

INFOLINE

Crestwood High School Fortnightly Newsletter



From the Principal- Tania Wright

On Thursday the 1st December we celebrated Diversity Day here at Crestwood. It is one of the highlights on our school calendar and it made a long-awaited return after two years. Diversity day provides an opportunity to learn about and celebrate our differences in an inclusive way.

Crestwood High, with its population of over 1000 students, is made up of a huge range of people. Inclusive education means all students, regardless of disability, ethnicity, socio-economic status, nationality, language, gender, sexual orientation or faith can access and fully participate in learning and all aspects of school life, alongside their peers. When we learn about and talk about different races at school, it helps us understand, respect, and appreciate the differences between people. Considering the way someone else has grown up with different traditions, foods and customs is important in building an understanding of people who are different from us. This builds empathy and compassion for others so that we are better able to see when things in the world seem unjust or unfair and can do something about it.

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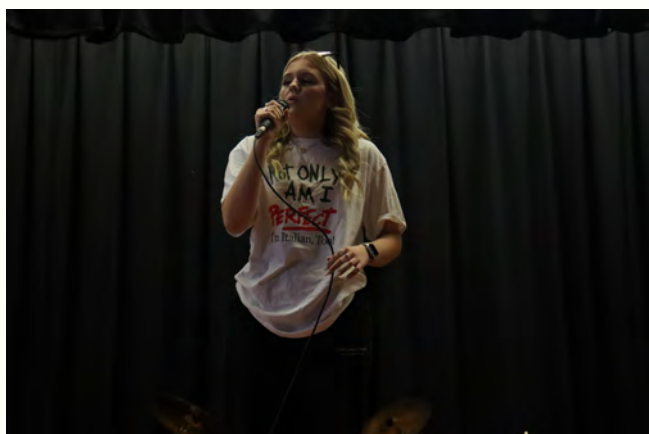
MATHS MUSINGS

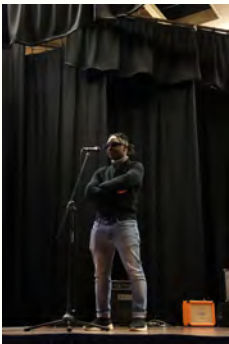
NEWS FROM SCIENCE

As part of Diversity Day, students were shown a short video, produced by the Department of Education, based on racism and examples of racism that could occur eg: a student on the bus on the way home from school commenting on the colour of another student's skin and other race-based assumptions. I also gave a follow up speech to complement the video, highlighting the need for conversations around racism to focus on the values of equal treatment for all, justice, standing up for those who are suffering, and respecting all people. The message given was very clear in stating that "it is not OK" to mock and imitate someone's accent. It is "never OK" to make racial slurs against anyone. Racism is more than just harmful words or individual actions, it informs the development of our society, laws and policies. Jokes that stereotype and dehumanise people are not funny, they are racist. Racism is destructive to our collective wellbeing as a school community.

For the person on the receiving end it is thoughtless and hurtful. To help put an end to racism, everyone has to take an active role, no matter who they are. By ensuring that all of us value and celebrate diversity, we can build healthy relationships with people from all walks of life.

I would like to thank all of the students (and staff) who participated in "Crestwood's Got talent" and all of the staff for making Diversity Day the fantastic celebration it was. Special thanks must go Miss Connolly, Mrs Scott and Mr Henderson for their organisation and commitment to the varying events on the day.





DEPUTY PRINCIPAL'S *NEWS*

Year 6 into 7 – Orientation Evening and Orientation Day

Last Monday we held our annual Year 6 into 7 Orientation Evening. This was well attended by our future Year 6 students and parents, and was expertly led by our Head Teacher Welfare, Mr Joel Palmer. Students and parents were introduced to their Year Advisors (Mrs Lancett and Ms Tsigounis), our Student Support Office (Tara Gleig) and our Head Teacher Technology (Mr Smith). This evening provided information on what students could expect in their transition to high school, including timetables and subjects, uniform expectations, and who to go to for help.

This was further enhanced with Orientation Day on Tuesday, where our future Year 7 students enjoyed a day experiencing a day in the life of Crestwood High. Students had a chance to get to know their new peers as well as teachers and Peer Support Leaders through a range of “getting-to-know-you” and school-based activities, and of course, the BBQ lunch. They completed challenges such as reading the timetable and a treasure-hunt around the grounds of Crestwood to learn where they could find key areas of the school.

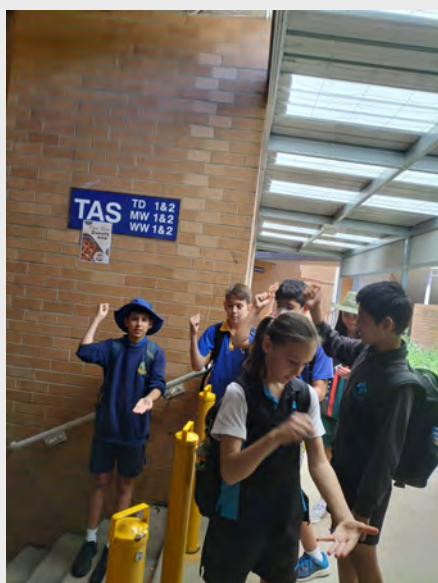


DEPUTY PRINCIPAL'S *NEWS*

Year 6 into 7 – Orientation Evening and Orientation Day

Congratulations to our wonderful Year 9 Peer Support Leaders who did a fantastic job supporting the Year 6 students. These student leaders were patient, kind and organised throughout all of the activities, ensuring that a wonderful day was had for all.

Thank you to Mr Palmer, Mrs Lancett, Ms Tsigounis, Ms Raju, Mr Hankin, Mr Vi, Ms Bavaro and Mrs Hennessy for their work to make this a brilliant day to welcome our new students.



Welfare News

As we creep towards the summer holiday break, I thought it would be helpful to include a resource from Headspace about supporting our young people during the break. They are offering free webinars to discuss challenges and opportunities in the holiday period, practical tips, provide information on support services and highlight the importance of self care.

I have also included a flyer for a free Hills Community event run by Youth Rezolutions at the Showground.

Warm Regards, Tara Gleig (Student Support Officer)



supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

Where:

Online webinars.

When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AEDT or 6 - 7pm AEDT.

Session dates will be listed on Eventbrite.

How do I register?

Click the link to register for a session via Eventbrite: bit.ly/3UVkYQM, or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

Need more information?

Email us: programsupport@headspace.org.au

COLOUR RUN + YOUTH FESTIVAL

Run for a cause – 'All young people deserve a safe place to live' #endyouthhomelessness

Lock into your calendar this FREE event:

**Thursday 22nd
December 2022
11am – 3pm**

**@ Castle Hill Showground,
Showground rd, Castle Hill
(Aub Juleff Arena)**

- **DJ Short Star**
- **Free tshirts**
- **Entertainment**
- **Free food & drinks**
- **Hair braiding**
- **Giveaways**
- **Photobooth**
- **Market stalls**

**For more information
contact the team on:
youthrez@saintscare.org.au
/ 1300 889 855**

**For 12-25 years
Drug & Alcohol Free Event**



**Register
Now!**



YOUTHREZ



YOUTHREZOLUTIONS



NSW Department of Education 17th Annual Nanga Mai Awards 2022

**Nanga Mai is an Eora/Sydney
word meaning to dream**

Congratulations Sophie Christian

On Wednesday 30th November, I had the pleasure of accompanying Sophie Christian and her parents to the Yallumundi rooms in the Opera House to see Sophie receive a Nanga Mai Outstanding Academic Excellence Award. It was a wonderful celebration of indigenous students and teachers from across the state. Sophie was one of 30 student recipients to be presented their awards out of a nomination group of over 800. Sophie's success is absolutely fantastic and a credit to Sophie and her family. Sophie has been awarded the prize and a connection with Harmers Workplace lawyers, an opportunity for a cadetship in the future. Congratulations Sophie.

Sophie's blurb in the Awards booklet:

Sophie's blurb in the Awards booklet:

"Sophie Christian has demonstrated outstanding academic excellence in a pre-University Course in 2022 and has displayed a positive attitude to school and a commitment to her future studies. Sophie pursued the opportunity to complete an Undergraduate First Year "Critical Thinking" Macquarie University course through their Indigenous Pathway on top of her Year 11 studies. She completed the unit across a 5 month period during Semester One. Sophie designated Wednesday afternoons to complete the weekly university work and to complete the assessment tasks. Sophie displayed incredible commitment and dedication, resulting in her achieving a Distinction. This is an amazing result for a Year 11 student, completing University level work. This achievement has resulted in an offer from Macquarie University to study Law in 2024 and this course will be counted in her degree. Sophie found the course enlightening; she developed her time management skills and her ability to take on challenges. Sophie is keen to encourage any future Indigenous students in Year 11 to complete the course.

In addition to this, Sophie continues to excel in her Year 11 studies, achieving a Top 20 award for Semester One and has made it through to the Year 12 leadership team for 2023. Sophie is an excellent role model at our school for indigenous students and plays a leading role in our program at Crestwood to celebrate Indigenous heritage. She is a gifted artist who has painted a beautiful totem pole about her Wiradjuri heritage for our Indigenous garden.”



Sophie and other Award Recipients on Wednesday



Sophie with Mrs Woolnough

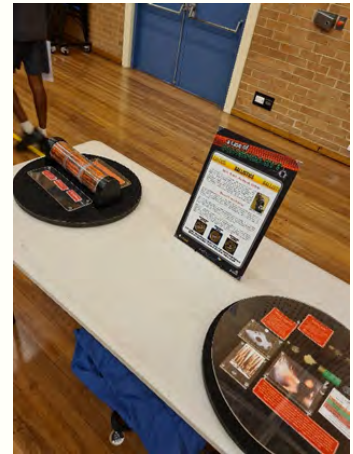


Sophie with the representatives from Harmers Workplace Lawyers

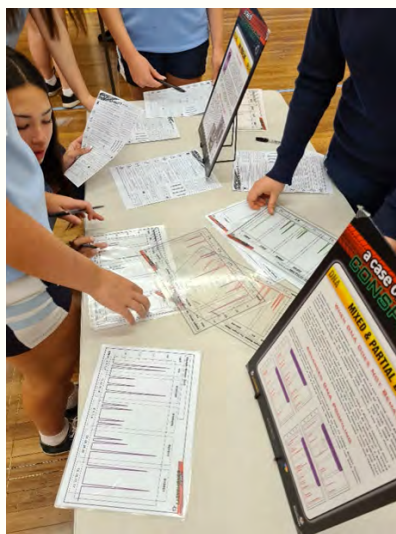


How to Solve Crimes ...With Science!

This week, our Year 10 students became amateur forensic scientists, putting to use the skills and knowledge they have gained over the past 7 weeks in our Forensics unit to solve a murder mystery! It was an intense 60 minutes as our detectives raced to find the murderer before they could strike again! Before they could solve the murder, they first had to suit up and become familiar with the equipment they were going to be use.



Afterwards, it was time to solve the case! With tools such as DNA profiles and analysis equipment, blood trace evidence and ballistics information, they were soon able to discover that the culprit was a jealous business rival of the victim, who took the phrase 'cutthroat business' a little too literally.



We hope that all of our Year 10 junior Forensic Scientists had a fantastic time and we encourage all students to participate in the workshops that we put on.

VISUAL ARTS ONLINE EXHIBITION



Scan Me

ARTWORK OF THE WEEK



ALEXANDER SOMERS - YEAR 7

FROM THE LIBRARY

BOOKMARK DESIGN COMPETITION

**WHAT SIZE:
58MM X
180MM
DOUBLE
SIDED**

**WHAT
FORMAT:
PDF**

**WHO TO
SEND IT TO:
MS OLMOS
SEE EMAIL
ADDRESS BELOW**

**WHEN TO
SEND IT BY:
WEDNESDAY
7TH
DECEMBER
3PM**

**WHAT TO
INCLUDE:
THE
CRESTWOOD
LOGO
SEE STUDENT HUB
FOR DOWNLOAD**

**WHAT CAN I
DESIGN:
ANYTHING!**

SEND YOUR DESIGNS TO: KARLA.OLMOS@DET.NSW.EDU.AU



Tag Times

Finishing the Year with some Christmas Cheer

As the term winds to an end and Christmas is on the way, students in various Stage 4 and Stage 5 subjects are using the school's laser cutting technology to create personalised Christmas decorations and cards.



Stage 4 Technology
Mandatory students are using Adobe Illustrator to modify existing designs while Stage 5 Industrial Technology Graphics students are designing and drawing their own cards and decorations.



From the Crestwood High School TAS Faculty, have a safe and Merry Christmas and we look forward to seeing you in the New Year.



Maths Musings

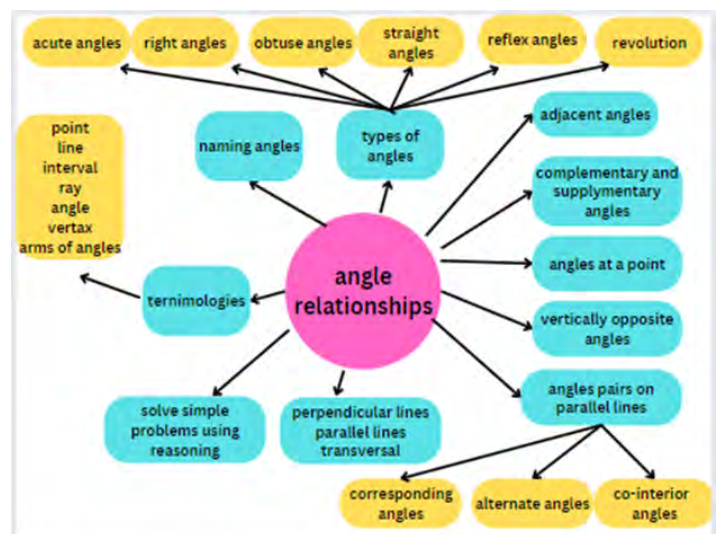
Mind Map

A mind map is a diagram used to visualise organised information. It shows relationships among subtopics and pieces of information. Research shows that mind mapping enables meaningful learning. A clear mind map indicates that students have acquired new knowledge and are able to make connections between new knowledge and the knowledge they already had.

How to create your own mind map?

1. Place the main topic in the middle. You can write the topic or you can draw it.
2. Create branches from the main topic in the middle and these are your subtopics.
3. Create branches from your subtopics. You can draw pictures or you can write it out.
4. Continue step 3 until you have covered all the content learnt under the main topic. Remember there are not any rules, create something that works for you.

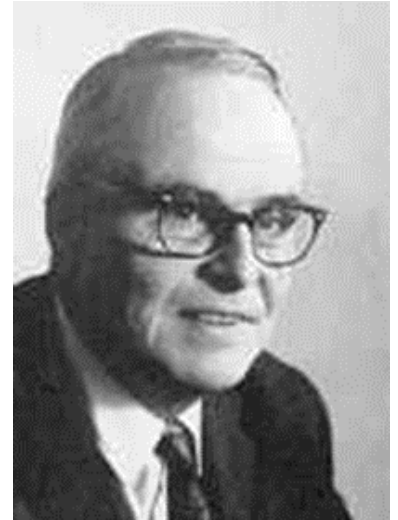
Students are encouraged to construct a mind map with their teachers at the end of each topic to summarise the content taught.



Maths Musings

This week in Mathematical History

Albert William Tucker, born on 28 November 1905, was a Canadian Mathematician who worked in topology, game theory and non-linear programming. He lives with his family in various small towns on the northers shore of Lake Ontario when he was young. He was his parents' only child and didn't start his school education until he was six years old.



Tucker became interested in mathematics while in his second year at a small high school with only three teachers covering all subjects. He wanted to study at university but his family were very poor and couldn't afford it. Tucker repeated his final year at high school and obtained a scholarship to enter the University of Toronto. His great potential was quickly recognised in his first year studying mathematics at Toronto.

Tucker was a National Research Fellow at the University of Cambridge after receiving his doctorate in 1932 for his thesis *An Abstract Approach to Manifolds*. He then returned to Princeton to join the faculty in 1933, where he stayed until 1974. He chaired the mathematics department for about twenty years.

SPORTS



NEWS



Congratulations ...

Well done to former student Keanu Baccus who helped the Soccerroos make the 2nd stage (Round 16) of the FIFA World Cup



CONGRATULATIONS

to team Argentina on winning the Crestwood High School Diversity Day World Cup!



Careers News

ME PROGRAM

Last week our students were able to participate in Beauty ME with Natasha Dabit sponsored by Ms. Ebrahimi. Students asked questions about pathways into Beauty and how Lifelong Learning can lead into associated specialties. Our catch phrase in Careers this term has been Learn more to be more! Student questions demonstrated this motto in action. Special thanks to Natasha (2018 Alumni) for returning to Crestwood to share her Career journey. Natasha's graduation from Crestwood in 2018 to be a Beautician was great to hear and inspired our current students to explore career ideas of their own.

This week Mr. Phillips hosted Kelly Benson (2013 CHS School Captain) to present Commercial Banker ME. Kelly's Career story was a perfect example of choosing the 'Jungle Gym Career' over the 'Ladder Career'. His journey has been Rugby League Player to Commercial Banker with Westpac via hospitality and F45 Personal Trainer. He even owned a Cafe at one stage. Kelly's advice to our students was seizing every opportunity to Learn More to Be More, and how a Career can be designed to ensure a Work/Life Balance to grow both personally and professionally.



CAREERS ADVISOR: MR TREVOR ADAMS

Careers News

PARRAMATTA POWERHOUSE MUSEUM / LEND LEASE SITE VISIT

On Friday 4 November, ten Crestwood students had the privilege to go to the construction site of the new Powerhouse Museum at Parramatta. We learned many interesting and important details about the design of this important Arts precinct. The Parramatta Powerhouse is the biggest project in the Arts since the Sydney Opera House was built! We were able to see how the construction site is developing, the 3D printed models of the façade and the associated engineering. Our host also gave examples of how to effectively engage stakeholders to achieve the best outcome for multiple users. It was an interesting and fun day to learn about all the different careers and pathways available in designing, planning, and building such a large NSW infrastructure project.

Written by Andrew B Year 10.



CAREERS ADVISOR: MR TREVOR ADAMS

Careers News

DOWNER GROUP VISIT

On Friday 28 November we visited Lidcombe TAFE to learn about the different construction trades that focus mainly on timber such as shop fitting, cabinet making, and carpentry. We got the privilege to make accessible furniture for Sunny Disability Services under the direction of the Downer Group. The Downer Group is a Teir 1 employer in Australia. From Downer we got to speak with one of the managers from the Sydney METRO project and the Community Stakeholder Coordinator in the Infrastructure Projects Unit. Making the furniture was a group effort and everyone was able to make a valuable contribution. we were given a tour around the TAFE and got to hear from many of the Head Teachers in the different Allied Wood Trades. There were many cool and interesting things to explore. It was a good day for us to think about what our futures might look like.
Written by Matthew F Year 10.



CAREERS ADVISOR: MR TREVOR ADAMS

Careers News

YES PROGRAM

Congratulations to Nathan G in Year 9 for his graduation from the Bricklaying YES Program over the last 8 weeks at Nirimba TAFE. Nathan learned a range of skills and techniques in the building industry including the engineering, physics, mathematics, and chemistry involved in construction. His teacher Pat gave sage advice about career pathways including how to love what you do and do what you love. Students were very attentive as he talked about tips and tricks on managing personal finance.

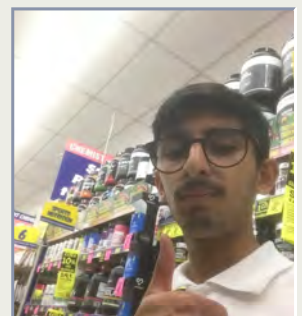
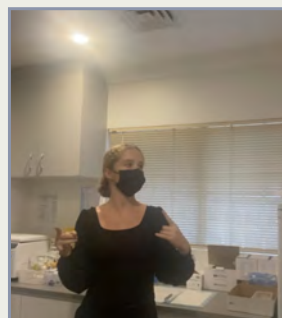
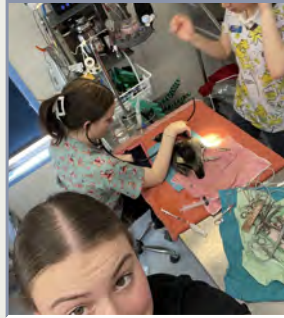


CAREERS ADVISOR: MR TREVOR ADAMS

Careers News

YEAR 10 WORK EXPERIENCE

We wish the Year 10 students attending Work Experience a great adventure into the world of work next week. Students have chosen a vast array of opportunities including veterinarian work, hospitality, construction, education, retail, animation creator, chemistry, sport and many more. This is a wonderful opportunity for students to find a mentor for the post school journey. What is your Future yet to be imagined?



Careers News

LANDSCAPING

Grant Hull and Brandon East from Solid Ground came to speak to Year 10 and 11 students about demystifying landscaping as a career. We discovered many students thought Landscaping was just mowing lawn, but given it is much, much more, we invited two professional experts to tell us exactly how much more, including how to hone skills in specialist training facilities, and turn passions for nature into a fulfilling career today. Turning landscaping theory and hands-on knowledge to transform a plain space into a natural oasis was fascinating and many students enquired how plentiful the opportunities are to engage in part-time work. Brandon and Grant went through everything from how to use concrete, stone, bricks and blocks to manicuring sports turf and landscape construction.



DATE FOR THE CALENDAR

6 DECEMBER: Coach ME with Andre Schroder sponsored by the PHPE Faculty

CAREERS ADVISOR: MR TREVOR ADAMS

POSITION VACANT

CANTEEN ASSISTANT / RELIEF CANTEEN

ASSISTANT SCHOOL TERMS ONLY

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

Hours of Work:

- 10.15am – 1.15pm Thursdays and 10.30am – 1.30pm Fridays
- Minimum 3-hour shift on other days when a relief Canteen Assistant is required
- Including School Development Days and other large catering events
- Occasional out of school hours work may also be required with 1 weeks' notice given

Duties include:

- Implementing and adhering to the Canteen's policies and procedures
- Greeting, training, and assisting canteen volunteers
- Serving student and staff at recess and lunch
- Receiving, checking, storing, replenishing, rotating, and monitoring 'Use By' and 'Best Before' dates of stock
- Monitoring and recording of fridge, freezer and oven temperatures
- Checking all cleaning duties completed as per cleaning and relevant forms signed

Qualifications:

Essential

- 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 unrestricted working rights in Australia
- WWC check

Desirable

- Previous experience as a Canteen Assistant or Volunteer
- Knowledge of NSW Healthy School Canteen Strategy

If you are interested in applying for this position please email your resume to the Canteen Committee at crestwoodhighschool-canepandcaffiliate.org.au addressing the above criteria and please provide contact details for 2 referees. If you require any further information please contact Mandy Burns, Canteen Manager on 0409 904 725 or Brenda Broad, Canteen Convenor on 0437 991 202. Applications close on Friday 2nd December 2022.

P&C UNIFORM SHOP

- Greetings from the Uniform Shop Staff! The year is nearly over and it's time to think about your uniform needs for 2023.
- Current Year 10 students will be in White shirts and blouses next year in Year 11. Shirts and blouses are cut to the same size as the blue ones so if you are happy with the size you could order online or feel free to come in and see us on any Thursday between 7.30am and 11am for a fitting. Our Online store can be found at: -

<https://crestwood-high-school-uniform-shop-107119.square.site>

- If you would like to come in to the Uniform Shop over the school holidays, we will be open from the 16th January, 2023 to the start of school. (Closed 26th/27th January) by appointment only. Please use this QR code to make an appointment.
- We now stock bucket hats. These provide much more sun protection than the cap does. They are made of UV50+ material. Sizes are Small, Small-Medium and Medium-Large. Price is \$20.00
- Don't forget to order your backpacks for Years 7 and 8 or to buy your stationery needs by going to the Torstar website. Backpacks ordered by the 14th December, 2022 will be delivered for free to the school for collection between 16th January - 30th January 2023. Home Delivery is also an option for a fee or collection from the store in Penrith. Please follow the instructions on the Torstar flyer attached to this newsletter. Thank you.
- The Uniform Shop is located behind the school Hall and opposite the Canteen.



Open every Thursday during the school term.
Hours: 7.30am to 11am

Email: crestwoodhighschool-uni@pandcaffiliate.org.au

Online store: <https://crestwood-high-school-uniform-shop-107119.square.site>



How to Order Your Year 7 Book Packs 2023

Crestwood High School Year 7 Book Packs are now available to pre-order from Torstar's Online Parent Ordering Portal.

How to Order:

You can pre-order your pack in any of the following ways:



Call our friendly staff and pre-order over the phone (02) 4721 6500.



Pre-order online using the following instructions:

Step 1: Go to the following website on your browser using your phone, tablet, laptop or desktop computer:

www.torstar.net.au

Step 2: Register as a user on our website using the "Register" button on the top right hand corner. Please complete all details, including your shipping address when you register, even if you are selecting "Delivery to the School". Once you check out your order it will give you the option of delivery to the school.

Step 3: Once you have registered, locate the **Booklists tab** on the home page in our Main Menu

Step 4: Type in your **school name** in the "Search by School Name" field

Step 5: Log in using your school password **PENS911**

Step 6: Enter your **child's name** and select the pre-loaded Year 7 Equipment List from the dropdown menu where the Year 7 Equipment List is pre-filled for you. Select the packs you would like to order by making sure it has a quantity of 1

Step 7: Select **"Add to order"**. To avoid multiple delivery fees, please add all children on the one order

Step 8: Select **"Go to Checkout"**

Step 9: Select

Step 10: Complete the Payment Details using our secure payment portal.

Step 11: Select **"Submit Order"**

Pack Prices

Year 7 Full Pack Price: \$85.00 Year 7 Pack without Calculator: \$50.00

Year 8 Pack: \$15.00

Delivery Fee: \$12.00 OR Delivery to the Uniform Shop is free

Payment

Payment is required at the time of ordering.

The last day to order for free delivery to the school to pick up from the Uniform Shop is **14th December 2022**. Please select "Free Delivery" when you Check Out.

Packs can still be ordered from 14th December 2022, however delivery will be to your home and will incur a \$12.00 delivery fee.

Home Delivery

Place your order **before 8th January 2023** to receive your pack before school starts (current eta for deliveries is 4th – 21st January 2022). Packs can still be ordered after this date, however delivery may not occur before the start of the school year. An sms will be sent to let you know when packs are being delivered.

Delivery is contactless. By ordering, you are providing an authority to leave the parcel at your nominated address. If we are delivering to a Unit/Apartment, we must be able to access the front door. If we are unable to access your front door you may incur additional delivery fees.

Sydney Hills Youth Orchestra

Summer Training 2023

Proudly supported by



THE HILLS
Sydney's Garden Shire

6:00 pm - 9:00 pm
9 - 14 January 2023
TLC Theatre
Baulkham Hills High School
management@sys.org.au
www.orchestras.sys.org.au

... for Orchestral Skills

