

INFOLINE

Crestwood High School Fortnightly Newsletter



From the Principal

By Tania Wright

Anti-Bullying Plan

Crestwood High School is a safe, supportive and respectful teaching and learning community that promotes student well-being. Student safety and wellbeing is a pre-requisite for effective teaching and learning. The aim of the anti-bullying plan is to empower the whole school community to recognise and respond appropriately to bullying and harassment and to contribute to the general health and well-being of all members of the school community. The Anti-Bullying Plan can be accessed on the school's website under the banner of "Supporting our students". The information below defines bullying and identifies procedures for preventing and responding to student bullying in schools.

Bullying behaviour has three key features. It involves the intentional misuse of power in a relationship. It is ongoing and repeated, and it involves behaviours that can cause harm.

Our school rejects all forms of bullying behaviours, including online (or cyber) bullying by maintaining a commitment to providing a safe, inclusive and respectful learning community that promotes student wellbeing. Executive staff are committed to establishing evidence-based approaches and strategies that promote a positive climate where bullying is less likely to occur.



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From the Principal cont.

By Tania Wright

1. School culture and inclusion

All members of the school community are active participants in building a welcoming school culture that values diversity and fosters positive relationships. A key component of a supportive school culture is building respectful relationships and an ethos that bullying is not accepted, in both online and offline environments. School staff will actively respond to student bullying behaviour.

Our school engages in the following practices to promote a positive school culture:

1.1 Student assemblies

Student bullying and expectations about student behaviour will be discussed and information presented to promote a positive school culture where bullying is not accepted.

1.2 Staff communication and professional learning

Staff will be supported with professional learning that provides evidence-based ways to encourage and teach positive social and emotional wellbeing and discourage, prevent, identify, and respond effectively to student bullying behaviour.

1.3 New and casual staff

New and casual staff will be informed about our school's approaches and strategies to prevent and respond to student bullying behaviour.

2. Partnerships with families and community

Our school proactively builds collaborative relationships with families and communities to create a shared understanding of how to support student learning, safety and wellbeing.

2.1 Website

Our school website has information to support families help their children to regulate their emotions and behaviour and develop socially. Information is provided to assist if children have been involved in bullying behaviour (as the person engaging in bullying behaviour, as the person being bullied or as the person witnessing the bullying behaviour).

2.2 Communication with parents

Our school will provide information to parents to help promote a positive school culture where bullying is not acceptable and to increase parent's understanding of how our school addresses all forms of bullying behaviour.

3. Support for wellbeing and positive behaviours

Our school's practices support student wellbeing and positive behaviour approaches that align with our school community's needs.

Social and emotional skills related to personal safety, resilience, help-seeking and protective behaviours are explicitly taught across the curriculum in Personal Development, Health and Physical Education (PDHPE).

Ongoing and continued vigilance with regard to identifying, responding to and accountability for this behaviour is beneficial for the wellbeing of the entire school community.



DEPUTY PRINCIPAL'S NEWS

Coming events



The Stage 6 assessment period is well underway. Year 12 have completed a number of formal examinations and continue into next week. Year 11 have just started and also continue into next week.

Each of these examinations is conducted by experienced HSC invigilators whose procedures exactly match what students will experience during the HSC. This is invaluable experience and will enhance their ability to prepare for formal examinations.

Crestwood's athletics carnival is coming up on the first Wednesday of term 2 (1st May). The event will be held at Homebush in the athletics stadium. Students will come to school, attend Homeroom and then be directed onto buses.

Please look out for, and respond to, the school bytes permission note and payment email for this event. There is a cutoff date for the athletics carnival.

Food at the stadium is always problematic. The stadium may provide a food truck. There are no other available venues. Due to numbers of students this is always a problem as service takes a long time. Students should bring something to eat for recess and lunch.

The weather in May can be variable. A raincoat and school jacket or jumper are a very good idea.

Crestwood High School's Anzac Day commemorative day will be held on Friday 12th April. Originally commemorating the sacrifice of those who died in World War 1, Anzac Day has evolved as a time to honour all Australians killed in military operations. Students from the senior Modern History course will conduct the assembly.

Stage 6 students driving to school



Increasing numbers of stage 6 students drive to school. Parking rangers are increasingly reporting that student cars are not being parked carefully. Learning to drive safely, taking care and being a safe driver is important.

Unfortunately, some students will offer lifts or pick up other students on the way to or from school. Please ensure that you are aware of the arrangements for travel to and from school.

NSW Department of Education policy is that parents and carers are responsible for their child's safety when travelling to and from school. Schools take over responsibility and duty of care for the student once they enter the school premises.

DEPUTY PRINCIPAL'S NEWS

Term 1 Holiday break

Term 1 concludes on Friday 12 April.



Monday 29th April is a Staff Development Day. For students' term 2 commences on Tuesday 30 April.

Vaping and young people



Helping inform parents: E-cigarettes have been shown to contain common household chemicals.

Doctors have sounded the alarm about the rapid increase in vaping by students and young people, with research showing a link between e-cigarette use and anxiety and depression.

Youth mental health expert Dr Michael Bowden told a webinar audience of 1,300 parents and carers that young people with mental health issues were more likely to vape, become addicted to nicotine and have more anxiety and depression.

This “vicious cycle” meant the reason young people often said they vaped – to cope with stress – caused more stress when withdrawing from nicotine.

“There is some very early evidence which is linking e-cigarette use with both depression and anxiety in young people,” said Dr Bowden, NSW Health Child and Youth Mental Health Senior Clinical Advisor.

DEPUTY PRINCIPAL'S NEWS

“There seems to be an effect going in both directions. Young people feeling depressed and anxious are more likely to use e-cigarettes as a coping mechanism.

“The opposite is also true. Vaping can have effects on mood and anxiety. We’re concerned about the effects of nicotine on the developing brains of young people and how they regulate emotions and deal with stress.”

Vaping is the inhaling of vapour created by a battery-operated e-cigarette (electronic cigarette), commonly known as vapes. The aerosols inhaled lodge toxic chemicals – including those found in nail polish remover and weed killer – deep in the lungs, increasing the risk and severity of respiratory problems such as asthma.

NSW Chief Health Officer Dr Kerry Chant told the webinar, co-hosted by the P&C Federation NSW, NSW Department of Education and NSW Health, that vaping was increasing every year, particularly among young people who were already the highest users of e-cigarettes.

“As a person who is passionate about public health I am gravely concerned about the issue of e-cigarettes,” she said.

The 2021 NSW Population Health survey of 16- to 24-year-olds revealed that one-third of young people surveyed had tried vapes, more than double the rate of 15.5 per cent three years earlier. More than 11 per cent of young people were current users in 2021, compared with 1.8 per cent in 2018.

Dr Chant said vapes were marketed to young people with appealing scents and packaging that looked like USB memory sticks or highlighter pens. The sales pitch led teenagers to think they were inhaling flavoured water, which is “clearly not true”, she said.

However, Dr Chant said testing by NSW Health revealed that more than 50 per cent of the non-nicotine vapes analysed did contain nicotine and “at very high levels”. One nicotine vape container is the equivalent of 50 cigarettes.

Dr Chant said 157,000 e-cigarettes with a street value of \$3 million were seized by NSW Health and 12 retailers prosecuted between April 2021 and September 2022, but this was “the tip of the iceberg”.

“It feels like sometimes we’re fighting against a torrent of supply,” she said.

Under government retailing laws, it is illegal to sell e-cigarettes to anyone under the age of 18.

The [webinar, ‘Vaping – what parents and carers need to know’ External link](#), can be viewed on the NSW P&C Federation website.

Welfare News



Celebrate Youth Week in the Hills 11–21 April 2024

Youth Entertainment Bundle

11–21 April FREE food, movie and Time Zone voucher bundle for the first 100 young people.



Movie Afternoon

15 April FREE movie screening of Kung Fu Panda 4



Art Therapy

16 April FREE Art therapy workshop



Hills Community Aid Family Fun Day

17 April FREE activities, information stalls, jumping castle and more.



Youth Fall Festival – Youth Resolutions

18 April FREE food and drinks, free activity stalls, outdoor gym, photobooth, airbrush tattoos and more.



Some great events for Youth Week. Click on this link for more information and to register for events.

[Youth Week 2024 | The Hills Shire Council \(nsw.gov.au\)](https://www.nsw.gov.au/youth-week-2024)

HILLS YOUTH FALL FESTIVAL

FREE EVENT

PERFORMANCES:

Triple J's Unearthed artists
ignasyo . Busky . YAW

The Voice Contestant **Nicola Desensi**
Emerging artist **CARMON**

+ local young musicians and dancers

FREE | food & drink trucks . mini golf
airbrush tattoos . comps with prizes
outdoor gym challenge . lawn bowls
youth services stalls . Lolly bar
Yard games . Art displays
+ markets by young entrepreneurs

GET TICKETS
HERE:



CASTLE HILL SHOWGROUND

1PM - 5PM

FOR 12-25 YR OLDS

For more info contact the team on youthrez@saintscare.org.au | 1300 889 855

HOSTED BY



SPONSORS & SUPPORTERS



THE HILLS
Sydney's Garden Shire



ATHLETICS CARNIVAL

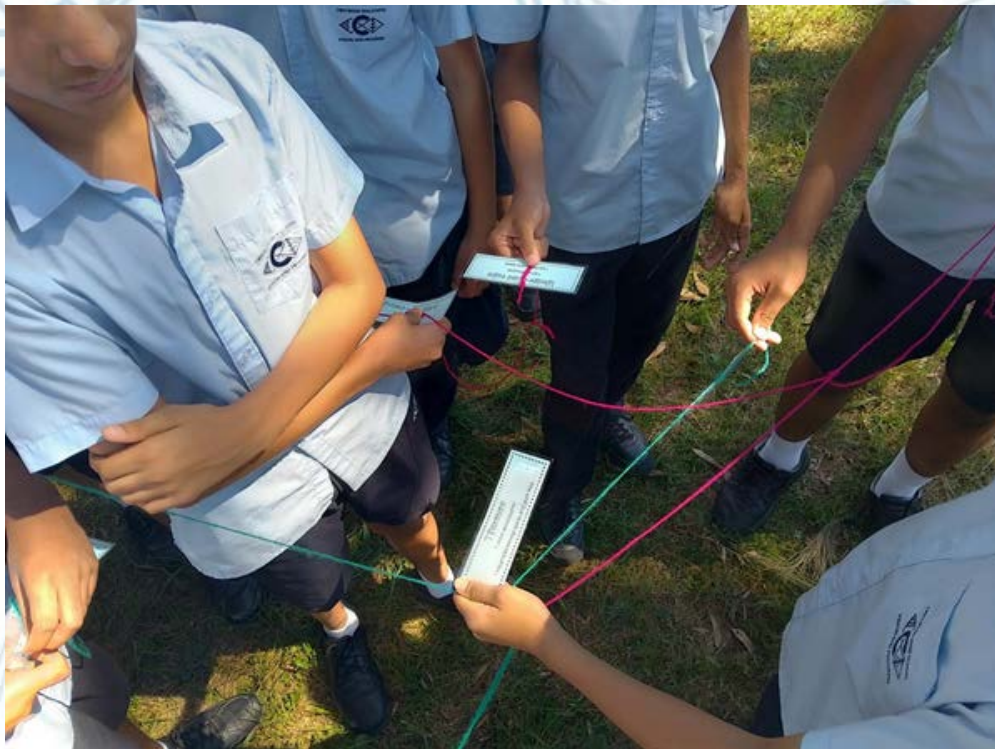
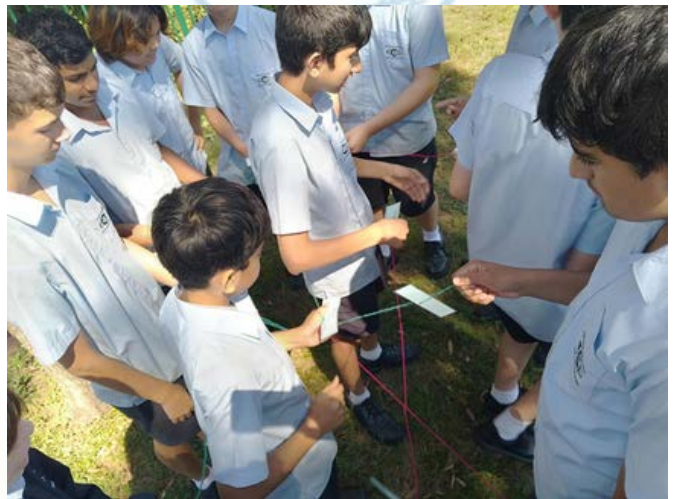
WEDNESDAY 1ST
MAY 2024

PERMISSION AND PAYMENT

Students will have the opportunity to compete across a variety of events, with successful participants moving onto the Macquarie Zone carnival. Our carnival will be taking place at Homebush Athletics Centre. For students that are planning on attending, parents and caregivers have received an email from school bytes allowing them to give both permission and payment in one convenient location. **Please ensure both permission and payment is provided by the cut off date (25th April) to ensure your child is able to attend.** Any permission and payments made past this date will be unable to be accepted. Should you have any issues please contact Dylan Ryan in the PDHPE department. We are looking forward to an exciting day for students and staff.

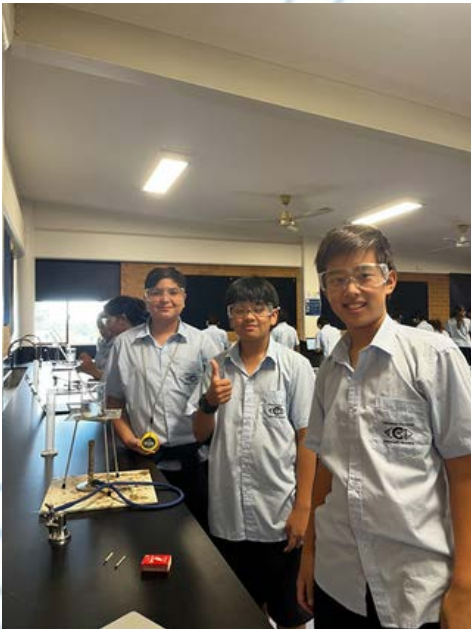
Science matters.

Year 8 scientists have been learning about food webs, and have had a chance to make some of their own.



Science matters.

Year 7 scientists are learning about particle theory, solids, liquids and gases and expansion/contraction. They are investigating these theories through a range of practicals.



All the World's a Page:

English/Drama News

Inkwell is back for 2024!

Inkwell is our creative writing group for students in Years 7-10. Whether it is for the student who loves crafting original stories, or the seasoned writer refining their command of literary techniques, Inkwell is the perfect place for all young wordsmiths to nurture their passion and develop their skills.



This year will see boundaries pushed, rules broken, stories made and darlings killed. It will also see competitions applied to, exemplar work shared and accolades given out. Some students may even write their way into accompanying the English excursion to the Sydney Writers' Festival.

All the World's a Page:

English/Drama News

Debating



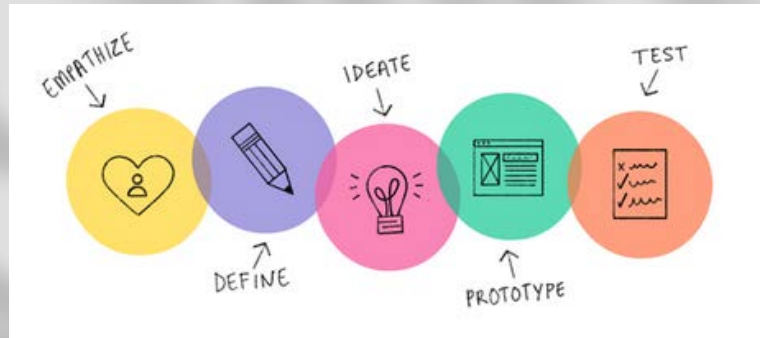
Debating is also back in full swing! Taking in all of the lovers of lively discussion, the pursuers of persuasive arguments, the learners of logical reasoning. Crestwood Debating Club is the perfect place for students to hone their public speaking, research, and critical thinking skills.

The 38 students who have signed up this year will be preparing to, or have started to, participate in the adjudicated inter-school Premier Debate and coaching sessions will run after school on alternative Mondays and Tuesdays for those students who have acquired parental permission.

TAS TIMES

Stage 5 Design and Technology

Throughout the first term of Stage 5 Design and Technology, students have been learning about the design process. The design process consists of empathising with the situation presented, defining what is being asked, ideating potential solutions, prototyping these solutions, and then testing/refining the solutions to ensure they meet the criteria.



This process has allowed these students to effectively create innovative solutions to design problems and situations, such as the ones presented in their first assessment task. Students had to select one of the three situations listed below, define what is being asked in the situation, ideate five solutions to the situation, and then prototype by sketching three of their solutions.

Here are the available situations:

Situation 1	Design a portable phone stand that caters to the needs of individuals who work or consume media on their smartphones. The product should be compact, lightweight, and adjustable to accommodate different viewing angles. Consider incorporating features like foldability or magnetic components for easy transportation. The goal is to provide a convenient and versatile solution for propping up smartphones during video calls, content consumption, or hands-free work scenarios.
Situation 2	Create a child-friendly toothpaste dispenser to make the brushing routine more engaging for young children. The product should be designed with vibrant colours, fun shapes, and an easy-to-use mechanism for dispensing toothpaste. Consider incorporating features like a timer or playful elements to encourage children to brush their teeth for the recommended duration. The goal is to make oral hygiene enjoyable for kids while also facilitating a mess-free and efficient toothpaste application process for parents.
Situation 3	Create an interactive learning toy specifically designed for seniors to promote cognitive stimulation and engagement. The product should incorporate features like large buttons, simple interfaces, and games that enhance memory and problem-solving skills. Consider compatibility with voice commands and tactile elements for ease of use. The objective is to provide seniors with an enjoyable and mentally stimulating activity that contributes to overall cognitive health.

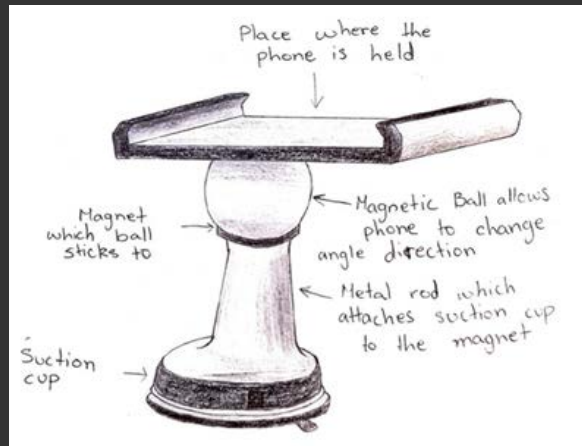
Below are some of the solutions students have come up with for the situations!.

Situation 1 Solution

Pranav Boyapati (Year 10)

Solution Description

With the suction cup for the base, this phone stand should have no problem sticking to any flat surfaces. Above the suction cup, there is a single short metal pole with a magnetic ball at the other end of the suction cup. This ball sticks to the pole using its magnets and on the other side of it, there is a rectangular prism where the phone sits. On either side of the rectangular prism, there is a little plastic extruding from it in order to hold the phone still. The rectangular prism can extend its length by sliding the two ends apart and placing the phone in the middle. The 2 sides will clamp down on the phone keeping it still. The metal ball is required as it allows the angle which the phone is facing to be changed.

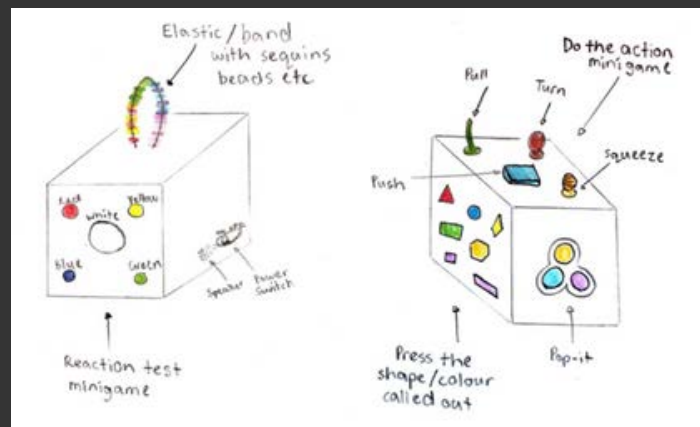


Situation 3 Solution

Miles Medcalf (Year 9)

Solution Description

A solution could be a fidget toy combined with minigames built inside it. It shares similarities to the “bop-it” game. The toy would have different game modes and link up to an app. The game would feel addictive to play. To promote cognitive stimulation, the game would use a variety of sensory objects and audio. The game would be designed to make the seniors motivated to play and beat their score. The toy uses games with “press this, do that” to engage quick reactions and responses. The inbuilt voice would tell the person to do a certain action such as push the red button. A time would pop up and be recorded. It would be like a reaction test.



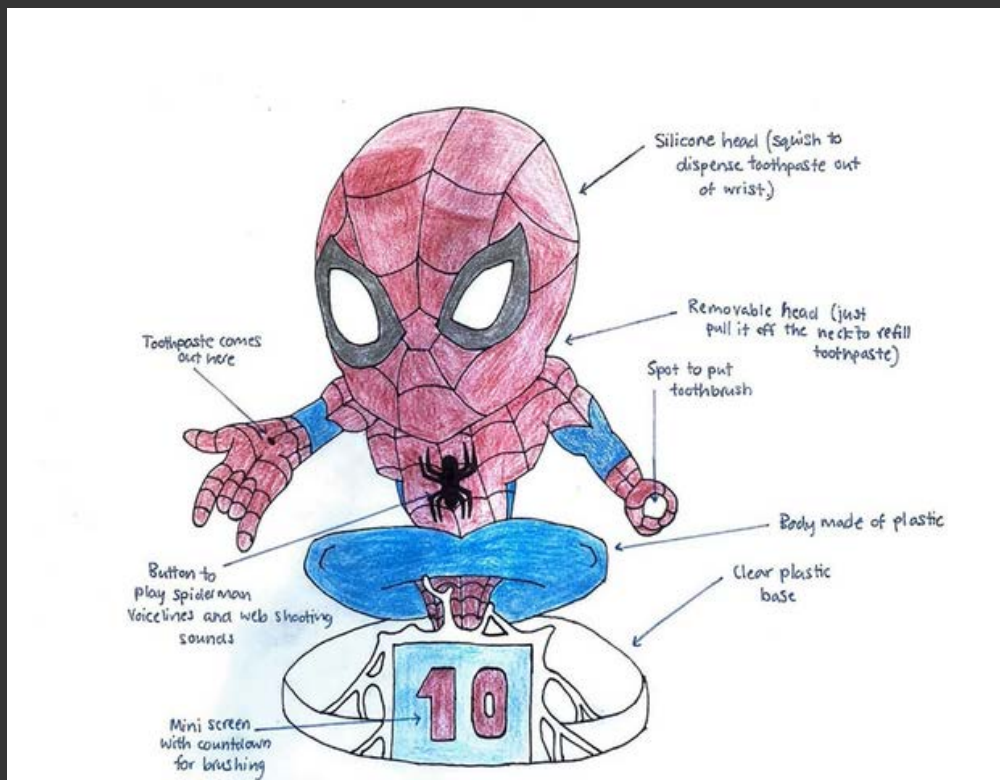
Below are some of the solutions students have come up with for the situations!.

Situation 2 Solution

Luka Pasalic (Year 9)

Solution Description

A toothpaste dispenser which looks like spiderman where the toothpaste will come out of his wrists like he is shooting webs. To dispense the toothpaste in an easy to use and efficient manner, squeeze the head which will be made of silicone, the rest of the body will be made of plastic (to be able to pop off the head to refill with toothpaste). He will be supported on a clear plastic base supporting him in a pose where his arm is extended out. To minimise movement the bottom of the base is very sticky, and you peel a sticker to be able to stick the base to a surface. To facilitate an engaging brushing experience when you squeeze the dispenser, there is a mini screen riddled with webs which has a screen showing a countdown of the recommended brushing time. Furthermore, the spiderman logo on his chest is a button which plays spiderman voice lines and web slinging noises. Spiderman's second hand will be in a holding position therefore allowing someone to place their toothbrush inside it. The dispenser will follow the traditional colours of spiderman (blue, red, black).



HSIE HAPPENINGS

PAYMENT REMINDER - YEAR 7 GEOGRAPHY EXCURSION



We are looking forward to taking Year 7 to Brewongle in Term 2 on Monday 20th May (Term 2, Week 4).

Brewongle is a NSW Department of Education facility that provides inspiring and authentic curriculum based day programs for schools and students from K-12.

This excursion will focus on the environmental and human processes that influence the availability and distribution of water, with particular focus on the Hawkesbury River at Sackville North. The program includes a variety of fieldwork and mapping skills.

Information about this incursion was emailed to parents and guardians earlier in the term. The online permission note and payment needs to be finalised on School Bytes no later than Monday 6th May, 2023 (Term 2, Week 2).

Students will attend home group at 8.30am as normal and then go to the bus bay. Students will return to school by 2.50pm. **Full school sports uniform** is required with **comfortable walking shoes/joggers** and **school jacket**. Any student who does not wear full school sports uniform will not be allowed to attend the excursion. In the case of wet weather, the excursion will still take place and students must bring wet weather gear such as a umbrella and/or raincoat. There will be no canteen facilities at Brewongle.

What to Bring:

- A 'low litter' recess & lunch and a water bottle in a small backpack.
- Sunscreen and a hat.
- Pens and pencils - a clipboard would also be beneficial as worksheets will be supplied.



Low Litter Lunch

"A Low Litter Lunch is one that creates little or no waste making it environmentally friendly." One of the aims of Brewongle EEC is to enable visitors to better understand how they can make a change for the better. We seek your help in supporting your child's learning and the future of our planet by bringing a Low Litter Lunch to Brewongle and hopefully continuing this on normal school days too.

A LOW LITTER LUNCH HAS:


- Sandwiches/Roll/Wrap – in an air-tight container or re-usable wrap (e.g. beeswax wrap).
- Drink in a re-usable drink bottle.
- Fruit – mulchable.

All Packed in a Re-usable Lunch Box or a Recyclable Paper Bag.

These add up to A HEALTHIER YOU, A HEALTHIER EARTH AND LESS COST!

To reduce the amount of rubbish on your visit, we ask that students do not bring the following:

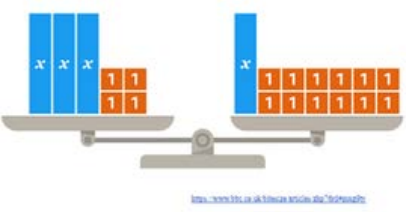
- Pre-packed, portion controlled packets (e.g. chips, cheese and bikkie combos).
- Lollies in individual wrappers.
- Drinks in throw away cartons (poppers) with straws (Those rectangular boxes create 3 pieces of rubbish each).



Maths Musings

Year 8

Are studying Equations at the moment. Some students ask *Why do I have to study equations?* Well, they play a crucial role in solving problems, making predictions, optimising processes and understanding the world around us in numerous aspects of daily life. Here are some common examples of how equations are used in everyday life:



Budgeting and Finance:

In personal finance, people use equations to calculate budgets, track expenses, and plan for savings. For example, the equation for compound interest helps in understanding how investments grow over time.

$$A = P \left(1 + \frac{r}{m}\right)^{mt}$$

Amount (A) is indicated by a green arrow pointing to the left side of the equation.
Principal (P) is indicated by a red arrow pointing to the 'P' in the equation.
annual rate (r) is indicated by a purple arrow pointing to the 'r' in the equation.
time in years (t) is indicated by a pink arrow pointing to the 't' in the equation.
m times/year (m) is indicated by a blue arrow pointing to the 'm' in the equation.

Calworkshop.com

Sports and Fitness:

Athletes and fitness enthusiasts use equations to track progress, calculate calories burned, determine optimal training intensities and create workout plans tailored to their goals.

How to Calculate the Calories Burned in a Day

Men:
 $(1375 \times \text{weight}) + (5 \times \text{height}) - (676 \times \text{age}) + 66$

Women:
 $(956 \times \text{weight}) + (1.85 \times \text{height}) - (468 \times \text{age}) + 655$

Cooking and Recipes:

Recipes often involve measurements and proportions that can be represented by equations. For instance, doubling a recipe requires adjusting ingredient quantities using mathematical equations.



Technology & Electronics:

Engineers and technicians use equations to design and troubleshoot electronic circuits, calculate power consumption, analyse signal processing, and optimise system performance.

$$\frac{60\text{W} \times 1\text{h}}{1,000} = 0.06\text{ kWh}$$
$$\frac{0.06\text{ kWh} \times 8\text{h} \times 30\text{d}}{\text{kWh per day per month}} = 14.4\text{ kWh per month}$$

Maths Musings



Construction & Architecture:

Architects and builders use mathematical equations to design structures, calculate material quantities, determine load capacities, and ensure structural integrity.

Transportation:

Equations are used in transportation for route optimization, fuel consumption calculations, vehicle performance analysis and traffic flow modelling.

FUEL CONSUMPTION
A car has a fuel consumption of 8.5L/100km.
It drives 360km.
How much fuel does it use?

$8.5 \text{ L} \times 3.6 = 30.6 \text{ L}$
 $100 \text{ km} \times 3.6 = 360 \text{ km}$

Healthcare:

Medical professionals use equations in various applications such as calculating drug dosages, interpreting test results, modelling disease spread, and designing treatment plans.

IV FLOW RATES

$\frac{\text{mL of solution}}{\text{total hours}} = \text{mL/hr}$

Order: 1000mL D5W to infuse over 3 hours
What is the flow rate?

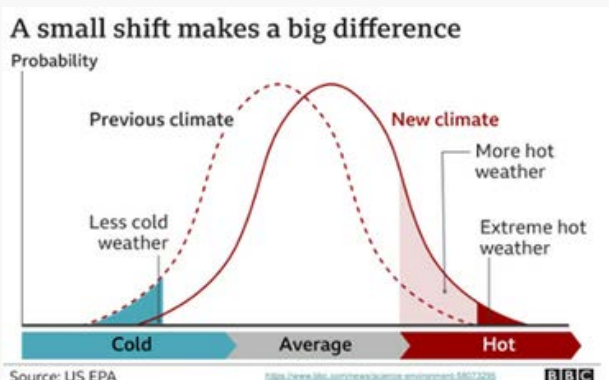
$\frac{1000 \text{ mL}}{3 \text{ hr}} = 333.333 \text{ mL/hr}$

ANSWER: 333 mL/hr
Round to the nearest whole number

<https://www.pinterest.com/pin/263300002110561>
@becominganNP

Environmental Science:

Equations are essential in environmental science for analysing pollution levels, predicting climate patterns, modelling ecosystems, and assessing environmental impact.



Studying Equations:

Studying equations opens doors to understanding the fundamental principles that govern our world, from calculating everyday expenses to designing innovative technologies.

ALL YOU NEED IS

$y = \frac{1}{x}$ L

$x^2 + y^2 = 9$ O

$y = 1 - 2x$ V

$x = -3 \sin y$ E

SPORT NEWS



GRADE SPORT SEASON 1

We are down to the last three rounds before the finals on May 15th (mark your calendars for Term 2, Week 3). The energy and enthusiasm for our teams has been nothing short of inspiring.

First off, a massive shoutout to all our students for showcasing exceptional sportsmanship throughout the season as Safe, Respectful learners each week.

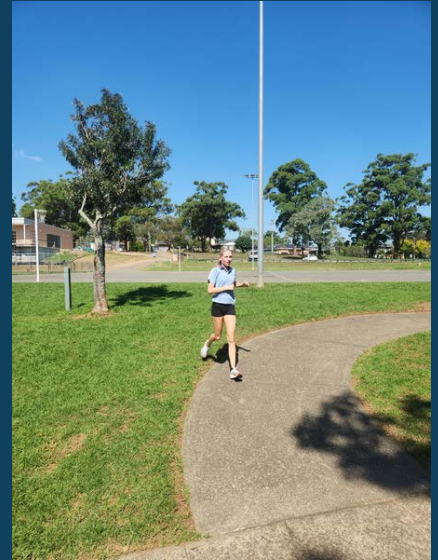
Our coaches deserve a huge thank you for their dedication and hard work. Their guidance goes beyond teaching sports. The progress we've seen this season is a direct result of your commitment to excellence and your belief in our students' potential. Your efforts are greatly appreciated.

To the athletes who turn up each week, ready to give their all, your achievements are truly commendable. Week after week, you've demonstrated what it means to strive for excellence and push beyond what you thought possible. Your consistency and dedication, not just in your performance but also in representing our school with pride in your full sports uniforms, embody our motto of Vision and Progress. This level of commitment is what sets Crestwood athletes apart.



SPORT UPDATES

HOT NEWS



CROSS COUNTRY AGE CHAMPIONS

Congratulations to our Age Champions for the Crestwood High School Cross Country:

12 Years - Beth Boorman-Franks and Chenhao Geng

13 Years - Hitanshi Jain and Gil Lee

14 Years - Lily Golding and Kai Eastwood

15 Years - Jazlyn Reid and Vincent Contini

16 Years - Ariona Mehani and Oliver Golding

17 Years - Rhiana Lum and Aiden Burns



MACQUARIE CUP NETBALL



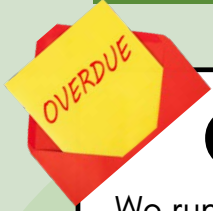
Congratulations to all girls involved in the Macquarie Cup Netball Competition. Also congratulations to Shivani, Aliysha and Evanah for being selected to play in the Sydney West Zone next Thursday.



LIBRARY NEWS

It has been another busy term in the Library! Here are a few things we thought you should know about:

READ



Overdues

We run these fortnightly. Students will receive either a green or orange slip during homeroom. We use a traffic light system. The colour of the slip depends on how long the book has been overdue. Students with long term overdues, will have an email sent to a parent/guardian email address. I often follow up as well by speaking to students directly.

Premier's Reading Challenge

This has begun and is free to enter. We have updated our collection to include new PRC titles. There is a display in the Library which we frequently refresh. For details, see the Library staff. Happy Reading!

If you think your book has been lost ...

Firstly, that is OK! Gone are the days when the Librarian will bite your head off! However, I do need to know what has potentially happened to the book. Come in and chat to me or the staff and we can sort it out. Usually, we ask students to have another really good look otherwise they can pay for a replacement copy. They then bring the receipt to the Library, and we will update our records. If the student happens to find it after they have paid for it the book is then theirs to keep.

Oliver

Students have access to our library catalogue 24/7 via the DET Student Portal. This has every book on our collection as well as links to the JSTOR database and World Book Online. Students can reserve books and ask the Librarian questions. I encourage all students to have a look at this resource first when starting an assignment.



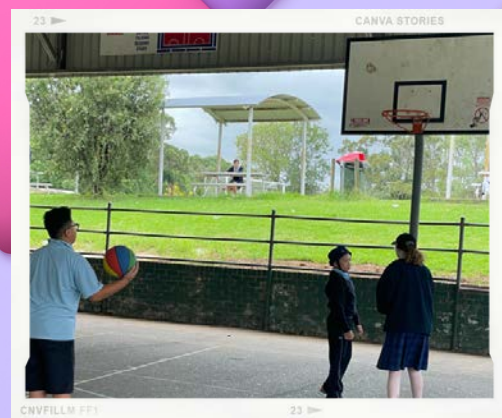
Ms Olmos,
Teacher Librarian

SPORT AT THE SUPPORT UNIT

The students at the Support Unit have been busy on sport days. The classes have been combined and the students have been able to choose the activity they want to engage in such as boccia, basketball, cricket, Just Dance and walking.

The sporting activities have been held in the Cola, the hall and at Crestwood reserve.

It has been a joy to witness the level of engagement and teamwork amongst the entire unit.

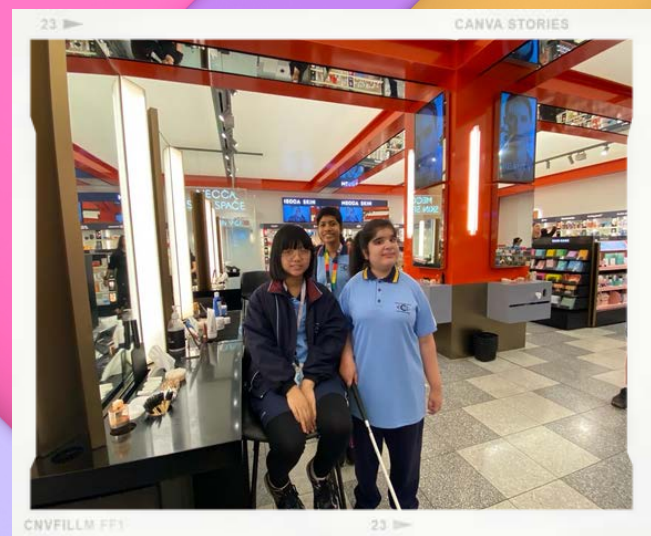


SPOTLIGHT ON THE SUPPORT UNIT

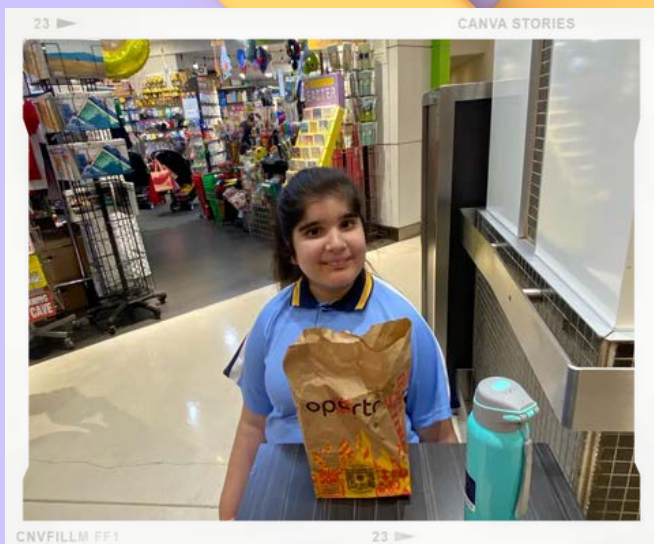
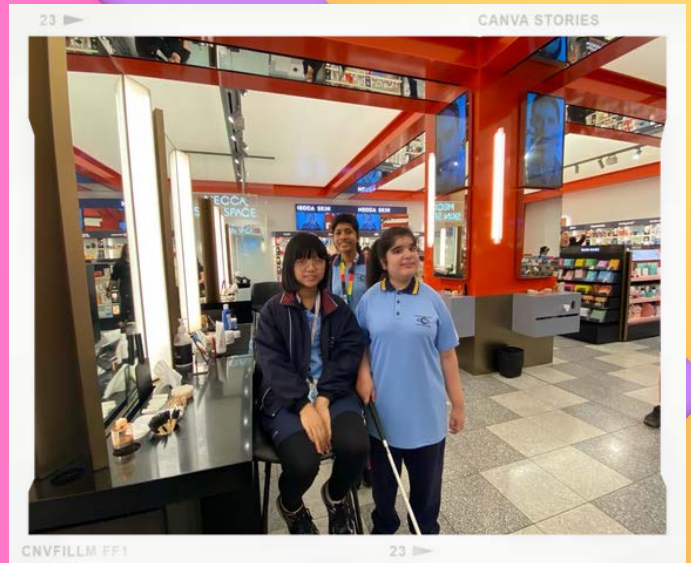
TRAVEL

One of our students recently had her first experience travelling by public bus. Initially she felt quite nervous, but by the second time, she was much more relaxed. Throughout the term, our students have been exploring various places, businesses, and developing skills relevant to jobs within their local communities.

They are gaining independence by learning to select their favourite food outlets, navigate grocery stores, follow shopping lists, understand price tags, and read food labels. Additionally, they are becoming adept at using touch screen information boards to locate stores.



SPOTLIGHT ON THE SUPPORT UNIT



CAREERS

NEWSLETTER

MY Future Tertiary Expo *Monday 6 May 2024*

On Tuesday 16th February Crestwood HS held the My Future Job Careers Market for students in Years 9 - 12. The purpose of the careers market is to provide students with invaluable information from a select group of business, industry and community organisations for their future careers and subject choices. This market is a valuable resource for students to collect information and learn about jobs and industries they may not have had exposure to before.



On Monday 6 May 2024 we will be having the My Future Tertiary Expo for students in Years 10-12. The purpose of the careers tertiary expo is to provide students with information from Tertiary Providers for students wishing to pursue tertiary education in the future. This expo enables students to collect information about future careers and the requirements from different organisations for subject selection and post school destinations. For Senior students it is a valuable source of information on entry requirements, early entry schemes, scholarships and cadetships. This expo will be replacing the Tuesday Tertiary & Information Seminars that have run here at school for the last twenty years.

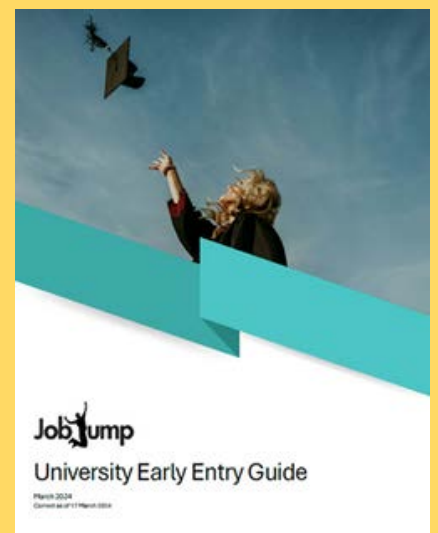
Both Expo's provide a great opportunity for older students to confirm choices for post school and should be used by students to compliment other career events and opportunities that are available. The main events for Year 12 should include university of choice(s) Open Days for any last information or to get a feel for the university they are considering attending. For other year groups it should include work experience, information days, webinars and other information provided in the JobJump newsletters.

University Admissions

University Admissions will open on the 3rd April. A reminder that all students will receive a pin which will be required to access UAC. Early entries will start in Term 2, with each university having different dates and requirements. A book regarding early entries have been emailed to all Year 12.

In your UAC application, first on your course preference list should be the course you'd most like to do, followed by your second, third, fourth and fifth preferences. If you're not selected for your first preference, you'll be considered equally with all other eligible applications for your second preference, and so on.

Where interviews form part of the selection process, all eligible applicants will be invited to attend, regardless of how they have ordered their preferences.



CAREERS

NEWSLETTER

Medicine/Dentistry/Vet key dates and pathways

Entry into undergraduate medical degrees is highly competitive and the selection process is rigorous. Make sure your application is on time and keep the interview dates clear.

All application and offer dates - Check with each university to confirm deadlines and requirements and to ask any questions you have about the selection process.

UCAT ANZ

If you are applying for undergraduate medicine, most universities require you to sit the University Clinical Aptitude Test for Australia and New Zealand. UCAT ANZ is held in various locations across Australia in July.

Registrations for 2023 are now open. Details about the test are provided on the **UCAT website**: <https://www.ucat.edu.au/>. For enquiries, contact UCAT on 1800 023 095 or **email UCAT**: ucat-anz@monash.edu

More information at UAC website: <https://www.uac.edu.au/current-applicants/undergraduate-applications-and-offers/medicine-key-dates>

Cadetships

Cadetships are also on offer for interested Year 12 students at UBS and Barrenjoey in Business and Technology. For applications and to find out more go to businesscadetships.com.au. All Year 12 have been emailed a copy of the application information.

Professional Cadetships Australia (PCA) - Business Cadetship applications and Technology Cadetship.

- The **Business Cadetships Program**, there are cadetship opportunities for Year 12 students at two leading financial services companies: **UBS** and **Barrenjoey**. Cadets combine paid work at one of these companies with study at the university of their choice in Sydney. A Business Cadetship is a proven way of launching a business career. Applications opened 4 March 2024 and close 22 May 2024, to find out more go to businesscadetships.com.au
- **UBS** will again offer **Technology Cadetships**. Cadets will be placed in the Group Operations and Technology Office at UBS. A Technology Cadetship is an exceptional springboard for launching a career in technology and in business. Applications opened 29 April 2024 and close 7 June 2024, to find out more go to etcad.com.au.
- A short video and a PowerPoint with voiceover that takes students (and Careers Advisers) through what is on offer in this year's Cadetship Programs as well as the application process (7.5 minutes in total). Link to download:
https://drive.google.com/file/d/1K34s5cTMohDJ1xz_kwnZbPsRBok2xkil/view?usp=sharing



NEWS

P&C CANTEEN

LUNCH ORDERS

P&C is working hard on bringing an online ordering system to our school. We are hoping to implement it during term 2. We hope to make ordering food for recess or lunch easier and more convenient for students and teachers.

NEW ITEMS

- Exciting new items will be added to the menu!

VOLUNTEERS NEEDED

- Any parent who could spare a few hours a month is most welcome.

PRICES

We apologise for the inconvenience, but a few prices will be raised at the start of next term.

Feel free to email or call us for more Info!
crestwoodhs-can@2153pandc.onmicrosoft.com
96397422 ext 177



UNIFORM SHOP

Winter is coming.....

Choose from our selection of jackets, jumpers (cotton and wool) as well as boys' trousers and girls long pants now in stock.

Also, why not indulge in a 'Claret' (maroon) or 'Navy' scarf priced at only \$10 each!
Order online or visit us in store next Thursday from 7.30am – 11.00am.

The Uniform Shop would like to wish our school community a safe and enjoyable school break. We look forward to seeing you next term!



Reminder

To all our valued parents and guardians, after careful consideration we have decided to increase the prices on selected items as listed below. This price increase is necessary due to increasing manufacturing costs that we have been absorbing since November of last year.

The change will be effective from **1st May 2024**. Until then, you can benefit from our existing prices.

The price increase will allow us to provide a wide range of products and help to serve you better.

For any items out of stock, we will honour the current price for all orders received before 1st May 2024 - please send an email to: crestwoodhs-uni@2153pandc.onmicrosoft.com with item, size and quantity required.

Thanks you for your continued support and understanding.

Item	Current Price	Price 1st May
Boys Blue (Junior) Shirts	40.00	45.00
Boys White (Seniors) Shirts	40.00	45.00
Girls Blue (Junior) Blouses	40.00	45.00
Girls White (Seniors) Blouses	40.00	45.00
Sports Polo Shirts (All houses)	45.00	50.00
Boys Shorts	40.00	45.00
Skirts	60.00	65.00



PLEASE JOIN US FOR A

Sausage Sizzle

ORGANISED BY OUR NEIGHBOURHOOD JUNIOR
YOUTH (11-15)

Celebrate and learn with us about

ENVIRONMENTAL AWARENESS

Speech presented at 5pm

20 APRIL SATURDAY 4-6PM

ALL ARE WELCOME

In Crestwood Reserve

CNR CRESTWOOD DRIVE IN CHAPEL LN

