

INFOLINE

Crestwood High School Fortnightly Newsletter



From the Principal

By Tania Wright

LOVE MY FUTURE CAREER EXPO

We have had a busy and positive start to the year. Already we have had the High Achiever's assembly to recognise the achievement of our 2023 HSC students and acknowledge the Dux of 2023, the Careers Expo last Friday, the swimming carnival and school photos yesterday. Overall, students have participated very well in these events and the vendors at the expo and staff at the pool commented on how well behaved the students at Crestwood are, which I am very proud of.

On Friday the 16th February we held our "Love My Future Career Expo Day". This is the second time we have held this event at the school. 24 vendors from local businesses set up a stall in the school hall to inform students about the post-school options and opportunities for work, employment and study. The students that participated in this event were from Year 9, 10, 11 and 12. Feedback from the vendors was very positive and they commented on the high levels of engagement of students with them, asking quality questions.

The vendors included: Baulkham Hills Fire Brigade, Apprenticeship Support Australia, Downer, Eden Brae Homes, Keen Kiddies Early Learning Centre, AI Group Apprentice and Trainee Centre, Macquarie University, Productivity Bootcamp, Solid Ground Landscaping, Western Sydney Airport, Western Sydney

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From the Principal cont.

By Tania Wright

University, SEDA group and Bunnings among others. It was also an advantage to host the vendors at the school because students felt more confident in the familiar surroundings of the hall to ask questions. The aim is for this to become an annual event on the school calendar. Special thanks to Mrs Fisher and Mr Johnstone and the TAS staff for their continued planning and implementation of this Expo.

It is timely at the beginning of the year to remind students on the assembly about the expectations of behaviour. At today's assembly the message of positive choices regarding behaviour was conveyed. Clear expectations provide a framework for students to understand and exhibit appropriate conduct, contributing to a sense of safety and community within the school. By emphasizing these expectations of being safe, respectful, learners we empower students to make positive choices, enhancing their educational experience and preparing them for success at school. Positive choices involve treating others with kindness and respect, being mindful of our words and actions, and understanding the impact our behaviour can have on those around us. By making positive choices, we not only enhance our own well-being but also contribute to the creation of a school environment where everyone can thrive. I look forward to another great term.



DEPUTY PRINCIPAL'S NEWS

Homeroom Restructure 2024

As of 2024, all students now have three 20 minute homeroom lessons per week to begin their day. These occur on Mondays, Tuesdays and Fridays.

This time has been carved out in the timetable to allow for a focused approach on important skills to be able to occur. During this time, students engage in a short and snappy 15 minute lesson framed around identified areas of literacy, numeracy, study and wellbeing, and our traditional AIM lessons.

Each lesson is designed by expert teachers in the area and then delivered explicitly in homeroom by the homeroom teacher.

The rationale for this arrangement is that it will provide an opportunity for explicit teaching around key foundational skills that form the cornerstone of all subjects as well as being important life skills. They are designed to support students in being able to enhance their writing, communication numeracy skills, and to develop their capacity to organise their time and engage in meaningful study and revision strategies by being supported in the development of an evidence-based toolkit which they can draw from. AIM lessons continue to be framed around our school values of being safe, respectful learners.

Year 7-10 Homeroom Structure		
Monday A	Tuesday A	Friday A
Wellbeing / Study Skills / Organisation	Literacy	Numeracy
Monday B	Tuesday B	Friday B
AIM	Literacy	Numeracy

Year 11-12 Homeroom Structure		
Monday A	Tuesday A	Friday A
Wellbeing / Study Skills / Organisation	Literacy	Independent Study
Monday B	Tuesday B	Friday B
AIM	Literacy	Independent Study

Students access lessons through CANVAS where all resources, quizzes and activities are organised in a week by week format.

Homeroom



 <p>Monday A Study + Wellbeing</p>	 <p>Monday B Aim</p>	 <p>Tuesday Literacy</p>	 <p>Friday Numeracy</p>
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WELFARE NEWS

Screen Time

Dear Crestwood Parents,

Many of us are noticing that after a period of screen time, teens are often irritable and moody, short tempered and foul. The longer the screen time, the worse the problems seems to be.

(This topic features in the Family Feuds Course Lesson 2 called "Battle of the Screen". Your school has provided this course **FREE** to you, so go and watch this lesson at <https://danebank.mystrengths.com.au>)



Kristy Goodwin, a researcher into the affects of technology on a child's brain, says that whenever we do anything pleasurable with technology (whether it's watching funny cat videos or looking through endless feeds on Instagram) our brain releases the feel-good neurotransmitter, dopamine. Our brains naturally want more and more of this feel-good state, and so we crave more use of technology.

The digital world offers continual sensory seduction. Their mind is constantly stimulated, automatically fed the next game or photo or video. Even after hours, their desire for novelty is easily and constantly met in an online world.

Dragging a teen out of that narrow, all-encompassing world is like **taking a half-eaten lolly from a toddler**. I've got a taste of the good stuff, and now you want to take it away. It's torture!



Dr Godwin reflects that our kids are reluctant to turn off technology because it will mean terminating their supply of dopamine. We try to rationalise with them, apply logic about how many hours they've been on it, or what a waste of time it is. But their brain isn't capable of "rational" for at least 20 minutes as it comes down from the adrenaline and dopamine injection. Their response is often more pronounced if they're playing video games where another part of the brain is engaged in the desire for progress, mastery and the enticement of reward.

It's the perfect formula for a teen-sized tantrum. And many of us battle it daily.

How do most of us handle the screen come-down?

1. We just don't bother having the battle, and let nature take its course – do what you like, why should I fight it. Just make sure you get your homework done.
2. Or, we go the other way and come in heavy, “Right, that's enough. Off it now. Hey, I told you to get off it. If you don't turn it off now, you'll be...”

And probably for most of us, we do a combination of 1 & 2 depending on how much energy we have for the fight.

The problem with option #1 is that screen time is often replacing other healthy activities – like school work, social interaction, exercise and especially sleep. And some research says it's not that good for their mental health – where it can trigger depression, isolation and withdrawal.



80% of teens say they are on screens “Many Hours Per Day”

Do you want a shocking stat? A survey of over 70,000 Australian teens and found that 80% of them are on some kind of social media many hours per day, with some teens up to 6 hours per day!

But many parents feel that leaving them to their own devices is the lesser of two evils, where the battle for boundaries and enforcing rules creates so much turmoil and tension, that it's just not worth it.

Jane told me,

“Dan, I'm tired of the battle. Sometimes, I'm up for the fight and go in multiple times before threatening to take the phone off him, or worse, turn the internet off. But it just wears me down.”

I'm not going to pretend to have a silver bullet or magic formula for making this easy. We live in a society where it's normal for even functioning adults to blow hours per day on the screen. Managing the whole thing requires some very intentional steps and preparation BEFORE the screen time even begins. In fact, with teens, the solution starts with our ability to negotiate with a young person who wants to be treated as an adult.

How to Create Screen Time Boundaries

1. Ask your teen what they think the rules should be about the screen.

It's amazing how mature teens can be when consulted. Most of them want to be heard and understood. They want a choice, and to think for themselves. If they can come up with their own ideas of what are healthy values and rules, then you're far more likely to see them conform than if you just mandate your own set. In the "Family Feuds Course", I've provided a worksheet that will help you to ask your teen for their own answers on:

- **How much screen time do you think is good, beneficial, & healthy each day?**
- **What time should be screen-off time?**
- **Are there any family habits you think we should all agree to around screens?**
- **What are the Benefits/Downside of lots of screentime**

Now sure, they might try to avoid the discussion by saying, “I dunno. Whatever I feel like on the day. I don't want to have this talk. But it's worth telling them WHY this conversation is important, and that it's not about rules for them but the values you want as a family!

2. Agree to a set of family rules

Most parents make the mistake of creating a set of rules for "you" but a different set for me. If teens hear you say that they should get off screens but then see you browsing for hours before bed, they will almost always turn it back on you. In your family conversation, tell them that you too need help with your own screen time – that it's not just rules for you and your siblings, it's for all of us. After all, values are caught, not taught.

Values are caught, not taught.

3. Provide alternative options to screen time

Most of us default to screens because we're tired and out of ideas. It's easy to flop down and play a game, read some online stuff or flick. And our kids do the same. It's harder to pull out a set of cards, or take a walk together, or plan regular activities. But without compelling alternatives, the screen will always be an easy default.

In the end, teens need to know that social media companies benefit from every hour they sow into that space. They want you to be addicted. They create systems to keep you on their platform. They provided teasers of the next video before your current one is even finished. They embed cognitive rewards for clicking and returning. They are smart. And we follow like sheep. It's time to take power back from the media companies who make money from every hour you are hooked into their system.

You want control over your own life, so start the conversation.

FREE ACCESS TO ALL



ONLINE COURSES



HEAD TO
crestwood.mystrengths.com.au

What's on the Parent Portal?

If you do not have a Parent Portal Account (**one account per family**), you will not have access to the following information:

- Student Academic Reports both Mid-Year and Yearly Reports will be published to your Portal and only accessed via the Portal. You will be able view and download the document(s) from the Portal. Printed versions will not be issued to your child at school.
- Child's school timetable, newsletters, messages regarding whole school and individual year information as well as messages from their teachers directed to the entire class or just to your child(ren).
- Attendance data can be accessed, and you will be able to type an absence note within the portal.
- The school's student calendar and an Assessment calendar.
- Book teacher appointments for our Parent Interviews.
- Update your details via the My Details tab.
- Use the Help & Information tab for FAQs.
- And all this can be performed from anywhere and on any device via the web.

If you **do not have Parent Portal access and have never registered**, please register at:
<https://crestwood-h.sentral.com.au/portal/register>

If you have **registered sometime in the past** your username is your email address, we have on record for you and your chosen password at that time. If when you log in it asks for an Access Key, contact Janaki Marudhachalam in our office by phone 9639 7422 or email janaki.marudhachalam3@det.nsw.edu.au for this key.

*If you need to change your email address, this needs to be done through the **School Office**. Do not re register for the portal with the new email address, we will update your current Portal Account with the updated email.*

Log in at: <https://crestwood-h.sentral.com.au/portal/login>

You can now access via an App:

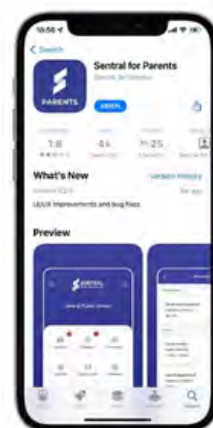


Accessing the Sentral for Parent App is simple.

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

Once you have downloaded the app simply login and connect to your child (if you have already registered).












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



Parent Portal

All alterations to personal details, amendments to family information including email addresses and reporting absences, please access the parent portal using the appropriate tabs (see below).

Please **DO NOT** message teachers individually with these changes.

	Messages
	Absences
	Newsletters ¹
	Daily Notices
	Parent Interviews
	School Resources
	School Forms
	My Details
	My Access
	Help & Information
	Links >
	Logout

Student Absences

Attendance at school is compulsory for all school age students (up to 17 years of age).

Following an absence from school, parents/carers are to provide the school with an explanation within 7 days.

To advise of a student absence please phone the school on 9639-7422 EXT 200 or reply to either the SMS sent to you, or to the notification in the Parent Portal.

Application for Extended Leave

The NSW Dept of Education and Communities has strict guidelines around students being absent from school. Approval for a justified exemption can only be the for the following circumstances and with the appropriate documentation:

- Exceptional circumstance
- Employment in entertainment industry
- Participating in an elite sporting event for a short period of time
- Participation in an elite arts program

Please note that family holidays ARE NOT a justified exemption.

SWIMMING CARNIVAL



Crestwood's 2024 Swimming Carnival took place at Waves Aquatic Centre on Wednesday of week 4. The day was filled with cheers and excitement as swimmers from all houses battled it out for glory. Across the day, multiple records were broken, dating back as far as 2001, showcasing the incredible talent and dedication of our Crestwood athletes. While the weather looked gloomy at times, it thankfully stayed dry, allowing the carnival to run its course. Ultimately, Pearce emerged victorious, claiming the top spot on the podium based on their combined house points throughout the day. Special mention to our year 12's, who showed enthusiasm and determination as they raced in the annual 'bring your own inflatable' race. Congratulations to all the participants, record breakers, and of course, the winning Pearce house! This carnival could not have run as smooth as it did without the help of staff and students combined. We now move forward with our winning participants to the Macquarie Zone carnival in week 7.



YEAR 7 MEET AND GREET
TUESDAY 27TH FEBRUARY

**Come along
and meet
Crestwood
High School's
Year 7 teachers**

Where?

In our school library

Time:

5pm to 7pm

**Great
Opportunity
to start
putting
names and
faces
together**

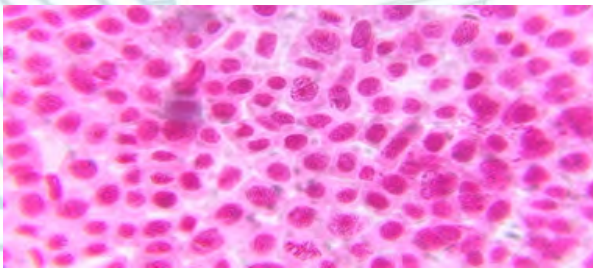


Science matters.

Year 10 students are learning about chemical reactions. This week they explored how acids and bases react with different indicators.



Year 8 observed cells undergoing different stages of Mitosis under the microscopes. This is linked to their learning about how the human body works to function.



Science matters.

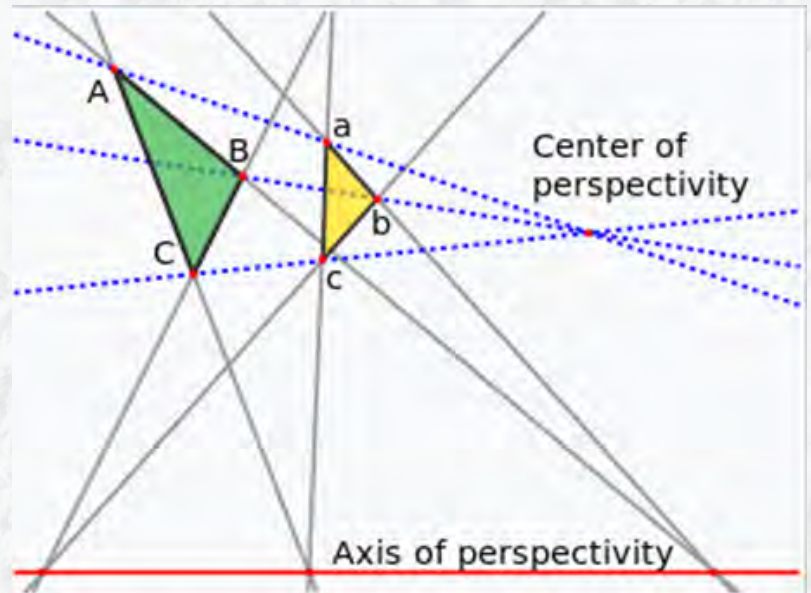


Year 7 students explored scientific safety and used their new skills with the hand-held mini-explosions of the Pop Test.



Maths Musings

Girard Desargues



Girard Desargues, born on February 21, 1591, was a French mathematician and engineer known for his groundbreaking work in projective geometry. His seminal publication introduced the concept of perspective in geometry, leading to Desargues' theorem, a fundamental result describing the relationship between triangles and their lines of perspective. Desargues' contributions revolutionised the study of shapes and spatial relationships, with applications in fields such as computer graphics, art, and architecture. Beyond mathematics, Desargues applied his insights to architectural design and engineering, pioneering new techniques for perspective drawing and construction. His legacy continues to inspire mathematicians, engineers, and artists, showcasing the profound impact of his innovative ideas on geometry and its practical applications.

Maths Musings

Snap Maths Facts

1, 2, 3, 4, 5, 6, 7, 8, 9 make 100

... but not with those comma placements. There are at least three different ways to use the numbers 1-9 in that order without multiplying or dividing in order to reach 100:

Route 1:

$$123 + 4 - 5 + 67 - 89 = 100.$$

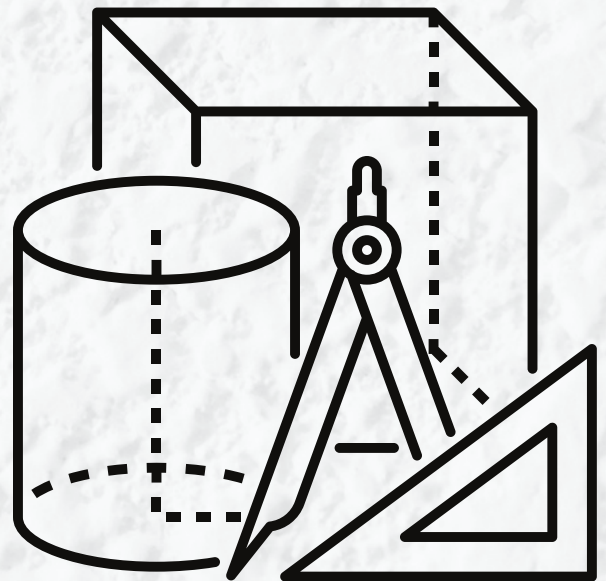
Route 2:

$$123 - 4 - 5 - 6 - 7 + 8 - 9 = 100.$$

Route 3:

$$1 + 23 - 4 + 5 + 6 + 78 - 9 = 100.$$

Bet you can find Route 4...



Important Dates for Assessments

All students will have a Maths assessment task sometime in Term 1. All dates for Years 7 - 10 are on the Sentral calendar. First up is Year 7, on Tuesday Week 7 period 4

HSIE HAPPENINGS

Ancient History Year 11



Notre Dame



A fun start to our study of history involved team work to construct puzzles. We consolidated our knowledge of archaeology and significant architectural sites by building several famous and historical landmarks, including the Cathedral of Notre Dame the Roman Colosseum, and the Taj Mahal.

HSIE HAPPENINGS

Students were split into groups and were given the task of constructing the landmarks; all students thoroughly enjoyed the team-building exercise experience and engaged with the activity, as can be seen from their statements:

“The creating of the historical landmarks gave me insight into into the architectural genius and I liked the team-building and cooperative aspects the most.” – Zarif Amiri

“Connecting to my heritage with the construction of the Taj Mahal was a delightful experience that I highly treasured, as it helped me understand the significance of history, I enjoyed it immensely – Maheer Patel



Taj Mahal



HSIE HAPPENINGS



The Colosseum

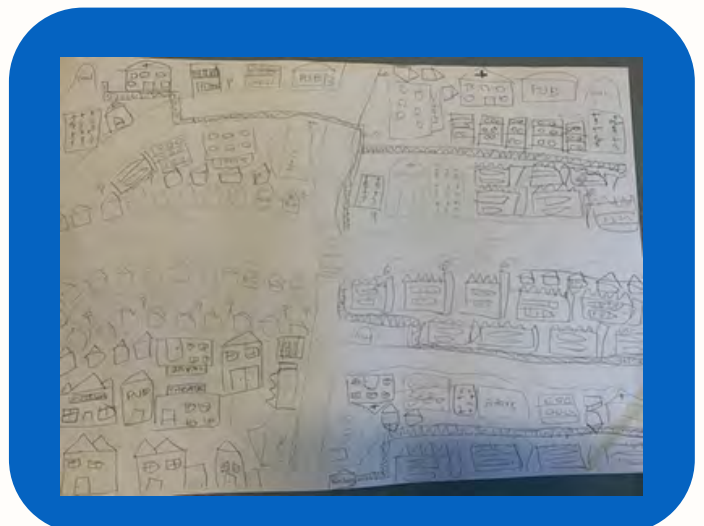
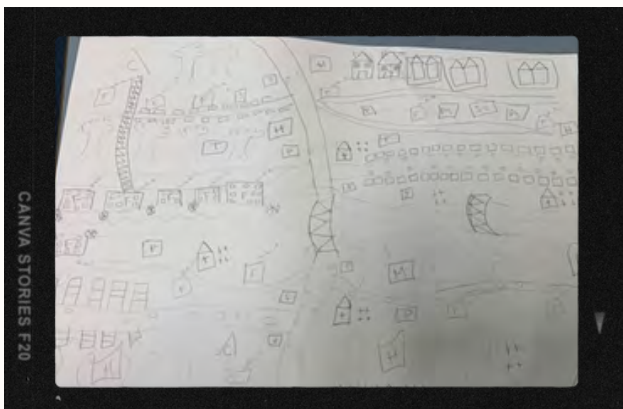


We would like to thank Mrs Woolnough for this wonderful opportunity.

HSIE HAPPENINGS

Year 10 History

Year 10 History enjoyed playing the “Urban Game” – listening to the story of the Industrial Revolution and drawing the development of a village into an industrial city!!!



HSIE HAPPENINGS

Year 9 History Elective

Year 9 History Elective are currently completing their first topic of study on 'What is History?'

As part of their work on the process of archaeology, students were challenged to excavate 'artefacts' (chocolate chips) from their 'dig site' (cookie).

Students also had a go at using the technique of dendrochronology to date old trees in the school grounds.



TAS TIMES



Year 12 Industrial Technology

Projects are well under way. Students undertaking the Timber and Furniture and Multimedia courses are required to plan, design and construct a project over a three term period and submit them in week 4 term 3.



Tymyka Raffin



Mia Wiles

Students create projects such as entertainment units, coffee tables and desks in Timber and short films, VR games and animations in Multimedia.



Students are encouraged to include a wide range of skills in their projects, whilst maintaining a high standard of quality in the work they produce.

In the past years, Crestwood High school students have enjoyed a high level success in Industrial Technology, and much of this success can be attributed to the machinery and technology available.

The refurbishment and upgrade of the machinery in the woodwork rooms to include a drum sander, variable speed lathes, linisher, mortiser and oscillating spindle sander will enable the students to produce a high quality finish on the timber projects, while students undertaking multimedia enjoy the luxury of high powered rendering desktop computers, SLR cameras and industry standard software.

The refurbishment of the woodwork rooms is almost complete. The final stages of storing and racking hand tools is currently underway. Tools are colour coded for each room, yellow for woodwork 1 and red for woodwork 2. Eventually all tools and equipment will be clearly labelled, allowing students to easily find equipment, and more importantly, return it to where it belongs once they are finished with it.

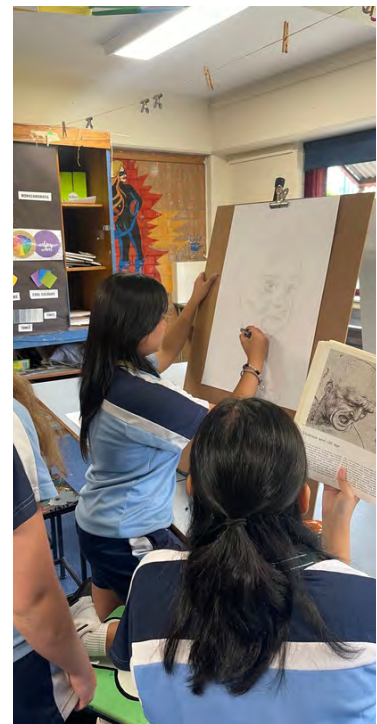


Crestwood High School

YEAR 10

Visual Arts

Year 10 Students started off the year stepping into the creative realm of expression as students embark on an engaging artistic journey. In this interactive activity, each student takes on the dual role of artist and observer. Tasked with describing a mysterious artwork to their partner, they navigate the intricate pathways of interpretation and communication. With vivid imagery and thoughtful articulation, they paint a verbal canvas, guiding their partner's hand to bring the vision to life. Through this collaborative process, they not only hone their descriptive skills but also cultivate a deeper appreciation for the nuances of perception and imagination.



SPORT NEWS



Season 1 Wednesday sport has commenced with the return of Rock Climbing, Bowling and Laser Tag!



ALL SCHOOL TRIATHLON

HOT NEWS

Congratulations to Ava, Jazlyn and Ella in the NSW all Schools Triathlon at Penrith Regatta Centre.



Jazlyn Reid was 14th Overall and 6th in Gov. Schools- intermediate division

Ava Foley was 31st Overall and 10th in Gov. Schools- seniors division

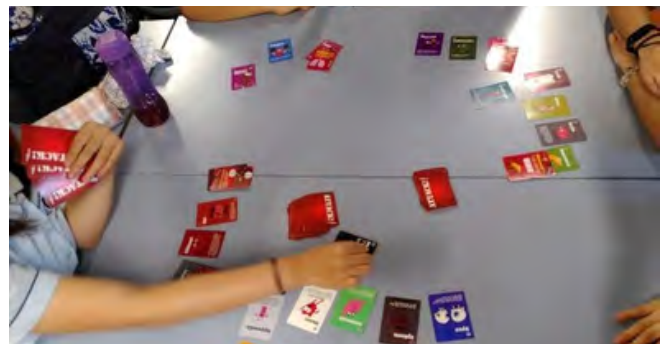
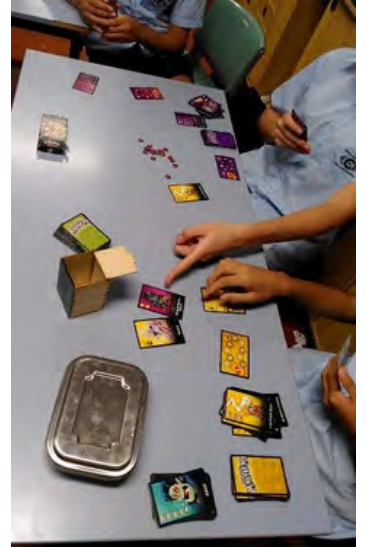
Ella Dickson placed 7th for Gov. Schools - intermediate division



Crestwood Games Group



Mondays and Tuesdays at lunchtime in Lab 4, it's the Games Group! The lack of phones has brought lots more games players together to game, socialise and WIN! A shorter lunchtime means changing to quicker games, but students are adapting well to the challenge, so we should we have enough games for all.



P & C NEWS



Annual General Meeting

The Crestwood High School Annual General Meeting (AGM) will be held on Tuesday 5th March 2024 at 7pm. The AGM will take place onsite. Please make your way upstairs to the staff common room from reception. To become a 2024 financial member of the Crestwood High School P&C, please bring a gold coin donation.



FIRE SALE!

Next month we will be selling old logo uniform items at drastically reduced prices! The selected items are:



Boys blue (Junior) shirts



Boys white (Senior) shirts



Girls blue (Junior) blouses



Girls white (Senior) blouses



Boys trousers



Girls pants



Sport 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.

Note: Despite phasing out the old logo from sale, it can still be worn by all students and forms part of our uniform.



Thank you to the many students and parents/carers who adhere to the Uniform Policy.

Just a reminder to please check the uniform shop policy when purchasing especially for exchanges and returns. The policy can be found on our website: <https://crestwood-high-school-uniform-shop-107119.square.site/> and instore.

Careers News

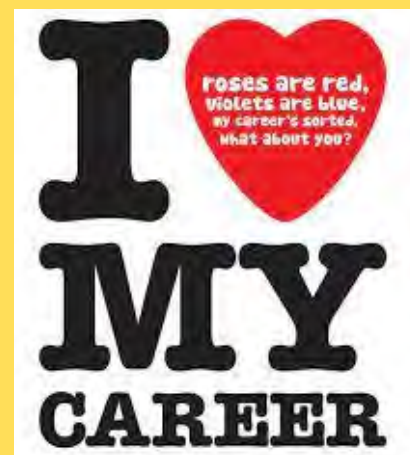


Year 10 Work Experience

Students in Year 10 are currently looking for a place to do work experience in June this year. This week is a compulsory work experience week, and all Year 10 are expected to participate in the June program. Students having difficulties should contact Mrs Fisher before the due date (10 May 2024 or as soon as possible after this date). Parents should help and encourage their children but please be aware it is important for students to go through the process of job hunting and speaking to their prospective employer before the placement begins. The Student Placement Record (SPR) should be returned to Mrs Fisher by the 10 May 2024 or as soon after this date as possible. Students have received a paper version of the paperwork during class. Parents and students have received an electronic version via their emails and on canvas.

Crestwood High School

LOVE MY Future Careers Market



On Friday 16 February Crestwood HS held a Careers Trade Market for students in Years 9 – 12. The purpose of the careers market is to provide students with invaluable information from a select groups of business, industry, community organisations and tertiary providers 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. Year 12 should follow up the market in August and September by visiting the university of choice(s) Open Days for any last information or to get a feel of the university they are considering in attending. The trade market also compliments the Tertiary Information Market to be held in May 2024.

Careers News

EVET Students



Students in Year 11 & 12 who are studying a course at TAFE should have received their orientation information, calendar, and procedures for signing out or into school. Students having any issues need to see Mrs Fisher if they are having any problems. All VET students requiring a work placement will be required to attend a Work Readiness Session in Term 2. Details will be provided closer to the date.

Sign Out procedures for TAFE students are:

All students must sign out at the front office when they are leaving the school.

Students that are required to leave prior to lunchtime on their designated day must also provide a trip planner showing the times they need to leave by to arrive at the TAFE on time. This must be provided to Mr Johnstone prior to them being allowed to leave.

Any questions please do not hesitate to contact Mrs Fisher on 9639 7422 ext. 111.



Clean Up



Clean Up Australia Day at Crestwood Reserve

Bring the family down and get involved in Clean Up Australia Day this year at Crestwood Reserve
Sunday 3rd March 2024 8AM – 10AM

The team is meeting at 8AM on Peel Road opposite Boonal Street.

Register here: <https://register.cleanup.org.au/fundraisers/johnebbot/crestwood-reserve-lions-club>



Winston Hills Tigers JRLFC

Torry Burn Reserve - 'The Home of the Tigers'



REGISTRATION IS NOW OPEN

Boys & girls ages 6-12 \$175

Girls League Tag ages 12-16 \$120

International boys ages 13-19 \$205

Full playing and training gear provided.
Active Kids Vouchers accepted



For further information on how to register,
head to <https://www.playrugbyleague.com/> or
enquire with the club by email info@winstontigers.org
or call 0403 540 155

CALLING ALL GIRLS – ARE YOU INTERESTED IN PLAYING LEAGUE OR LEAGUE TAG

Girls ages 6-12 \$175

Girls League Tag ages 12-16 \$120

REGISTRATION IS NOW OPEN

Full playing and training gear provided.
Active Kids Vouchers accepted

Winston Hills Tigers JRLFC



For further information on how to register, head to <https://www.playrugbyleague.com/>
or enquire with the club by email info@winstontigers.org or call 0403 540 155

Torry Burn Reserve - 'The Home of the Tigers'