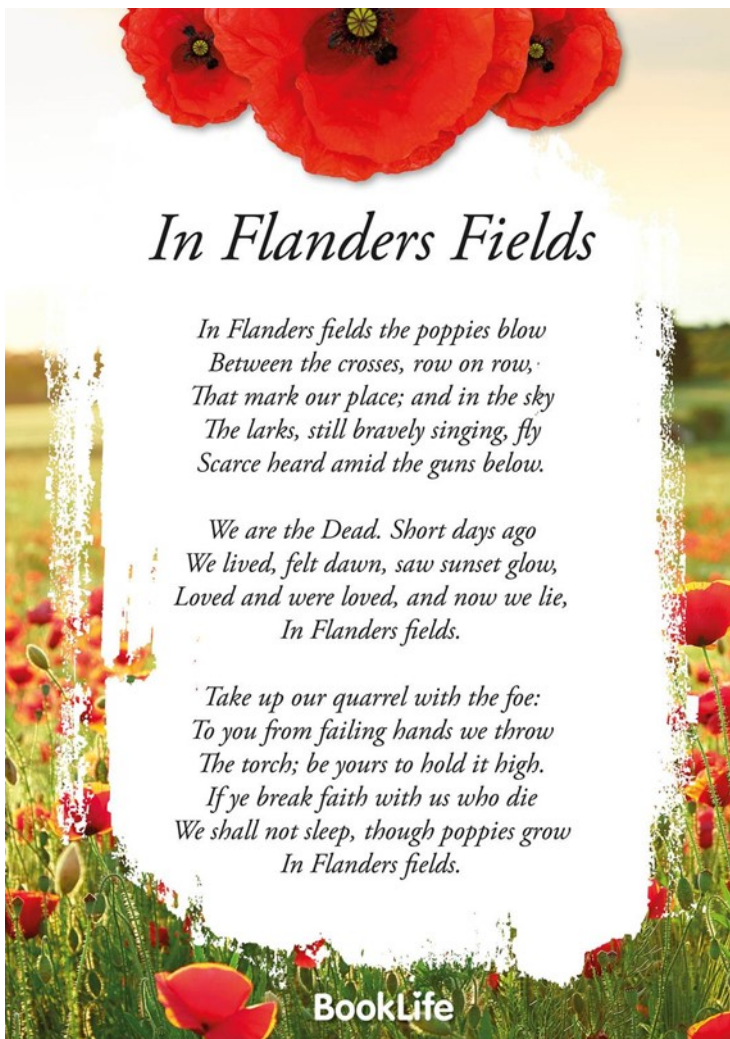
Armistice Day, Martin Place Sydney. 11
November, 1918.

HSIE Happenings

The significance of poppies...

The Flanders poppy has long been a part of Remembrance Day. During the First World War, red poppies were among the first plants to spring up in the devastated battlefields of northern France and Belgium. In soldiers' folklore, the vivid red of the poppy came from the blood of their comrades soaking the ground. The sight of poppies on the battlefield at Ypres in 1915 moved Lieutenant Colonel John McCrae to write the poem *In Flanders fields*.

Poppies adorn the panels of the Australian War Memorial's Roll of Honour, placed beside names as a small personal tribute to the memory of a particular person, or to any of the thousands of individuals commemorated there. This practice began at the internment of the Unknown Australian Soldier on 11 November, 1993.



HSIE Happenings

Always Was, Always Will Be.

Always Was, Always Will Be. recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

We are spiritually and culturally connected to this country. This country was criss-crossed by generations of brilliant Nations.

The following is from the Naidoc.org website:



Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

Australia has the world's oldest oral stories. The First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures - structures on Earth - predating well-known sites such as the Egyptian Pyramids and Stonehenge.

Our adaptation and intimate knowledge of Country enabled us to endure climate change, catastrophic droughts and rising sea levels.

Always Was, Always Will Be. acknowledges that hundreds of Nations and our cultures covered this continent. All were managing the land - the biggest estate on earth - to sustainably provide for their future.

Through ingenious land management systems like fire stick farming we transformed the harshest habitable continent into a land of bounty.

NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact whether in 1770 or 1606 - with the arrival of the Dutch on the western coast of the Cape York Peninsula.

The very first footprints on this continent were those belonging to First Nations peoples.

Our coastal Nations watched and interacted with at least 36 contacts made by Europeans prior to 1770. Many of them resulting in the charting of the northern, western and southern coastlines – of our lands and our waters.

For us, this nation's story began at the dawn of time.

NAIDOC 2020 invites all Australians to embrace the true history of this country – a history which dates back thousands of generations.

It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country - which is Australian history. We want all Australians to celebrate that we have the oldest continuing cultures on the planet and to recognise that our sovereignty was never ceded.

Always Was, Always Will Be.

UNIFORM SHOP

ATTENTION YEAR 10 STUDENTS

It's time to purchase your white shirt for Year 11 2021

Those of you wanting a white shirt/blouse for 2021 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!

The Uniform Shop is open on Thursdays 7.30am—11.00am.



Mathematical Musings

Year 8 Girls class and the Rube Goldberg machine

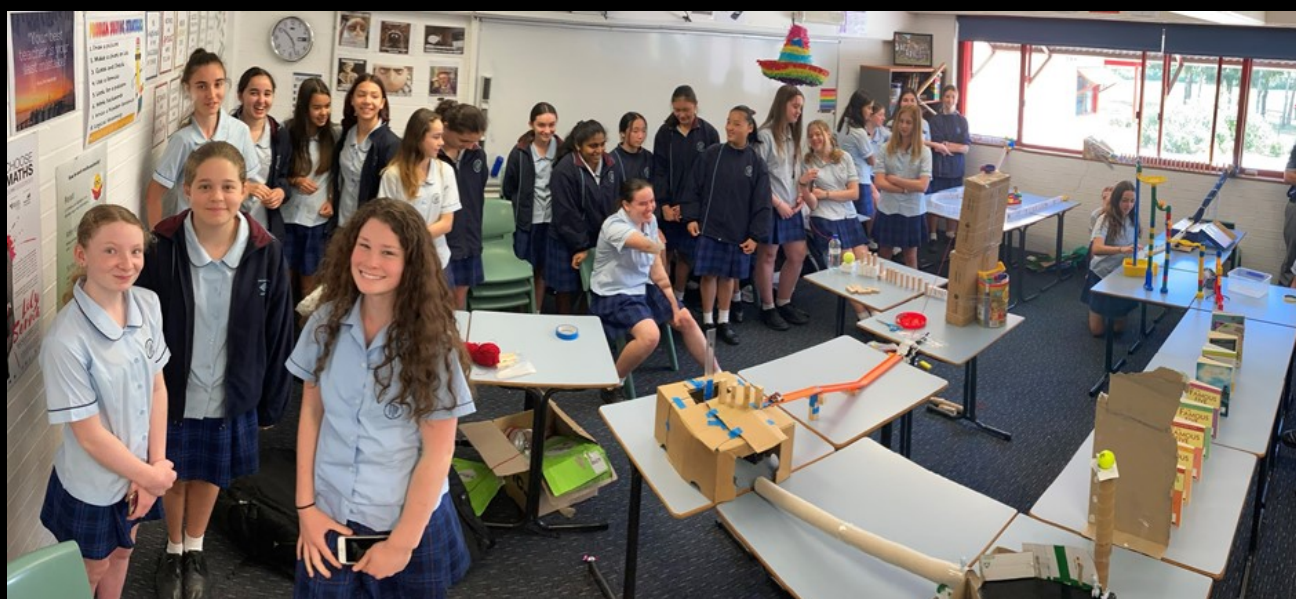
This year an additional period was provided to Year 8 for Numeracy skills development. The Girls' Class have spent these periods focusing on Communicating and Problem Solving through a year long project to design and construct a Rube Goldberg machine.

A Rube Goldberg machine is designed to complete a simple task in an indirect and overly complicated way. They usually consist of a series of unrelated devices, the action of one which triggers the next.

Tuesday this week this culminated in the running of their machine, with each group of students responsible for a section of the machine.



Mathematical Musings



Sport News

The Crestwood students are enjoying participating in grade sport again. Thank you to all staff and students for adhering to the Covid safety procedures!



Position Vacant

Canteen Assistant/Relief Canteen Assistant—School Terms Only

The Crestwood High School Canteen Committee is currently seeking to employ a Casual Canteen Assistant/Relief Canteen Assistant in our busy canteen, responsible for assisting in the daily operation of the Canteen and reporting to the Canteen Manager or Daily Co-ordinator on duty.

The hours of work:

- * 10am—2.15pm (approximately) Thursdays & Fridays
- * 9.45am—2.15pm (approximately) 3rd Wednesday of the month
- * Between the hours of 10am—2.15pm (approximately) Mondays, Tuesdays & Wednesdays when required, including School Development Days and other large catering events.
- * Occasional out of school hours work may also be required with 1 week notice given

Duties include:

- * Greeting, training and assisting canteen volunteers in food preparation, serving and restocking in accordance with the Canteen's Daily Routine and Covid-19 Safety Plan
- * Checking, storage and stock rotation of deliveries
- * Temperature monitoring and cleaning duties

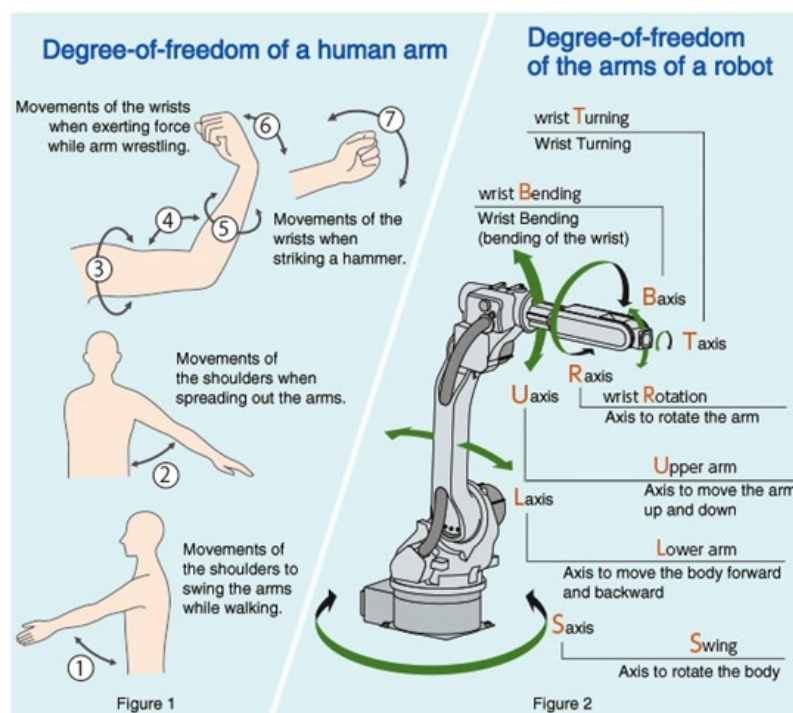
What you will need:

- * Food Hygiene Certificate or willingness to undertake same
- * Well developed organisational and interpersonal skills
- * Ability to work under pressure in a time sensitive environment
- * Knowledge of WH&S and EEO Principles
- * Hold or willing to obtain a Working with Children Check

Previous experience as a Canteen Assistant or Volunteer and knowledge of NSW Healthy School Canteen Strategy would be beneficial. If you are interested in applying for this position please email your resume to the Canteen Committee at chscanteen@gmail.com. Please contact Mandy Burns, Canteen Manager on 0409 904 725 or Brenda Broad, Canteen Convenor on 0437 991 202 if you require any further information. Applications close 5pm Friday 6th November, 2020.

TAS TIMES

Students of year 10 Information and Software Technology have begun learning about robotics and automated systems this term. They have been researching the differences and similarities between robot and human movement. They are learning how society is developing the ability to replicate human movement in robots to make our lives simpler. Recently, they have learned the degrees of freedom (the movements) that robots and humans are capable of through just an arm. A human arm has 7 degrees of freedom, whereas a robot arm only has typically 6 degrees of freedom! See the image below and test it for yourself:



Students have recently been given their own Hydraulic Robotic Arm kit and have started building their own robotic arm. This is a very complex “Lego” kit that will take multiple lessons to complete. Students will then participate in little challenges with these robotic arms before taking them home at the end of term. A fun term ahead for year 10!



CAREERS NEWS

The 2020 Changing Preferences Guide is here

Find out everything you need to know about how to change your preferences in 2020. We've collected all the key dates, rules and links you need to find out what to do and when it needs to be done by. We've also been in touch with all the universities and gathered all the details for their info sessions and entry programs in the one place. You can purchase it [here](#)

Boost Your Employability

Even if you're still in school, there are things you can do to make your chances of finding work once you leave easier. If you'd like to find out about the benefits of working, how you can find work, and how it can boost your employability, [check out our latest blog](#).

Study Online with Le Cordon Bleu

Le Cordon Bleu has created a series of undergraduate level courses that can be completed fully online—and you don't need an ATAR or high school certificate to apply. You can study hospitality, food, business, or tourism in January 2021. Read more about Le Cordon Bleu's online courses [here](#)

ATAR Enquiry Centre

UAC is once again operating its ATAR Enquiry Centre for students who have queries about the calculation of their ATAR. Days are as follows:

- Friday 18 December, 8.30am-6pm
- Saturday 19 December, 8.30am– 4.30pm
- Monday 21 December, 8.30am-4.30pm
- Tuesday 22 December, 8.30am-4.30pm

University of Notre Dame Accepting Applications for Bachelor of Primary Education

We are currently accepting applications for the Bachelor of Primary Education, starting in 2021. The Bachelor of Primary Education provides our students with some of the highest rates of practical, industry experience in the country whilst supporting them through our in-depth mentoring program, allowing our students to graduate job ready and in demand. [Click here for more information](#).

TAFE NSW Degrees—Aspiring Early Educators

If you love working with children, this accredited four year teaching degree is for you. This degree has a strong applied learning focus so that when you graduate, you'll be prepared to work in a variety of settings such as day care, preschool, integrated child and family services. As well as practical core units, you will undertake a work placement each semester

that allows you to apply what you've learned in a real setting. <https://www.tafensw.edu.au/degrees/bachelor-of-early-childhood-education-and-care-birth-5>

NSW Police Recruitment Information & PCT Practice Session—COMING SOON.

[MacArthur Girls High School, Parramatta.](#)

Saturday 14 November 9.00am-12.00pm.

Saturday 14 November 12.30pm—2.30pm

Saturday 19 December 9.00am-12.00pm

Saturday 19 December 12.30pm—2.30pm.

You must be over 18 years of age.

Tickets available from 6 November. https://www.police.nsw.gov.au/recruitment/news/information_sessions

Offer rounds for Year 12 students

The most important offer rounds for Year 12 students are:

- December Round 2—Wednesday 23 December
- January Round 1—Friday 8 January 2021

Not all courses will be offered in December Round 2, and applicants should check UAC's website for details of excluded courses before they finalise their course preferences. Please note, the Australian National University (ANU) will not be participating in December Round 2.

Students whose results are not available in time for December Round 2 can be assured that they will not be disadvantaged—universities will still have places available to make offers to all courses in January Round 1.

Click here for further details—[Universities Admissions Centre](#)



ACU Transitioning to Uni

2 December 5pm.

Making the leap from high school to university can be daunting. In this session you will hear from students who have made that transition and get their tips for making the most of uni. [Click here to register your interest](#).