

Up-Coming Events

(Please note these are subject to change; please contact the school for more details)

August 2021

30th Return to school after lockdown

September 2021

2nd Industrial Technology Compliance

17th Last day term 3, 2021

October 2021

4th First day term 4, 2021

HSC Exams Start

November 2021

xx

December 2021

17th HSC Results released

Senior Executive Corner

We would like to thank our whole school community for their support during the first five weeks of this term. It has been a challenging time for our whole community as we continue to learn from home and adjust to our current climate. We would like to personally thank our parents and carers, and extend our appreciation for the support you are giving your children to engage with their school work whilst doing the best you can to motivate and support their wellbeing. As many of our teachers and all our parents are managing to guide children through online learning and manage their own work and challenges COVID-19 has thrown their way, we can sometimes question if what we are doing is enough or should we be doing something differently. We want to assure our whole school community that you are all doing an amazing job during this difficult time and to reinforce that it is critical to take time and make sure you are managing your own wellbeing and to check in on one another to acknowledge the effort and achievement of those around us.

Support for our student's wellbeing remains one of our highest priorities. We understand that the impact of this learning from home period varies from student to student. Resources continue to be made available to all students through our welfare team, our school counsellor and online platforms to support student wellbeing. We encourage our families to reach out for support when it is required and when someone from the school asks how things are going, please be honest and share with us

your concerns. We continue to refine and develop how we teach remotely and look forward to your feedback. Please feel to contact the school on 9602 4320 or casula-h.school@det.nsw.edu.au for further support.

Thank you to all students and staff for your participation in our first Wellbeing Day. On Wednesday 18 August all students participated in workshops hosted by exceptional guest speakers. This included presentations from Olympian Eloise Wellings, sport psychologist Rory Darkins, FitXP and Taylor who ran our hip-hop dance class. We would like to thank the wellbeing team for all of their hard work organising the event and providing our students with the opportunity to engage in learning about their own wellbeing.

A special mention to our Year 12 cohort. The lockdown and not been able to access face to face teaching comes at a very challenging time for our HSC students. We commend Year 12 for continuing to meet the challenge and engage with their learning, and also seeking support and asking questions when needed.

Casula High School will be delivering alternate tasks in place of the Trial HSC during week 8 and 9, Monday 30 August – Friday 10 September. Year 12 will not be expected to attend timetabled classes during this period and may receive support from their teachers who will be available online during timetabled lessons. Information regarding the assessment schedule, structure of the alternate tasks, alternate assessment notifications and

illness/misadventure processes have been communicated to Year 12 through the Year 12 Communication Google Classroom. Please encourage your child to regularly visit this Google Classroom and it's important for our students to seek support from their teachers in the lead up to the alternate assessments.

We have posted home writing packs and pens to support our student's completion of the alternate assessments

and we wish our Year 12 all the very best. Our entire teaching staff is proud of their continued effort and want all Year 12 to know that they will be with them every step of the way as we navigate the everchanging landscape of COVID-19. It is an important time for Year 12 students to be taking care of their wellbeing, whilst managing their preparation time in the lead up to their alternate tasks.

Senior Executive

Mr G Smith Principal
 Ms E Signorini Relieving Deputy Principal Year 8 and 10
 Ms D Pasalic Deputy Principal Year 11 and 12
 Mr S O'Donnell Deputy Principal Year 7 and 9

Contact Us

Casula Connects is available on the Parent Portal of the Millennium website. For any details about the newsletter or any other school events please contact the school on:

Phone: 9602 4320

Facebook: www.facebook.com/CasulaHighSchool

Email: casula-h.school@det.nsw.edu.au

Twitter: [@Casula_High](https://twitter.com/Casula_High)

STAFF ROLES

TITLE	NAME
Principal	Mr Smith
Deputy Principal	Mr O'Donnell Yrs 7 + 9
Deputy Principal	Ms Signorini Yrs 8 + 10
Deputy Principal	Ms Pasalic Yrs 11 +12
Head Teacher Wellbeing	Ms Walsh
Head Teacher Admin	Ms Witherly
Head Teacher CAPA	Ms Georgiou
Head Teacher English	Mr Stojkanovic
Head Teacher HSIE	Mr Gandiaga
Head Teacher Instructional Leader	Mr Carter
Head Teacher Maths	Ms Campbell
Head Teacher PDHPE	Ms Walter
Head Teacher Science	Ms Nasour
Head Teacher Secondary Studies	Mr Cary
Head Teacher Special Ed	Ms Singh
Head Teacher TAS	Ms Celic

TITLE	NAME
Year 7 Advisor	Mr Dubria
Year 8 Advisor	Ms Neill
Year 9 Advisor	Mr Walsh
Year 10 Advisor	Ms Popovic
Year 11 Advisor	Ms Belegris
Year 12 Advisor	Ms Khan
Careers Advisor	Mr Adio
Librarian	Ms Milliken
Technical Support	Mr McLeod
Student Support Officer	Ms O'Donnell

Year Advisor Reports

YEAR 7 ADVISORS REPORT

To all my Year 7 superstars! Where to even begin?

You have conquered the playground, excelled in the classrooms and now you are masters of online learning. They say that when the going gets tough, the tough get going. Even in these times you have kept up the momentum, have kept in high spirits and have looked out for each other on a regular basis. Day by day, your teachers come back to me with positive and inspiring messages about your wonderful efforts. Whether it be participating in online quizzes, uploading creative artwork and competing in challenges, you have all gone above and beyond to make the most out of your situation. We sometimes do not praise ourselves enough, but you all have been brave, inspirational and hopeful in such an uncertain time. There is nothing more you need to do at this very moment than be exactly who you are.

The school is an empty place right now but rest assured, when this is all over, it will be filled with joy, laughter and the love for learning that makes our Casula community great. Behind the scenes, your teachers, your deputy principal and your assistant year advisor Mr Fok have been working tirelessly to make sure you are supported in your journey. Look after yourselves, your friends and your wellbeing. Give thanks to the people that help you get by every day, including your family and those that matter the most.

We have conquered three-quarters of 2021 and that's only just the beginning. I am sure whatever adventure or hurdle awaits us, it is one we will overcome time and time again.

Hoping you safe and well,

Mr Dubria

YEAR 8 ADVISORS REPORT

A letter for Year 8!

No one could have predicted term 3 would have started online. You have all adapted so well with online learning. The skills you have developed through this period of time will help develop your knowledge and confidence in your future studies and career. Your resilience and support of one another has been admired through this time.

Mr Markovski and myself are so proud of your efforts and engagement. Please keep the line of communication open with your teachers and year advisors.

Thank you for your hard work and commitment to your subjects. We have heard the great things Year 8 have been doing as part of their home schooling including at home science experiments, creating bitmoji comic strips, Kahoots and beautiful pieces of art work, that's just to name a few.

We will be back face to face in the future, and believe me we can't wait to back with you all either. We challenge you to learn a hobby during this time and focus on the things that bring you joy.

We are so proud of the engagement demonstrated by Year 8 on Wellbeing Wednesday on 18th August.

Stay safe and look after yourselves,

Ms Neill

YEAR 9 ADVISORS REPORT

Let me start by introducing myself, my name is Ms Smith and I am the Year 9 relieving year advisor. This term we have faced a term like no other. I am extremely proud of our student's effort and resilience shown.

Year 9 have been working regularly through google classroom this term and engaging in a range of activities set by the classroom teacher. Students have been asked to follow their regular school timetable and set routines.

I would like to reinforce the importance of taking breaks from the computer or schoolwork, by having regular recess and lunch breaks. We have set up a welfare check in page that has a variety of mindfulness activities and is a way for Year 9 to communicate with us.

Just like if we were at school the school welfare team is available for support. It is important that students reach out should they require support. Classroom teachers are also available during timetabled lesson to help students with each subject.

Keep up the great work Year 9, you have all got this

Ms Smith

YEAR 10 ADVISORS REPORT

A letter to my wonderful cohort, Year 10:

What a whirlwind start to term 3 it has been! This is definitely one term in which we will truly learn from and use to reflect back on in future times to come. I continue to thank all students and teachers of year 10 for their drive, dedication and success in online learning so far!

Ms. Estavillo, Ms. Signorini and myself hope that you will rise up during these hard times, as many of your classmates and peers already have. Always demand the best from your teachers, but also give 100% of yourselves– the clear commitment that you will strive to reach your full academic and social potential during these times!

Remember, WE ARE PROUD OF EVERY SINGLE ONE OF YOU!

As always, we will all come back to in-person classes in the near future, hopefully soon. Your teachers and leaders are definitely waiting for those days when it is safe to be back on school grounds again, in person, as much as you are. I hope that all of you take to heart some of these experiences and reflect on them. Moments like these will not only help you gain the skill of resilience, but also help each of you realise the power and strength that you must possess during this difficult time. Please never hesitate to reach out to us, as we are always here, every step of the way. And remember, your Casula family is always here for you!

Wishing you all health and happiness,

Miss Popovic

YEAR 11 ADVISORS REPORT

Year 11 students are conveying ample amounts of perseverance and are getting on with the job of learning on-line despite these challenging times. The feedback from their teachers includes how mature they are being, as they are forced to complete important and necessary schoolwork at home. This of course is particularly important for Year 11, as they are about to begin their HSC year in term 4.

Despite being in lock-down, there have still been plenty of opportunities for Year 11 taking place. Some of which include the running of webinars throughout August for

our 'Fast Forward' students; free on-line white card training for students wishing to work in the field of construction; an on-line 'Young Women's Leadership' seminar run by our local MP; and various apprenticeship opportunities for students to apply for, ready to begin once our lockdown is lifted.

Most students have paid for their Year 12 jackets in full by now, however, if any student has yet to pay their jacket off, can I encourage them to do so using our on-line payment system. We are still planning on ideally getting the jackets ready and to you sometime during term 4.

I wanted to take this opportunity to remind Year 11 students to ensure they take regular breaks away from their laptops. This may include hanging out with family members or taking lovely walks in the sunshine. Also, remember to reach out to your loved ones or teachers if you are struggling with anything; we are here to help you get through this challenging time. This lock-down won't last forever, and I'm sure we all can't wait to be together again very soon.

Ms Belegris

YEAR 12 ADVISORS REPORT

I am a very proud Year Advisor to a group of resilient and forward-thinking youth, who, during the course of this lockdown period continuously amaze me. They have been pillars of strength for each other and have sought the support of their teachers, and the entire school community and are true winners in this challenging period of their lives.

The level of engagement has been positive, and students have quickly transitioned to the online learning platform, Google classroom. The best part of this process has been the clear communication to convey any hurdles they experience, allowing the school community to respond immediately whether it be internet lapses or just a friendly chat.

It is of crucial importance that Year 12 are abreast with the Year 12 Communication Page as it is the platform the Senior Executive and the Welfare team and other factions of the school community use to communicate important dates and events such as the zoom Year Meetings, Higher School Certificate Trial Examinations,

Graduation, Formal, Early Entry and all other school related events.

At this point all events are running as planned and payments for the Formal can be made online in the Year 12 Formal 2021 account. I am excited to celebrate all their achievements and am looking forward to all the joyous occasions ahead.

As we continue learning in lockdown, follow your timetables and develop a learning plan and schedule. Communicate regularly with your teachers, friends, and family members.

Remember to:

Take regular breaks and stretch

Develop an exercise routine

Stay hydrated

Communicate with friends and family

Balance your home and study routines

Thank you to the entire school community and families for the unwavering support rendered to my Year 12 cohort. We all miss you Year 12. Stay safe and remain safe.

Ms Khan

Staying **SHARP**

Casula High School is a proud Positive Behaviour for Learning school. We have created a series of behavioural expectations that suit our unique school population. We use these expectations to support and reward our students.

As mentioned previously we look forward to celebrating our Deputy Principal's award ceremonies. Students can use the instant SHARP awards to contribute to a Merit Award. They can hand their 5 SHARP awards to their Year Advisor and they will receive a Merit Award.

Once a student has collected 5 Merit Awards they can hand them in for a Deputy Principal's award. A number of those were handed out last Year at our Special Recognition assemblies. These award winners will be invited to attend a celebration at the end of the Year.

Students that achieve multiple Deputy Principal Awards may be eligible for a Principal's Award and invited to receive that award at our annual Presentation Night. We look forward to seeing many award recipients on that night. Students that achieve these higher awards reflect the values that we would like our student body to demonstrate. Their leadership is showing other students what our expectations look like in a variety of different settings is something we would like to reinforce.



Faculty Feedback

CAPA

As we progress further into this extended lockdown and face the challenges of isolating in our limited perimeters, the power and importance of creative and performing arts has never seemed greater. It has been truly inspiring to see Casula students sharing examples of innovation, creativity and resourcefulness.

We would like to recognise the achievements of our Year 12 students who have worked hard to adapt to changing deadlines and conditions, we know it has been a difficult and frustrating time.

We have loved seeing the expressive and imaginative work being produced by our Year 12 and Year 11 artists, musicians, and drama, whose perseverance has affirmed to us the power of the arts to connect people in unsettled times.

It has been fantastic to see that Year 9 and Year 10 have been nurturing their curiosity and refining their creative skills across our virtual classrooms. Students have been engaging in creative and critical thinking as they experiment with different media and gain an important theoretical and historic understanding of different creative practices.

Year 7 and Year 8 have been contributing to the development of a vibrant online learning community. In Visual Arts, Year 7 are demonstrating their resourcefulness as they respond to the world around them, through completing drawing challenges and are beginning to collect and recycle found materials to create unique animal sculptures.

If your inner artist is in need of inspiration or you're looking for activities to break away from those regular routines, many Museums and galleries have improved online accessibility and expanded their digital spaces for art. We have compiled a list of our top three online platforms for art encounters that you can explore while in the great indoors:

Togetherinart.org



Together In Art is an initiative of the Art Gallery of New South Wales. Here you can access performances, art classes, behind-

the-scenes tours, and virtual exhibitions. (Don't forget to check out the virtual tour of the Archibald exhibition on the AGNSW website)

Australian.museum/inside-out/

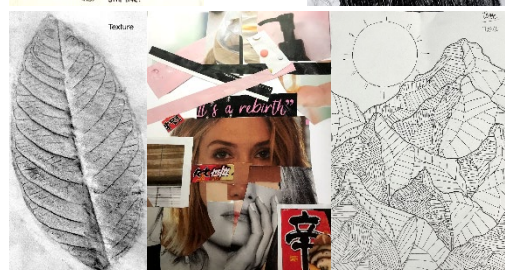


The Australian Museum has opened its 'virtual doors' to ensure that a broad spectrum of cultural content can remain accessible while we practice social distancing. Through this portal you can access online games, experiments, exhibitions, and activities

Casulapowerhouse.com/visit/wow-festival-at-home



The Casula Powerhouse Way Out West festival has now been transformed into an 'at home' edition. This website features creativity packs, how-to videos and stories as well as artworks from local artists!



TAS

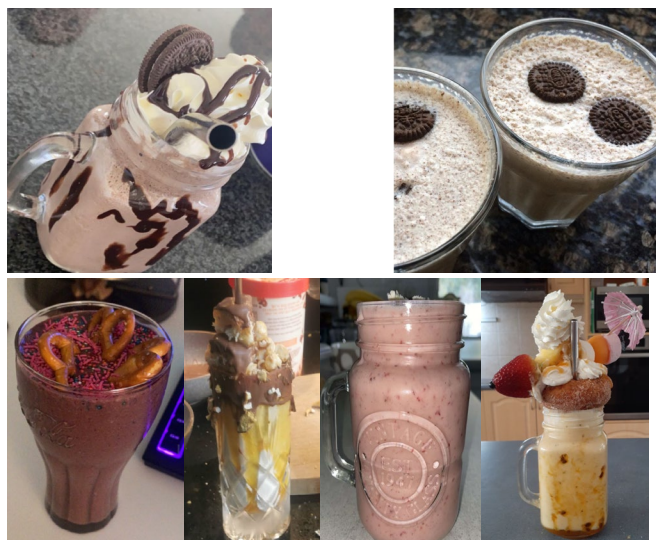
It has been tough times for students not to participate in Technology practical lessons face to face but I am tremendously proud of my students to practice their cooking skills at home under adult supervision. Who doesn't love a yummy Freaky shake!!

Students in Years 9 and 8 have been asked to create a freak shake with ingredients available at home as an isolation activity. The creativity produced by Casula students was mind blowing.

Cheers

Ms Garg

Here are some of their skills shown:-



Ms Garg

LIBRARY

Just because Term 3 has looked different, doesn't mean our students have stopped reading. While they can't access our physical books, students have been eagerly borrowing from our e-book and audio book collections available through the ePlatform app. To do the same, all you have to do is download ePlatform by Wheelers from the app store, select Casula High School from the available libraries, and login with your Department details. These are some of the great books on offer:



Alternatively, Liverpool Library also uses the BorrowBox app, which has a great range of children and young adult titles available to borrow. Membership is free, with students being able to sign up to be a Liverpool Library member online.



We can't wait to see you at school once it's safe to do so, and we promise we'll have a tonne of new books ready to be borrowed!

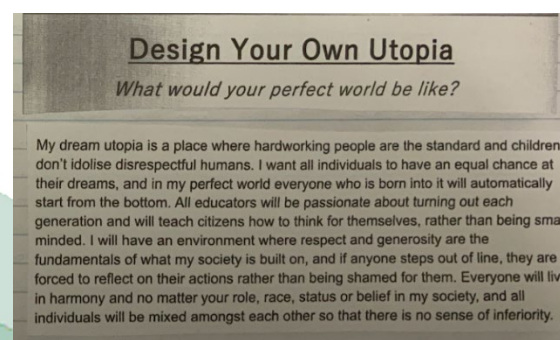
Ms Miliken

ENGLISH

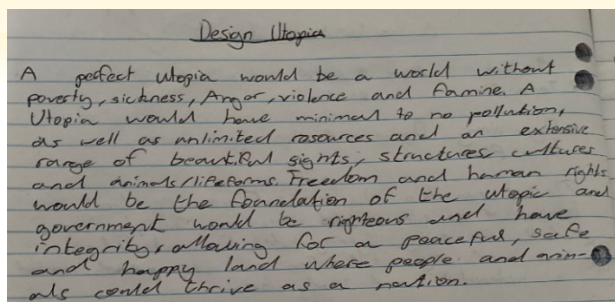
With online learning in full swing, our wonderful Year 9 English students have commenced their study of Dystopian Literature. Our focus texts for this term are 'The Giver' by Lois Lowry and 'The Chrysalids' by John Wyndham. These novels explore key elements of dystopia to provide our students with skills to critique and navigate their own world. Students are thoroughly enjoying reading the novels over Zoom lessons and have demonstrated their understanding through the Super Six Reading Strategies: Predicting, Summarising, Connecting, Inferring, Visualising and Questioning.

Creative tasks have been crucial to maintain engagement among our students this term. Once students successfully established the difference between a 'utopia' and 'dystopia,' they were asked to write a brief for their own 'perfect utopia.' The responses showed maturity and deep understanding of the events that are currently devastating the world.

We are so proud of our students for making connections between the events in the novel to those of their lived experiences. As a faculty, we hope to continue to encourage all students to think critically and meaningfully. Below are examples of the briefs:



Hunter Su Dennon, Year 9



Bashar Subhi, Year 9

Ms Reddy

SCIENCE

Challenge Yourself in Science

Stage 5 Science challenge

Year 10 are currently studying Motion and Forces. To build their skills in extended writing at Stage 5, The Science faculty encourage year 10 students to implement this experiment at home. Write down your written scientific Report with your results and hand it in to your classroom teacher to be rewarded.

Experiment 1- The law of Inertia

Aim: To demonstrate Newtons first law of inertia

Material:

- A small plastic animal
- A small trolley

Method:

1. Place the toy onto the trolley.
2. Push the trolley along the floor so it crashes into an object (Not the walls!)
3. Observe what happens to the toy and write your observation.

Results:

- Observation

Conclusion:

- refer to aim
- overall result

DUE WEEK 10 MONDAY ONLINE

Senior Update

This term students are finalising their last module and have commenced with revision. Staff and students are taking this opportunity to identify their best learning and

teaching techniques. Remember If you need to discuss learning or support opportunities email our teachers and they will be more than happy to support you.

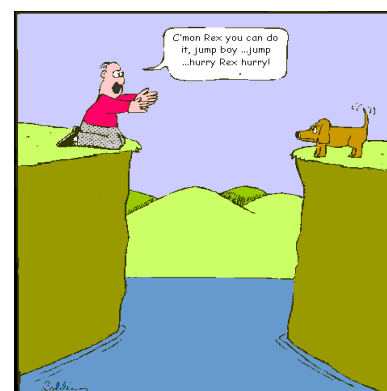
Did You Know?

Students studied the origin of living things on Earth, from 4500 million years until 250 million years ago? When looking at Evolution of Australian Biota, it takes us back to the Paleozoic (300myo), the Mesozoic (230-12myo) and Cenozoic (12-2myo) Era. This was the time in which Australia broke away from a large land mass and became an island continent.



In 1915, Alfred Wegener, a German scientist, noticed that identical fossils plants and animals had been discovered on opposite sides of the Atlantic Ocean.

Students looked at how the theory of continental drift could account for Australia becoming an island continent and the current evidence to support this theory.



The Science Faculty

HSIE

Hello Casula High Community, I hope we are all doing well and the best we can in these trying times. We as teachers understand how difficult it has been with managing your child's learning from home.

In the HSIE faculty our staff have been actively engaged on the online platforms to ensure that every student has access to an engaging learning experience. For those families who have struggled with online access, we have ensured that the learning packs have gone out do reflect the learning that is taking place online. This to ensure that no child is being disadvantaged as best we can.

Even with teachers putting tasks up online, this term we have offered students various opportunities to engage with the wider community and to mix it up when it comes to Zoom meetings. Here are a few things that have been

happening within the Google classroom and the learning from home environment...

Senior Economics students were part of a livestream with representatives from the Reserve Bank of Australia (RBA) and had a session about major influences on the economy & where we are at in our current climate.

Some Zoom sessions with our teachers have incorporated a "bring your pet to Zoom" session to try and encourage further engagement with your child - thank you Mr Cary for that idea.

Talk Law - it is still happening, which is offering Year 10 students a chance to engage with people in the legal profession about current issues that affect their lives i.e. consumer issues, police powers, employment issues. I just want to thank the team from King, Wood & Mallesons, NAB & Woolworths who have eagerly wished to continue with this program this term and work with our Year 10 students.

Year 9 Commerce students are to embark on the wonders of the stock market, as they take part in the ASX sharemarket game. Giving them a hands on experience how the stock market works as they trade with a bonus \$50 ,000 each (this is not their money- just part of the game)

These are just a few of the things that are happening during this lockdown, and I just want to remind parents and carers that if your child does not complete a certain task at a particular time, it is OK. If they hand in their work/or progress at a later date and the teacher can see it and be able to provide feedback, that is what we want.

Mr Gandiaga

MATHS

Time is of the essence. Or at least it is the topic Year 7 have been working on of late. The Year 7 classes have been familiarising themselves with the concepts of 12- and 24-hour time. They have also been having a look at the idea of time zones, which will help when we all get the chance to jump back on planes again.

Year 10 numeracy have been striving to make sure they have all their basics down, completing not only quizzes about negative numbers and rounding but also participating in virtual escape rooms. They are showing a deep understanding of the principles of place value

while solving cryptic clues and puzzles in order to break out of the virtual box.

Ms Rouen

SPECIAL EDUCATION

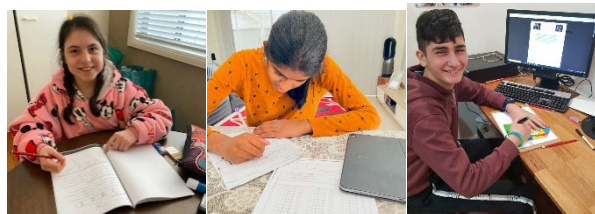
What a very different and interesting third term we've had! Nevertheless, students in Special Education have been persevering with their studies on-line. Some of course, have chosen to work from our book packs we especially put together for our students. Either way, no student has been left behind, with plenty of work available to complete until we meet again face to face.

Our main topic of study this term has been 'The Middle Ages', evident through the subjects of HSIE, Visual Arts, Music and TAS. Students have been fascinated with the harsh punishments dealt out to criminals during this time; and are just as amused to hear that most people believed in sorcery and witches during this very interesting time in History!

We would like to take this opportunity to give a big shout out to our wonderful parents for guiding their children and ensuring they continue to learn from home. Where would we be without you!

To our students, we would like to congratulate you for your mature approach to your schoolwork and for simply getting on with the job at home. Please continue asking questions on google classroom if you don't understand something and we of course welcome your parents or caregivers to contact the school with any issues or concerns.

Keep up the great work and we can't wait to see your smiling faces again soon!



Ms Belegris

PDHPE

Firstly, the PDHPE staff would like to acknowledge the unwavering effort of our school community in making sure our students are receiving the best education they possibly can during this difficult time. The challenging situation has been fought with teamwork, perseverance, and a commitment to learning which has helped our students overcome adversity.

As we continue through Term 3 the PDHPE staff would like to welcome Mr Jaafar to the team, he brings a wealth of knowledge and experience with him. We would also like to congratulate Mr Walsh who will be relieving Head Teacher Welfare at Casula for the remainder of Term 3 and Mr Jankowski who will be relieving Head Teacher PDHPE at Canterbury Girl's High School for the remainder of Term 3. Their appointments show their commitment to education and the leadership and experience within the PDHPE faculty.


Year 7 – Road Wise



The term 3 'Road Wise' unit for year 7 students, focuses on factors influencing road safety, the choices young people have when in the driver seat, the responsibility they have when they are not, and the beginning foundations around risk-taking and how risk taking

can come in a range of forms.

Year 8 – Relationships



Students learn how to establish caring and respectful relationships with others, including their friends and family. Students also explore safety strategies and support networks with the aim of developing a better understanding of keeping yourself safe and helping others when they are feeling unsafe.

Year 9 – Let's get this Party Started



During Term 3 students explore how to have fun and socialise in a safe manner. Students explore the consequences of drug

and alcohol use including their short term and long-term effects.

Students learn how to make informed decisions and a variety of 'say-no' strategies.

Year 10 – Road Safety



Students explore risk behaviour and protective factors regarding road safety. As students begin to use our roads, they learn safe driving practises and the

responsibility they have as both a driver and a passenger.

Year11 PDHPE – Body in Motion



Students learn basic anatomy with particular focus on the skeleton, muscles, and cardiorespiratory system and explore how and why the body moves in particular ways.

Students investigate the relationship between physical fitness training and movement efficiency.

Year 11 CAFS – Social Impacts of Technology



During Term 3, students are exploring how technology plays an important role in society in generally and specifically for individuals, families, communities, and the workplace. They will delve into how technology is often welcomed and

the positive impacts that have occurred through technological advancements, which are accessed by some groups. They will also investigate the many

inequities and negative social impacts that still exist in modern society.

Year 11 SLR – Outdoor Recreation



During Term 3, students are exploring the benefits of participating in outdoor recreation and the many outdoor activities on offer in our

community. Students learn how to interpret maps and weather patterns and learn the various skills needed to successfully plan a camping trip.

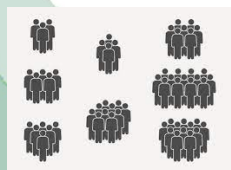
Year 12 PDHPE – Improving Performance



In Term 3 students will investigate the physiological preparation and skill development of athletes. Students analyse different training methods and their effect on performance.

They also examine ethical considerations including drug use and technologies relating to improving an athlete's performance.

Year 12 CAFS – Groups in Contexts



Term 3 provides students with the opportunity to examine the effectiveness of various groups in meeting their needs. Students are exploring factors such as the type

of group, its purpose, and goals, as well as the relationships, interaction patterns and power structures within different groups. They also examine the nature of leadership and explore its significance as a determinant of group effectiveness.

Year 12 SLR – Games and Sports II



Students in Term 3 analyse the strategies and tactics used in a variety of Net/Court games (volleyball, tennis,

squash, badminton, table tennis etc).

Student's design and implement their own strategies in 'real game' situations and evaluate their effectiveness.

Practical

Whilst learning from home students are encouraged to complete as much physical activity as possible (at least 60min a day and following the health advice). It is important now more than ever as our students are spending more time on their screens than ever before. This can lead to stress, drowsiness, and boredom all of which can be alleviated by participating in physical activity (not to mention the numerous other health benefits).

To encourage students to get active the PDHPE staff have challenged the students to a 'Race Around Australia'. Working as a class students are encouraged to go for a walk, run, ride or swim and record their steps/kilometres travelled. Each student will then enter their data to their team's spreadsheet which will add to the team's overall score. The first stop is The Sydney Harbour Bridge (42 km away), who will get there first?

Cross Country

Last term our talented endurance athletes (listed below) proudly represented Casula High School and the Hume Zone at the Sydney South-West Cross Country Carnival held at Hurlstone Agriculture High School. All our students showed incredible strength and determination as they battled through the tough terrain. Each student is to be congratulated on their mighty effort.

A special mention goes to Jayden Su in Year 7 and Isabella Farrell in Year 11 who progressed to the State Cross Country Carnival, an outstanding achievement.

Year 7

- Cooper Cary
- Malachi Connelly
- Anisa Galeil
- Jayden Su

Year 9

- Mohamed Almeahho
- Zayden Brooks
- Blake Tatta

Year 10

- Isabella Farrell
- Kodie Hession

Year 11

- Dadad Alghowair
- Alaa Fezoo
- Isa Gentles
- Kingston Mirabieto

Year 12

- Josiah Leatijaja

Olympic Trivia

Q1. Who is Australia's most decorated Olympian with 11 medals (5 Gold)?

Q2. How many Gold medals did Australia win in Tokyo?

Q3. Which country did the Boomers beat to win Australia's first medal in Basketball?

Mr Wallace

CAREERS NEWS

Early offer schemes for Year 12 students

While the ATAR is still the main selection tool used by most unis, there are other ways for you to show that you're ready to succeed at tertiary study.

Many institutions have one or more early offer schemes for Year 12 students. Through these schemes, the institutions will assess you using criteria other than (or in addition to) your ATAR. Always check the institution websites to make sure the courses you are applying for are covered by the schemes. Please visit the UAC website via this link to learn more. <https://www.uac.edu.au/current-applicants/undergraduate-applications-and-offers/early-offer-schemes-for-year-12-students>,

TVET courses applications for 2022.

TVET courses applications are now open for Year 10 students who are interested in studying a TVET course as part of their Year 11 study program in 2022. There are two delivery modes for next year : the regular face to face and the new online version. Face to face delivery involves physical attendance at a TAFE college where your course is being delivered. Online version does not

require physical attendance. It is similar to the current learning from home using computers and internet access.

Expression of interest (EOI) forms, TAFE course guide 2022 and other relevant information have been posted on the Year 10 Communication google classroom. All completed EOI forms must be received by Mr Adio not later than 16th of August 2021.

White-Card Training

Congratulations to all students who successfully completed their Whitecard training in Term 2. We are planning to organise another Whitecard training for Term 3 or 4. Any students in Years 10 & 11 who are interested in taking part in the training should indicate their expression of interest (EOI) on google classroom by Monday 30th August.

School Based Apprenticeship and Traineeship (SBAT).

School based apprenticeships and traineeships (SBATs) provide students with the opportunity to attain a nationally recognised Vocational Education and Training (VET) qualification and their Higher School Certificate (HSC) while gaining valuable work skills and experience through paid employment.

There are some SBAT opportunities available now for Year 10 students. If you are interested and want to know more please see Mr Adio, the Careers Adviser.

Mr Adio

STUDENT SUPPORT/ WELLBEING

As a welfare team we appreciate this fantastic opportunity to write to you all and pass on our well wishes to our wider schooling community. While we acknowledge that this lockdown period is difficult for all, as a welfare team, we aim to encourage and support our students and families to the best of our ability.

It has been wonderful to speak to many families throughout term 3 and we encourage anybody who needs to get into contact with our team to please do so. Our students have adapted to remote learning extremely well and are to be commended for their efforts so far. All students are also encouraged to ensure that they have enrolled in their year groups google classroom check in pages (please see codes below). These pages have

been designed to be able to communicate effectively to entire year groups at any one time. We have been posting important news, activities, wellbeing information and other external information that is relevant.

- Year 7 - mtc6o2x
- Year 8 - abulxz4
- Year 9 - b3anrf4
- Year 10 - xyaeu3l
- Year 11 - w7pb667
- Year 12 - o4j7f3v

We are also extremely proud of putting together our Wellbeing Wednesday initiative on August 18th. More about this special day will be reported on in our next edition of Casula Connects.

Again, we hope that you are well and wish to encourage you to reach out to our staff if you require anything at all. Please also continue to join us each week for our whole year group assemblies as a way off touching base.

I look forward to writing to you all again in our next edition, stay safe!

Mr Walsh

COUNSELLOR

Balancing online schooling and working from home

1. Create Good Communication

Creating good communication between young people and others at home will be very important during this time. It could be the difference between balancing and negotiating everybody's different needs or increasing conflict in the household.

Start conversations and model talking early when you are noticing things aren't working so well or there are differences in priorities, expectations or people's needs being met in the household.

If you think about any problems coming up 'side by side' rather than 'you vs me' you are more likely to get a good outcome for everyone. This includes letting everyone have a turn to express their perspective, expectations and opinions in a respectful way.

Using 'I' statements to express our perspective or needs helps us to own what we are saying rather than giving a sense of blame that can happen with 'you' statements.

This shows you're interested and listening to the other people. When we feel our perspective has been heard and understood we are more able to listen to what the other people have to say.

2. Consider & Manage Your Expectations

Each household will be managing different things during this time. For some households, those working from home are going to need to prioritise work and won't be available for online schooling support. Other households will have more flexibility in moving between supporting online schooling and working.

It is okay if you are not always available or if young people aren't completing all of the allocated tasks during this time. If this is happening some things to think about include:

- using the communication tools discussed to have a conversation with the young person and ask them about what feels reasonable and manageable. Once they have come up with some ideas, negotiate and work together to come up with an agreed solution.
- keeping the communication with teachers going so that they are aware of what is happening for the young person during this time.

Usually school time and work time is a time of social contact for young people and adults too. Discuss expectations around talking to friends during school or work time and encourage peer to peer connection in an appropriate way to maintain social connectedness.

3. Create A Routine

As much as possible try to keep to a normal routine for online schooling and working from home. It can be easy for work time, school time and home time to merge into one which can be overwhelming at times. It can be good to create routines to differentiate this time and support being able to 'switch off' from work or school time.

Some ideas around this could be:

- taking a walk around the block or exercise when you finish work/school to mimic your usual travel home time (whilst still obeying the COVID-19 restrictions)
- packing down your work space at the end of your work day, closing computers and putting books away. You may even want to cover your station with a blanket

- changing into different clothes for work or study time and home time.

4. Foster Independence

Young people are usually independent during their school day without the support of care givers to guide their work. Wherever possible, try to encourage this to remain the same.

Take some time to talk to them and ask them about what they would normally do if they got a bit stuck at school with some work or don't know quite what to do. Some ideas might include:

- sending a question to the teacher
- asking their friends.

Independence also includes things like encouraging young people to make their lunch, choose what to do at breaks or lunch time and setting up their work space.

5. Use Your Resources

Think about the resources that you have around you.

This may be adults in the household taking turns to provide support to young people. If this is not possible, there may be other extended family members or friends that have special skills in areas such as Maths or English that young people can reach out to for support with tasks online or via phone when required.

6. Get Creative & Flexible

There are many ways of learning and different areas of learning for young people. As young people develop they are learning how to be independent and complete the tasks of an adult.

The online learning environment creates an opportunity for young people to have the time to learn different skills associated with this process. These skills might include:

- cooking a meal for the household
- helping out with chores
- taking care of the garden.

Remember to use the communication ideas in thinking about and trying out these ideas. Ask young people what they are interested in learning and negotiate to come up with what will be appropriate for your household.

If online schooling support is required consider whether these tasks could occur outside normal school house so

that you are able to provide support during non-work hours.

7. Take Regular Breaks

Stepping away from the computer, getting some fresh air and stretching is important for everybody. If you do this on a regular basis everybody in the house will be more productive in their work and learning. It also supports good physical and mental wellbeing.

8. Model Self-Compassion

We are experiencing something very unusual and unprecedented at the moment with the transition to online schooling and working from home.

Remember, nobody is going to get this perfectly right. Lots of people are experiencing increased stress and anxiety at the moment and that is really understandable.

It is important to take care of yourself during this time. If we can model self compassion, talking about our experiences and looking after ourselves to young people, they are more likely to practise this themselves.

Help is available through these mental health organisations-

- Headspace: visit headspace.org.au or call headspace on 1800 650 890
- Kids Helpline: 1800 55 1800 or kids helpline.com.au
- ReachOut: reachout.com
- SANE Australia: 1800 187 263 or sane.org
- Your local General Practitioner (GP)

Ms Simpson

SKILLS

Skills lessons were introduced to Casula High School to support our students' literacy as they engage in curriculum across numerous Key Learning Areas. Skills lessons align with our school vision – a year's worth of growth for a year of teaching.

Years 7 and 8 Skills classes have been working hard decoding, analysing and evaluating texts to build meaning across a range of textual forms. Students have been working hard, developing their inferencing skills. Students are now strengthening their reading and writing skills across a range of textual forms.

Year 9 Skills classes have been developing their skills in reading, comprehending, summarising and predicting, across a variety of texts in order to build greater connections and understanding of how texts shape meaning.

Year 10 Skills classes have been developing their analytical and critical thinking skills through the use of ALARM. Students have been focusing on a range of texts of varying complexities, using their analytical skills to respond in a variety of ways. Year 10 are practicing their responding skills using ALARM.

Mr Carter

KOORI KORNER

Warami ngani (hello, how are you)

First I want to say that my heart goes out to all families who are doing the best they can with the learning from home environment. I know that we are all doing the best we can in these trying times, and I don't know about you, I am getting sick of Zoom and looking at a screen for most of the day. That does make me wonder how those kids can stay online for most of the time as they are gaming, snapchatting, Tik Toking or whatever - however, in recent times I do notice that it's just not our kids, but adults are doing it too.

So first of all I want to reflect on what went on just before we went into lockdown.

We are about half way through the Casula High School Reconciliation Action Plan (RAP) and hope to continue to work on this in the near future with those same community members, students and staff.

We did some garden renovations at the front of the school. In the process we have saved about 20 plants from a garden within the school that is facing a facelift (if that makes sense) to provide more seating within the school for our students. Refer to pictures attached.

But moving forward, the main message I have for our families is that if you have any questions, concerns or need support with anything I want you to reach out to the school, and I can assure you that we will try our best to meet your needs. No issue is too small.

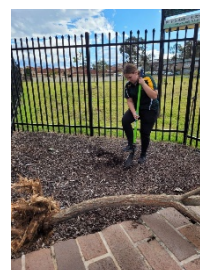
My final message to the community is stay strong, listen to your mother and before you do or say anything, think

about this - will my grandparents be proud of what I am about to say or do.

Conquering the bottlebrush



Digging a hole in a good way



Saving some lomandra and banksias



Community News & Services

In regards to the current circumstances we live in today, below is some information for all families in the Casula High Community to think of and reach out to if you require support.

Great community group that supports the community

Community Cafe Incorporated

FREE FOOD ASSISTANCE

Hoxton Park 3:30pm to 5pm
Monday, Wednesday and Friday

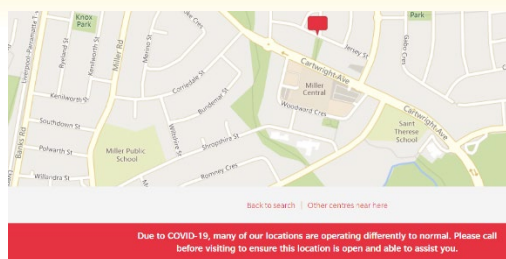
Miller 3:30pm to 5pm
Tuesday and Thursday

Thanks to our partners

FOOD BANK

SecondBite
Ending Waste. Ending Hunger.

Salvation Army Food Packages



2168 Food 4 Life Market Miller

Address: Cnr Hensford & Jersey Streets
BUSBY NSW 2159

Type: Community Welfare
Contact: Ph: 02 9826 7819

Just a screenshot of what Liverpool Council is offering to community and family



Liverpool Free Food Services & Emergency Relief as at 20 July 2021		
Organisation	Service	Update / comments
Salvation Army Liverpool 51-55 Memorial Ave, Liverpool Salvation Army Food 4 Life Jersey Street, Busby Joel Spicer 9826 7819 0437 792 808	Take away lunch from 11.45am- 12.30pm Monday 12pm to 3pm Tuesday 10am to 2pm	All Salvation Army sites are currently closed until further notice. Residents can call Assessment Line 1300 371 288 to be assessed for assistance and if eligible a Gift Card will be mailed to their address.
777 Movement Ltd Elie El Khoury 0404 595 828 777movement.org.au	Distribution of food hampers. Pioneers Memorial Park Monday 6.30pm to 7.30pm	Service continuing. Also, now offering free weekly food hamper delivery to individuals and families dealing with food insecurity. Hampers include Cereal, Long life milk, pasta, soup, noodles, drink, bread, sauces, etc. Visit website 777movement.org.au to complete simple form which helps us determine how many people live in the house, kids, if there is a working stove, microwave, etc. This helps us work out what to put in their hampers.
Heaven on Earth Nokra Sakr 0418 644 162	Takeaway meals. Pioneers Memorial Park Monday 6pm to 6.30pm	Service continuing.
Vinnies Night Patrol Van Josie 0490 282 121	Miller and Liverpool sites.	Mobile van services suspended until further notice.
Loaves and Fishes Restaurant (formerly Liverpool Community Kitchen and Hub). Uniting Church, 28 Pirie Street, Liverpool Mike Kent Rev Sharon Cutts 8798 4981 / 0424 366 962	Operating seven (7) days a week from 11.00am to 12pm. Takeaway main hot meal, dessert, bread, and tea /coffee.	Services continuing.

Liverpool Free Food Services & Emergency Relief as at 20 July 2021		
Organisation	Service	Update / comments
Exodus Mobile Food Van 8752 4600	Miller Square – Mon, Wed and Friday 11.30-12.30pm. Thursday (twilight) service 5pm. Hart Park, Warwick Farm – & Liverpool Uniting Church (from the van) Saturday and Sunday 11.30am -11.45am & 12.00pm -12:45pm.	Services continuing.
Anglicare Liverpool 8624 8600 Shop 1, 58-60 Macquarie Street North, Liverpool	Food and Financial Assistance	Anglicare Liverpool office and op shops in lockdown areas are currently closed until further notice. Clients needing emergency assistance can access low cost food hampers and clothing at most of Anglicare Op Shops and food from the Mobile Community Pantries. Other emergency assistance is available remotely, including e-cards and brokerage. Home Delivery service to roughly 100 food hampers per week within the Sydney Metro area (assessment required.) If you're working with a client that requires assistance, please give us a call on 8624 8600 or email myself and the team at ffaliverpool@anglicare.org.au https://www.anglicare.org.au/what-we-offer/food-and-financial-assistance/help-with-food/
Turbans 4 Australia Amar Singh 0432 017 000	Distributing hampers across Liverpool LGA on Tuesdays and Thursdays. Hamper orders can be taken on Saturdays and Mondays for Tuesday delivery. Or by Tuesday in time for Thursday delivery. Contact 0432 017 000	Service continuing.
Golden Manna Ltd Natasha Hanisi 8103 3074	Low cost food and hampers.	To place orders, residents can contact on (02) 8103 3074 or through the community partner page on Facebook https://www.facebook.com/groups/1118949075152904 Also supply frozen meals to some agencies with food assistance: Liverpool Women's Health Centre Neami SWS Uniting Burnside Youth Hope
Compassion on Souls Prabakaran 0447144447 / 0413804033	Pioneers Memorial Park Saturday 11.30am to 12.30pm. Takeaway hot meals. Drinks, tea and coffee.	Attending Warwick Farm train station and Macquarie Mall to give away cooked meals. Please contact to confirm time and locations.

Liverpool Free Food Services & Emergency Relief as at 20 July 2021		
Organisation	Service	Update / comments
Breakthru Worship Centre Liz Cossu 0412 205 529	Pioneers Memorial Park. Last Saturday of the month from 5pm – 7pm. Warm packaged meals and beverages, and clothes distribution.	Discontinued service at Pioneers Memorial Park until further notice.
Greek Orthodox Church Dina 0414 395 223	Takeaway hot meals and salad. Hart Part, Warwick Farm. Tuesday 6.00pm – 6.30pm Wednesdays 6.00pm – 6.30pm – Pioneers Memorial Park Thursdays 6.00pm – 6.30pm - Hart Part, Warwick Farm	Services continuing.
CORE Community Services The Hub. 38 Woodward Crescent, Miller Claudia Escarate 8582 4110 0459 857 634	Non-perishable pantry staples. fruit and vegetables, bread. Wednesdays – from 11.30 to 2pm.	Services continuing.
Mission Australia, Miller Early Intervention and Tenancy Support Service 8784 5400	All queries regarding our service and your referrals to (02) 8784 5400 or via email to eitss@missionaustralia.com.au	Offers emergency relief support for people dealing with immediate crisis situations, especially those affected by the recent COVID-19 lockdown, by providing financial aid. Our funding covers parts of the Liverpool LGA and the Fairfield LGA. SWS Emergency Relief: Assists people to deal with their immediate crisis situation including vouchers for household goods, groceries and transport.