

# INFOLINE

*Crestwood High School Fortnightly Newsletter*



## From the Principal

*By Tania Wright*

Teacher professional learning (TPL) is an integral part of quality teaching at Crestwood High School. Professional learning helps teachers gain insight into and knowledge of their craft. It encourages the development of new ways of thinking about content and new approaches to teaching. This substantively affects student achievement over a sustained period of time. Changes in teaching practice and improved student achievement need to be observed and measured.



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NEWS FROM ENGLISH



# From the Principal cont.

By Tania Wright

Professional learning can be both internal and external. External opportunities involve teachers going off site to a venue where an expert or specialist delivers content knowledge. Internal professional learning occurs at school, often involving a number of colleagues to build capacity. In implementing changed practice, teachers acquire new knowledge, modify their existing beliefs and attitudes in relation to their teaching and sustain that change over time. This change in teaching practice needs to correlate strongly with the improvement of specified student outcomes.

On Thursday the 9th March, the first of eight breakfast sessions on High Potential Gifted Education (HPGE) was held at school in the Common Room from 8 - 8.30 am. Neighbouring colleagues from primary and high schools were invited to participate. The workshops include topics on higher order thinking, creative & critical thinking and authenticity. These sessions will provide teachers with explicit goals and practical tools for working effectively with HPGE students and classes. The series is designed to be interactive, with participants applying their learning and sharing resources and pedagogy. Below are photos of participants for the first session.



# DEPUTY PRINCIPAL'S NEWS

## School Bytes

School Bytes is the administrative system that CHS is using to streamline excursion and other activity administration. It relies on your email being up to date and monitored as all permission notes for excursions will go to your email account. School Bytes also enables payment for the excursion activity at the same time.

Please monitor your email as all activities have a due date so that we can confirm numbers to venues and to order buses.

## New Bus Shelter

A big thank you to the P&C who last year initiated the work for the Bus Shelter. Construction started in week two and was complete midway through week 5. The shelter provides protection from both UV and wet weather and is a great facility.

## Parking and picking up your student in the afternoon

Chapel Lane and the intersection with Peel Rd have become increasingly busy over the last couple of years. Of particular concern, are vehicles that double park across the front of cars in the parking area next to the oval and other vehicles that stop in the school's bus bay to pick up students.

This has led to some near misses. Baulkham Hills Shire Council have identified these problems and are dispatching Rangers to monitor traffic behaviour. Please consider the safety of all the school community when picking up your student.



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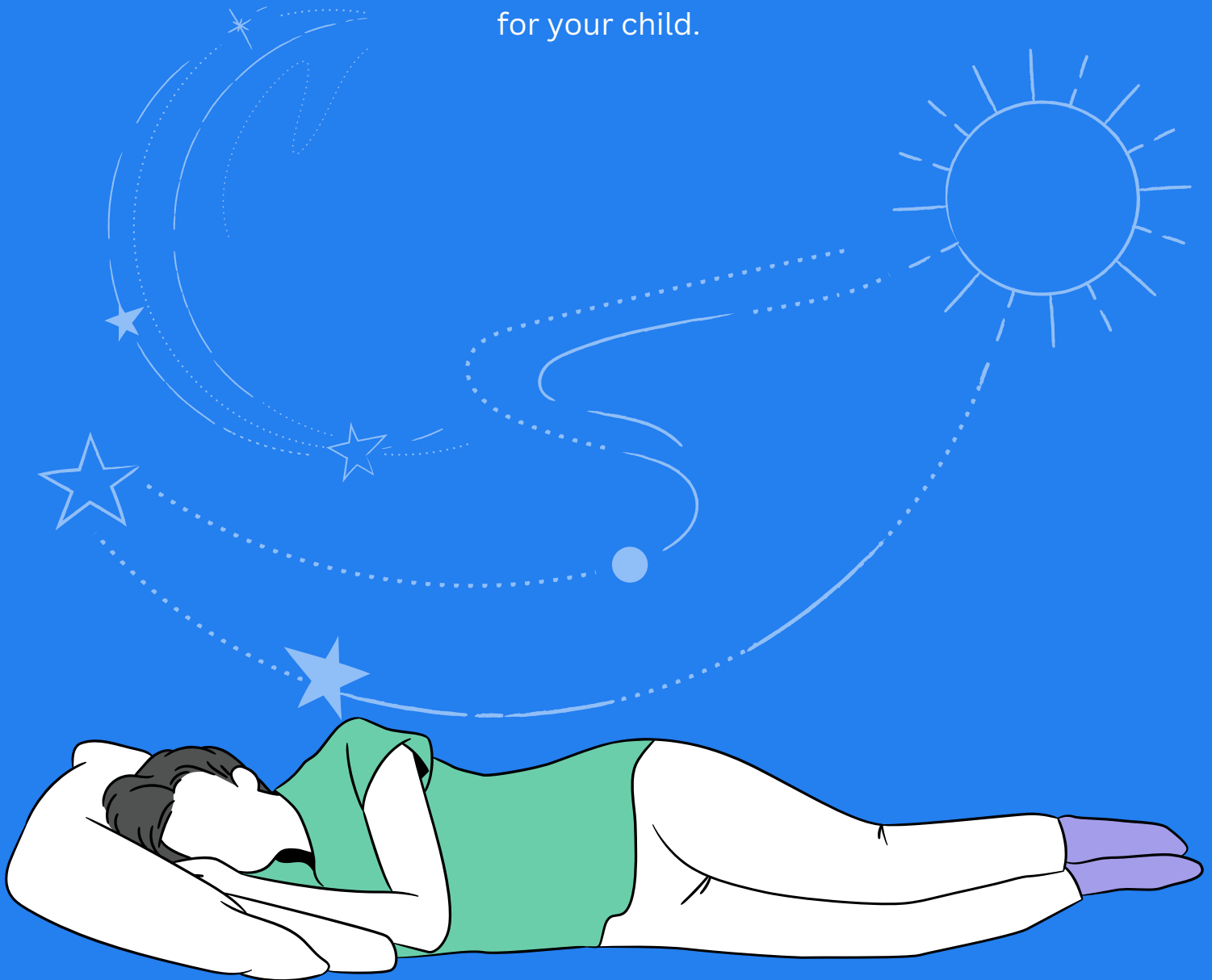
# Welfare News

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Sleep research from the past 20 years indicates that sleep does more than simply give students the energy they need to study and perform well on tests.

Sleep helps students learn, memorise, retain, recall, and use their new knowledge to come up with creative and innovative solutions. Getting consistent sleep is vital for adolescents whose brains are growing at a rapid pace. Without enough sleep children and adolescents have problems with attention, memory and problem-solving. Research has continuously shown that sleep deprivation can also contribute to emotional dysregulation and behaviour problems.

Making sleep a priority is important for parents who want their child to be happy and be able to cope with life's stressors. The average sleep for teens is 8-10 hrs per day. Below are a few free apps that can help build a healthy sleeping routine for your child.



# SLEEP HYGIENE

Effective Apps to establish healthy sleeping habits



## Sleep Ninja

- Educates young people about the role of sleep and its importance
- Helps students become aware of habits that contribute to poor sleep (for example, sleep environment, daytime routine, bedtime routine)
- Teaches behavioural and cognitive strategies to change unhelpful sleep patterns



## Calm App

The app provides exercises, breathing techniques, music, and bedtime stories for people who are tense, feel anxious, or want to improve quality of their sleep.

### Features include:

Meditations

Check ins

Calm music

Breathing exercises

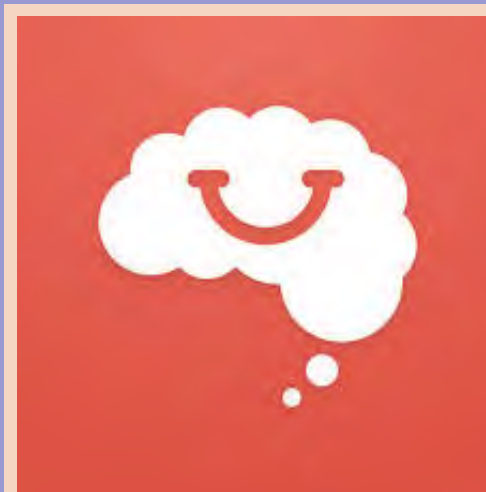
Sleep stories

Calm Body

## headspace

### Headspace App

Learn how to relax, manage stress, sleep soundly, find your focus, and release tension in both the mind and body. Find the calm in everyday with Headspace.



## Smiling Mind App

build mental fitness and resilience; support good sleep, study and sports training; reduce stress and improve relationships; and promote the development of new social and emotional skills..

SAVE THE DATE

# PARENT/TEACHER INTERVIEWS

Years 11 and 12

**TUESDAY 14 MARCH 2023**

**3.30PM TO 7.00PM**

You are invited to participate in parent interviews on **Tuesday 14th March between 3.30 pm and 7.00 pm** to discuss your Year 11/12 child's progress with their teachers.

All parents are encouraged to take advantage of this opportunity to meet directly with your child's teachers. This year **the interviews will be conducted on site in the Library and B block buildings**. Please ensure you leave at least a five minute break in between interviews to allow you to move to the next venue.

**Bookings opened on Thursday 9th March and will close at 3pm Monday 13th March.**

You need to have a Sentral parent portal account to make bookings.

If you have any questions regarding the portal, please **email Leigh Rayner** (leigh.rayner@det.nsw.edu.au) or **telephone Janaki Marudhachalam** in the school office (9639 7422). If you have any questions regarding the interviews in general, please contact Grace Ragnarsson via the school office.

# HONOUR ROLL



*It is with great pleasure  
that I announce the  
following students who  
have achieved an ATAR  
over 90 in the 2022 HSC.*

*Their hard work and  
perseverance has paid  
off and we congratulate  
them on their success.*

*Zac Bechara 97.45*

*Chris Park 95.7*

*Sanae Prasad 95.25*

*Megan Tang 94.2*

*Ashley Choy 92.9*

*Nara Lee 92.75*

*Rushil Singh 90.25*

*Ashleigh Boulter 91.10*

*Maria He 90+*

*Charlie Scowcroft 90+*

*Arjun Sundaram 90+*

*Caleb Zhou 90+*

*Aaron Zhang 90+*



Crestwood High School will be using the Sentral for Parents App to communicate with parents about everything that is happening at school. You will still be able to access your account using a web browser version (Chrome, Edge).

The Sentral for Parents app will allow families to:

- send and receive messages from your child's/children's teachers
- view calendar events
- view academic reports
- explain past absences
- request future absences (must include detailed comment as approval is required based on the reasons given)
- book parent interviews
- receive sick bay notifications
- view school newsletters
- update their details

as well as receive real-time notifications and messages from the school.

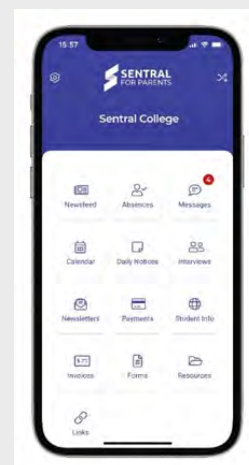
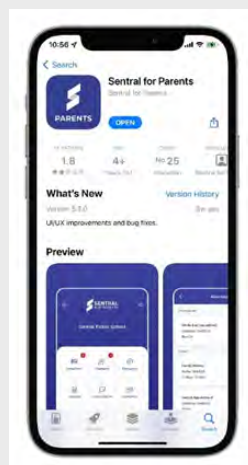
Accessing the Sentral for Parent App is simple.

Download it from the Apple App Store or Google Play Store.



Once you have downloaded the app simply register, verify your email address, login and connect to your child.

You will then receive notifications to your phone from Crestwood High School related directly to your child/ren.





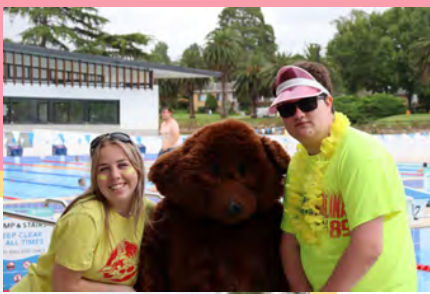
# SRC

newsletter

## Swimming Carnival

On the 13th of February 2023 Crestwood High School had their annual swimming carnival. After 3 years of Covid, the swimming carnival was finally open to everyone and not just competitors. The day was full of fun events and thrilling races, especially the year 12's last hoorah with their floatie race.

Many records were broken and house spirit was in full swing with house chants to start the day and house relay races to end the day. We would like to thank the amazing Waves Fitness & Aquatic Centre in Baulkham Hills for their hospitality and their new amazing upgraded facilities, especially the Cafe. We look forward to many swimming carnivals in the future and amazing memories with friends and staff.



# SRC

## newsletter

### Valentines Day

On Tuesday 14th February, Crestwood High School celebrated Valentine's Day.

Alongside selling roses, 4 lucky people were able to buy their loved one a serenade sung by our very own talented Year 11 music students! During period 1 and 3, we went around to different classes and sang our beautiful confessions of love.

The two songs sung were Can't Help Falling In Love by Elvis Presley, and Le Vie En Rose by Edith Piaf with acoustic guitar accompanying both songs. It was a fun day for both the performers and students who watched the wonderful performances. Thanks to all those students and teachers who shared the love, we raised a total of \$730 to kick start our fundraising for our whole school charity, the Cancer Council. We look forward to seeing what other exciting events the SRC organises throughout the rest of the year!



#### Student statements about the day:

"Dressing up and serenading was the highlight of my valentines day"

"We enjoyed seeing everyone so excited while we were performing the serenades"

# SRC

## newsletter

### **International Women's Day**

On Wednesday 8th of March, 10 female students from the SRC along with Mrs Scott and Ms Adams had the wonderful opportunity of attending an International Women's Breakfast held in Parramatta at the Novotel.

As well as the amazing food, the breakfast focused on this year's UN International Women's Day theme - Cracking the Code: Innovation for a Gender Equal Future.



Innovation is a powerful driver of change, and it holds the key to unlocking the potential of women and girls everywhere.

The keynote speaker at the breakfast, Dr Jennifer Matthews, an award winning and internationally renowned corals and marine expert, gave invaluable insight into the way she made it into the field of STEM, emphasising the importance of not always doing what you are good at, but what you love!

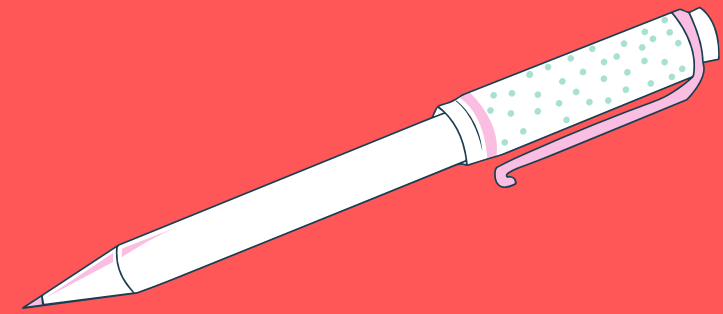


# NAPLAN @ CRESTWOOD HS

**YEAR 7 & 9  
WILL  
COMPLETE  
THEIR NAPLAN  
TESTS IN  
WEEKS 7 & 8**

**WEDNESDAY 15TH MARCH**

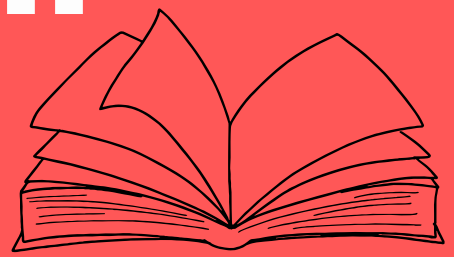
Writing



**MONDAY 20TH MARCH**

Reading

Conventions of Language



**TUESDAY 21ST MARCH**

Numeracy



**WHAT DO  
STUDENTS NEED TO  
BRING EACH DAY?**

- charged laptop with the Locked Down Browser installed
- headphones
- pen



VISION AND PROGRESS

**CHECK OUT THE STUDENT  
HUBS ON CANVAS FOR  
ANNOUNCEMENTS AND  
NAPLAN TIPS & TRICKS!**

# NAPLAN 2023

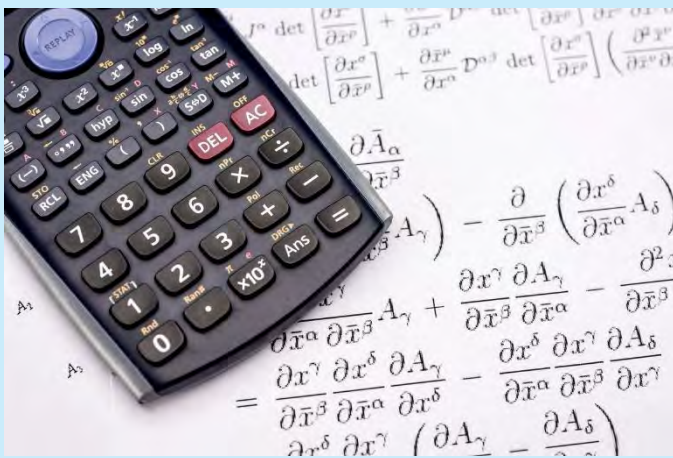
Information for students in Years 7 and 9

## How can I get ready for NAPLAN?

Use the demonstration tests to practise the types of questions and tools available in the online tests.

Access the demonstration tests here:

<https://www.nap.edu.au/online-assessment/public-demonstration-site>

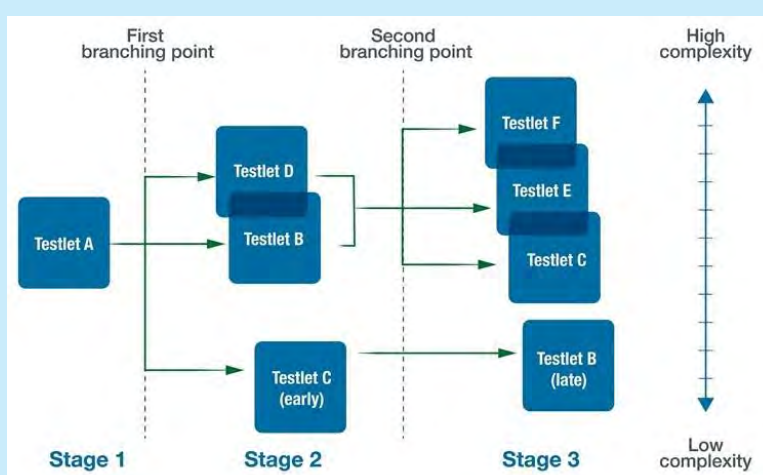
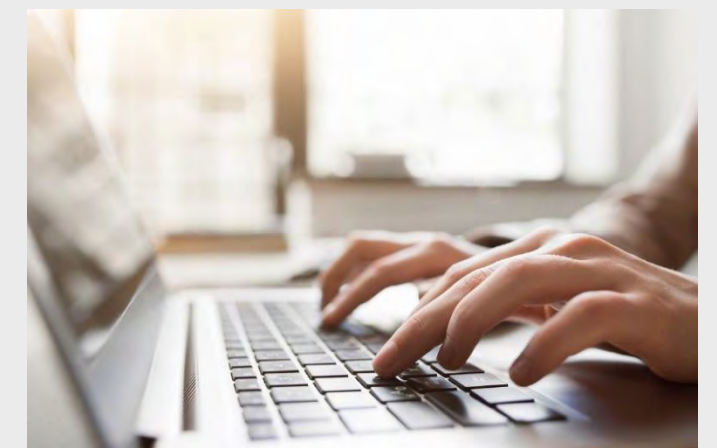


## Can I use my own calculator for the numeracy test?

No. The online numeracy test will have an on-screen calculator. Try the NAPLAN online calculator in the numeracy demonstration tests on the public demonstration site.

## Do I need to touch type?

No. You do not need to be able to touch type to complete the tests.



## What is tailored testing?

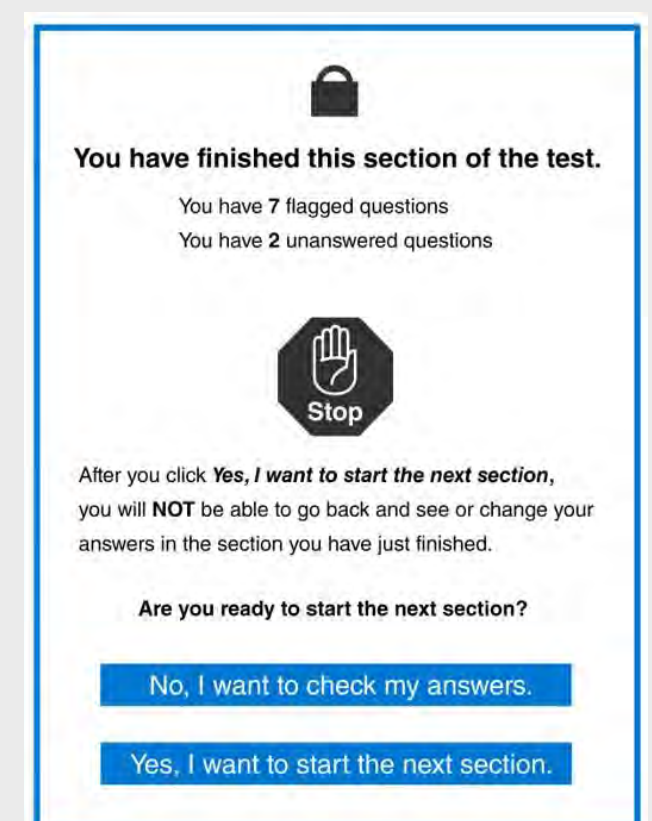
The test will change depending on your performance in the test. Questions get easier or harder based on your answers.

## Conventions of language test important information

A message will appear on your device to let you know you have finished the spelling section of the test.

Check your answers before selecting '*Yes, I want to start the next section*'.

After you select '*Yes, I want to start the next section*', the grammar and punctuation section will start. You will **not** be able to go back to the spelling section of the test.



**Questions?** Speak with your teacher or visit [www.nap.edu.au/online-assessment](https://www.nap.edu.au/online-assessment)



## What was happening in the English block this week?

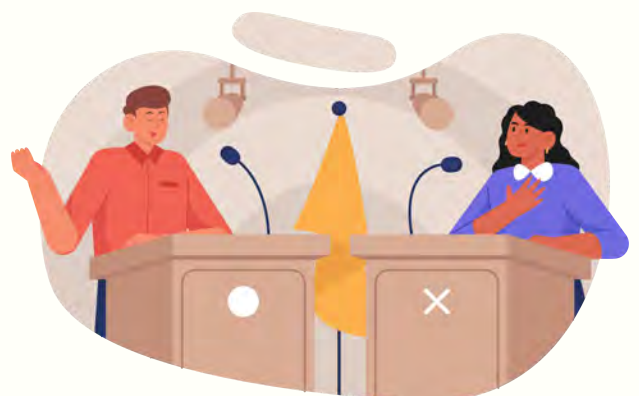
The Crestwood Debating Club workshops commenced for 2023! It was very pleasing to welcome 25 enthusiastic students from years 7 – 10. The workshops take place on Tuesday afternoons from 3 – 4pm in the English block. Next week onwards, Aleina Konsam, an ex-Crestwood student with debating and adjudicating experience, will be leading the workshops. Ms. Leung and Ms. Ebrahimi will continue supervising the sessions.

The weekly workshops will assist students in honing their debating and public speaking skills as they prepare for the Premier's Debating Challenge. Based on the students' progress in the workshops, they will be selected to represent the school in its official debating teams for years 7 – 10. There are typically four people in a team and the other students from the Debating Club often take the role of chairperson or substitute when team members are absent.

The Year 11 team will be commencing their first round of the Premier's Debating Challenge on Monday 13th March. The students, Kiara Kanchan, Aneesh Upadhyaya, Tijana Bunjevac and Armaan Gill will be debating against Northmead Creative and Performing Arts High School via Zoom.

The Premier's Debating Challenge for Years 7 – 10 will be commencing in term two.

Following the success of Ysabella Atay-Brito and Rowan Myers reaching the state final stages last year in public speaking competitions, we are looking forward to another fantastic year of public speaking and debating in 2023.



# Past student recognised for traineeship achievement

Past student Madeleine Hughes, was recognised at a special ceremony held at Ultimo TAFE and jointly hosted by TAFE NSW and School Infrastructure NSW (SINSW). The 1 March 2023 event marked the completion of a two year NSW Government Infrastructure Traineeship program for over 70 trainees from the first cohort of 2021, including Madeleine.



The NSW Government Infrastructure Traineeship program, managed by School Infrastructure NSW and the Construction Leadership Group, supports Year 12 school leavers with employment in the infrastructure sector while they continue their study.

The program is a partnership, bringing government and industry together to deliver career options in the infrastructure sector for school leavers. Trainees combine study for a Certificate IV TAFE qualification and work in government and industry infrastructure projects. Trainees complete three eight-month rotations of work placements across three different government, industry and contractor positions.

## Interested in the traineeship program?

The Infrastructure Trainee program recruits Year 12 school leavers every year. You can find out more about the Infrastructure Traineeship and how to apply here.

<https://education.nsw.gov.au/public-schools/career-and-study-pathways/infrastructure-traineeships>

# Maths Musings

## Year 10 5.2, 5.2, 5.3 Term 1 Assignments

Year 10 assignments were issued on Monday this week. Students have two weeks to do some research according to their task instructions then apply the knowledge and skills learnt to complete the assignments. All assignments are due by 8.30am on Monday 20th March.



## Problem solving skills



The ability to solve problems is a basic life skill which is essential to our day-to-day lives. People solve problems everyday without really thinking about how they solve them. For example, you drive to work everyday but one morning your car breaks down. What do you do?

There are lots of possible solutions. You can take public transport. You might ask a friend to give you a lift. You may take a taxi, or you might decide to walk if it is not too far. There is no right way to solve this problem and different people will solve it differently.

Problem solving skills are the ability to identify problems, develop possible solutions and take the appropriate course of action. Just like any other skill, the more you practise, the better you get. Difficulties with problem solving can often be a reason for frustration or losing interest in studying which can lead to poor academic performance. In Maths classes, students are encouraged to independently identify problems and think of possible solutions.

## Monday Lunch Study Group

The Mathematics faculty continues to run a Monday Lunch Study Group in room 29. Any students who have difficulty with their homework and need additional help from Maths teachers can come to room 29 on Mondays at lunch time. Students will be supervised by a member from the Maths faculty. The teacher will help students with their homework, answer their questions and provide additional support and explanations when needed.







# Maths Musings



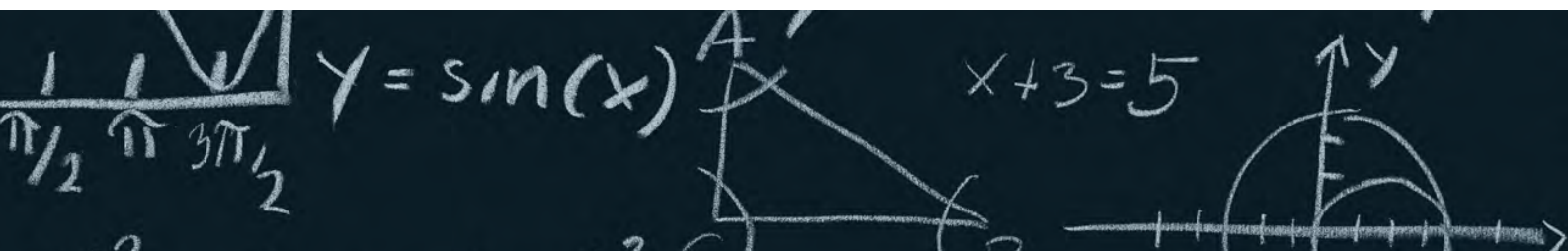
## 1-2 Nim

Nim is a two-player game. You start with a pile of counters. On your turn, remove one or two counters from the pile. You must take at least one counter, but you may not take more than two. Whoever takes the last counter is the winner.

Can you find some winning strategies that the students haven't found yet?



Number of counters/pile	Winning Strategy
1	Go first
2	Go first and take both
3	Go second
4	Go first and take one!
5	Go first and take three!
6	
7	
8	
9	
10	Go first and make sure there are 3 counters left to you!



# Maths Musings

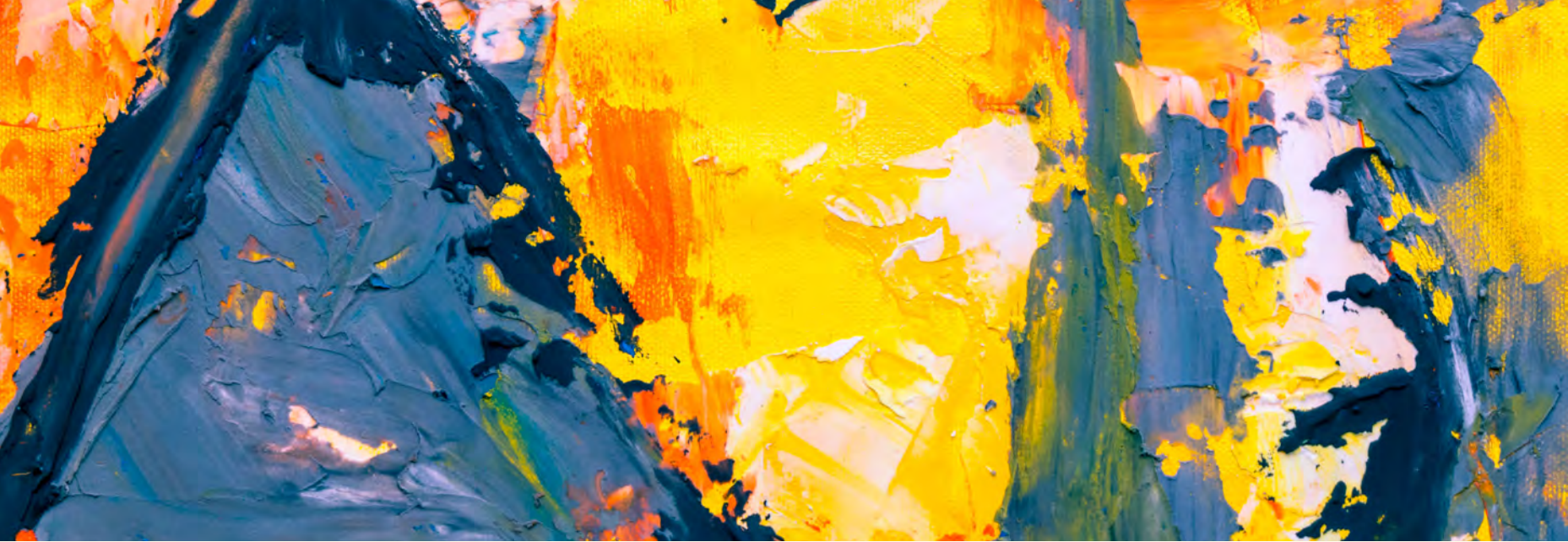
## Pi Day Celebrations

Pi Day, 14th March, is an annual celebration of the mathematical constant  $\pi$ . Pi ( $\pi$ ) is the ratio of a circle's circumference in relation to its diameter.

In simpler terms, we divide all the way around a circle, by all the way across it.



At Crestwood High, we celebrate Pi Day every year. This year, Year 8 students are encouraged to participate in a baking competition. They can bake a cupcake, a pie or even a cake with a Pi theme. Prizes will be awarded to the best decorated "bake" with the Pi theme in each class. Students will also be engaged with some other fun Pi day activities on the day. More details are coming at the end of Week 6.



# VISUAL ARTS NEWS AND HIGHLIGHTS ✨



On Thursday 2nd March Year 11 and 12 Visual Arts students along with Mrs Scott and Ms Costa went on an excursion to the Art Gallery of NSW. Below is a report on the day from Year 11 Visual Arts student Scout Goldthorp.

“The excursion to the NSW Art Gallery was so much fun. We were able to explore all different forms of art throughout the numerous exhibitions. My favourite was the Tank. The NSW Art Gallery expanded underground, using a decommissioned WWII oil tank to create an eerie and echoey space to display unusual sculptures. It really generates a feeling that you are walking through the artwork because of the stark darkness compared to the rest of the gallery. It was a very immersive experience.

We were also able to explore Art Express and look at the best HSC artworks of last year. It was incredible being able to witness the talent of so many students and read about what inspired them to make their artworks. It also helped to show all the different possible ideas and media we could use for the creation of our Body of Work next year. Having the opportunity to adventure out to the art gallery has encouraged me to try my best during my HSC and I am very grateful for it.”



# Tag Times

## YEAR 11

# MULTIMEDIA

## Photoshop

Since the beginning of the year, Year 11 Multimedia have been refining their skills in Photoshop. They have been learning techniques and tools such as layer masking, filtering, clone stamp tool and healing brush tool. For the past three weeks, year 11 have been trying to animate a portrait of themselves or a friend as inspired by the Vincent van God "Alive" exhibition. They have to capture a portrait of a friend or themselves in a specific pose of their choosing and then edit the photo by breaking it down to layers and animating the portrait in some fashion.

Below is an example that the class practiced on before completing their own task.



Original image



Edited image

Students have created some very interesting and creative projects but they aren't due until Friday 10/3/23. So, stay tuned to see how they went!

# Science matters.

## Taronga Zoo

On Tuesday 28th February, students in Year 11 and Accelerated Y9 Investigating Science travelled to Taronga Zoo. They participated in the Observing Animal Behaviour workshop, which helped them to hone their skills of observation and inference by working with the animals at the zoo.

The students behaved excellently and had a great time.

Year 7 students have been learning about the skills and safety requirement of a laboratory, so that they can properly execute the experiments for this year. As part of this process, they undertake a skills assessment to ensure they are ready. As you can see, all students passed with flying colours and received their lab licenses!





# SPOTLIGHT ON THE SUPPORT UNIT



## COMMUNITY ACCESS PROGRAM ★

Some of the students have taken part in a Community Access program this term and so far, we have collected cans from the recycle bins at school and deposited them at the Return and Earn stations. They have posted letters home at the post office and brought vegetable plants and flowers for our gardens at school.

## NEW GARDEN FURNITURE



With recent fundraising on Diversity Day the Support Unit was lucky enough to buy new garden furniture and shading. The students put all the equipment together themselves and are now loving having more places to relax in the playground and around the vegetable gardens.

# SPORTS



## NEWS



### Congratulations ...

to the following students on being selected in the Macquarie Zone Soccer team:

Danyel Debevc  
Drew Sammut  
Javier House  
Billy-Rose Taliai  
Jamison Quinlan





# Congratulations

To the Year 10 students who were  
awarded merit certificates at  
yesterdays assembly



# P&C UNIFORM SHOP

The Uniform Shop is open every Thursday during the school term, from 7.30am to 11.00am (no appointments required).

Online orders can be made via our online store.

Please go to:

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

Please remind your children to promptly pick up their online orders from either the Uniform Shop or after it is closed from the Canteen.

For any enquiries please email:

[Crestwoodhighschool-uni@pandcaffiliate.org.au](mailto:Crestwoodhighschool-uni@pandcaffiliate.org.au)

# early entry quick facts



Last year saw a huge surge in early entry applications for students looking to get into university, so if you're thinking of heading off to uni in 2024, you might be keen to get started now.

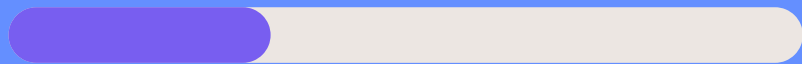
Many early entry programs tend to open up for applications between April and June. And while you might hear back from some universities pretty quickly, for many of them you'll be waiting until at least September to receive an offer.

It's important to keep in mind that if you do receive an offer you may still need to meet certain requirements to keep it, like finishing Year 12 and receiving an ATAR.

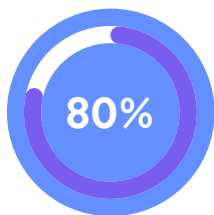


We expect there to be 47 programs on offer in 2023, up from 44 in 2022

## ONE THIRD OF OFFERS WERE EARLY ENTRY

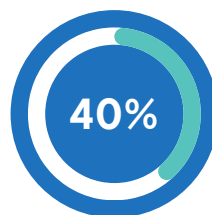


At least 50,000 early offers were made to Year 12 students in NSW, compared to over 95,000 offers made through UAC's standard application process



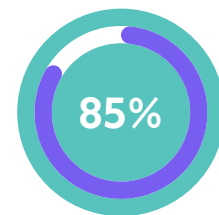
### 34 UNIVERSITIES

There are 42 universities in Australia, and 34 of them have an early entry program in 2022



### 2 WEEKS TO OFFER

18 of the early entry programs promised students would receive an offer within 2 weeks of applying



### COMPLETE YR 12

Most programs require students to complete Year 12 to receive an offer

## COMMON CRITERIA UNIS LOOK AT:



Year 11 results



Soft skills



School recommendation



Leadership experience

**"ATAR REMAINS HIGHLY PREDICTIVE OF SUCCESS AT UNIVERSITY."**

Prof. Andrew Norton  
Higher Education Expert at ANU

# MAKE HOCKEY YOUR SPORT!

**Juniors (6+) / Adults & Teens**

Free Come and Try Sessions - Bring your mates!  
Beginners welcome - Gear supplied

-  **LALOR PARK BLUE TONGUES**
-  **SEVEN HILLS SCORPIONS**
-  **DOONSIDE HAWKS**
-  **THE PONDS PRIDE**
-  **BLACKTOWN KINGS**

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