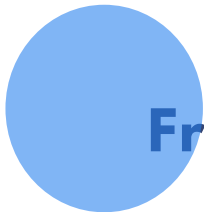


INFOLINE

Crestwood High School Fortnightly Newsletter



From the Principal

By Tania Wright

International Women's Breakfast



This Friday the 8th March, Zonta Western Sydney will host the International Women's Breakfast at the Novotel Parramatta from 6.45am - 9am. There will be a table of 12 female student leaders from Crestwood High School who will attend the breakfast with Ms Adams, the SRC Coordinator. This event has been well attended by our female students for the past 8 years. This year, the Guest Speaker is Lawyer Esther Adeyinka who sits on the Department of Home Affairs' NSW Youth Reference Group and Multicultural NSW Advisory Board.



IN THIS ISSUE

SUPPORT UNIT NEWS

EAL/D NEWS

WELFARE NEWS

TAS TIMES

MATHS MUSINGS

SCIENCE NEWS

HELP WANTED



From the Principal cont.

By Tania Wright

This week, the Year 7 students headed off to Stanwell Tops for 2 nights and 3 days to take part in the Year 7 camp. Camps are a big highlight on our school calendar and those students that I spoke to who got off the bus on Wednesday afternoon had a very positive experience. The timing of this camp provides our new students with the opportunity to make new friends, learn new skills and learn more teamwork. A huge thank you to Mr Lloyd, the Camp Coordinator, and the teachers who volunteered to attend. The weather was perfect for all three days of the camp. The benefits of these camps in forging friendships stays with students throughout high school.



Next week, Year 7 and 9 students will participate in NAPLAN. NAPLAN testing will take place from the 13-25 March, 2024. NAPLAN tests provide information on student progress in literacy and numeracy and complement the wide range of formal and informal assessments already conducted in schools. NAPLAN will be conducted in the hall and classrooms in Maths and HSIE. During NAPLAN, the following areas are assessed: writing, reading, conventions of language - spelling, grammar and punctuation and numeracy.



Overall, students have settled into Term 1 very well. Students are focusing on their schoolwork, ensuring their laptops are charged and ready for school. It is important for students to have a positive start to the year to set themselves up for success throughout the year. I look forward to outstanding achievement throughout the year.

DEPUTY PRINCIPAL'S NEWS

NAPLAN week (Week 7)

Year 7 and 9 NAPLAN (National Assessment Program - Literacy and Numeracy) is an important assessment tool used to measure students' literacy and numeracy skills.

What skills does NAPLAN help prepare?

NAPLAN builds Time Management Skills. NAPLAN tests are timed, so it's essential to manage your time effectively during the exam. Practice completing questions within the allocated time to ensure you can finish each section on time.

NAPLAN helps foster improvement in reading. Reading regularly can improve students' vocabulary, comprehension skills, and overall literacy. Students should make a habit of reading a variety of texts, including newspapers, magazines, novels, and informational articles. NAPLAN improves writing skills by practicing writing essays, narratives, and persuasive texts. Structure, grammar, punctuation, and vocabulary usage improve as a result.

NAPLAN develops students' math skills by practicing operations such as addition, subtraction, multiplication, and division.

NAPLAN is good preparation for High-Stakes Exams. NAPLAN serves as a valuable preparation for students who will later take high-stakes exams such as the Higher School Certificate (HSC). It helps students develop test-taking skills and familiarise them with exam conditions.

On the day of the exam, stay calm and confident. Remember to read the instructions carefully and approach each question methodically. If you're unsure about a question, skip it and come back to it later.

Stage 6 Library study periods

Study periods are crucial for students as they prepare for their exams and assessments.

Students should use study periods to review and revise the material covered in their classes. This includes going over notes, textbooks, and supplementary materials to reinforce their understanding of key concepts.

Year 11 and 12 students often take advantage of study periods to complete practice exams under exam conditions. This helps them become familiar with the format and timing of exams and identifies areas where they need to focus their revision efforts.

DEPUTY PRINCIPAL'S NEWS

Study periods provide students with dedicated time to work on homework assignments and projects. They can use this time to seek clarification from teachers on any challenging tasks.

If students are struggling with certain topics or concepts, they can use study periods to seek help from their teachers or peers. Teachers may offer extra support sessions during these periods to assist students with any difficulties they may have.

Year 11 and 12 students may use study periods to organize their study materials, including notes, textbooks and revision guides. Staying organized helps them stay focused and efficient during their study sessions.

In addition to revising content, students use study periods to prepare for exams by practicing exam techniques, such as time management, effective note-taking, and strategies for answering different types of questions.

Study periods provide students with the opportunity for self-directed study, allowing them to work independently on areas where they need improvement or explore topics of personal interest related to their studies.



Year 7 Meet and Greet

The Year 7 Meet and Greet night is an important first step in the transition process for new students and their families into Crestwood High School and helps to create a welcoming and supportive school environment.

The Year 7 Meet and Greet was a very successful evening. Over a hundred parents attended and were able to meet Year 7 staff.

Thursday afternoon procedures

A reminder that on Thursday afternoon the procedures for students are slightly different. School finishes at 2.30pm.

Students who are waiting for the bus should go to either the Library or the COLA.

If your student is walking home, they should leave at 2.30 and proceed home.

WELFARE NEWS

PAY NOW, PLAY LATER

How to get teens to do things now that will benefit them later.

By Dan Hardie
Teen Counsellor
Founder of MyStrengths

Parents are constantly in a battle to help teens do things NOW that will benefit them later. So we tell them,

- Study hard now, and you'll have more opportunities later;
- Save your money now, and you'll be able to buy a nicer thing later;
- Go to bed early, and you'll feel better tomorrow;
- Exercise today, and you'll have better health and fitness later.

But to get the bigger rewards in life, it takes some discipline and pain - which is where the tension lies.



Many teenagers report that they wish their parents would loosen up and let them have more fun and do what they want. Oliver said to me,

“I want to live my own life the way I want to live it and do whatever I feel like. I just want to hang out with my friends, and study when I feel like it, and I just hate my parents always telling me what to do”

So, I asked him,

*“Oliver, do you think hanging with friends in the mall everyday and just studying when you feel like it is going to get you into a great life later? Is it going to get you into that Uni degree that you want, which will bring that job you dream of? It sounds like there's a battle between what you want to do **now** vs what you want to do **later**.”*

Author John Maxwell says,

There are two paths people can take. They can either play now and pay later, or pay now and play later. Regardless of the choice, one thing is certain. Life will demand a payment.

The idea is that you can play and take it easy and do what you want **today**, but if you do, your life will be harder **later**. However, if you work hard **now**, on the front end, then you will reap rewards in the **future**.

So I have friends who came out of school and decided that they wanted to play first. They worked a bit and travelled a lot, got temp jobs and travelled some more. They enjoyed their 20's, have amazing memories in Ibiza and Santorini, and did their best living in their early years. But now in their 30s, it's hard. They are catching up on study, needing a career and a better job, all the while now juggling small kids and renting in an expensive market, wondering how anyone could ever buy a house or get ahead.

Other friends came out of school and did some hard yards first. They studied, saved, and lived trim. Others got trades, worked their way up ...

They had bits of fun, but they knew if they could work hard **now**, they'll reap the rewards **later**. And so these ones are in their 30's with great jobs, got into property when it was cheaper, might have missed a few holidays early but are able to have great holidays with their kids now and live a little more free because they paid first to reap a greater reward later.



Now neither of these are right or wrong.

But for Oliver and every other teen, the principle of Delayed Gratification will help them work hard now for a greater reward later. Some of them are already doing it: Perhaps they are training every night to get good at soccer; or they are doing the tough yards of study so they reap the reward later; or they are curbing their dessert intake now in order to be healthier later.

In our (MyStrengths Parenting) “No Regrets” Course, we explain two ways to help teens grow in this area of Delayed Gratification and make better decisions in their study, exercise, finances and all other areas. The good news? this course is free to you and accessible at mystrengths.com.au/parent-support/

FREE ACCESS TO ALL **MY STRENGTHS** PARENTING ONLINE COURSES

FAMILY FEUDS
YOUR GUIDE TO SOLVING FRICTION, FIGHTS & FEUDS IN A FAMILY WITH TEENS

NO REGRETS
YOUR GUIDE TO HELPING TEENS MAKE GOOD DECISIONS.
A course to watch together.

RAISING RESILIENCE
10 ESSENTIALS FOR RAISING POSITIVE TEENS

HEAD TO **crestwood.mystrengths.com.au**



EAL/D



When you are learning English as an additional language or dialect (EAL/D), you simultaneously learn English, learn in and about English. During the assessment period, this can become even more challenging.

These **5 study tips** will help you to get ready for the upcoming assessments.

1. Read your assessment notifications carefully.

Use different colours to highlight the **knowledge** and **skills** you need for the task. Make sure that you understand the key concepts studied. Then find out what **format** is required for the task. Is it a TEEL paragraph? Is it an essay? Practise writing in the required format.

2. Understand all the words in the assessment notification.

Use a translating website like **Google Translate** (<https://translate.google.com/>) to find the meaning of a word in your language.

Google search may also be helpful - just type the word into the Google search box (<https://www.google.com.au/>) and hit “search”. You can also click on “images” to see an image representing the word.





3. Visualise your knowledge.

Write **dot point summaries** of the information you need to revise. Use **colour** and underline the key words to make them stand out. Create tables and flow charts to logically arrange the information. You will memorise it better if you can visualise it.

4. Create word lists with the key concepts.

To do that, divide the last page of your workbook into two columns. Write down the concept in the left column and the definition in the right column. To revise before your assessment task, cover the right column with a piece of paper. Read the words in the left column and try to remember the definition. Look at the definitions to check yourself. Now cover the right column and repeat the process.

5. Revise with your friend.

You understand concepts better when you are trying to teach them to someone. Teach your friend about what you know and let them teach you too.



Good luck with your assessments!

Mrs. Melnikova
EAL/D Teacher

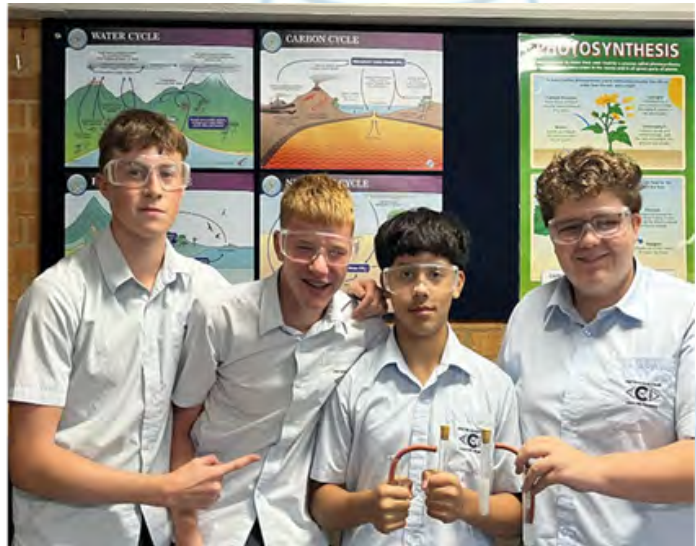
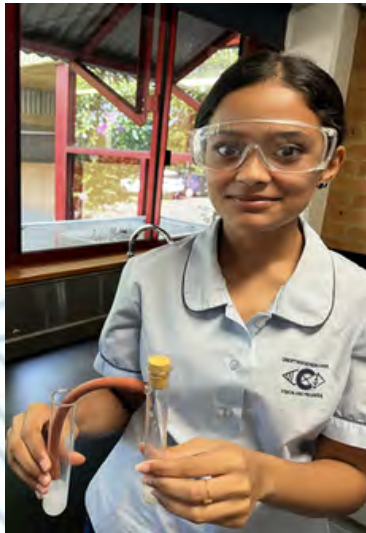
**Free interpreter
service:**

Call this number if you are a parent of an EAL/D student and need help with communicating with the school.

 **131-450**

Science matters.

In Year 10, students investigated reactions between acids and metal carbonates. They observed the production of carbon dioxide in lime water as a result of the acid and metal carbonate reaction.



Science matters.



On Thursday 29th February, students in Year 11 and Accelerated Year 9 Investigating Science travelled to Taronga Zoo. They participated in various workshops led by experts in observing animal behaviour. This enabled them to hone their skills of observation and inference which better allowed them to observe the animals at the zoo.

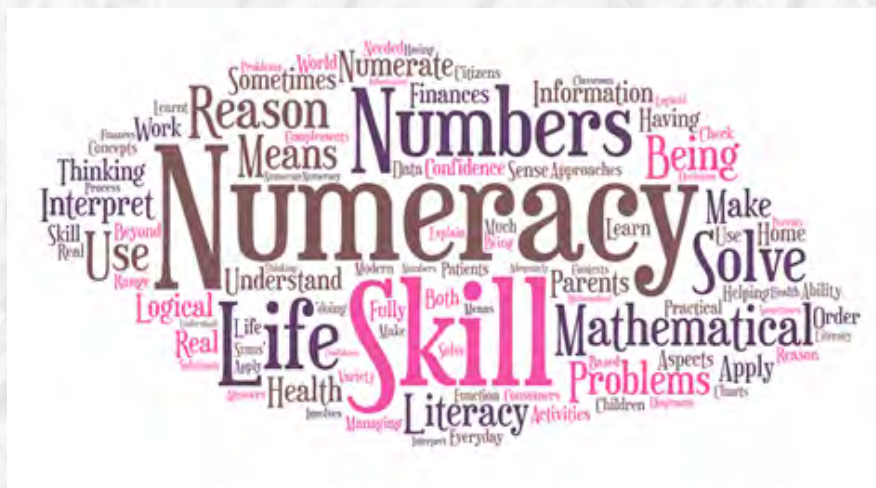
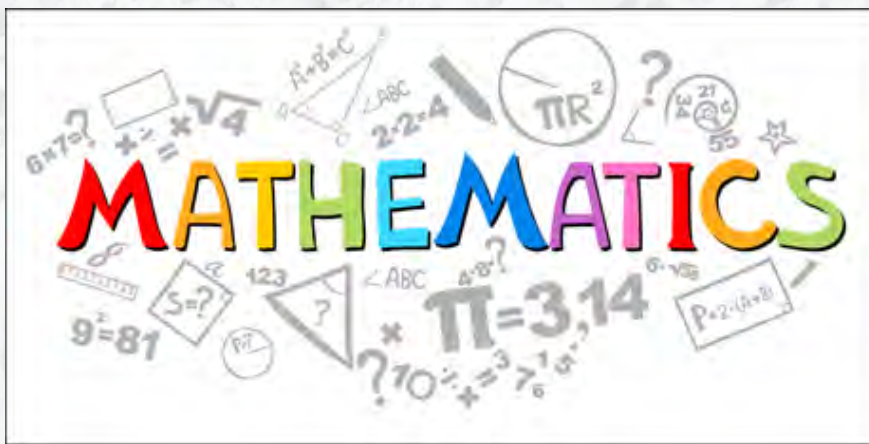
The students behaved excellently and had a great time.



Maths Musings

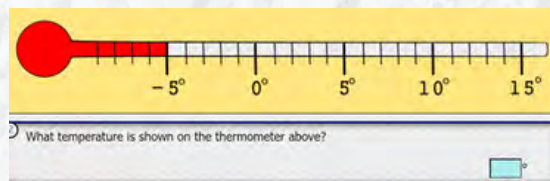


Maths courses typically focus on the broader concepts of theories of mathematics, covering topics such as algebra, geometry, calculus, statistics and more. These courses aim to provide students with a deep understanding of mathematical principles and their applications in various fields.



Maths Musings

Year 7 students have numeracy class once per fortnight, while Year 8 students have numeracy class twice a fortnight. During these classes, students engage in activities that allow them to practise their mathematical skills in practical contexts, such as reading timetables, understanding measurements, interpreting scales, and solving real-world problems. These numeracy lessons promote a deeper understanding of the importance of mathematics in various aspects of life and foster a positive attitude towards the subject.



Textbooks

Maths textbooks are essential tools for students as they provide structured explanations, examples, and exercises to help them grasp mathematical concepts. These textbooks serve as comprehensive resources, guiding students through various topics, problem-solving strategies, and applications. They offer a consistent reference point for learning, revision and practice, ensuring that students can reinforce their understanding and skills systematically. Additionally, maths textbooks often contain supplementary materials like practice tests and explanations, further aiding student comprehension and proficiency.

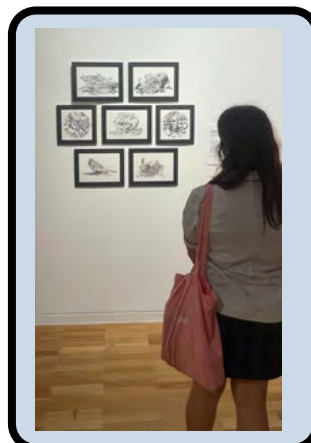
We have a range of textbooks from Year 7 to 12. Students can access electronic versions of textbooks on Canvas, or they can borrow a hard copy. Make sure to borrow a book cover as well to protect the textbook - replacing damaged books is expensive!





VISUAL ARTS

"In a whirlwind art adventure, we explored the diverse landscape of creativity! Our journey began with Modern Art at the Art Gallery of NSW, where we delved into the established art scene - looking and analysing modern paintings to gain inspiration for our major works and developing concepts. With a quick food stop, we then ventured to ArtExpress, a dynamic exhibition showcasing the bold visions of emerging artists from the 2023 Year 12 cohort. This exciting excursion offered a captivating contrast between the masters and the fresh voices that are shaping the future of visual arts! Finishing with the historical side of art, in the gallery, we looked at the masters to inspire the new. We had a fantastic time and would recommend it to future years!' - Elyse Devine Year 12.



TAS TIMES



Sliding bevel



Hand plane



Year 9 Industrial Technology Timber

Students have been learning how to use hand tools and basic machinery during the construction of their first project, a Serving board. This project is a perfect introduction to various hand tools and processes and the angled sides add a level of difficulty that keeps all students challenged and enjoying themselves.

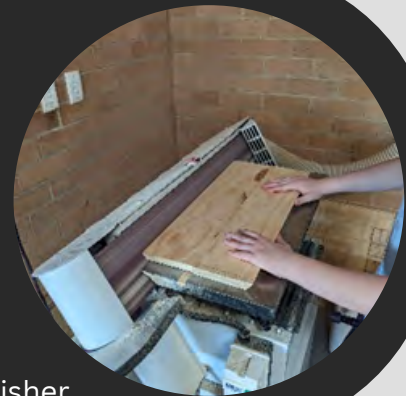
Students learned how to use sliding bevels to mark out angles on their timber.

They then used hand planes to cut their desired angles, which they cleaned up and finished on the new linisher.

Furthermore they used a biscuit machine to widen the bases for their projects and they learnt correct gluing procedures.



Biscuit joiner



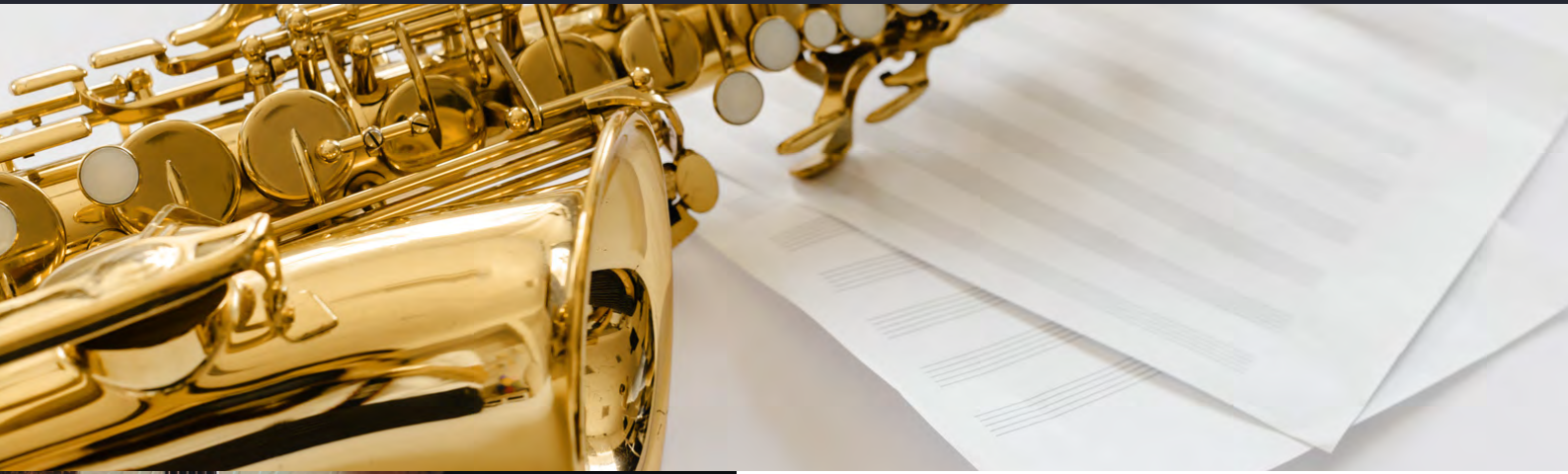
Linisher



Some students have completed these processes and glued the main body of their project together. In the coming weeks students will learn how to bend timber and construct their curved handles.



MUSIC NEWS



The Music department is alive with beautiful sounds as students have been rehearsing with peers and the Crestwood HS music ensembles. The Crestwood Concert Band has welcomed many new Year 7 students and is set to have another successful year as they develop new pieces for the many performance opportunities coming up in 2024. New members are welcome to join at any time of the year, please see the Music staff for more information. The **Jazz Ensemble** consists of many talented students with an interest in jazz and its related styles and has also increased numbers this year - we look forward to hearing them perform throughout 2024.



This year the Music department have also begun a Rock Ensemble for Year 8 students, aligning with our studies of Rock and other styles to develop their skills on their practical instruments/singing, and build confidence and musicality whilst performing in an ensemble. The members show much enthusiasm and commitment, and we look forward to seeing them take the stage at future events.

New members are
welcome anytime

SPOTLIGHT ON THE SUPPORT UNIT

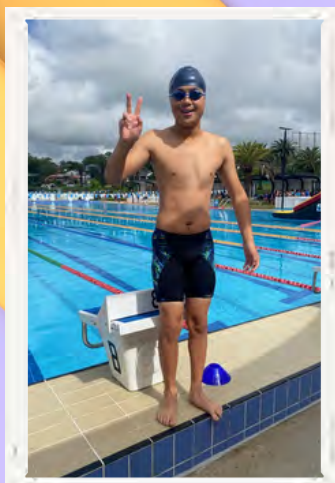


SWIMMING CARNIVAL

Last Wednesday, Waves Pool was abuzz with excitement as students from Crestwood gathered for a day of fun, competition, and camaraderie at the annual Swimming Carnival.

Despite facing unique challenges, Support students showcased their courage and determination in the pool, participating in a variety of swimming events with unwavering enthusiasm. Supported by dedicated teachers, aides, and volunteers, every child had the opportunity to shine and succeed in their own way.

The Swimming Carnival at Waves Pool was not just a day of competition, but a celebration of friendship, perseverance, and the sheer joy of swimming.



SPORT NEWS

KNOCKOUT BOYS BASKETBALL

We are excited to announce that our Knockout Boys' Volleyball Team defeated Muirfield with an impressive 3-0 score in Round One! Our team's relentless training and teamwork were clearly evident. This fantastic victory propels us confidently into Round Two. A huge congratulations to the Knockout Boys' Volleyball Team! Keep up the great work!



WENDY GULLIVER HAS

Retired



After **40** Years

OF SERVICE TO PUBLIC EDUCATION

WENDY HELD VARIOUS POSITIONS IN HER TIME AT CRESTWOOD, SPENDING MANY YEARS WORKING IN THE LIBRARY AND THEN BEHIND THE RECEPTION DESK GREETING VISITORS AND ANSWERING CALLS. WE WISH HER EVERY HAPPINESS IN HER RETIREMENT YEARS.

Help Wanted

P&C CANTEEN NEWS VOLUNTEERS NEEDED

Can you spare 3 hours once a month to help us in the canteen?
(10:30AM-1:30PM)



**CALL OR EMAIL FOR
MORE DETAILS**



96 397 422 X 117
CRESTWOODHS-CAN@2153PANDC.ONMICROSOFT.COM

UNIFORM SHOP

FIRE SALE **on now!**

This month save from 40% to 66% off our normal price on the following selected old logo uniform items –

- ✓ Boys blue (Junior) shirts
- ✓ Boys white (Senior) shirts
- ✓ Girls blue (Junior) blouses
- ✓ Girls white (Senior) blouses
- ✓ Boys trousers
- ✓ Girls pants
- ✓ Sports polo shirts – Pearce, Doyle Hendle, Ward

All shirts, blouses and polo shirts reduced to \$10 while trousers and pants reduced to \$30.

Limited sizes available and terms and conditions (T&C's) apply.

Note: The old logo can still be worn by all students and forms part of our uniform.

For T&C's please read the *description* section on the item when ordering.

Ends 31st March 2024.



Our Opening Hours are:

Every **Thursday** during the school term, from **7:30 a.m. to 11:00 a.m.** (no appointments required).

Online orders can be made via our online store. Please go to:

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

Orders can be collected from the uniform shop each Thursday until 11:00 a.m. Any other time from the canteen (located opposite the uniform shop).

For any enquiries please email: **crestwoodhs-uni@2153pandc.onmicrosoft.com**

**EVERYTHING
must go!**

CAREERS

NEWSLETTER



Crestwood HS 2023 Student Destination Survey

Crestwood High School post destination survey URL is:

https://jobjump.com.au/destination?school_id=180&school_token=93d84594-6520-4535-aa81-67126061833d

Note: If the link does not work, please copy and paste to activate.

Dear Year 12 2023 students and parents,

Each year our school conducts the post destination survey from our recently graduated Year 12's and we conducted it through the 'Job jump'. The survey can be completed by Year 12 2023 or by their parent. Thank you to those that have already responded. If you know anyone from last year's Year 12 it would be appreciated if you could pass on the URL above and ask them to complete the survey. It takes less than 5 minutes to complete.

The Post Destination Survey provides critical information on education pathways, attainments, and destinations of young people from Crestwood High School. School leaders and policy makers use the results to improve planning and support for students to ensure they are adequately prepared for life beyond school. The survey provides valuable insight into the factors that drive student engagement, education achievement and pathway choices.

If you have any questions, please do not hesitate to contact Mrs Fisher on 9639 7422 ext. 111.

Thank you
Mrs Fisher

For 2023 Year 12 students to keep getting up to date careers information from Job Jump for 2024

1. Please sign in to <https://www.jobjump.com.au/>Links to an external site.
2. Click on Your Name, then update details.
3. Ensure the address is your private email.

THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT YOU'RE VAPING?



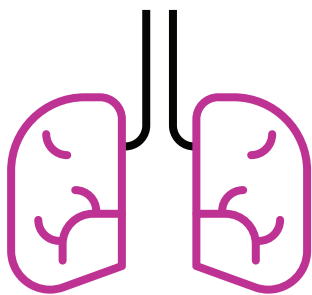
Many vapes contain nicotine making them **very addictive**



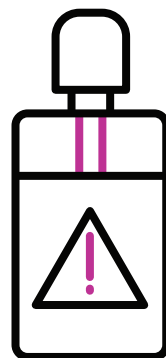
The nicotine in 1 vape can **= 50 cigarettes**



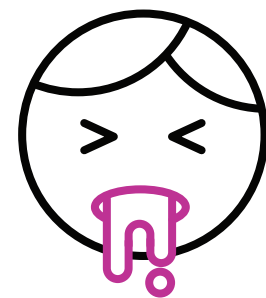
If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



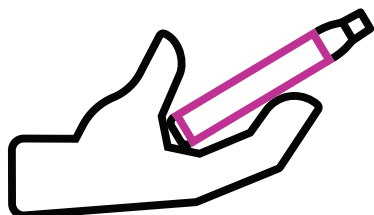
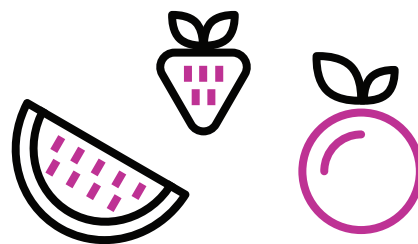
Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



VAPES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing. **Many vapes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



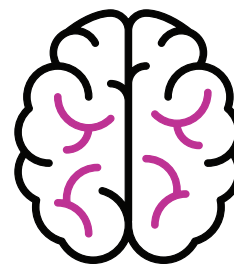
MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that 4 in 5 young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of vaping are just starting to emerge.**

Any take up of vaping by young people is worrying.

NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN



Nicotine is a drug that is in many vapes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory.

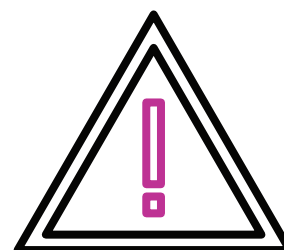
RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

Vapes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **Vaping has been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from a vape you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.

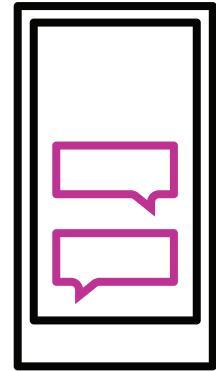


SELLING VAPES TO PEOPLE UNDER 18 IS ILLEGAL

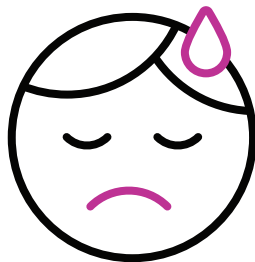
It is illegal for anyone to sell any vape to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. **It is also illegal to sell vapes to friends or contacts under 18 on social media.**

You may have heard that nicotine vapes are available with a prescription from a doctor. This is only for people over 18 years as a tool to help quit smoking. Even then, doctors will explain the risks of using vapes to patients.

There are a number of retailers who might illegally sell you vapes. This is a crime. If you think someone is selling vapes illegally, you can report this to NSW Health via its website or call the Tobacco Information Line on 1800 357 412.



THE SIGNS YOU ARE ADDICTED TO VAPING



How do you know you are getting hooked on vaping?

Nicotine addiction from vapes is the same as for smokers.

This can mean feeling irritable or anxious, as well as craving to vape.

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

Most vapes with labels that claim to be nicotine free contain nicotine and a lot of other chemicals.

They just don't put it on the pack.



GOOD REASONS TO NOT VAPE

You don't want vaping to come between you and your friends.

Have a reason or two that you can tell your mates why you don't want to vape.

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "Vapes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



Do you know what you're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website

