

INFOLINE

Crestwood High School Fortnightly Newsletter



From the Principal

By Tania Wright

At this week's assemblies, over 200 award certificates were handed out to acknowledge academic excellence throughout all year groups, which is an outstanding effort. Recognising students for their academic achievements during assemblies offers numerous benefits that contribute to a positive school culture. Firstly, it boosts students' self-esteem and motivation, encouraging them to strive for excellence in their studies. Public acknowledgement also fosters a sense of belonging and community, as students feel valued by their peers and teachers. Furthermore, these recognitions can inspire other students to set academic goals and work hard to achieve them.

Celebrating achievements also highlights the importance of education, reinforcing its value within the school environment. Additionally, it provides an opportunity for parents to be involved and proud of their children's accomplishments. Such assemblies

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can also strengthen relationships between students and educators, as they create shared moments of celebration. Ultimately, recognising academic success promotes a culture of achievement, encouraging all students to reach their full potential. Congratulations to all of the award recipients on the assembly.



Last Saturday the 17th May, students and staff participated in the Hills Relay for Life fundraiser at Castle Hill showground. Participating in this event to raise funds for the Cancer Council offers students a unique opportunity to engage with their community while supporting a vital cause. Volunteering for this event not only helps raise essential funds for cancer research and support services, but it also fosters a sense of teamwork and camaraderie among students. By working together towards a common goal, students can build strong relationships, develop leadership skills, and learn the importance of giving back. This experience can be particularly enriching, as it allows students to connect with cancer survivors and their families, gaining a deeper understanding of the impact of cancer on individuals and communities. In the afternoon, the Crestwood High concert band played five songs at this event.



Additionally, involvement in Relay for Life can enhance students' personal growth and resilience. Volunteering encourages students to step out of their comfort zones, take initiative, and develop problem-solving skills as they navigate the challenges of organising and participating in the event. Furthermore, it provides an avenue for students to reflect on their values and the importance of social responsibility. By contributing their time and effort, students not only make a positive impact on the fight against cancer but also cultivate a sense of pride and accomplishment that can inspire them in their future endeavours. I am pleased to announce that Crestwood High has raised almost \$7000 this year from several fundraising activities, including Relay for Life, that they can give to the Cancer Council. Thank you to all of the students, staff and parents who have contributed to these events, it is much appreciated.



PRINCIPAL'S AWARD

Our Merit Award system started in 2010 and is accumulative across each year a student is at Crestwood High School. So, from arrival in year 7 until now all the awards achieved count toward the achievement of a Principal Award and Crestwood has now achieved its 13th recipient.

To achieve a Crestwood Principal Award a student must receive 3 Crestwood Gold Awards.

To break this down, a student must have a minimum of 27 Bronze Awards of which at least 1 is an Academic Bronze Award being 10 teacher issued Academic Awards across any KLA per Gold. Students need 9 Silver Awards to achieve the 3 Gold's. This gives the student a Principal Award.

This student has contributed to the school community through Sport as well as many Academic & AIM awards. She has achieved 152 teacher issued awards over the last 5 years in order to qualify for her Principal's Award. Congratulations on this extraordinary achievement goes to Ella Dickson of Year 11.

ACADEMIC # of Merits Issued	AIM # of Merits Issued	SPORT # of Merits Issued	COMM UNITY # of Merits Issued	CIVICS # of Merits Issued	ARTS # of Merits Issued	Total Teacher Issued Awards
30	55	54	1	10	2	152

# of BRONZE Issued	# of SILVER Issued	# of GOLD Issued	# of PRINCIPAL Issued	TOTAL HOUSE POINTS	HOUSE
29	9	3	1	607	D



DEPUTY PRINCIPAL'S NEWS



This past week was characterised by wet and rainy weather, serving as a reminder that the cooler temperatures are settling in as we prepare for winter. As the weather changes, please ensure that students are dressed appropriately for the conditions, which includes wearing correct jumpers or jackets and avoiding visible undershirts. Staying warm and dry is important for everyone's comfort and well-being during this time of year. It has been an actioned packed Term two already. Here are some important reminders from across the school

Year 12



As we turn our attention to our Year 12 students, it's hard to believe we have just 16 weeks remaining until the end of their schooling careers. This is a crucial time, and I encourage everyone to work together as one cohesive unit. Our collective focus on achieving personal bests is vital, especially as we prepare for the HSC.

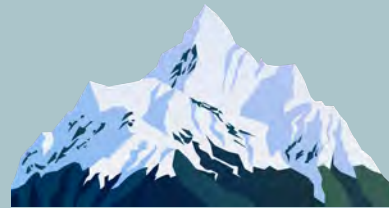
To support our Year 12 students in their final stretch, we expect attendance to be above 90%, unless unwell. Punctuality is essential, so arriving on time each day will help foster a productive learning environment. I urge each student to work to the best of their ability every day and to ensure there are no pending N award warnings. Collaboration and commitment during this final phase will make a significant difference to their final educational outcomes.

At Crestwood High School we are committed to ensuring that every student can succeed academically and reach their full potential. To support this goal, we are pleased to introduce our "Back on Track" program, designed to assist students who have received Non-completion Warnings. Your child may be referred to this program if they have outstanding N determination warnings in any subject.

DEPUTY PRINCIPAL'S NEWS

The "Back on Track" program will take place every Thursday afternoon and serves as an intervention strategy where students can receive the necessary support to resolve any outstanding N determination warnings. This initiative involves collaboration between Deputy Principals (DPs), Head Teachers (HTs), and students, ensuring a comprehensive approach to address academic concerns.

Year 11



I am thrilled to share the wonderful experiences our Year 11 students had during the recent Jindabyne Sport and Recreation Camp. This annual event not only allows our students to engage in physical activities but also fosters teamwork, resilience, and personal growth.

From the moment our students arrived, the energy was palpable. The camp offered a wide range of activities, all designed to challenge and inspire. Our dedicated staff members worked tirelessly to ensure that every participant felt included and supported, and their efforts truly made a difference.

Many students forged new friendships, while others strengthened existing ones, creating a sense of community that extends beyond the classroom. The feedback from both students and staff has been overwhelmingly positive, highlighting the camp as a valuable experience for all involved.

I would like to extend my sincere gratitude to our staff that gave up their time outside of their own lives outside of the school to attend camp. A huge thank you particularly must go to Mr Lloyd who organised Year 11 camp, ensuring a safe and enjoyable environment for everyone. Your commitment to our students' well-being and development is greatly appreciated.

As we return to our regular school program, I encourage our students to carry forward the lessons learned and the friendships made during the camp, and to approach their studies with renewed focus and determination.

DEPUTY PRINCIPAL'S NEWS



Year 10

We recently wrapped up our Year 10 Work Experience Program, and I am proud to say it was a tremendous success! A huge thank you much go to Ms Fisher our careers advisor for the organisation of the week. During this valuable week, students had the opportunity to gain hands-on experience in various industries, allowing them to explore potential career paths and develop essential skills. The feedback from both students and employers has been overwhelmingly positive, highlighting the enthusiasm and professionalism displayed by our Year 10 participants. This program not only helps students understand the realities of the workplace but also encourages them to reflect on their interests and aspirations for the future. I want to thank all the local businesses and mentors who welcomed our students and provided them with such enriching experiences. We look forward to seeing how this opportunity will inspire our students as they continue their educational journeys.

As many assessments are taking place across the school, either recently or in the coming weeks, it's important for all students to approach this time with a positive and proactive mindset. Assessments are valuable opportunities to showcase what you have learned and to gain insights into your understanding of the material. They also serve as a chance to identify strengths and areas for improvement. I encourage students to prepare thoroughly, stay organised, and maintain a balanced routine that includes time for study as well as relaxation. Remember, it's not just about the final mark; it's about the learning journey and growth that comes from the process.

Ms Roberts



WELFARE NEWS

The teenage years are often marked by rapid growth, exploration, and a search for identity. Yet, in today's digital age, teenagers face challenges previous generations never encountered: constant comparison, exposure to unattainable beauty standards, and an intense pressure to fit in. A large survey of Australian teenagers found that 46% did not feel confident or secure in themselves, while 54% were worried about not fitting in, and nearly half were unhappy with the way they look (Waters, 2011). This environment can lead to self-doubt, low self-worth, and a longing for belongingness.

Let's look at these key challenges and explore practical ways that we can support teens in building lasting self-confidence and self-worth.

Tips to build confidence and self-worth in your adolescents

Encourage Self-Reflection Instead of Comparison

Tip: Teach teens to use social media mindfully. Encourage them to focus on their own progress rather than comparing themselves to others. Reflection exercises, such as journaling about personal goals and achievements, can help teens see their growth and strengths.



Promote a Healthy View of Beauty and Strengths

Tip: There is some wonderful PDH-PE content and other program initiatives that help students talk openly about the editing and filtering that goes into images they see online. Highlight diverse role models who embrace authenticity and uniqueness over perfection. This can help teens appreciate their own natural qualities and focus on inner strengths.



Foster Growth Mindset to develop resilience

Tip: Remind teens that setbacks and challenges are part of growth. Praise their effort, determination, and learning rather than focusing solely on outcomes. This can help reduce feelings of inadequacy and boost confidence by seeing each experience as a step toward personal growth.



WELFARE NEWS

Support Positive Social Connections and Belonging

Tip: Help teens identify friends who uplift them and encourage authenticity. Involvement in sport, hobbies, youth groups and activities where they feel accepted and valued can also support their need for belonging without the pressure to conform.



Teach the Power of Self-Care and Boundaries

Tip: Encourage teens to prioritise self-care activities that make them feel good, like exercise, creative hobbies, or downtime. Emphasise the need to set boundaries with digital media to protect their mental and emotional wellbeing, but don't just leave them to master it alone – work with them together on setting boundaries as they still need adults to be involved.



Navigating the challenges of adolescence in today's world can be overwhelming, but with the right tools and support, teens can build self-worth and confidence. By shifting the focus from comparison to personal growth, helping them find belonging in healthy spaces, and reinforcing positive self-care, we can empower the next generation to thrive with resilience and authenticity.

Source- Article by Dan Hardie, a Teen Counsellor and the founder of MyStrengths. MyStrengths is focused on building healthy self-esteem, confidence and self-love. In the past 5 years, over 100,000 students have discovered their unique strengths & beauty through MyStrengths High School Programs.



Year 11 Camp



Year 11 camp was held at the Jindabyne Sport & Recreation Centre amid glorious, sunny weather. The camp encourages students to look at their study program and reflect on their half yearly results. The study skills program is initiated at camp with students attending professionally run sessions that become an ongoing process on their return to school through programs delivered in learning centre and through the Elevate program. Life Ready is a mandatory senior program that is also completed that encourages an open discussion on life issues such as drugs and relationships. Outdoor activities such as high ropes, rock climbing and an alpine walk with chairlift ride to the top of Mt Kosciuszko combined with night activities to set this camp apart from the others. All these activities provide students with the opportunity to become more self-aware and highlight the importance of working together. As a result students feel part of a team and develop stronger relationships to enhance cohesion for the path ahead towards the HSC.



Year 11 Camp



FUNDRAISER



Cancer
Council

RELAY
FOR LIFE

Celebrate. Remember. Fight Back.

Relay for Life

Our school attended the Hills Relay For Life on Saturday 17th May. We sold cookies and toasties at our stall to raise money for the Cancer Council and students ran/walked the relay track to show support for those impacted by cancer.

Through support from events like Relay For Life, more than 61,000 Australian lives have been saved over the last 20 years. Improvements in cancer prevention and screening mean that less people will hear the words, "you have cancer". Advances to cancer treatments allow those impacted by cancer to spend more time with their loved ones.

These achievements are only possible through the support of people like you. We would like to thank everyone for the food donations for our toasties stall and the Crestwood High School Team members and their generous sponsors.

As a school we raised **\$6,590.55**. Well done everyone involved!

By continuing to participate in Relay For Life we will save more lives. Thank you for being a part of the Relay for Life movement.



22.09.28 HILLS RFL 2025 - Mens LADDERBOARD			
Competitor	Team Name	Time	Relay
Kameron Mohabbat	Crestwood High School	31	00:01:51
Liang Wilson	Castle Hill High School	30	00:03:02
Isaac Graham	Castle Hill High School	26	00:03:25
Thomas Pasfield	Inspire Program	25	00:03:16
Rahul Anand	Castle Hill High School	25	00:01:46
Alexander Barbera	Castle Hill High School	24	00:03:18
Isaac Browne	Castle Hill High School	23	00:02:47
Isaac Nolan	Castle Hill High School	21	00:03:11
Ishaan Tata	Castle Hill High School	21	00:03:16
Owen Markey	Rowland Family 2025	20	00:02:24



FUNDRAISER

Charity Event

BLANKET AND BEANIE APPEAL!

CRESTWOOD HIGH SCHOOL IS PROUD TO BE **ONE OF 23 SCHOOLS IN THE HILLS DISTRICT** JOINING FORCES TO SUPPORT THE HOMELESS THIS WINTER. WE ARE COLLECTING ESSENTIAL ITEMS TO HELP THOSE DOING IT TOUGH IN THE COLDER MONTHS. IF YOU'D LIKE TO CONTRIBUTE, PLEASE CONSIDER DONATING:

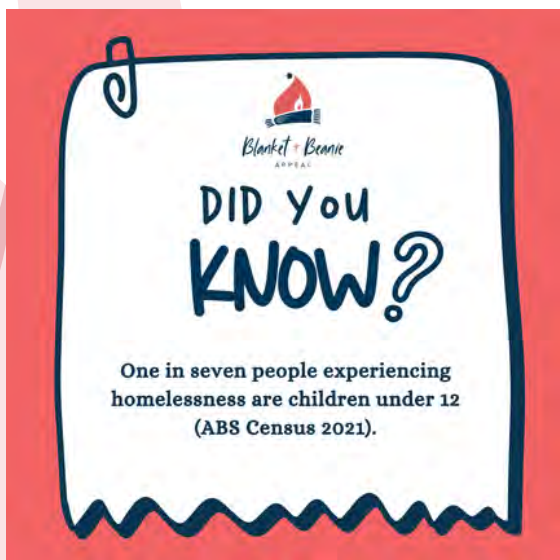


-  **BLANKETS**
-  **BEANIES**
-  **SCARVES**
-  **JUMPERS**
-  **GLOVES**
-  **SANITARY ITEMS**
-  **SOCKS**



EVERY DONATION MAKES A DIFFERENCE — EVERY LITTLE BIT HELPS!

THANK YOU FOR STANDING WITH US TO MAKE A POSITIVE IMPACT IN OUR COMMUNITY THIS WINTER. ❤️



MATHS MUSINGS

It is a busy time for assessments, with **Years 7 and 8** having completed their tasks, **Years 9 and 10** in Week 5 and **Years 11 and 12** with tasks later this term.

All students should be thinking about how to maximise their performance, both now and into the future, as Maths topics will build on themselves in upcoming units of work.

The best way to achieve this is through -



A consistent study pattern.



Revising current and past work each night, even for a few minutes, helps the brain to retain information better and leads to a deeper understanding of the content.



There are many options, including **practicing questions from the textbook, Mathspace, or asking your teacher for specific work.**

Your teachers can help you, but only you can do the work!

On this day in 1576, Tycho Brahe was given use of the island of Hven (now Ven in Sweden) for his astronomical observatory. He built two observatories: Uraniborg and Stjerneborg. The observations made by Brahe and others led to a greater understanding of our universe. He was also an important figure in the development of early medicine, and the inspiration for a number of poets including Edgar Allen Poe.

Artwork of the week

Crestwood Online Art Exhibition 2025



Artist; Annabelle Leggott, 8VAR

Year 8 Visual Arts students have been developing their drawing skills through a series of pencil drawing focused tasks exploring form, shape, line, and tonal value. Their major challenge was to create a self portrait using the gridding method, working from a photograph of themselves. With growing confidence and attention to detail, students embraced the task—and the results are truly impressive.

HSIE HAPPENINGS



YEAR 11 BUSINESS STUDIES - LUNA PARK

An important element of the HSC Business Studies course is the requirement for students to write a case study extended response. This requires students to develop an in-depth knowledge and understanding of case study businesses in the context of the Business Studies syllabus dot points. During the Year 11 Preliminary course, students are learning how to write this style of extended response as preparation for starting Year 12.

Luna Park is the business case study that is our focus for this upcoming Year 11 extended response assessment task.

To enable students to develop a deep understanding of Luna Park as a business, we visited Luna Park on Friday 9th May to experience the park operations. Students immersed themselves in the experience as a way to better understand the business. They rode the rides and experienced other elements of the park such as the food & beverage outlets. They completed a worksheet about Luna Park throughout the day to help them build up their case study knowledge and understanding of how the business operates.



LUNA PARK

It was a fabulous day filled with a lot of fun and valuable learning. The students are commended for their positive attitudes on the day, their excellent behaviour and their bravery in riding some very frightening thrill rides! Over the next few weeks, students will be working hard to learn how to apply their practical learning into a sophisticated extended response.

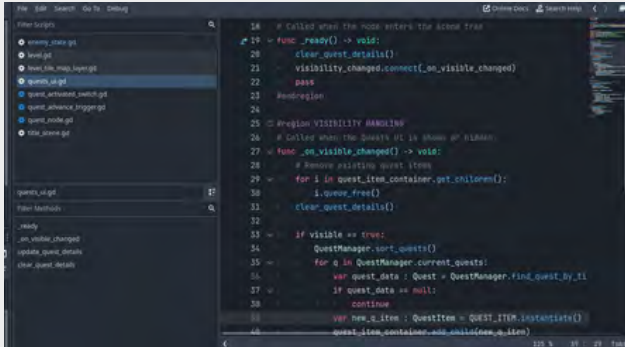


TAS TIMES



Students in Year 12 Software Engineering have successfully completed their major software projects, showcasing months of hard work, creativity, and technical skills.

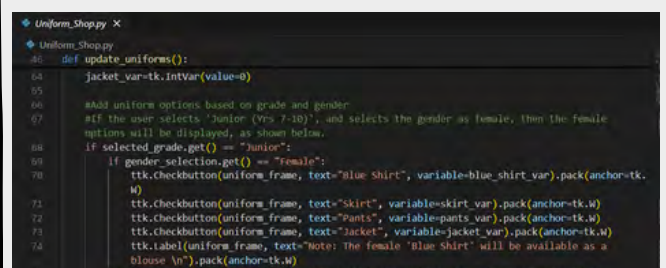
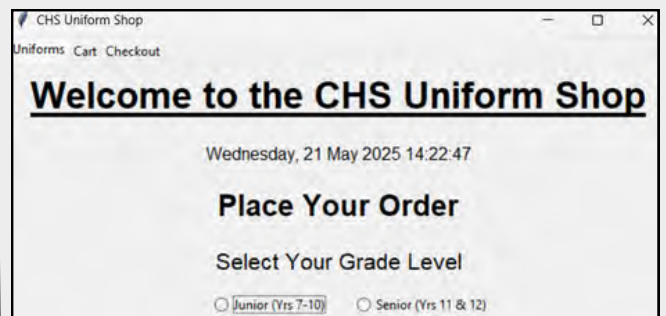
INTERACTIVE GAMES



This year, the majority of students chose to develop interactive games using the Godot game engine, demonstrating their ability to apply coding concepts, design principles, and problem-solving strategies in a practical and engaging way. The final products were impressive, with many students going above and beyond to create polished, playable prototypes that reflect their unique ideas and dedication.

YEAR 11 SOFTWARE ENGINEERING

At the same time the Year 11 Software Engineering students have begun their exciting journey into the world of programming, taking their first steps by creating a simple ordering system using the Python programming language. This foundational project introduces students to core programming concepts such as variables, conditionals, loops and user input, while giving them the opportunity to solve real-world problems in a practical and hands-on way.





Music News

The Crestwood High School concert band continued the tradition of supporting the Relay for Life event at Castle Hill Showground on Saturday 17th May. The Concert Band stage was full with existing and some new members performing together for the first time. Conducted by their regular conductor Joshua McNulty, the band entertained the audience with their energetic renditions of pieces including "Dance the Night", "Time Warp" and the "Blues Brothers Medley". The performances were well received with great feedback from the audience, and the band are to be congratulated on preparing a program of pieces with a cohesive sound within one term. We look forward to their future performances, including the upcoming Hawkesbury Music Eisteddfod.



RELAY FOR LIFE EVENT



Spotlight on the Support unit!

Welcome back to Term 2!

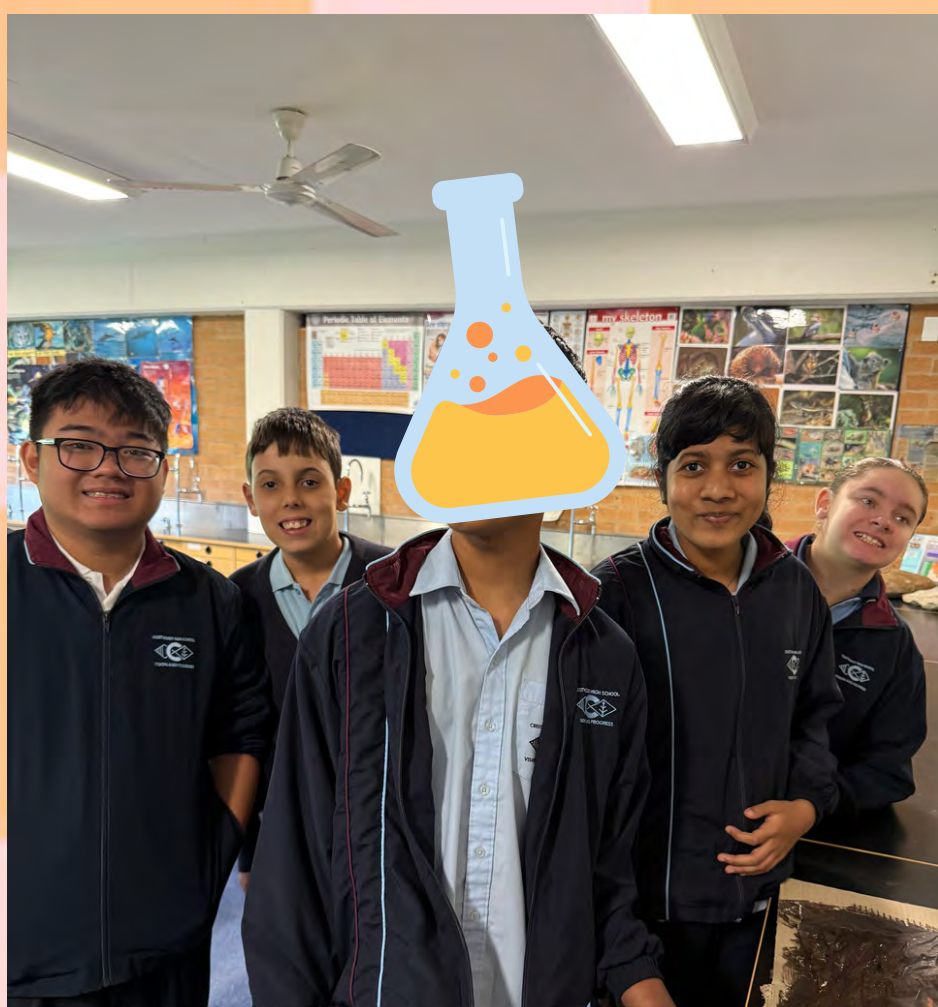
Stage 6 Work Experience!

Throughout Term 2, one of the Stage 6 classes will be grocery shopping once a week and cooking those ingredients for work experience. This program is designed to help students develop essential life skills such as shopping, budgeting, and cooking.



Stage 4 and 5 Science!

This term in two of our Science classes, we are learning about chemical reactions. To kick us off, Miss Carden taught us about physical and chemical changes where we experimented the combination of bicarb soda and vinegar. All the students were erupting with joy!





New Playground Activities!

We're kicking off the term with some exciting new things! We have started a lunchtime group called *The Social Club* to encourage friendships and connecting with one another!

We have also integrated new equipment in the playground including handballs, table tennis and frisbees!



SPORT NEWS

ZONE CROSS COUNTRY CARNIVAL

On Tuesday, 20th May, 62 enthusiastic students participated in the Zone Cross Country at the Regatta Centre in Penrith, competing in distances ranging from 3 to 6 km. We are thrilled to announce that 24 of our talented runners finished in the top 10 for their age group and have qualified for the Sydney West Cross Country event on Thursday, 26th June. A special congratulations goes out to the five students who achieved outstanding results, placing first in their respective age groups: Harry Golding, Gil Lee, Lily Golding, Oliver Golding and Ava Foley. Well done to all participants for their hard work and dedication!



SPORT NEWS

ZONE CROSS COUNTRY CARNIVAL



SPORT NEWS

OPEN BOYS FOOTBALL

Congratulations to the Crestwood High School Open Boys Football Team on their 3-1 quarter final victory against The Ponds High school in the statewide knockout competition.

A special congratulations on a courageous performance to our goal scorers, Kade Baccus, Aydin Cosic and Soumil Bisht. And to our debutants, Kai Eastwood, Zachary Pal and Finn Clinton.

The boys will now face Winmalee High School in the Semi-finals of the tournament.



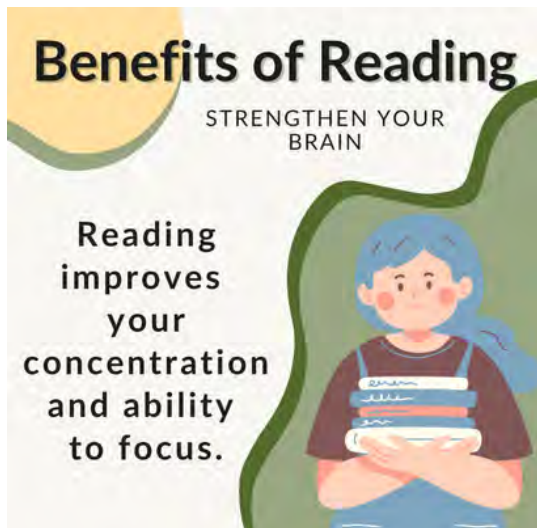
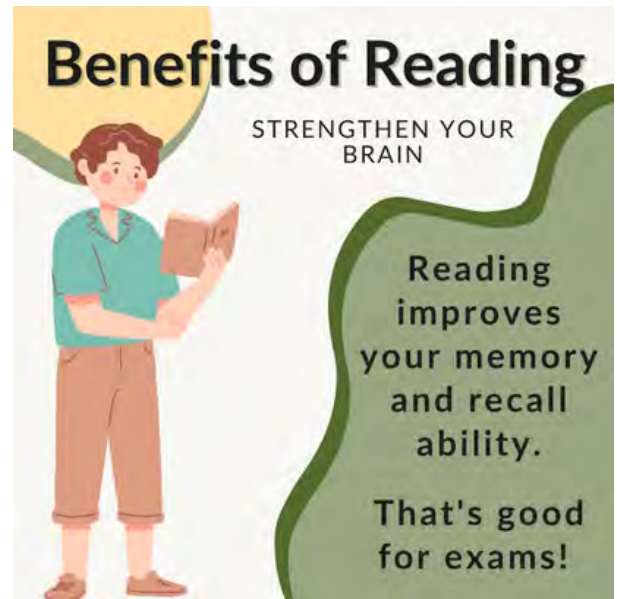
Fortnightly updates and events from the CHS library

LIBRARY NEWS

DISPLAYS



Shania and Mirah from the support unit have created an autobiography and biography display.



There is now a display with books in French! Ms Jneid is bringing in her classes for some wide reading.



PREMIER'S READING CHALLENGE



The Premier's Reading Challenge display has been updated with all the newest titles. A section has now been added for 5-6 challenge titles which make for a quick read and still count towards the challenge.

You have until the 22nd August so don't forget to keep updating your reading log!



Career News

Work Experience Year 10

Congratulations to all Year 10 students who participated in the work experience program.

Employers were called or visited during the placement. Overall, the feedback was extremely positive with many employers being very impressed by the level of maturity and enthusiasm of our Year 10 students. We had some students being offered apprenticeships and part time jobs, and many coming back with exciting stories to tell. A big thank you to all the local community members that supported this program by hosting a student.



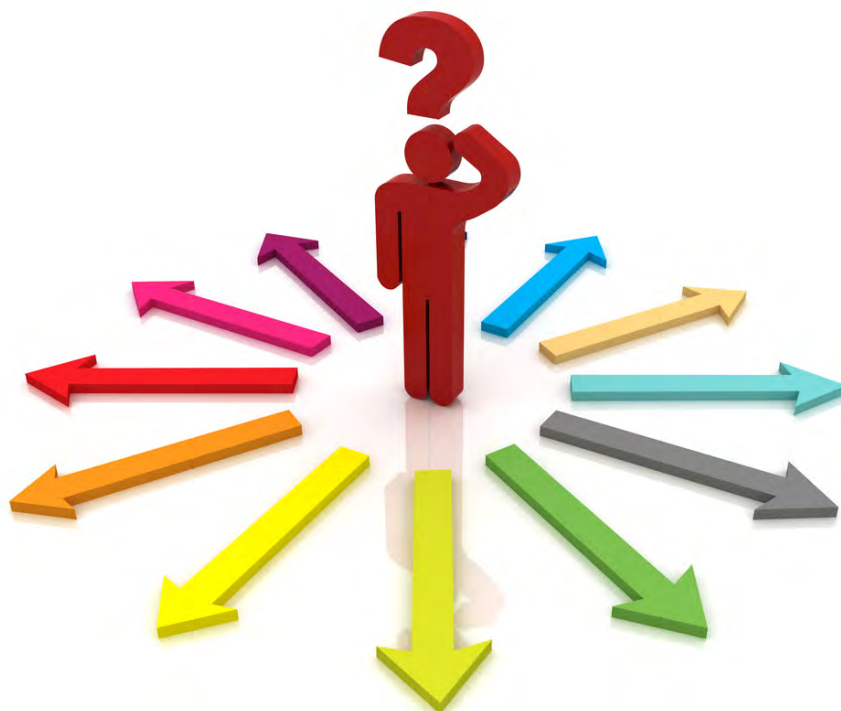
The benefits of work experience are very important to students for many reasons especially for getting into any career. No one in can live life without learning something. What you learn and experience can often determine your success and failure in life. Learning combined with real life on the job experience is a winning formula for success. Your choices and your experience create the future for you. Work Experience enables them to explore possible careers choices before fully committing to it. Work experience for many Year 10's would have been the first time for them to get an understanding of the work environment and what employers expect of their employees. This experience helps them to develop generic work skills and helps students to develop appropriate attitudes towards work and that will make them better equipped to make informed decisions for their future pathway.

Career News

Work Experience Year 10



Students have now had access to the My Future Careers and Job Expo (February), Tertiary Information Expo (May) and Work Experience (May) and in year 10 Careers Lessons they are developing their Career Plans. The students are examining their future choices so they can make an informed decision regarding subject choices for 2026 or post school options. These events are crucial for students to have latest information about what is on offer and the pathway to their chosen career.



Canteen News

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



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Crestwood High School

accepts online orders using Munch Monitor

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4. Enter your **email address**
5. Enter the **password** you want.
Make sure you can remember your password
6. Review and tick on the **Privacy Policy**
7. Click **Register**
8. Click on the **Activation Link** in the email we sent
9. Follow the steps to **create your Parent Profile**
10. **Add Students** to your account
11. Click on **Account Top-up** to transfer money into your account
12. **You are now ready to order online!**



Quick Information

Using MunchMonitor Parent Portal Online Ordering

- You can place orders online up to 4 weeks in advance
- Top-up your account online using Debit/VISA/MasterCard
- List allergies to alert canteen staff
- You can order anytime you want using web browsers such as Chrome or Safari
- You can use desktops, laptops, tablets or smart phone with internet access
- It only cost \$ 4.65 (incl-GST) per school term for the family account
- No sign up fee
- No transaction fee

Giving Student Snack Money using MunchMonitor

- In the Student Profile, tick YES in ALLOW SNACK MONEY
- If you selected DAILY ALLOWANCE, enter the daily amount and the days to use
- If you selected WEEKLY ALLOWANCE, enter the weekly amount
- You can set banned food items from the menu
- **Students use their Student ID cards which are scanned and registered to their MunchMonitor Student Profile.**
- If you currently have an account for a student attending another MunchMonitor school, you will need to create new profiles on your current account for the new school, to do this go to MY ACCOUNT/PROFILES then you will see the student profiles appear, you need to select Add a New Student, complete the first section of the profile but when you reach the school details you need to select Crestwood High School from the dropdown list and enter the school ID & Password provided on this sheet.

Call us at **1300 796 190** or email us at **help@munchmonitor.com**
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