

Crestwood Infoline...



CRESTWOOD HIGH SCHOOL

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Week 10, Term 4

15th December, 2021



From the Principal

Farewell Year 12

As we approach the end of the school year, we have been able to formally say goodbye to our year 12 students. The Graduation Ceremony was held on Tuesday 7 December and livestreamed to many households and as far away as Canada. The students looked amazing in their cap, sash and gown.

Our year 12 students have earned the support and respect of the staff through their genuine commitment to their school work, the positive relationships they have maintained in all year groups and of course their individual personalities. They have endured the most difficult of circumstances in their senior years and it was with great pleasure that the school was able to give them the graduation ceremony they so thoroughly deserved. I am also so pleased that our Year 12 students will also get to enjoy their Formal at The Deckhouse on Monday 13 December.

Over the last six years our year 12 students have certainly helped shape Crestwood high School into the school it is today. They made significant contribution to the growth and success of numerous programs at Crestwood High School including Peer Tutoring, Peer Support, Diversity Day, Sports Programs, Performing Arts, Social Justice, Charitable Projects and fundraising, Student Leadership and the Barista and Joost programs.

The graduation ceremony held last night was not only to farewell our Year 12 students but to formally acknowledge and celebrate their achievements. On behalf of the Crestwood High school community I would like to thank our Year 12 students for the contributions they have made over the years and wish them the very best for their future.

Presentation

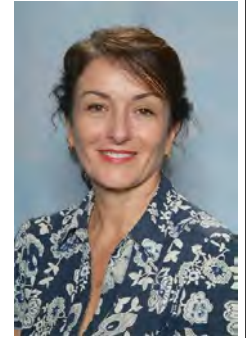
On Wednesday 8 December, the Presentation Ceremony was held via livestream bringing the school community together to celebrate the achievements of some of our most outstanding students. It is important to acknowledge the effort and talent of these students and to celebrate their accomplishments as a community.

Today also showcases our values and our sense of community to join together in recognition of these students.

I would like to take this opportunity to thank the hardworking teaching staff of Crestwood High School for their commitment to the education of all students.

They are truly a dedicated team of teachers and who are strongly supported by our wonderful SASS team.

continued over page...



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From the Principal ...

Staff Farewells

At the end of this year we will be saying farewell a number of staff members. The cumulative length of service to Crestwood high School of these staff members is a staggering 76 years.

Jeannie Kim – Visual Arts Teacher - 30 years

Brendon Salhani – PDHPE Teacher –11 years

Pete Govan - Head Teacher Administration and HSIE Teacher - 26 years

Warren Groth – Deputy Principal – 9 years

On behalf of the Crestwood High School we wish you well and thank you for the years of service you have given to the school.

As announced in the last edition of Infoline, I too will be leaving Crestwood High School after 9 years of service to assume a role with the Department of Education as a Principal Coach Mentor in 2022. I feel privileged to have been Principal of this school and it will hold many fond memories to take with me. I thank the whole school community for your support of me in this role and I know Crestwood High School will continue to be the outstanding local comprehensive high school that it is today.

Therese Hourigan



Brendon Salhani



Pete Govan



Warren Groth



From the Deputy Principal

The end of the 2021 school year is here, and I bet you can't wait for your summer holidays! What a year it has been.

None of us has ever experienced anything like this year. We wore masks, stayed with our own cohorts, kept 2 metres apart, washed our hands, sanitized our hands, stayed on our side of the hall, worked alone – online with your virtual classmates. Even though we had disappointments, and could not meet together for assemblies, or hold school events, or invite our parents into the school to see our celebrations, you remained positive, you tried your best, you adapted to all the changes. You remained kind and thoughtful and creative. This will be ever etched in your minds as the most **unprecedented** year of all time. I personally would like to thank all the parents for their adaptability and support.

I was so pleased, despite all the interruption, that the school was able to give the Year 12 students their graduation and formal send off. This was a very special group of young people who, despite two lockdowns, were able to work through their senior schooling and show great resilience. This was especially the case for three amazing students, Tomas Cvetkovski, Liam Titterton and Pranav Panthiyil. These 3 inspirational young men showed us all what resilience is and it was great to see them enjoying their formal last Monday night. I wish them all the best for their future.

For Year 12, it is a new beginning and, with the skills you have developed over the years at Crestwood High school, the future will be bright. We wish you all the very best for your future.

So, with great sadness I say good bye to Crestwood (aka Heaven High School). It has been an amazing nine years of my 41 year career in education. The staff, students and parents have been - **unprecedented** in their work, learning, achievements, dedication and support. I'd like to especially acknowledge Therese Hourigan and Tania Wright for their collegiality as the Senior Executive Team.... So much has happened in the last 9 years. I have shared a few memories in pictures in this newsletter.

I'd especially like to acknowledge to work of the P&C over the years in providing many thousands of dollars of grants for projects such as air conditioning the entire school. This, without one single BBQ, fete or fund-raising event, just the dedicated running of the Canteen and Uniform shop. Thank you to all the staff and volunteers who give their time for this great organisation.

Finally, to all – Have a very safe and relaxing break. Enjoy the freedoms as they are rolled out and best wishes for a happy Christmas and (a COVID free) new year.

Kindest Regards

Warren Groth

Deputy Principal (ex)

From the Deputy Principal

Crestwood Memories...

The front rose garden



Behind B Block Garden

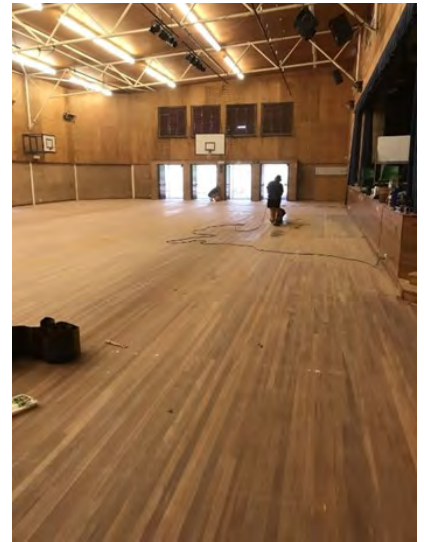


The new huts project.



The flood of 2014

Hall renovations



Relay for life.



FUTURES FOCUSED LEARNING

This term Year 7 Futures Focused Learning have been developing their design thinking, creating and furnishing their dream bedroom with a budget and an itemised set of requirements. This then extended into “The Block – Crestwood” design competition, with the six most creative designers winning an inaugural award. Congratulations to Ekun Au, Lochie Brown, Isabella Harrison, Gia Kim, Ariona Mehani and Amavi Palipane.

Mr Hitchcock’s 7R class were given a \$10,000 budget and a set of requirements including a bed, desk, some form of entertainment, decorations and an itemised budget. The task was then extended to encompass the design of an entire house, and the development of a brief video to highlight the key features of the property, as is often seen on real estate websites. Students enthusiastically set to work to bring their grand designs to fruition with many including indoor basketball courts, elaborate home theatres, sustainable gardens and green energy solutions which sparked numerous discussions about future career choices. Definitely some budding architects and interior designers!



Year 8 Futures Focused Learning has been looking at positive psychology in Term 4, taking concepts like growth mindset and character strengths and applying them to decision making and practical applications. The focus of positive psychology is habits of mind that allow individuals to thrive, not just survive – definitely relevant in the year that has been!

The culminating activity of their study was the creation of student-focused websites to enable their peers to learn about applying positive psychology in their lives.

This is an extract from the website of Maddie Cosgrove, Jaya Prakash and Grace White: <https://sites.google.com/education.nsw.gov.au/positive-psychology8c/home>



Growth Mindset

Strengthening our minds is something all of us can work on. If you have a fixed mindset it usually means you believe your intelligence, talents and personality are fixed traits that can't grow. However, this way of thinking is not true, we can all achieve anything we put our mind to in order to establish a growth mindset!

How can I have a growth mindset?

Everyone can obtain a growth mindset if you put your mind to it!
A growth mindset is about expanding your horizons, trying new things, and accepting challenges.
Some tips to become a growth mindset genius is:

- Recognise and accept mistakes.

Mistakes are a part of life, whether we like them or not, so we have to deal with them to improve and move forward, making those mistakes strengths.



This is an extract from the website of Andrew Anastasiadis and Shivani Sundaranthan: <https://shivanisundaranath.wixsite.com/website-3>



Its main aim is to encourage people to focus on discovering and nurturing their character strengths rather than fixing flaws. Positive psychology emphasises the need of changing one's negative viewpoint to a more positive one in order to improve one's quality of life.

A Growth Mindset is used by individuals who believe their talents can be developed through hard work, good strategies, and input from others.

Resilience has been used to describe people and systems that bounce back from negative experiences and disturbances. Resilience helps to deal with difficulties, recover from setbacks, keep a positive attitude and always challenge yourself.

SRC NEWS

CREATED BY YEAR 10 SRC

YEAR 12 GRADUATION!

The graduation for Year 12 2021 took place on the Tuesday, 7th December. Unfortunately due to Covid-19 guidelines, this year's event had to happen through a livestream like last year's. Despite this, the event was highly successful reaching countries in Europe and even Canada. There were musical performances, highlight videos (with a special appearance from Mr Bennet all the way in Finland) and memorable speeches from Mrs Hourigan, Mrs Lloyd and Mrs Hennessy. Most importantly, everyone was glad to see the Year 12's finish off the year with this amazing event and we wish them all the best for the future. Thank you to all the teachers who put in effort to commemorate this special day.



CHRISTMAS APPEAL



This year, Crestwood will be donating gifts to the Salvation Army to help those who need them most these holidays. The gifts can be placed under the Christmas tree in the office. We are encouraging everyone to bring a gift such as:

- Gift vouchers
- Books
- Toys
- Personal accessories
- Sports gear
- Sanitary products



SRC PLANNING DAY

On Thursday, the SRC had their annual Leadership Development and Planning Day in preparation for all of the exciting initiatives they will work on in 2022. This planning day was a super fun way to end the year and was an amazing opportunity for all the SRC members to better connect with one another and further their teamwork skills together. Between the teambuilding games, the pizza lunch and a super entertaining Rock and Water workshop with Mr Davis, the SRC had an awesome time. We're super excited to share what we've got in store for you all in the coming year! Some highlights are included below:



A quick selfie with Miss Osten who put her hard work into making an enjoyable Planning Day.



SRC members for 2022



Mr Davis and Madhavaram demonstrating the Rock and Water program

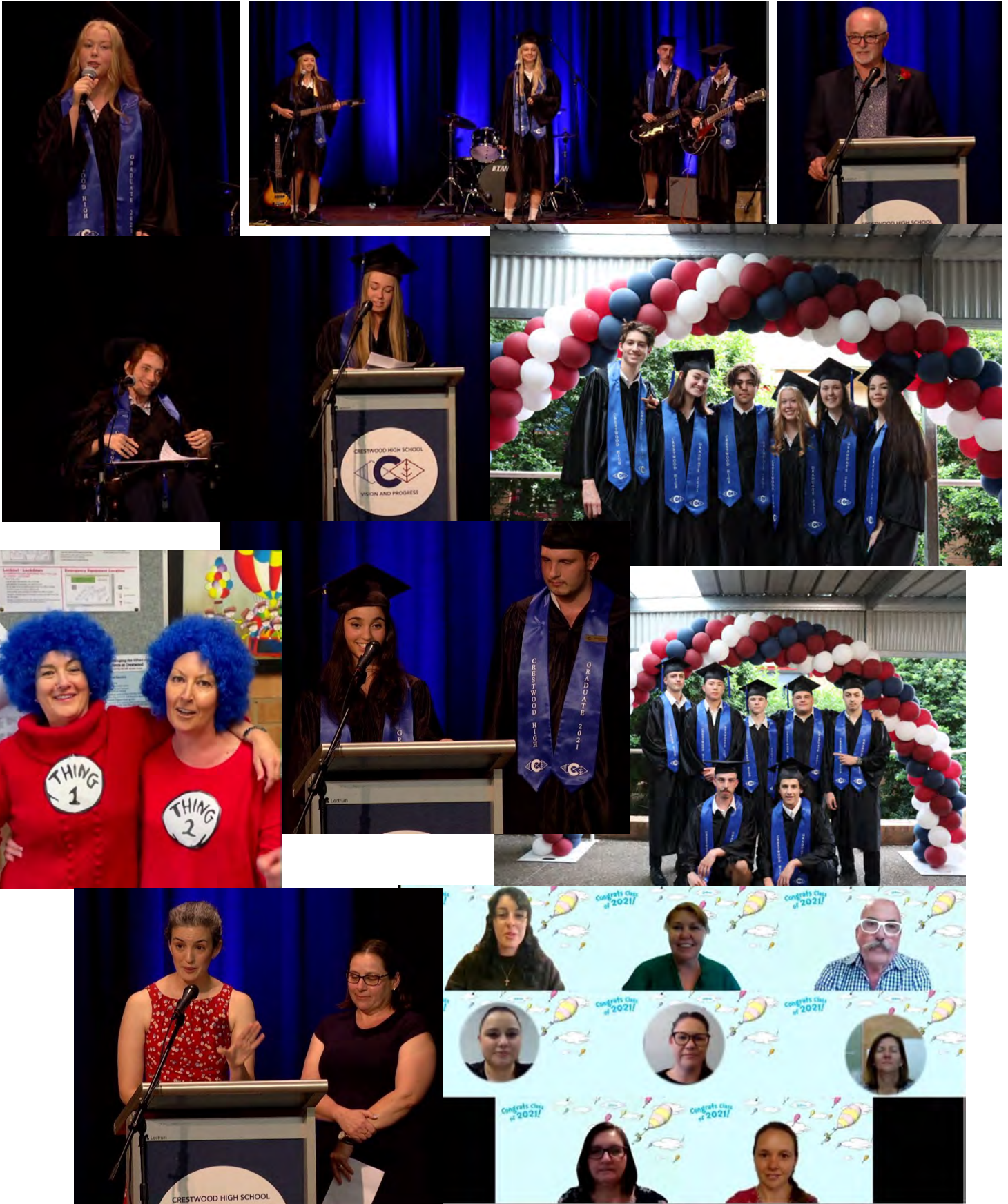


END OF THE YEAR!

Term 4 is almost over as well as 2021, with week 11 being our final week of this school year. Some grades will be receiving their reports this Friday the 10th and some will be receiving them on Monday the 13th at their respective recognition assemblies. With that in mind, we would like to remind students that your reports are just a demonstration of one part of your life and do not completely reflect on your character or your abilities. Be proud of what you have all accomplished in such a wild ride of a year like the one we just had. Happy holidays and have a Happy New Year!

Year 12 Graduation Ceremony

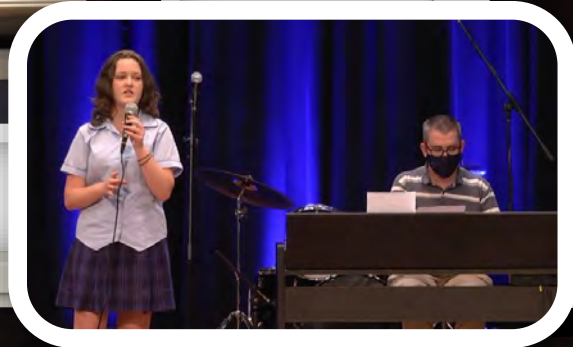
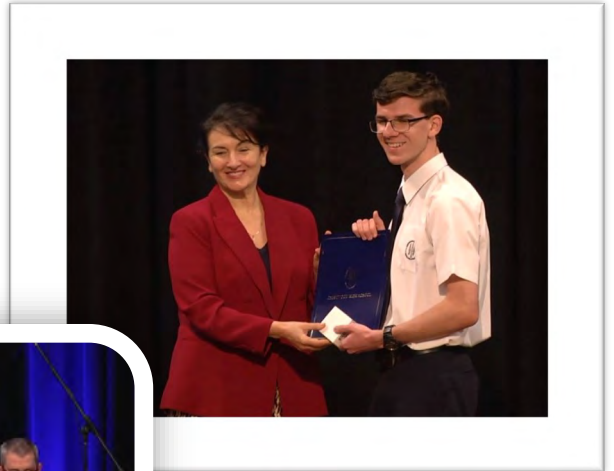
The Graduation Ceremony was held on Tuesday 7th December to farewell our Year 12 2021.





PRESENTATION CEREMONY

The Presentation Ceremony was held on Wednesday 8th December . This ceremony celebrates student achievement and dedication to their studies, their school and their community . Congratulations to all those who received awards.





Year 12 Formal Celebrations







Year 9 'Get Real' with Brad Gustafson



Year 9 studied Reality Television and Documentary Films this term and on Monday they were lucky enough to interview Brad Gustafson via Zoom.

Brad has developed, written, produced and directed some of Australia's most loved reality television programs, such as "Luxe Listings Sydney", "First Dates" and "Are You Tougher Than Your Ancestors?".

They came away with the following insights, amongst others:

- ⇒ "There is a lot of crafty editing to make the show entertaining."
- ⇒ "He made the environment of reality television positive and carefree."
- ⇒ "A huge amount of footage gets put in the final product of a Reality TV show or Documentary. A day of filming may only result in a few minutes of content within the show."
- ⇒ "There are many precautions that the producing team has to take in order to ensure that the filming is safe for the participants."

Thank you to Mr Bernal for organising this opportunity for Year 9.



Year 7 Mindfulness

This term Year 7 focused on mindfulness and their wellbeing. As part of this, they competed in a "Snap That" competition. Students had to take images of themselves being creative or participating in something they enjoy.

Congratulations to the winner; Isabella Harrison of 7T.



The English Faculty hopes you have a wonderful summer holiday.

Make the most of the chance to read, reset and return ready for a productive 2022.

HSIE Happenings

This fortnight in history...

3 December 1642 – Abel Tasman reaches New Zealand.

10 December 1934 – Qantas makes its 1st international flight from Darwin to Singapore.

11 December 1823 – Richmond Bridge is opened, the oldest bridge in Australia that is still in use.

15 December 1964 – Canada adopts its national flag, a red maple leaf on a white background.

17 December 1989 – The 1st episode of TV series *The Simpsons* airs in the USA.

18 December 1892 – Premiere performance of *The Nutcracker* occurs in St Petersburg, Russia.

19 December 1843 – Charles Dickens publishes *A Christmas Carol*.

21 December 1817 – Lachlan Macquarie recommends the adoption of the name *Australia* for the continent instead of New Holland.

21 December 1913 – The 1st crossword puzzle is published in the *New York World*.

21 December 1891 – The 1st basketball game, invented at Springfield College in Massachusetts, is played.

22 December 1956 – Colo, the first gorilla to be bred in captivity, is born in Ohio.

23 December 1823 – *A Visit from St. Nicholas*, also known as *The Night Before Christmas*, is published anonymously.

24 December 1818 – The 1st performance of *Silent Night* takes place in Austria.

26 December 1902 – Brisbane is officially declared a city.

26 December 1998 – Astronaut Andy Thomas becomes the 1st Australian to walk in space.

31 December 1907 – The 1st New Year's Eve celebration is held in Times Square, New York.

31 December 1935 – The cane toad is introduced into Queensland to control the cane beetle.



HSIE Happenings

Numeracy skills in Year 8...

Year 8 have been working on their numeracy skills by looking at symmetry in history.



HSIE Happenings

Year 8 History...

Some of our Year 8 classes created a time capsule at the start of Term 1, 2021.

They had to answer a series of questions about themselves before it was sealed in an envelope.

This week, the time capsules were opened and there were a lot of laughs as students looked at what their February 2021 selves had written.



HSIE Happenings

Year 9 Commerce...

Year 9 Commerce have been learning about Promoting and Selling this term, including the 4 Ps of marketing:

Price, Place, Promotion and Product

Packaging is an important part of the product design and marketing strategy. Students applied their learning by designing a new package for either a juice or tissue product and came up with some very creative and appealing designs.

Bella S

It's an on the go split fruit juice maker. You have two sides to have two different flavoured drinks or you can lift the tab that separates them and have a fun fruity mix.



Meenal J and Rochelle Y

'Tissues for your Issues', this package combines a stationery organiser and tissues. A slogan as well.

Brian T

Apple Juice with unique packaging with an apple shaped bottle representing a real apple.



HSIE Happenings

Farewell Mr Govan...

Congratulations to Mr Govan on his teaching career.

Mr Govan has contributed to the Crestwood community for over 25 years. He has been a fabulous teacher, colleague and friend to so many. Thank you for all your work and contributions to the HSIE department. All the best in your new endeavours.



HSIE Happenings

2021 Blacktown City Mayoral History Prize Review (Crestwood High School)

Recently, I was fortunate enough to participate and win my category section (years 7-9) in the 2021 Blacktown City Mayoral History Prize. The prize, which is run by Blacktown City Council, was first awarded in 2008 and was designed to encourage an interest in the rich and diverse history of Blacktown City. My presentation goes over the key highlights of Blacktown City's history, with the main themes including Torres Strait Islander history including the Native Institution, the formation of Blacktown City and Blacktown Public School. To view my published entry or for more information on the prize visit Blacktown Memories or [Blacktown City Council's History Division](#).

I really enjoyed this competition as it enabled me to further increase my knowledge of the Blacktown City area, improve my researching skills and increase my general knowledge of the Greater Sydney area. As a result of winning my category in this competition, the school will be presented with a cheque from Blacktown City Council. This competition has really helped me and I am extremely grateful for the opportunity to participate in it.

By Frank Javadi



Welfare News

After a long second half of the year, it is important to take a break and step away from the screens over the holidays and spend time with your friends and family. If you do find things difficult over the holidays just remember that on your Student Hubs on Canvas there are links to external resources to access help and different activities to try to keep yourself in a positive mental, emotional and physical state. Enjoy the holidays and have a Merry Christmas and Happy New Year.


The Welfare Team





STUDENT HUB

Click on the tabs below to find out more.


 [Permission Notes](#)

 [Year Group Organisation](#)

 [I want to talk to someone at school](#)

 [I want to talk to someone at school but I'm not at school](#)

 [I need help with my mental health](#)

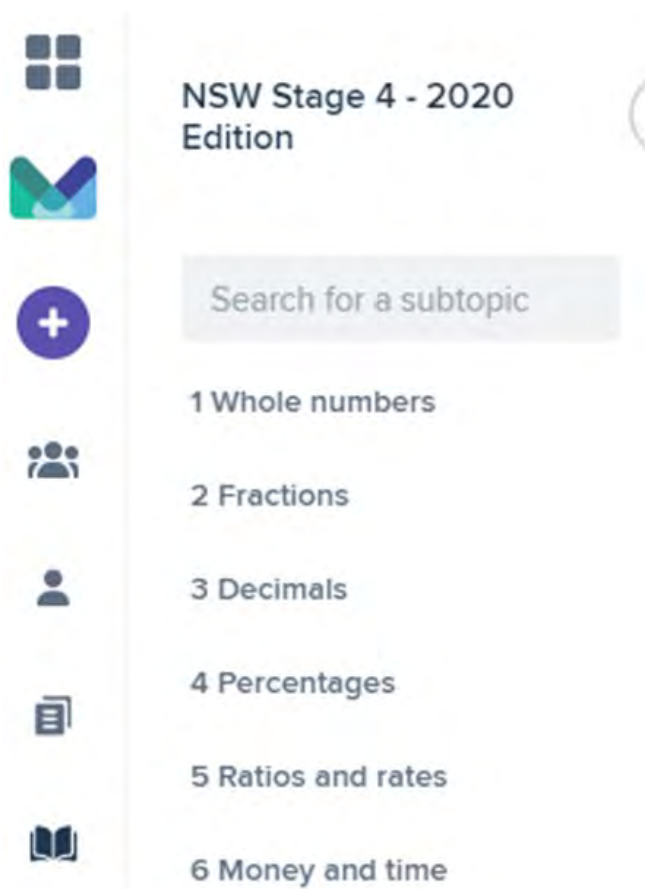
 [Health, Mind and Body](#)

 [Digital Safety and Wellbeing](#)

Mathematical Musings

School holidays are fast approaching. We are wishing all of our students and their families a safe and joyful school holiday break. It is a time to relax, enjoy and have some fun with family and friends. It is also an opportunity to revise the content by studying the knowledge and skills learnt, and by challenging yourself.



We wanted to remind parents, carers and students of the resources available if anyone needs some extra reinforcement during this time.



NSW Stage 4 - 2020 Edition

Search for a subtopic

- 1 Whole numbers
- 2 Fractions
- 3 Decimals
- 4 Percentages
- 5 Ratios and rates
- 6 Money and time

Canvas is a great place to go if your children need to consolidate knowledge and skills they learnt during 2021.

Mathspace is an excellent all-in-one learning resource. Students can access video lessons, textbooks and practice worksheets. Encourage your children to become self-directed learners!

Mathematical Musings

Cool Maths Facts



- “Forty” is the only number that is spelt with letters arranged in alphabetical order.
- Conversely, “one” is the only number that is spelt with letters arranged in descending order.
- From 0 to 1000, the only number that has the letter “a” in it is “one thousand”.
- ‘Four’ is the only number in the English language that is spelt with the same number of letters as the number itself.

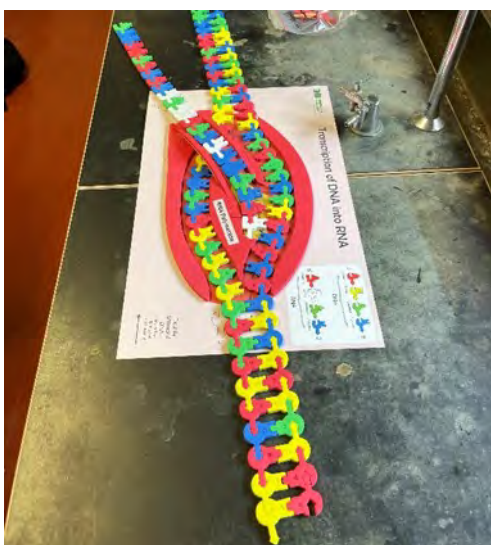
Maths Movie Time

X+Y (M) is a 2014 British drama film, inspired by the documentary *Beautiful Young Minds*, which focuses on a teenage English mathematics prodigy named Nathan who has difficulty understanding people but finds comfort in numbers. Nathan faces some unexpected challenges including understanding the nature of love when he is chosen to represent the United Kingdom at the International Mathematical Olympiad. Enjoy.

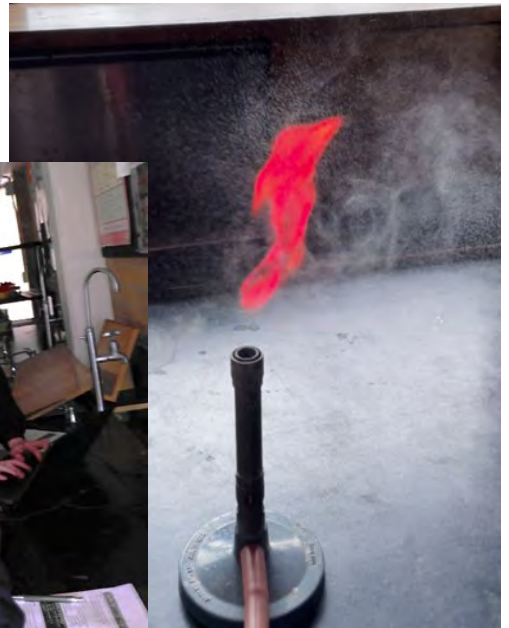
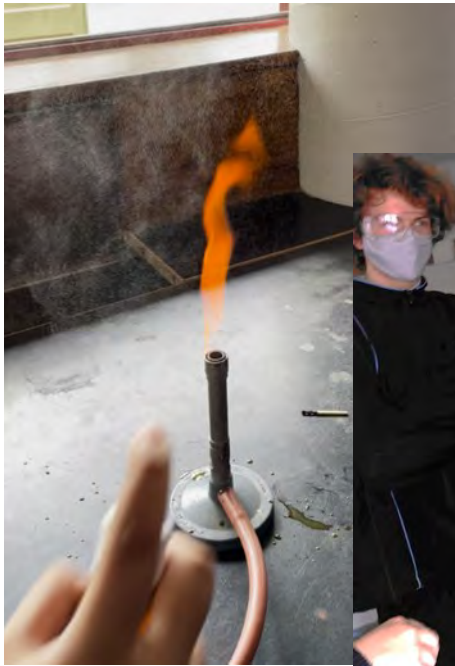




An impending renovation of several labs and the main preparation room has put a dampener on some of the practical work, but nothing can stop the Science! Year 11 Biologists continue to search for the structure of life, using models to examine how DNA is turned into RNA, which is used to produce proteins such as the COVID vaccine that should hopefully give them an uninterrupted run to their HSC next year. Meanwhile, students are furiously learning right to the end, using systems like the CANVAS content management system and the Education Perfect app.



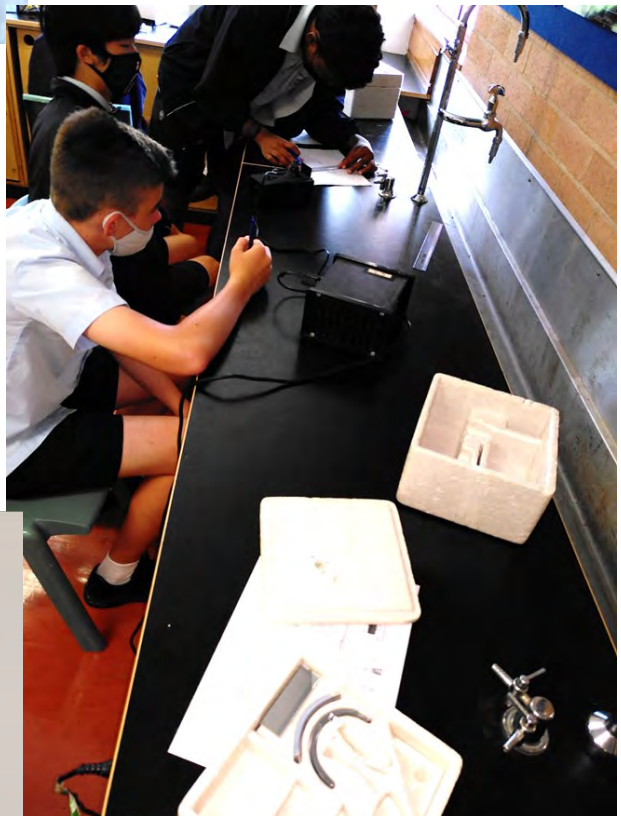
Year 10 Scientists continue in their attempts to uncover the Why of it all, Forensically burning up all the chemicals, as well as participating in an interactive incursion last Thursday involving DNA, broken bottles, tyre tracks and suspicious activity.



In a case of scientific *déjà vu*, Year 11 Chemists were also watching the chemicals burn, applying their more detailed understanding of atoms and reactions to a similar situation, working out **why** these elements burn such glorious colours.



Meanwhile, the Yr 9 Accelerated Investigating Science class were stretching their brains over the wave / particle duality theory of light, having an illuminating experience with ray boxes and lasers in their efforts to work out how science itself works.



TAS TIMES

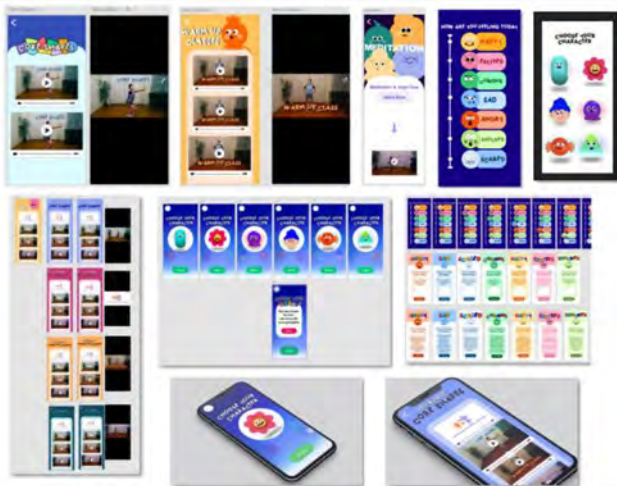
Bright Award Winners



Courtesy of Billy Blue College of Design at Torrens University Australia, the Bright Awards highlight emerging talent across secondary schools in Australia.

The Bright Awards are an annual competition run each year by the Billy Blue College of Design and Torrens University and they are a celebration of creative Year 10, 11 and 12 students. The Bright Awards recognise up-and-coming designers and support the future of the arts in high schools across Australia in 8 different categories.

This year, 2 students from Crestwood High School won categories in this prestigious competition.



Celine Delgado Hernandez from Year 12 is the winner of the 2021 UX (User Experience) & Web Design category. Her entry, Leapfrog Gymnastics Application, was designed specifically to cater towards people with disabilities . She developed her application when completing her HSC Major Project for the Design and Technology course. The judges feedback was, *“Celine has shown creative application design skills particularly in terms of UI. Some of the UX has also been discussed and with the goal of accessibility, it also shows thoughtfulness towards her target audience. Well done.”*

Samuel Orrego from Year 11 is the winner of the 2021 3D Animation category for Bright Awards. His entry, Timescape, was a 3D animated short film that he created for his HSC Major Project for the Industrial Technology Multimedia course. The judges feedback was, *“This was a showcase of environment design, art direction and animation that revolved around a simple but engaging narrative. Samuel's promising use of space, layout, environment and object animation allowed him to transport audiences to engaging and highly imaginative worlds. Bright Awards recognizes his potential to become an important artist in multiple fields of 3d animated production in the future. We look forward to seeing his next works.* You can watch Sam’s Project @ https://www.youtube.com/watch?v=IU91h_tHJbM



These are outstanding achievements from these students.

TAS TIMES

Industrial Technology Engineering students learn vital Manufacturing skills

With the increasing development of a modern manufacturing industry, it is essential that skills keep pace to meet the future needs of workers, employers and industry. Australia needs to build on its Manufacturing Industry so we are not relying on other countries for our manufactured items.

For part of the Industrial Technology Engineering subject at Crestwood High School, students have been learning fabrication skills used in the Manufacturing Industry. Students used the Technology Workshops, hand tools and machinery to fabricate a Removalist Trolley. They learnt how to setup and safely use welding machinery, turn axles down using metal lathes and cut metals of all shapes using the Brobo cutoff saw and angle grinder.



UNIFORM SHOP

- Good News from the Uniform Shop! Our slow boat has finally arrived and we have received all the new stock that we had been waiting so long for. All sizes (plus some larger ones) are now available via Qkr!
- Please remember that the **only** way to access the shop during the school holidays is via appointment. To make an appointment please go to <https://chsuniform.as.me> . Appointments are available from the 17th January, 2022 through to the 1st February, 2022. (Excluding January 26th and 28th).

We will not be able to accommodate walk-ins under current Covid restrictions.

Thank you to all of you who have already made an appointment with the Uniform Shop over the holidays.
- If anyone is available to help with the Year 7 fittings, we would appreciate the gift of your precious time. As little as an hour would make a difference.

Please email crestwoodhighschool-uni@pandcaffiliate.org.au and thank you to those of you who have already volunteered your services.
- Year 7 Bookpacks are available for purchase via www.torstar.net.au. The pack can be sent to your home for a fee or collected from the school from the 17th January, 2022, when there will be a Uniform Shop representative at the front gate between 9 am and 10 am each morning to hand out orders.

Please email crestwoodhighschool-uni@pandcaffiliate.org.au for more information if needed.

Please note: Only Year 7 Bookpacks are available for purchase.
- We are currently in the process of installing the Square Point of Sale system This will make in store checkout much easier as well as allowing us real time access to all our reporting needs. This system will replace our current Qkr! system for online ordering. We hope to have this in place for the new school year. Please keep a lookout on Facebook for future updates.
- The Uniform Shop P and C Committee and Staff would like to wish all the Crestwood High School community a safe and happy Holiday season and hope that you all make wonderful memories over the break. We look forward to seeing you all (hopefully in person) next year.



CAREERS NEWS



Yr 10 Work Experience 2022

Students in Year 10 (2022) will be doing work experience 9 - 13 May 2022. This week is a compulsory work experience week and all Year 10 are expected to participate in the May program.



Paperwork for the work experience program will be emailed to parents and students before the end of term so the hunt for a position can start during the holidays. Parents should help and encourage their children but please be aware it is important for students to go through the process of job hunting and speaking to their prospective employer before the placement begins. The Student Placement Record (SPR) should be returned to the Careers Office by the 11 March 2022 or as soon after this date as possible. Students and Parents will receive a copy of their contract at the beginning of Term 2.



Yr 11 & 12 (EVET) Students

(TAFE & DIGITAL TAFE)



Students studying a subject at an outside provider this year have received the details of their course information from Mrs Fisher in the last few weeks, some positions and classes have not yet been finalised but when they are students will receive their offer sheet which needs to be returned as soon as possible. Students who do not return the form will be withdrawn from the course. All EVET students start their course week 2 or 3 Term 1. and if they need to leave the school to attend their course swipe out at lunchtime on their course day. If you have any questions about EVET please contact Mrs Fisher during school hours.

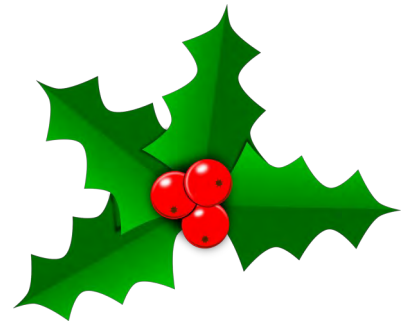


Student Destination Survey

Dear Year 12 2021 students, parents and friends,

Each year I conduct the post destination survey from our Year 12's and this year have chosen to use the Job jump platform to do it. The destination survey will be sent out on the 29th January, 12th February and 26th February in hopeful anticipation that we have as many Year 12's as possible complete the survey. It will take less than 5 minutes to complete. The data is very important to schools so we have a better understanding of our clientele and destination trends and it helps us to meet the needs of our future students. If you have any questions please do not hesitate to contact Mrs Fisher on 9639 7422 ext. 111. Thank you.

CANTEEN NEWS



- The Canteen and Uniform Shop Christmas Night Out to thank all our dedicated volunteers and staff was on 30 November. It was a wonderful evening enjoyed by all and a great way to celebrate the end of another challenging yet very successful year as well as acknowledge everyone's valuable contribution in making it so. Lucky door prizes were won by Julie Ebsworth, Priscilla Hull and Julia Garlick whilst Jane Whitten, Karuna Gupta and Jemina Eksikiloglu were winners of our Christmas Hampers.
- The canteen will be open tomorrow and any remaining stock will be available for sale.
- The Canteen Roster for 2022 has been completed. If any current volunteer needs to change their volunteer day for next year, please advise our staff tomorrow on 9639 7422 Ext 117 or email us at crestwoodhighschool-can@pandcaffiliate.org.au during the holidays.
- The Canteen Committee and Canteen Staff wish everyone a very Merry Christmas and hope that the coming year is a happy and healthy one for all. Sincere thanks to not only our volunteers, committee members and staff but also to our wonderful students, teaching and ancillary staff for their ongoing support and patronage. To all those in our school community who are leaving Crestwood this year we wish you much happiness and success in your future endeavours.

Brenda Broad, Canteen Committee Convenor

Summer Guide to Support



If you, or someone you are with is in **immediate danger** please call: **000 OR** go to your nearest hospital emergency department.

<p><u>Kids Helpline</u></p>  <p>kidshelpline Anytime Any Reason</p>	<p>Phone: 1800 551 800</p> <p>Free, confidential, 24/7 online and phone counselling service for children and young people aged 5-25.</p> <p>https://kidshelpline.com.au/</p>
<p><u>Headspace</u></p>  <p>headspace National Youth Mental Health Foundation</p>	<p>Get in contact with Headspace via eHeadspace https://headspace.org.au/eheadspace/</p> <p><u>Castle Hill Centre contact details:</u> Address: 253 Old Northern Road, Castle Hill, New South Wales 2154 Phone: (02) 9393 9800 Fax: (02) 8331 6055 Email: headspace.castlehill@flourishaustralia.org.au</p>
<p><u>Lifeline</u></p>  <p>Lifeline</p>	<p>Phone: 13 11 14</p> <p>24 hour crisis support and suicide prevention services for people experiencing emotional distress.</p> <p>https://www.lifeline.org.au/</p>
<p><u>Suicide Call Back Service</u></p>  <p>Suicide Call Back Service</p>	<p>Phone: 1300 659 467</p> <p>Suicide Call Back Service is a nationwide service providing 24/7 telephone and online counselling to people affected by suicide.</p> <p>https://www.suicidecallbackservice.org.au/</p>

<p>Safe Haven</p> 	<p>Western Sydney Local Health District has opened a youth-friendly drop-in centre for young people in suicidal distress at Westmead Hospital's Redbank House. Safe Haven is open 3:30pm-9:30pm Sunday to Wednesday for anyone aged 18 and under. It is located at Redbank House, Dragonfly Drive, Westmead – behind Westmead Hospital. The service is free and no Medicare card or appointment is required. Free on-site parking is also available and you can call 0436 377 113 if you need directions.</p> <p>https://www.communityconnective.com.au/young-people/safe-haven-crisis-drop-in-centre-for-young-people-at-westmead-hospital</p>
<p>Butterfly Foundation</p> 	<p>Phone: 1800 33 4673</p> <p>Support and advocacy for all people impacted by eating or body image Issues.</p> <p>https://butterfly.org.au/</p>
<p>Link2Home</p> 	<p>Phone: 1800 152 152</p> <p>Referral service to assist homeless people and those at risk of homelessness.</p> <p>https://www.facs.nsw.gov.au/housing/help/ways/are-you-homeless</p>
<p>QLife</p> 	<p>Phone: 1800 184 527</p> <p>QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.</p> <p>https://qlife.org.au/</p>
<p>Beyond Blue</p> 	<p>Phone: 1300 224 636</p> <p>You can chat online with the Beyond Blue Support Service every day from 1:00 PM until 12:00 AM (AEDST).</p> <p>https://www.beyondblue.org.au/</p> <p>Beyond Blue Coronavirus Mental Wellbeing Phone: 1800 512 348 https://coronavirus.beyondblue.org.au/</p>
<p>Head to Health</p> 	<p>Phone: 1800 595 212</p> <p>Head to Health mental health support clinics and referral line have been established in NSW and ACT to help those whose mental health may be suffering as a result of the current COVID-19 pandemic.</p> <p>For more information and FAQ's visit: https://wentwest.com.au/community/services-and-programs/mental-health/head-to-health/</p>