

VISION AND PROGRESS

Crestwood Infoline...

CRESTWOOD HIGH SCHOOL

Telephone: (02) 9639 7422

Facsimile: (02) 9686 3462

Week 2, Term 2

30th April, 2021

From The Principal ...

Fitness is a term that is commonly associated with physical wellbeing and the importance of a healthy lifestyle however taking care oneself does not solely rest with exercise and nutrition. The wholistic development of our students is essential to physical, emotional and intellectual growth.

Mental fitness involves keeping your brain and emotional health in good shape. It is just as important as physical health and fitness and shouldn't be neglected, swept under the carpet or embarrassing to deal with. It is particularly important to teach our students about the importance of mental fitness, how to look after their emotional health and seek assistance should it be required. It is acknowledged as a crucial component in the development of our students and it is now embedded in our School Strategic Plan 2021-2024.

As part of our whole school approach to wellbeing, introductory mental fitness workshops were conducted for year 8 and 9 students. 'Let's talk about Mental Health' is an introductory workshop designed for students to be delivered in schools. During these workshops, students engaged in reflection, discussion and support for their own mental health including available support services at school, in the community and online. Headspace presenter Mona Hazell, was outstanding in her delivery of multiple presentations to our students over two days.

Headspace not only supports young people with their mental health but also families and carers. The school will continue to work closely with Headspace and other community services to enrich our wellbeing programs, supporting the unique and evolving needs of students. More information about Headspace and resources can be found at <https://headspace.org.au/>

The NSW Department of Education website also contains valuable and relevant support material and links for parents and carers. Information areas include learning and wellbeing resources, general advice, study skills, homework help and more. This can be accessed via the following link <https://education.nsw.gov.au/parents-and-carers>



It is important to teach our students that the focus of mental health is on wellness not illness and to learn how to care for it. Mental fitness is not simply the absence of any mental health issues, but about developing skills of resilience, positivity and self-care to live life to the fullest.



Inside this issue

- **Maths Musings**
- **Sports News**
- **TAS Times**
- **Numeracy News**
- **HSIE Highlights**
- **Taronga Zoo excursion**
- **Drama News**
- **SRC News**

From The Deputy Principal ...

ANZAC Day commemoration

It was with great pride I witnessed the ANZAC day commemoration at school last week. The students presented a very moving tribute to the diggers of the past and the currently serving defence force, including a very powerful historical viewpoint of the campaign that took so many lives. It certainly gave us all an understanding of how Gallipoli had a profound impact on Australians and New Zealanders and how 25 April has become such an important day in our past, present and future commemorations. The delivery of the Ode, the rendition of the Last Post and Rouse and the singing of Amazing Grace by our wonderfully talented students was amazing and a very proud moment. The message was clear – We should never forget these brave Australians.

We will remember them

Lest we forget

Mobile phones

The inappropriate use of mobile phones at school is a concern. Research has found that concerns about mobile digital device use and student wellbeing relate to a variety of issues including cyberbullying, access to inappropriate material, social interaction, and distraction from school work. It is reported that 9 out of 10 Australian teens have direct use of a phone.

The Australian Psychological Society, found that teens predominantly use their mobile phones to access apps (89.7%), to browse the internet (88.5%) and to text (88.5%), and 79.8% use their phones to make phone calls. Thirty five percent of teens in this study reported finding the thought of being without their mobile phone distressing (Australian Psychological Society 2017). What is increasingly evident is the illegal use of mobile phone for bullying and harassment, taking and sending inappropriate pictures and access to pornography by children. Here are some useful tips from the Australian Government (<https://aifs.gov.au/cfca/publications/online-safety>)

Practical tips for parents to help children and young people use the internet

The following tips will help parents provide support and guidance for children and young people as they engage in online activities.

Monitoring and supervision

Monitoring a young person's online activities includes checking that websites are appropriate for a child's use and keeping an eye on the screen. Some mobiles enable sites to be blocked.

If parents are willing to provide children and young people with access to mobile phones and computers, then a responsibility to understand, model appropriate behaviour and communicating the basics of good digital citizenship should come with the access.

Advice on monitoring often focuses on keeping the device in a shared family area, yet in the age of wireless connections and internet-enabled smartphones this is increasingly difficult. Similarly, young people may control their own online details, such as passwords and web browser histories. Parents can address these difficulties in the following ways:

From The Deputy Principal ...

- Develop a plan about internet use in partnership with family members. This can include:
 - details of appropriate online topics;
 - privacy setting checks;
 - physical locations for internet use and parental monitoring (looking over the shoulder or line of sight supervision);
 - limits on screen time;
 - limits on when wireless internet connections and/or mobile devices will be available; and
 - what may be identified as inappropriate posts on online profiles.
- An internet-use agreement may be useful to develop with older children. Crestwood High School has an internet-use agreements (Technology Contract).
- Take an active role in discussing the benefits of online activities with children and young people, and what strategies they may use to respond to cyberbullying, other negative online behaviours or if they unintentionally access adult content. Discussions can include how these rules apply wherever they are online, including at home in their bedroom and when they are outside the home, for example at a friend's place.

Protection

Parents can be encouraged to:

- Support their child to follow Crestwood's Technology Agreement (internet policy) and how online safety is maintained. Inquiries should focus on the strategies used to educate children and young people about online safety and cyberbullying, whether parents are involved in cyberbullying initiatives and developing cyberbullying policies.
- Point out to children and young people that some websites on the internet are for adults only and are not intended for children or young people to see. Discuss what strategies a young person might adopt if they access this content.
- Use a family-friendly internet service provider (ISP) that provides proven online safety protocols. Filtering tools should not be solely relied on as a solution. Open discussion and communication with young people about monitoring and supervision is needed.
- Empower children and young people to use the internet safely by mutually exploring safe sites and explaining why they are safe. It's also important to educate children and young people on why it's not safe to give out any personal details online.
- Use their child's mobile phone to keep track of their movements through apps such as Life360 – Family Locator. There are apps that let you lock your child's entire phone. You can also restrict internet browser use while still allowing them to access text and phone. Also, there are time control apps too, with big messages displayed once screen time is up (e.g. Mobicip, AppLock)
- Ensure their child's phone does NOT have apps such as Kik, Whisper, YouNow, Yubo, Monkey... These are all adult focussed social media apps that do not have appropriate safety controls for teens. **Also Apps which hide photos which appear to be calculators or other harmless apps.**

Engagement and communication

Parents can be encouraged to:

- Discuss with their children how they may recognise the difference between online information that is helpful or unhelpful, true or false, useful or not useful. For example, government or education websites may contain more accurate information than opinions that are posted on an unfamiliar person's blog.

From The Deputy Principal ...

- Increase their own knowledge and become more adept at engaging in online activities and exploring social networking sites that are being used by their children. Learning alongside children and young people can be an effective way to achieve this—parents can be encouraged to let their children be the experts and help them to understand the tools they are using online.
- Focus on the positive aspects of the internet—spend time looking together at sites that are fun, interesting or educational. Find sites together that are age and stage appropriate for their children.
- Encourage their child to question things on the internet. When looking at a new site, their child could ask questions such as, "Who is in charge of this site?", "Have I found information or is it just opinion?" or "Is this site trying to influence me or sell me something?"

Report

If you have found any material online that you believe is prohibited or inappropriate, you should contact the [eSafety Hotline](#). For further information, go to the [Office of the eSafety Commissioner](#) where a range of resources is available for parents and caregivers.

Sources: O'Keeffe, Clarke-Pearson, & Council on Communications and Media, 2011; Raising Children Network, 2011; Robinson, 2012.

Office of the Children's eSafety Commissioner

The Office of the Children's eSafety Commissioner is a one-stop shop for online safety. The Office provides Australians with a range of up-to-date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying. The Office also investigates complaints about, and takes action against, prohibited offensive and illegal online content as set out in Schedules 5 and 7 of the *Broadcasting Services Act 1992*.

Under the *Enhancing Online Safety for Children Act 2015*, there are key roles for the Office relating to research about online safety for children, including to:

- collect, analyse, interpret and disseminate information
- support, encourage, conduct and evaluate research publish reports and papers relating to online safety for children.

For further information go to: <https://www.esafety.gov.au/>

Uniform

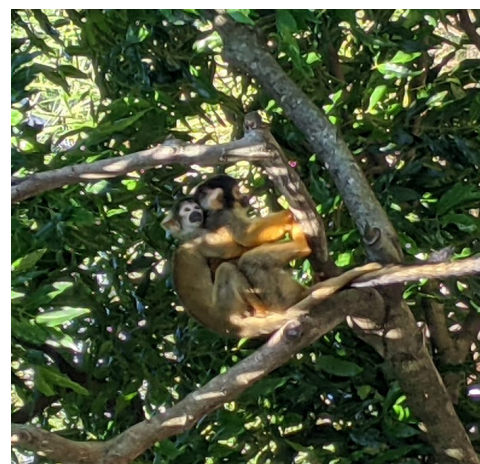
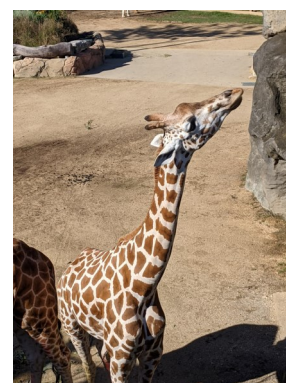
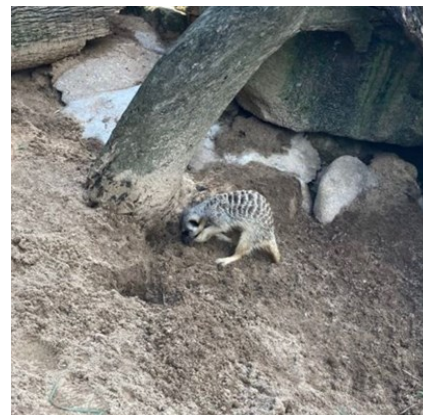
Congratulations to all students and parents on the efforts made to ensure our students are looking great. Almost all students are meeting the high expectation in their uniform and wearing it with pride. It is a source of pride for all to see students entering and leaving the school looking so polished. We must ensure that, during the cooler months, an extra effort is made. Only school jumpers, jackets and trousers can be worn. Beanies and hoodies are banned and will be confiscated and returned at the end of the day. I often say we have high expectations of our students "right down to the socks". Please ensure only white, above the ankle socks are worn to school.

Warren Groth

Investigating Science Taronga Zoo Excursion

Ophelia Tamtomo – Year 9 Accelerated Investigating Science

On the 26th of March, the Year 9 Investigating Science class went to Taronga Zoo for a Depth Study Excursion. On arrival, we observed the behaviour of many animals before watching a seal show to observe the behaviour of seals specifically. After a quick lunch, the class continued exploring around the zoo. Afterwards, we attended a workshop before ending the day, discussing the behavioural patterns of animals which inhabit forest areas, including the differences between animal behaviour before and after being in contact with humans. We loved the reasonably close contact to the animals in the workshop, and by the end of the excursion, the class unanimously agreed that we all thoroughly enjoyed our day.



Welfare News



headspace

National Youth Mental Health Foundation

HeadSpace Mental Health Education Program

This week our Year 8 and 9 students participated in workshops delivered through HeadSpace. These engaging workshops increased awareness, knowledge and skills around mental health literacy, and provided students with information on how to access support and improve their own wellbeing.

There is a wealth of information for both parents and students on the HeadSpace website headspace.org.au. Our closest centre is conveniently located at Castle Hill.

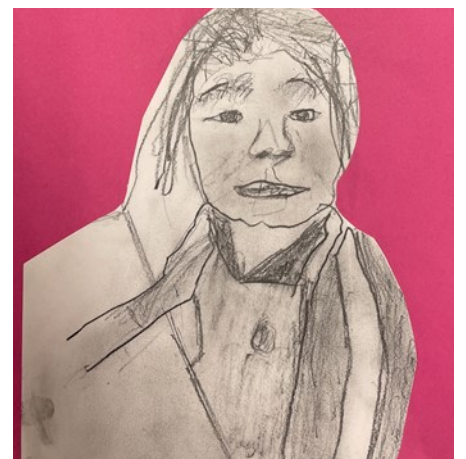
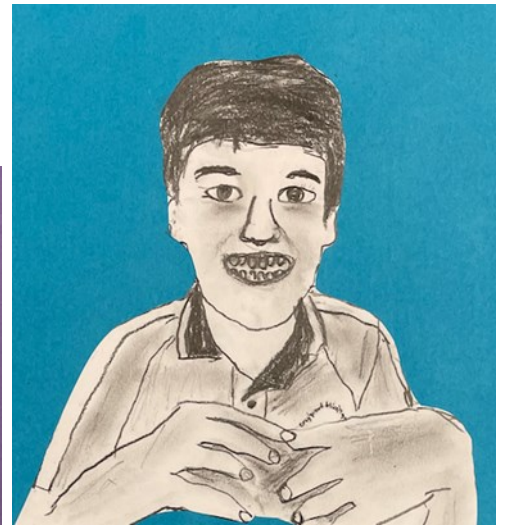
Year 7 Vaccinations

Will be held on Tuesday 4th May.

***Please ensure that your child eats
breakfast on the day and has a water
bottle with them.***

Lets Face it!

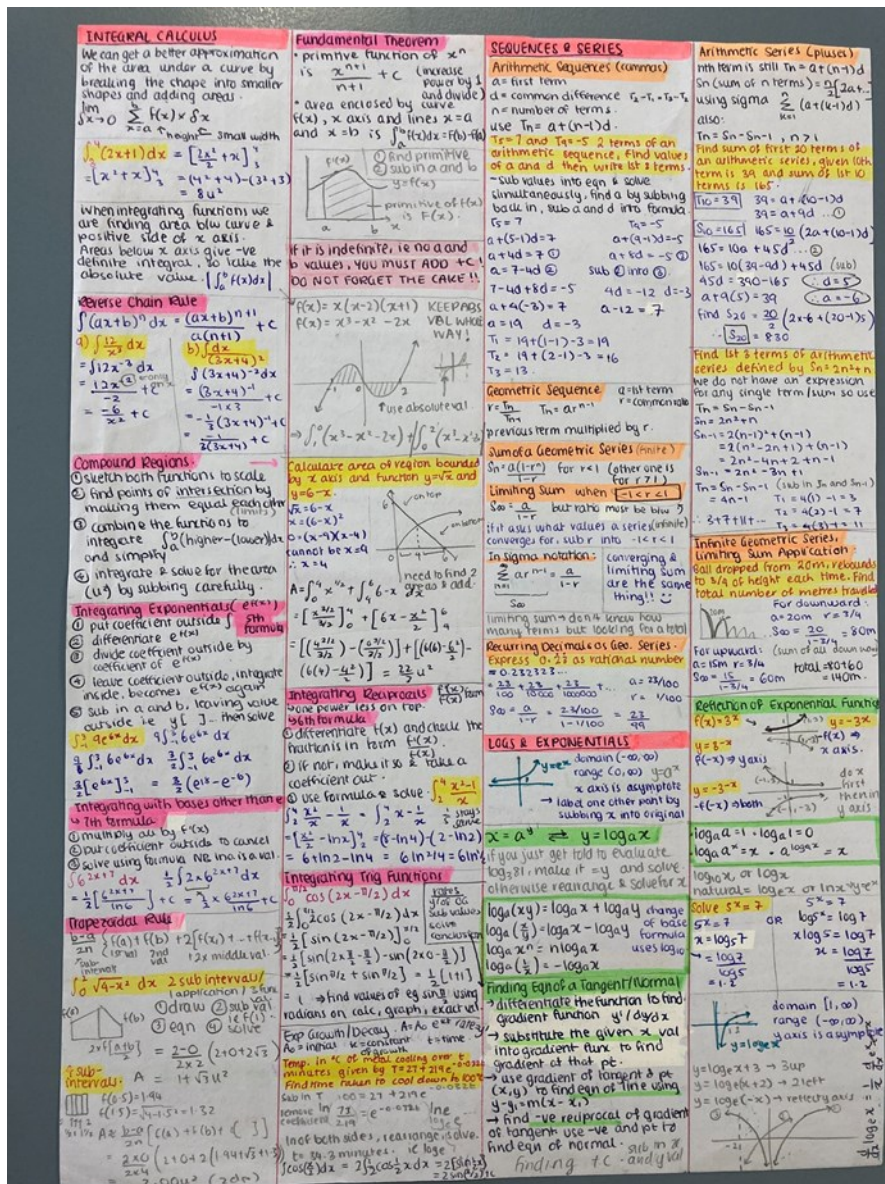
Over the past couple of weeks in Visual Arts, S4 students have been exploring the world of portraiture. Using a photograph of themselves to base the drawing off, they have been developing their understanding and skills in adding details and shading to create a realistic self portrait. Students enjoyed seeing their portraits come together and express their own individual personalities. Watch this space for more artworks to come...



Mathematical Musings

As Years 7 to 10 are approaching their half yearly examinations this term they are encouraged to start revising topics from Term 1 and prepare their study guide to bring to the exam. A study guide can include definitions, formulas and worked examples for students to refer to when completing the assessment task. Not only are students able to use this in the exam but preparing the task involves summarising and reviewing the content which aids in the study process.

An example of a Year 12 study guide can be seen below. Clear headings, including colour coded, can aid students to identify information quickly during their exams. If your child is needing some direction with the preparation of their study guide please encourage them to speak to their maths teacher.





As always, Drama is off to a fantastic start this term! Our junior and senior Drama classes are hard at work learning about a range of different theatrical styles and texts, as well as creating engaging performances. Additionally, there are a number of exciting opportunities happening at present for our enthusiastic Drama students. Here are a few of the Dramatic events currently taking place at Crestwood High School:

Year 8 Commedia dell'Arte Incursion

All Year 8 students have the exciting opportunity to participate in a workshop exploring the theatrical style of Commedia dell'Arte on Friday the 21st of May. Commedia dell'Arte is a form of comedy dating all the way back to 16th century Italy that relies heavily on stock characters, mask, mime, gibberish and movement to create humorous scenes or "lazzi". Students will have the opportunity to see this style performed first hand before refining their own comedy, collaborative and playbuilding skills in an intensive practical workshop which will be vital for their study of Drama this term and beyond. Students should see their English or Drama teacher should they require a permission note or more information about this excellent experience.

Young Wharfies Program

Congratulations to Taylor Wilson in Year 12 for her successful completion of the Young Wharfies Program in 2020. The Young Wharfies Program is run by Sydney Theatre Company and provides Year 11 students with the opportunity to experience 7 live productions, attend pre and post show workshops and partake in masterclass experiences exploring theatrical styles, playwriting, directing, programming and writing for theatre. We look forward to seeing how Taylor applies this knowledge to her major works in Drama this year! Year 10 students interested in this program for 2022 should see Mrs Bavaro or Mrs Mournehis.



Taylor Wilson alongside Year 11 students from a range of NSW high schools completing the Young Wharfies Program in Sydney.



Theatresports

Week 2 of Term 2 will see two of our excellent Theatresports teams compete in the Impro Australia Theatresports Schools Challenge regional heats. Our Intermediate team consists of Ysabella Atay-Brito, Rebekah Cooper, Imogen Knight, Isabelle McGuire and Toby Pearson of Year 10, and they will be competing at Birrong Girls High School on Thursday the 29th of April. Our Senior team consists of Zac Bechara of Year 11 and Lauren Morden, Grishan Rajaratnam, Natarina Ramdhana and Aleina Konsam of Year 12, and they will be competing at Birrong Girls High School on Friday the 30th of April. Both teams have been meeting regularly to rehearse, perfect their strategies and improvise their hearts out ready to take on their rival schools. Congratulations on your hard work, break a leg, and remember, when under pressure and in doubt – “monkey small!”



Elective Drama in 2022

As the middle of the year approaches, Year 8 and Year 10 students may be starting to consider their subject choices for 2022. Whilst Drama is of course an obvious choice, our fantastic Year 10 Drama students have put together some information to help solidify this decision!

Please see this fantastic graphic made by Phoebe Tietz and Alyssa Marks, as well as the following informative articles by Toby Pearson and Jaxon Taylor. Their passion for this course knows no limits and they are eager to pass this on to the next generation of CHS Drama students!



Why should I take Drama?

by Toby Pearson

Why should I take Drama? This is the question that most people will find themselves asking when looking through their subject choices towards the end of the year. To most, the initial first impressions they get of Drama is that they have to learn lines and aspire to one day become a world famous actor. These misconceptions generally casts Drama as a daunting subject, when in fact it's quite the opposite.

Drama is arguably one of the most unique subjects on offer at Crestwood, as it functions in a way that sets it apart from other subjects. The true beauty of Drama is that everyone can benefit from taking it as a subject, whether you want to pursue acting as a career in the future or not.

If you had come to me three years ago and told me that I would willingly be doing Drama as a subject, I wouldn't have believed you in the slightest. I was considered a very reserved and shy person for a good chunk of my life, and for me I had always thought that Drama would be my worst nightmare. Eventually, despite my initial reluctance, my friends convinced me to come and join Theatre Sports. And it was there where I first fell in love with Drama. One of the main things that participating in Drama and Theatre Sports did for me was helping to break me out of my shell. For years, I had been petrified of doing anything in front of anyone, but doing Drama was the push I needed to show me that there was nothing to be afraid of. And the best part is, you won't be doing it alone. In Drama, you can be a totally different person in a safe and accepting environment, surrounded by like-minded individuals.

In addition, Drama can also provide you with important life skills that can be applied in many aspects of your life. As I said before, Drama isn't just for those looking for a future career in acting. Participating in Drama builds up vital social skills as much of the practical work requires collaboration and teamwork. Improvisation is another one of the key parts of Drama and learning how to think on the spot is another crucial skill on offer. But on top of everything, Drama is a creative outlet. Drama can act as an escape from your hectic lives and provide you with a space to explore your own ideas and emotions. So when it comes time to choosing your subjects for next year, don't be so quick to dismiss Drama. You may find it being one of the most rewarding classes you ever take.

How Drama Enhances Your Life Now & in the Future

by Jaxon Taylor

Creativity is a skill that we are losing as technology takes over our brain. Our brains are being overpowered by technology, meaning that we are not thinking for ourselves as much.

This is where drama comes in. In 2020, multiple branches of creativity were explored. These include, but are not limited to scriptwriting, improvising scenes, and adapting themes to performances. Creativity can come in multiple forms in drama, as seen before, and these forms are incredible ways to reinstate the creative juices in your body.

Drama games are one of the fundamental features of drama classes here at Crestwood. Five drama games that are really fun, and well-appreciated include mafia (a murder mystery played in a circle, where people have different roles, and have to keep their role secret to other players), commercial (you have one minute to advertise an item that seems as if it cannot be sold), space jump (miming is very important in this game, as the teacher says, "space jump!" and the performer(s) have to freeze. The next person entering the scene changes the scene based on the frozen position which their classmates are in), emotional replay (a two-minute game where a neutral scene is played out. It is then repeated with emphasis on multiple, unique emotions), and slow-motion commentary (a two-minute game where one-two commentators commentate on a competition which is not typically seen).

Improv: how does it impact your creativity? Improvised scenes are a great way to enhance creativity. Ideas are generated by audience members (in the case of a drama classroom, it would be your classmates), and these ideas are executed by you and 2-4 other classmates onstage.

"But what if these ideas are weird, or hard to execute?" I hear you asking. That is the fun of drama. Taking ideas which may seem outlandish, foreign, even, and creating a masterpiece out of them is what gives drama the OOMPH that it is known for.

"What skills do I learn when in drama classes?" Is another question that comes on the minds of aspiring drama students. Confidence is a skill learnt when performing in front of your peers. It is best to volunteer to take part in activities, as it is fun, and is a great way to build your confidence.

The ability to analyse works, and to execute your knowledge is another skill learnt in drama. When analysing scripts, it is important to take in the information from the story being told, as it leads to performances based on the story, characters, and/or themes of the narrative.

Building lasting connections is another skill found in drama. Drama is a great way to find more friends. Working with multiple groups of people is the best way to make connections with your classmates. This creates a large support network with multiple people of your own age to lean against.

Equal division of work is another skill learnt in drama. When performing a piece in a group, it is important that everyone carries an equal share of the work, both when producing the performance, and when performing. This is important because if the work is unevenly distributed, it is apparent to the rest of the group, and to the performers. Dividing the work evenly means that the group is bouncing off of each other, and the group is not being carried by one outstanding performer.

To conclude, drama is a great subject which flows the creative juices and teaches multiple skills which are important for your future.

SRC NEWS

SRC: Grip Leadership Conference 2021



Crestwood High School's Student Representative Council (SRC) from years 8 – 10 at the end of term 1 attended and participated in the 2021 Grip Leadership Conference. Students travelled to and from Sydney Olympic Park by bus. The Grip Leadership Conference aims to train and develop student leaders to enable them to succeed in their role as school leaders.

Crestwood SRC students throughout the day participated in practical and interactive activities that assisted their development as leaders. They were able to upskill and gain better knowledge in the areas of:

- What does it mean to be a leader?
- Time management
- Taking responsibility
- Involving more students in school events
- Creative ideas for school which are not events
- Improving something that feels impossible
- Keeping your team motivated

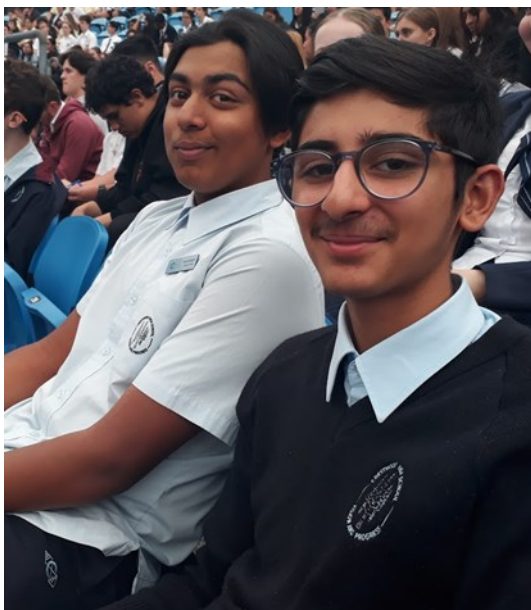


Crestwood SRC would like to acknowledge the support of the school in their attendance of the day, as they were able to walk away with valuable skills, knowledge and ideas to better improve their own leadership and the experiences of all personnel at Crestwood High School.

SRC NEWS



SRC: Grip Leadership Conference 2021



HSIE Happenings

This fortnight in History...

30 April 1975 – Fall of Saigon, marking the end of the Vietnam War (the communist North was victorious).

5 May 1921 – Coco Chanel introduces Chanel No.5.

5 May 1934 – The first Three Stooges short, Woman Haters, is released.

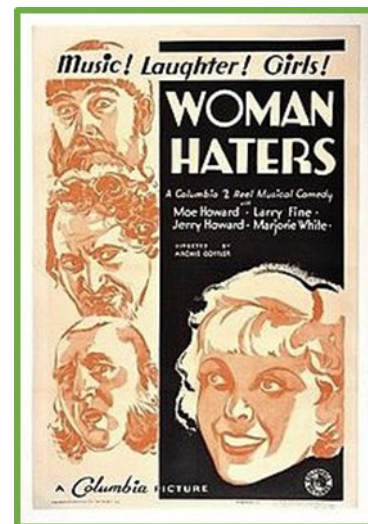
8 May 1980 – The World Health Organisation confirms the eradication of smallpox.

10 May 1994 – Nelson Mandela is sworn in as South Africa's first black president.

11 May 1997 – IBM's supercomputer 'Deep Blue' defeated Garry Kasparov (the reigning world champion) in a six-game chess match: 2 for blue, 1 for Kasparov, and 3 ties.

12 May 1967 – Pink Floyd stages the 1st ever quadraphonic rock concert at Queen Elizabeth Hall, England.

13 May, 1787 – Captain Arthur Philip leaves Portsmouth, England, with 11 ships full of convicts (the First Fleet) to establish a penal colony in Australia.



Year 9 Geography Excursion – PERMANENTLY CANCELLED

Unfortunately, the Year 9 Geography excursion to Collaroy has been permanently cancelled due to the poor weather and other school activities.

The school office will transfer payments to the students' accounts.

HSIE Happenings

Year 9 History Elective

Elective History have completed their 'Death in a Minoan Temple' unit of work.

The aim of the unit was to analyse the evidence of a real archaeological site, a temple at Anemospilia in Crete, Greece. From the evidence, students had to conclude as to what happened at the temple.

The class recreated the temple site.

Conclusion:

A ritual sacrifice was being performed on a male youth by a priest and priestess. As a pot of the sacrifice's blood was being carried from the western chamber to the central chamber, an earthquake occurred. This made the wooden roof and beams collapsed, resulting in a fire.

Central Chamber

- Statue of a god
- Priestess with shattered pot with blood as a sacrifice



West Chamber

- Sacrifice on altar with bronze dagger
- Priest next to altar
- Priestess in the far corner



HSIE Happenings

ANZAC Day Assembly, 2021

Crestwood High School held its commemorative ANZAC Day assembly on 22nd April.

We'd like to commend our Year 11 Modern History students, the Sound & Lighting team, our bugle player and Miss Tsigounis for their efforts.

We will remember them, Lest We Forget.



Support Unit Excursion

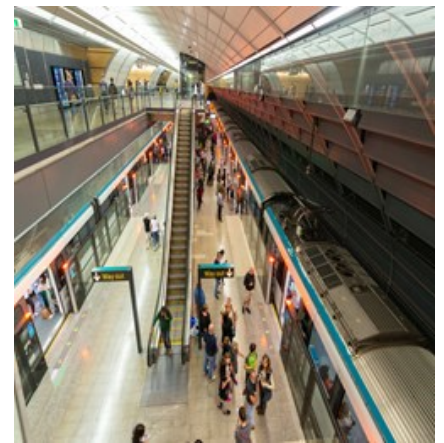
The students of the Support Unit attended a Science Excursion to **Sydney Zoo** at Bungarribee at the end of last term.

Students took part in a guided workshop on the **Living World** which related to the topic that they are currently studying this term. After the workshop students visited the rest of the Zoo and all the amazing animals.



Support Unit—Travel Training Program

As part of the Community access/Travel Training program students visited a variety of venues in the local area, developing independence on public transport, upskilling on map reading and the use of information boards while improving confidence in communicating with members of our community such as bus drivers and retail/hospitality employees. We have visited shopping centres and parks and will continue to visit a wide range of other destinations as the year progresses.



Numeracy News

This term, year 8 will be focusing on a number of specific Numeracy targets, the first target is measuring area of plane (flat) shapes such as rectangles, squares and triangles. Your child (if in year 8) will be taught area in their Maths class, then asked to measure many different items over the next 2 weeks during their other subjects.



Area of a square or rectangle is base x height OR length x width

Area of a triangle is $\frac{1}{2}$ base x height

Talented Football Program



Applications are now open for the 2022 CRESTWOOD High School Talented Soccer Program

Register your child now!

Age

Year 7, 2022

Details

Applications can be found on the Crestwood High School website. All soccer applications must be submitted with an application to enrol into the school.

Only students accepted into Crestwood High School for 2022 can be considered for the soccer program.

APPLICATIONS DUE

Friday the 14th of May 2021.

SPORT NEWS

Congratulations to the Open Girls Knockout

Soccer team who won their round 3 game against Mitchell High School last Thursday. Not only were we missing our goalie, so had Matilda Benton and Paige Vumbaca step up and take a half in goals each (not their normal position) but our back line again proved strong with the sub goalies only touching the ball once each! With two massive boots from Breanna Buccini (year 12) from just past half way and neat goals from Liana Panayi and Billy-Rose Taliai we won 4-0.



Well done to these girls as well as Ilsa Giron, Paris Morton, Ashleigh Boulter, Miwa Dizaye, Jamison Quinlan, Lauren Morden, Devashree Tarde, Adriana Diacopoulos.

On to round 4 we go!

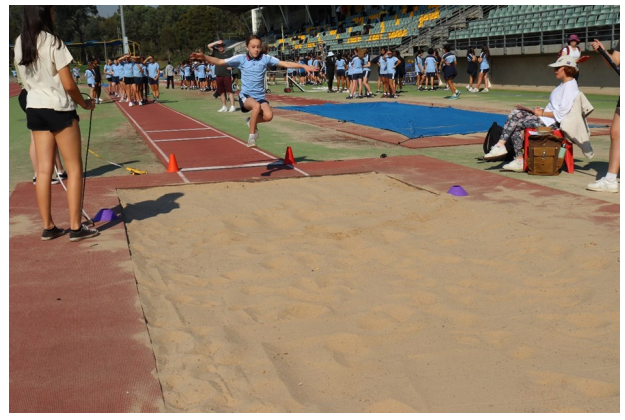
School Athletics Carnival

A huge thanks to all the staff members, house captains and our students on a brilliant day at the annual Athletics Carnival. The competitive spirit from the students and the weather on the day was second to none. Good luck to the students who have qualified for the Crestwood track and field team to compete at the Macquarie Zone Athletics Carnival to be held on May 31st and June 1st.

A full list of students who qualified for this two day carnival will be posted in the PDHPE foyer in Week 2.



SPORT NEWS



SPORT NEWS



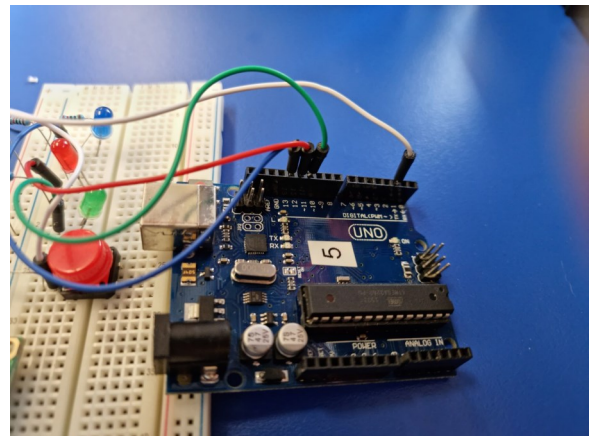
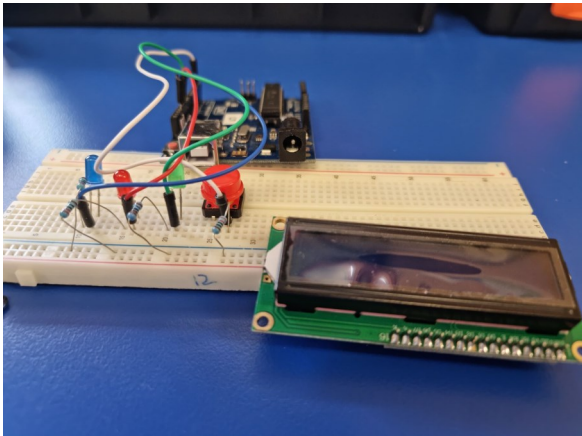
Congratulations ... to Isla Giron for being selected in the inaugural Wanderers Academy Squad. Isla is one of 30 girls selected out of 200 triallists.



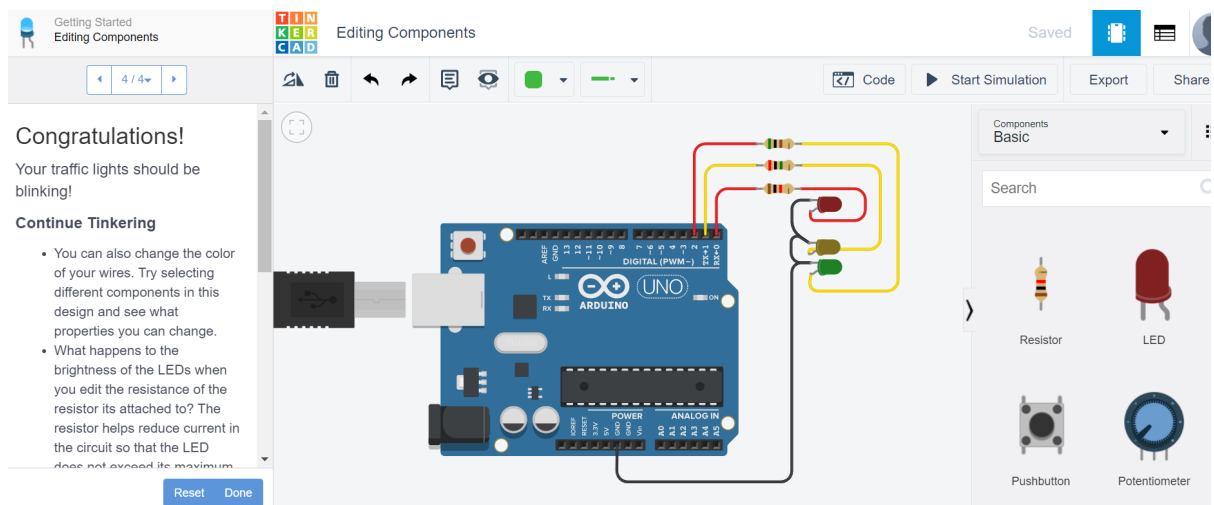
TAS TIMES

Students in year 8 digital technology will be learning the fundamental concepts of electricity and circuits. Students will each receive an Arduino Nano, which is a microcontroller (kind of like a small motherboard) that will allow students to develop interactive projects ranging from small led lights to moving robots.

Students will need to program these Arduino boards using the C++ programming language.



Students are also introduced to the Autodesk TinkerCAD software. This software allows students to construct both circuits and 3D designs before attempting to simulate them in a real world setting. TinkerCAD provides students the creative freedom to try different ideas without the consequences of damaging electrical components.



Uniform Shop

- I hope that everyone had a lovely break and are ready for a fabulous Term 2.
- JUMPERS are back in stock! Our new stock of Wool Jumpers has arrived and are available either in the store or via Qkr! \$70.00 each.
- JACKET NEWS. We have a small amount of size 16 jackets back in stock and expect to have all sizes soon. Our supplier has informed us that our order has been manufactured but due to another lockdown in Fiji they are unable to get to the airport. Hopefully next week, fingers crossed.
- Please ask your children to collect their Qkr! orders from the Canteen if they haven't yet done so. Thank you.

Canteen News

- It has been a fabulous return to school in the Canteen. The students have been very hungry and we have been doing bumper business. Thank you to everyone who uses the Canteen we appreciate how patient the student are while waiting in line.
REMEMBER, if you order your lunch, you will always have a greater choice.
- Did you know that the Canteen is open before school for breakfast? We sell hot Cheese Toasties \$2.00, Banana Bread \$1.00 and your choice of drinks and snacks.
- Thank you to Mrs Shelly Phipps who not only helped us in the canteen on Tuesday but also assisted in making the afternoon tea for the teachers to enjoy before the Parent/Teacher evening. We really appreciated your help, thanks again.

CAREERS NEWS

Breaking bad study habits and replacing them with good habits. Advice that really helps. It's a new year. A clean slate. The perfect time to break some bad study habits and replace them with more effective study habits. I've listed 16 bad study habits many students develop, followed by more effective habits to replace each one. <http://learningfundamentals.com.au/blog/breaking-bad-study-habits-16-effective-habits-for-success/>

Western Sydney University Campus Tours ... 17-28 June and the 18-29 November. For a full schedule for each campus, please see our 2021 Tour dates from the link. You can never truly know if a uni is right for you until you visit in person and get a feel for the campus. Campus tours are held every Tuesday afternoon and Saturday morning, and more frequently during school holidays. What to expect on your tour? Tours usually take approximately 1.5 hours. <https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html>

Macquarie University Campus Tours ... If you would like more information about Macquarie University and our facilities, please contact: futurestudents@mq.edu.au or call 9850-6767. <https://www.mq.edu.au/study/why-study-here/our-campus/campus-tours>

Sydney Trains Apprenticeships—Watch for July. The Sydney Trains Apprenticeship Program is one of the best in Australia. Come and work for a dynamic organisation with state of the art technology, recognised experts in the rail industry, a variety of challenging work and a genuine commitment to apprenticeships. We advertise apprenticeship positions in July on: <https://iworkfor.nsw.gov.au> and our apprentices commence in January of the following year.

The University of Sydney—Year 12 Information Evening—18 May at 4pm. Join us on campus to find out more about our undergraduate course options, admission pathways, scholarships and more. Hear from current students about their university experiences and discover why we're 1st in Australia and 4th in the world for graduate employability. <https://www.sydney.edu.au/study/events-for-prospective-students/register-your-interest.html>

Macquarie—Year 12 Online Information Session. Tuesday 4 May 2021, 6.00-7.00pm. Join us for a series of short talks given by University representatives and current students. We'll cover everything from the university admissions process to how we prepare you for the workplace through initiatives like our PACE (Professional and Community Engagement) program. Our Future Students team will also be on hand to answer all your questions. <https://page.mq.edu.au/Year12InfosessionReg.html>

Fee-Free Apprenticeships are a great way for students to launch their careers. Apprenticeships combine on the job training with classroom study to give you the skills and experience employers are looking for. The NSW Government will pay the course fee for 100,000 new apprentices who commence their training from 1 July 2018 to 30 June 2022—employers won't have to pay a cent for the qualification training for new apprentices. <http://bit.ly/2U8HevI>

Academy of Entertainment Information Evening—17 June. Discover the courses designed to get you started in game development, 3D animation and visual effects at the AIE Information Evening. The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. https://aie.edu.au/aie_event/information-evening/



FORUM FOR PARENTS

Building Healthy Relationships in our *Teens*

The Hills Domestic Violence Prevention Network is proud to present a **FREE** thought provoking forum for parents of high school aged young people wanting to know more about building healthy relationships in their teens.

Colleen Hirst – Clinical Psychologist/Family Therapist

Raising teenagers- understanding the teen brain, physical and psychological development, hurdles to respectful communication.

Collett Smart- Psychologist/author/speaker

Healthy relationships toolkit – exploring sexualised media, body safety and conversation ideas on consent.

Ethan West – Youth Liaison Officer - Castle Hill Police

Trends and issues police are dealing with concerning young people in The Hills.

Wednesday 26th May

Registrations from 6pm

Forum runs from 6.30pm- 8.15pm followed by a Q & A till 9pm

The Pioneer Theatre (underneath Castle Hill Library)

12-14 Pennant St, Castle Hill

FREE thought provoking forum for parents, refreshments and access to professional advice.

RSVP via Eventbrite <http://bit.ly/Hillsparentforum>

For enquiries contact **Carol 0408 705 848** or hillsparentforum@gmail.com



Bookham Hills Sports



THE HILLS
Sydney's Garden State