

# INFOLINE

*Crestwood High School Fortnightly Newsletter*



## From the Principal

*By Tania Wright*

At Crestwood High School, the Welfare Team consisting of the Head Teacher Welfare, six Year Advisers, two Deputy Principals, the School Counsellor and the Student Support Officer have initiated and implemented a number of welfare programs to support a range of students across the school. We have shifted our welfare approach to try to provide students with more preventative and proactive opportunities to participate and engage in programs.

This is based on the idea that early intervention reduces the number of students who require high levels of reactive supports to be put in place. We have moved towards data/evidence-based programs that are supported by external agencies moving away from one off events or sessions. Each welfare program is reviewed at its conclusion and participating students are surveyed for their feedback. Student Hubs have been developed through the school's

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# From the Principal cont.

By Tania Wright

educational platform, Canvas, where students can access resources and self-refer to services. We are also seeking to involve parents more in welfare initiatives and are currently investigating the idea of hosting parent forums on topics that parents have identified through surveys.

Two of these programs include:

"Untapped" is a proactive welfare program that aims to untap the potential of identified Stage 5 boys, improving their connection with their social and school environment, while fostering leadership skills. The program focuses on developing student's social and emotional skills. Each student participating is involved in the creation of their own individual plan, setting their own goals to reach throughout the year. After completion of the program each student will be encouraged to be a part of the mentoring team for the next cohort of students, solidifying their connection to the school and their fellow students.

"Empower Her" is a specialised girl's program that aims to equip teenage girls with the knowledge and strategies to foster empowerment, build resilience and equip them with the power to take control of their own actions. During these interactive mentoring sessions, the girls work through a range of topics relevant to teenage girls by engaging in activities that enable them to express themselves about female empowerment, body image, self-esteem, safe technology use, bullying and relationships. This program involves the students participating in the creation of their own individual plan, that focuses on setting personalised goals to reach throughout the year. At the end of the program the girls participate in a community-based project. In the past year the girls worked with Hawkesbury Animal Shelter.

Student welfare data identifies those students who would benefit most from these programs. The welfare team and senior executive staff have been very pleased with the effectiveness of these welfare initiatives in reducing the amount of negative welfare incidences involving aggressive behaviour and poor peer relations.



Stage 5 - "Untapped" program

## THE FRIEND-O-METER

A visual tool used to help children think about the difference between healthy and unhealthy friendships. Students are taught the importance of spending the most time with friendships in the **Healthy Zone**.



# DEPUTY PRINCIPAL'S NEWS

## Duke of Edinburgh Award Scheme

17 Crestwood students were presented their Duke of Edinburgh completion certificates on Assembly. The Duke of Edinburgh Award scheme places emphasis on developing students' ability to function independently, be motivated and develop problem solving skills. They do this by participating in a range of aspects including Adventurous Journeys, Voluntary Service, Physical Recreation and Skills. If you are interested in becoming involved there is a page of information including a QR code in this edition of Infoline.

### **Congratulations to the following Bronze Award recipients:**

Aiden Burns  
Henry Benton  
Madeleine Cosgrove  
Riley Wilson  
Shivani Sundaranathan  
Xi Lin Lau

Aarna Agarwal  
Laura Sammut  
Mark Chapman  
Ryan Wong  
Tahlia Gray



### **Congratulations to the following Silver Award recipients:**

Ashley Ting  
Harvey Barrett  
Matilda Benton

Ashwin Jeyakumar  
Isabelle Ham  
Kavisha Manatunga



## Late to school?

It is particularly important that students are on time to school every morning and during the day to each class. In the morning home room starts at 8.30 and concludes at 8.39. Students who are late to home room are required to explain why.

When students cannot explain their absence they receive a lunchtime detention.

Rolls are legal documents that must be completed accurately. If a student comes in on the bell well after the 8.30 start there is an increased chance the roll will be inaccurate. This results in a SMS message to parents and this inevitably interferes with further class time during the day.

On occasions when students are late as a result of circumstances that are beyond their control, they will need a note from parents to confirm these circumstances.



# DEPUTY PRINCIPAL'S *NEWS*

## Late to class?

There is an increasing trend in students being late between classes and after recess/lunch break. If late, students will be required to explain why. If they cannot provide an explanation then this is defined as partial truancy and results in an after-school detention. Of concern is that these late students are unable to complete the work required to be satisfactory within the course they are studying.

## Stage 5 Examination period

Year 9 and 10 students have received their mid year examination timetables.

Over the next 2 week commencing on the 23 May students will complete their final first semester assessments. Preparation for these assessments is important and enables students to consolidate the skills and content they have spent the first semester learning.

Spending time consolidating both skills and content will ensure that your student is able to demonstrate their full potential and prepares them for further study in either Stage 6 and the HSC or other pathways such as TAFE.





# Duke of Ed Sign up for 2023



## Benefits of Duke of Ed

### Equipped for Life and Work

*Creates confident and engaged young people*

### Challenging and Rewarding

*Self Achievement fosters resilience and perseverance*

### Recognises Self-Improvement

*Creates independence, responsibility and focus*

The Duke of Ed is held in high esteem across the World and can assist with university entrance, job interviews as well as the individual attributes gained through the Award.

## Join Us in 2023!

YouthAdvance is proud to offer this amazing opportunity for all students at Crestwood High School in Years 9-12.

**Contact us below for our info session.**

We will help, guide and mentor you through the steps of the Award to get active, learn a skill and give back to your community. Then complete an awesome outdoor adventure camp in the bush.

**REGISTER NOW:**

**[www.youthadvance.com.au/sign-up-now](http://www.youthadvance.com.au/sign-up-now)**

### 3 Levels – Bronze, Silver, Gold

Complete regular hours of an activity of YOUR choice in:

1. Sport – anything that gets your heart pumping
2. Skill – improve a talent or learn a new skill
3. Service – get out and help your community
4. Adventurous Journey – a 3 day, 2 night camp (min)

**Learn valuable life skills, team work and HAVE FUN!**



**TELL ME MORE:**

Contact us: [info@youthadvance.com.au](mailto:info@youthadvance.com.au)





Celebrate. Remember. Fight Back



# Relay for Life



2023



Saturday  
20th May

8.30AM - 7.30PM

CASTLE HILL SHOWGROUND

You can donate to our team by clicking on this link  
<https://www.relayforlife.org.au/fundraisers/crestwoodhighschool>

This year we will be selling Cheese Toasties at the event to raise money during the day.

Please come along and support our team as we work together to raise money for this important cause.





8-12 MAY 2023



## AN UNFORGETTABLE ADVENTURE!

The Year 11 students embarked on an incredible journey last week as they set off for their highly anticipated camp at Jindabyne Sport and Recreation Center. Bright and early on Monday morning, at the crack of dawn, our enthusiastic group of adventurers boarded the buses with their bags packed and excitement in the air. Little did they know the amazing experiences that awaited them during this action-packed week!

From the moment we arrived, the camp was buzzing with energy. The daytime activities were designed to challenge, inspire, and bring out the best in our students. There was never a dull moment as they participated in a range of thrilling activities. One of the highlights was mountain biking, where the students explored the scenic trails and tested their skills on two wheels. The archery sessions

provided an opportunity for them to showcase their focus and precision, aiming for the bullseye with great determination.

The Puzzle Room was a favourite among many, as students worked collaboratively to solve mind-boggling puzzles and riddles, putting their problem-solving skills to the test. The Chain Reaction activity sparked creativity and teamwork, as the students constructed intricate contraptions to trigger a series of events. Archery Tag and Dodge Frisbee were fast-paced and exhilarating, allowing our students to unleash their competitive spirit while having a blast. In addition, the Life Ready workshops equipped them with essential life skills, empowering them to face future challenges with confidence.



YEAR 11 CAMP AT JINDABYNE SPORT AND REC:



## AN UNFORGETTABLE ADVENTURE!

As the sun set, the excitement continued with a variety of engaging night time activities. Games brought everyone together, fostering camaraderie and laughter. The Minute to Win It challenges had students on the edge of their seats, racing against the clock to complete thrilling tasks. Trivia nights tested their general knowledge and brought out their inner trivia buffs. And of course, a movie night provided a well-deserved chance to relax and unwind after an eventful day.

However, the adventure didn't end there. A memorable excursion took us on a breathtaking walk from Thredbo along the picturesque Thredbo River, all the way up to Dead Horse Gap. It was during this hike that a legendary snowball fight erupted, pitting the

students against their teachers. To their surprise, the teachers' accuracy was uncanny, leaving the students in awe of their skills. Laughter filled the air as snowballs flew in every direction, creating a memory that will be cherished for years to come. To top it off, we got to experience the new Merritts Gondola and one group of lucky students experienced the Crestwood teaching staff's superior aim and athleticism in yet another epic snowball battle high up in the mountains.



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# YEAR 11 CAMP AT JINDABYNE SPORT AND REC:





## AN UNFORGETTABLE ADVENTURE!

The Year 11 camp at Jindabyne Sport and Recreation Centre was an absolute triumph. Not only did it provide a platform for students to challenge themselves physically and mentally, but it also fostered teamwork, resilience, and lifelong friendships. The memories made and the lessons learned during this unforgettable week will undoubtedly stay with our students throughout their lives.

We extend our heartfelt gratitude to the teachers and staff who organised and accompanied our students on this incredible journey. Their dedication and commitment ensured that the camp was a resounding success. We are immensely proud of our Year 11 students for embracing every opportunity and making this camp an experience to remember.



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YEAR 11 CAMP AT JINDABYNE SPORT AND REC:

# Subject Selection Information Night for Years 8 and 10: Save the Date Tuesday 13th June

Term 2 is the start of the subject selection process for **Year 8 and 10 students** to choose their elective patterns of study for Stage 5 (Years 9 and 10) and Stage 6 (Years 11 and 12). At Crestwood we firmly believe that this process works best when students, parents and staff collaborate together.

It is very much about the **vision** that students have for themselves and the **progress** they need to make towards it.

For Year 10, the process has already begun via Careers classes. Students have been given a preview of the comprehensive process to help them to make the best and most informed decisions for their future. This is now available on the Year 10 Canvas student hub and via email to Year 10 students and their parents.

The subject selection process will kick off for Year 8 later in the term with **Subject Selection Information Night held via webinar on Tuesday 13th June.**

**6.00pm:** Stage 5 presentation to Year 8 and their parents and caregivers

**6.30pm:** Stage 6 Alternate Pathways (Non-ATAR) presentation to interested Year 10 and their parents

**7.00pm:** Stage 6 presentation (ATAR) and Careers to Year 10 and their parents

For **Year 10**, there will be **faculty-specific Q&A information nights** on **Thursday 15th June** and **Tuesday 20th June** from **6pm to 8pm.**

Further information will be available closer to the date.





# Subject Selection Information Night for Years 8 and 10: Save the Date Tuesday 13th June

**How can Year 10 parents and carers help with the decision making process?**

- Keep the dialogue open with your child about their interests and passions as well as their existing strengths.
- Look at resources together: <https://www.yourcareer.gov.au/> or <https://www.uac.edu.au/future-applicants/year-10-students> are good places to start.
- Help your child develop practical and specific goals. These may be focused on tertiary study, or workplace or trade skills. Multiple pathways are available beyond school. Our Careers Adviser Mrs Fisher has a wealth of knowledge about vocational training, apprenticeships and university courses.
- Encourage your child to consult widely, especially with their class teachers.



People who can help with this process:

Mrs G Ragnarsson (Head Teacher Secondary Studies)

Ms K MacGregor (Head Teacher Administration)

Mrs T Cowan (Head Teacher Teaching and Learning)

Mrs T Fisher (Careers Adviser)

Mr A Davis (Year 10 Adviser)





# P & C Meeting

Tuesday 6th June at 7pm on Zoom



If you are not a current financial member and would like to attend, please send us an email at [crestwoodhighschool@pandcaffiliate.org.au](mailto:crestwoodhighschool@pandcaffiliate.org.au) and include the subject title "zoom registration". We will email out the link closer to the day



## ***Making It New - Year 12 English Advanced***



If you had walked through the front gates at approximately 9.45am last Tuesday morning, you would have been greeted with a very curious sight. Are those Year Twelves really declaiming poetry aloud, holding roses aloft? Did I just hear them discussing rebellion, resistance and revolution, and did Mrs Ragnarsson just cry “Freedom!”?

This was Year 12 English Advanced’s entry event “From Romanticism to Modernism”, a contextual introduction to the historical and cultural movements relevant to their critical study of T. S. Eliot’s works. As they returned to the classroom, they engaged in a series of predictive poetic activities, using art, creativity and the imagination to “Make it new”, in words of Modernist Ezra Pound.

In fact, none other than the impressively moustachioed Ezra Pound greeted Year 12 as they re-entered the classroom, ushering them into the brave new era of Modernism (although curiously Mrs Oakley was nowhere to be seen). Leaning into the era’s experimental spirit, with fragmentation and use of collage as an integral part of artistic expression, here are some photos of Year 12 moving into Modernism.





# HSIE HAPPENINGS



## YEAR 12 BUSINESS STUDIES- QANTAS CASE STUDY INCURSION GUEST SPEAKER - DAVID BROADBRIDGE

On Wednesday 26th July 2023 (Term 3, Week 2) Crestwood High School will host David Broadbridge as a guest speaker. He is the author and publisher of the QANTAS Case Study booklet that students in Year 12 Business Studies course are currently utilising. This incursion is an excellent opportunity for students to enhance their knowledge of the QANTAS case study and achieve syllabus outcomes.

David will conduct an in-depth lecture on the case study of QANTAS covering all four topics from the syllabus. This will be invaluable information and revision prior to the Trial HSC examination.

It is highly recommended all students attend this incursion to gain greater confidence and knowledge in understanding and applying the QANTAS case study, as a necessary part of the extended response.

Information about this incursion has been emailed to parents and guardians. The online permission note and payment needs to be finalised on School Bytes no later than Wednesday 19th July, 2023 (Term 3, Week 1).



## YEAR 9 HISTORY ELECTIVE

As part of their learning on ancient societies, Year 9 History Elective have been learning about the Celts, and most recently about Celtic everyday life. Having learnt about the symbolism and detail of Celtic art, the class had a go at creating their own unique Celtic knot designs.







# MATHS MUSINGS



## Reading Time in Maths Exam

Half Yearly examinations are fast approaching for Stage 5 students. Maths examinations provide reading time before writing begins, usually 5 minutes. Using reading time effectively in maths

exams can significantly benefit students' performance and help them approach the questions with clarity and confidence. Here are some tips to make the most out of the reading time:

### READ THE INSTRUCTIONS CAREFULLY

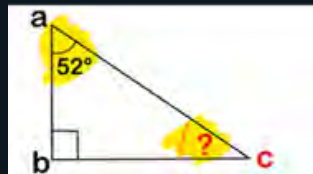
Use the reading time to thoroughly read the instructions for each section or question.

### SKIM THROUGH THE QUESTIONS

Quickly skim through all the questions to get an overall idea of the exam's content and difficulty level. This will allow you to plan your time and prioritise which questions to tackle first.

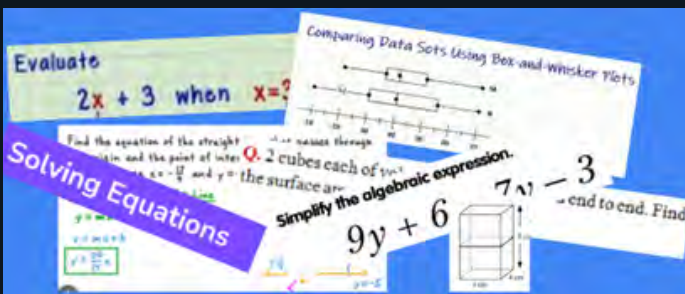
### IDENTIFY KEY INFORMATION

Underline or highlight given values and formulae to refer back to them easily when solving the problem



### VISUALISE PROBLEM SOLVING STEPS

For complex or wordy questions, take a few moments to visualise the steps you would need to take to solve them.



## REMEMBER

The goal of reading time is to familiarise yourself with the exam's content and plan your approach. Avoid diving into solving the questions during this period as it may lead to mistakes or time mismanagement. By using your reading time effectively, you can enter the exam with a clear strategy, save time, and tackle the questions more confidently.



# MATHS MUSINGS



## Snap Maths Facts

**THE NUMBER 40 IS UNIQUE  
BECAUSE IT IS THE ONLY  
NUMBER WHOSE LETTERS  
ARE IN ALPHABETICAL  
ORDER WHEN SPELLED OUT:**

*Forty*

**THE NUMBER 2,520 IS  
DIVISIBLE BY ALL THE  
NUMBERS FROM 1 TO 10  
WITHOUT REMAINDER. IT  
HAS A UNIQUE PROPERTY  
THAT MAKES IT USEFUL IN  
CALENDAR CALCULATIONS.**

*The secret of the number 2520 is hidden in the multiplication of  $7 \times 30 \times 12$ .  
Days of the week (7), days of the month (30) and months in a year (12).*

**–THE NUMBER 9 IS QUITE  
REMARKABLE. IF YOU  
MULTIPLY ANY NUMBER BY 9  
AND THEN ADD THE DIGITS OF  
THE PRODUCT, THEY WILL  
ALWAYS ADD UP TO 9 OR  
MULTIPLES OF 9. FOR EXAMPLE,  
 $9 \times 7 = 63$ , AND  $6 + 3 = 9$ .**

$$\begin{array}{l} 21 \times 9 = 189 \\ 1 + 8 + 9 = 18 \end{array}$$



# Science matters.

Year 11 Biology has started working on their Depth Studies, with a focus on enzyme reactions. Enzymes are important biological catalysts that allow organisms (like ourselves) to carry out necessary reactions within the body without exhausting the supply of energy we need to do other tasks.

This week, the students have been working with the enzyme catalase, which breaks down harmful hydrogen peroxide (which is produced during normal body processes) into oxygen and water, using yeast as the medium. This creates quite a foamy mess!

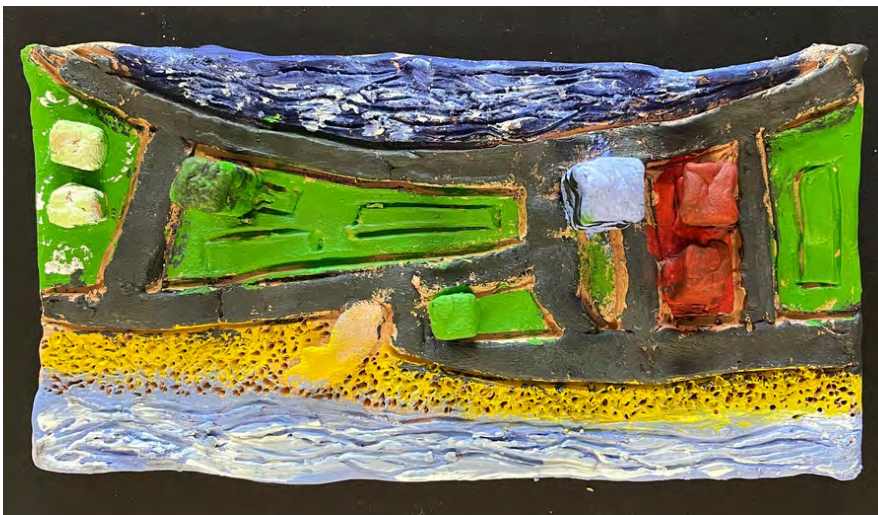
The work they are doing now will set up their base knowledge for designing their own experiments to determine the effects of changing an environment on rennin, which is used to make cheese.





# YEAR 8 VISUAL ARTS

*In Year 8, students embarked on an exciting artistic journey, inspired by their favourite places and Aboriginal art practices. Drawing inspiration from the natural world around them, they delved into the rich cultural heritage of Aboriginal art. Through the tactile nature of working with clay slabs, students skilfully captured the essence of landscapes in an abstract nature.*





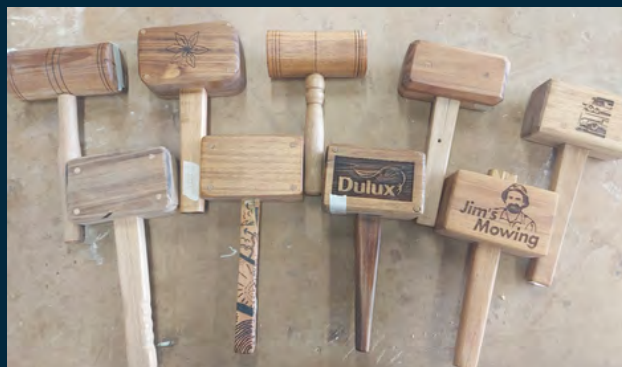
News

# TAS TIMES

## Mallet Design Challenge

This Semester 100HR Cabinetmaking have creating their own customised timber mallets. During the production of the mallets, students were able to customise the shape of the head and handle of the mallet along with the appearance. To begin the project students analysed existing designs of mallets and developed their own design based on aesthetic and functional features. During the production of their mallets the students have learnt to dress and prepare timber, how to create a range of timber joints using hand tools and machinery, the properties of timber and how to create an inlay timber. Below are a range of the mallets created by the 2 classes currently in the cabinetmaking course.

Their next design challenge will involve developing plans for a Mantle or Wall Clock using 3D modelling software and a range of practical processes.



# SPORTS



## NEWS



### Open Girls Knockout Touch

On Friday 12th May, Crestwood's Open Girls Knockout Touch team competed in the Final 8 Sydney West Gala Day. The girls played hard all day with minimal numbers, with a few players making the long journey back from Jindabyne early to play. The girls had a successful day, qualifying alongside Castle Hill High to progress through to the next round. The girls will now travel to the North Coast of NSW to attempt to once again qualify for the NSWCHS Top 10 competition.

Congratulations to the following girls: Laura Gardiner, Macey Manassa, Jordyn White, Sybella Hayne, Tegan Nicholas, Amber Swanwick, Nicky Williams, Shivani Sundaranathan, Tasha White, Kayla Henderson, Jasmine Nesbitt-Ash, Ella Shaw and Cienna Paull.



### Oz Tag State Knockout

On Wednesday, Crestwood's Girls Oz-Tag Team competed in the Sydney West Regional knockout to attempt to progress to the State Finals, with the top two teams going through. Moving to the opens division this year was a challenge, playing against year 11 and 12 students with the majority of our girls in year 8, 9 and 10. They played 7 games on the day, progressing all the way to the final before going down to a talented Hills Sports High School, however, they have now qualified for the State Finals in August, with the chance to defend their 2022 state title. Congratulations to the following girls:

Laura Gardiner, Sybella Hayne, Tegan Nicholas, Macey Manassa, Jordyn White, Brianna Rich, Amber Swanwick, Nicky Williams, Cienna Paull. Shivani Sundaranathan, Jasmine Nesbitt-Ash, Tasha White, Kayla Henderson, Ella Shaw and Alannah Rich.



### Tennis Knockout

After a 2 year drought, Crestwood is back into the last 4 (semi-finals) of the Sydney West Tennis Boys Open. The team consisted of Jean-Paul Taliai, Dhruv Trivedi, Bailey Mularczyk and David Loh. They defeated Blacktown Boys High School, scoring a quintuple bagel - not losing a single game! The boys will now verse Greystanes High school for a spot in the finals.



# Library News

## TERM 2

The first few weeks of term two have been a very busy time in the library with lots of students visiting to borrow books and to study for exams and assessment tasks. The library leaders have been involved in creating a new display for the month of May in which we have promoted Manga books, and this has resulted in an increased interest in this genre. We have also created a display where students can learn about BRAILLE and AUSLAN.



## Competition

The library leaders who are part of the Competition Team have devised a competition which requires students to research a non-fiction book and record something new that they have learned for which there will be a mystery prize. Entry forms are available at the library desk and there are posters around the school which were designed by one of the library leaders.

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# CAREERS NEWSLETTER

## YEAR 10 WORK EXPERIENCE - MAY 2023

Around 200 Year 10 students participated in Work Experience this year and approximately 16 in eWork Experience. The students sampled several occupations from retail, hospitality, vet, Library, education, childcare, coaching, Allied health care (physiotherapy, counselling, naturopathy, dieticians, etc) and Trades (mechanics, plumbing, carpentry, electrical, landscaping). Many students enjoy their experience in the world of work. For some students this is their first time sampling a normal working week and have developed an understanding of a normal week of their parents' lives. Students also used this experience to make decisions on the jobs they experienced to decide if that were a job they would like to continue into their future lives. This experience is designed to help them determine what their subjects' choices and career plans for next year will be.





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# CAREERS NEWSLETTER

## YEAR 12 CAREERS SEMINARS

Year 12 seminars have started this term. Every Tuesday during Term 2 a university or Tertiary organisation visit the school and talk about the services and courses the University can offer our Year 12 in their future endeavours with Tertiary Study. These seminars provide the students with the latest information on early entry, scholarships, courses and handbooks from the institution. It also enables the students to ask personal questions regarding their future choices.



So far, we have had Sydney University, Australian Catholic University, Professional Cadetships Australia. The next few weeks will see University of New South Wales, Macquarie University and Western Sydney University.





Term 2, 2023

# Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parents and carers.

## Term 2 topics: (all 30 minutes)

- **Getting started with social media: TikTok, YouTube, Instagram**  
For parents and carers of young people in primary and secondary school.
- **Online relationships and consent: sending nudes and sexting**  
For parents and carers of young people in secondary school.
- **eSafety 101: how eSafety can help you**  
For parents and carers of young people in primary and secondary school.
- **Setting your child up for success online**  
For parents and carers of young people in primary school.



For more information and to register now: [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)