



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 1 June 2012

Term 2 Week 6B



Mr Geoff Wing  
*Principal*

Mr Tony Rudd and Mrs Jane Dennett  
*Deputy Principals*

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## ACADEMIC CHALLENGE IS A WINNER

Thursday 24 May 2012 saw our MPC transformed into a hive of intellectual activity with the Annual Academic Challenge. Five of our partner primary schools joined with our Year 7 Gifted and Talented class for this event, which asks students to challenge themselves and their thinking. We were very pleased to welcome Normanhurst, Normanhurst West, Pennant Hills, Thornleigh West and West Pennant Hills Public Schools to our school.

We began with theatre sports led by Drama teacher Mr Courtney Cassar, involving every student in a range of ice-breaking activities. Students then tackled a wide range of activities: knowledge quizzes, lateral thinking, problem solving and creative challenges. It was almost possible to power the school with the amount of brain power in the air. Naturally the spirit of competition was strong, as points were awarded for each round. In a very close contest, the final three places were as follows:

**First Place:** Thornleigh West Public School

**Second Place:** West Pennant Hills Public School

**Third Place:** Pennant Hills High School

Students found the day very productive and challenging. Most said that their favourite part of the day was theatre sports and the creative challenge. We were very pleased with the enthusiasm and maturity of our primary school visitors, and thrilled that our Year 5 visitors all want to come to next year's event.

I want to take the opportunity to thank Mrs Pam Leadbitter for organising a day full of exciting and challenging activities in order to help students to learn the vital skills needed to develop their potential.

**Mini Mathew**  
**GATS Coordinator**



## KEY DATES

### Term 2 2012

Week 7A	Friday	8 June	Vaccinations – Years 7 and 10
Week 8B	Monday	11 June	PUBLIC HOLIDAY
	Thursday	14 June	Sydney North Cross Country at Gosford
	Friday	15 June	Drama Festival in the MPC
Week 9A			
Week 10B	Wednesday	27 June	Zone Athletics Carnival
	Friday	29 June	<b>LAST DAY OF TERM 2</b>

## SCHOOL VACATION

### Term 3 2012

Week 1A	Monday	16 July	<b>SCHOOL DEVELOPMENT DAY</b> <b>SCHOOL RESUMES</b> for all students Years 9 and 10 Parent–Teacher Evening CHS Cross Country at Eastern Creek
	Tuesday	17 July	
	Tuesday	17 July	
	Friday	20 July	
Week 2B	Monday	23 July	Sydney North Athletics at Homebush
	Tuesday	24 July	Sydney North Athletics at Homebush
Week 3A	Monday	30 July	Trial HSC Examinations (ALL WEEK)
Week 4B	Monday	6 August	Trial HSC Examinations (ALL WEEK) Japanese Student Visit (ALL WEEK)
	Monday	6 August	
Week 5A	Tuesday	14 August	CAPA Festival (Tuesday—Friday)

Please check the school's website for the latest calendar updates.



## Pennant Hills High School DRAMA FESTIVAL

**Friday 15 June 2012**

7.00pm in the MPC

Performances by our talented students in  
Drama, Music and Dance.

**Tickets available at the door:**

Adults \$10 - Children \$5 - Family (2+2) \$20

Snack food available for purchase.

**Join us for a great night of live theatre!**

## PRINCIPAL'S REPORT



### Supporting Our Community

One of our most important tasks as teachers is to provide students with a range of opportunities and support which enables them to develop into responsible, caring citizens and community leaders. We are often praised for the many ways in which our students demonstrate care and concern for others in our local community who are less fortunate. This is

no more evident than our students' efforts by supporting the Salvations Army's Red Shield Appeal. We are very proud of the large number of our students who gave up their time to door knock on the day to assist in this annual appeal. The following excerpt is from a letter of congratulations received by one person who was grateful for our school's support:

*I had two of your students to collect for the Red Shield Appeal last Sunday. I was their driver. What charming, positive young ladies they were. Please commend them and all the other Pennant Hills High School students who volunteered to be part of the Red Shield Appeal.*  
(Name supplied.)

### 2012 Defence Technical Scholarships

I am delighted to announce that an unprecedented number of our students have been awarded this prestigious scholarship. A letter received from General D J Hurley, AC, DSC, Chief of the Defence Force, indicates that of more than 2300 applications received, our school has 10 recipients. This is outstanding recognition of the high caliber of students we have at this school. Recipients will receive a personal letter from General Hurley, as well as a certificate of acknowledgment and a scholarship cheque. These will provide assistance and encouragement to all awardees to explore the range of technical trade career options open to them within the Australian Defence Force. Although there is no obligation to join the Navy, Army or Air Force after finishing school, the three Year 11 recipients will each receive \$2000, and the seven Year 12 students will each receive \$3000.

Congratulations to our recipients.

#### Year 12

Simon	Andrew
Jackson	Charles
Jack	Matthew
Logan	

#### Year 11

Harrison	Isaac
David	

### Academic Challenge Day

The third annual Academic Challenge Day, which involved over 30 Year 5 and 6 students from our partner primary schools, was again a huge success. Under the guidance of Pennant Hills High School staff, Mrs Leadbitter, Mrs Mathew and Mr Cassar, primary school teams were supported by Year 7 mentors from Pennant

Hills High School in a day of theatre sports, knowledge quizzes, creative challenges and lateral thinking and problem solving activities. The students were very engaged during the day and found the program most stimulating and fun. This day is an important part of our Middle Years of Schooling strategy and Transition to High School program.

### The May Music Night

The wealth of musical talent at our school was on show at the Annual Music Festival. Our Concert Bands, Big Band and Junior Stage Band were joined on the night by bands from Pennant Hills Public School, Thornleigh West Public School and West Pennant Hills Public School, along with a number of solo and group performers. Music performance continues to flourish at our school, and it is good to see the number of students who are keen to perform under the guidance of our experienced staff.

### Participation was the Key

Following a number of years of inclement weather, our annual School Athletics Carnival was marked by a day of fine weather and great involvement and participation from our students and staff. Days such as this are welcome opportunities to celebrate not only the athletics prowess of our students, but more so the great spirit of cooperation which exists at our school among staff, students and parents. There were many outstanding performances on the day, and the level of participation was very high. Not all students place high importance on athletic pursuits, and for those who do not go in many events, it can be a long day, but staff were very impressed by the excellent behaviour of those who came along to enter one or two events and then to support their friends who wanted to be stronger competitors on the day. Congratulations to the PDHPE Faculty for their immaculate organisation and to all staff and students who worked hard to ensure the success of the day.

**Geoff Wing**  
**Principal**

## FORBES FOOTWEAR Winter Shoe Sale

### ALL STOCK REDUCED

including

### Orthotic Footwear, Large Sizes and School Shoes

**Prices slashed on major brands, including:**  
**Clarks, New Balance, Hush Puppies,**  
**Supersoft, Florsheim**

### Sale Dates

**Saturday 2 June – Saturday 9 June 2012**

**153 Pacific Highway Hornsby**  
**9477 1613 Monday – Saturday**



## FOCUS on NEXT FORTNIGHT

### Term 2 2012

Week 7A	Monday	4 June	Year 12 English Study Day
	Tuesday	5 June	Barista Training
	Tuesday	5 June	Year 8 History Incursion: Gindaja
	Thursday	7 June	Year 11 GP Program
Week 8B	Thursday	14 June	Sydney North Cross Country at Gosford
	Friday	15 June	Drama Festival in the MPC

Please check the school's website for the latest calendar updates.

## YEAR 12 ASSESSMENT TASKS

### Term 2 2012

Week 7A	Monday	4 June	Mathematics :Task
	Monday	4 June	General Mathematics :Task
	Monday	4 June	Ancient History: Personalities Task in Class
	Wednesday	6 June	Chemistry: Open-ended Investigation
	Wednesday	6 June	Society and Culture: Depth Study 2
	Thursday	7 June	Extension 1 Mathematics: Task
	Thursday	7 June	Standard English: Hand-in Task
	Friday	8 June	Industrial Technology: Major Project Evaluation
Week 8B	Monday	11 June	<b>PUBLIC HOLIDAY</b>
	Tuesday	12 June	Business Studies: In-class Extended Response
	Tuesday	12 June	Music 1: Composition Core Elective 3
	Wednesday	13 June	Legal Studies: In-class Essay
	Wednesday	13 June	Physics: Research
	Wednesday	13 June	SLR: Written Report
	Thursday	14 June	Extension 2 Mathematics: Task
	Thursday	14 June	Advanced English: Writing Task Module B
	Thursday	14 June	Standard English: Close Study - B
	Friday	15 June	Extension 2 English: Draft Project and Journal

## YEAR 11 ASSESSMENT TASKS

### Term 2 2012

Week 7A	Monday	4 June	Food Technology: Food Quality
	Tuesday	5 June	Economics: Test
	Thursday	7 June	Society and Culture: Research Task
Week 8B	Monday	11 June	PUBLIC HOLIDAY
	Tuesday	12 June	Chemistry: Research
	Tuesday	12 June	Standard English: Viewing
	Wednesday	13 June	ITW (2): Industry Report
	Wednesday	13 June	CAFS: Families and Communities
	Thursday	14 June	ITW (1): Industry Report
	Friday	15 June	Extension Mathematics: Task
	Friday	15 June	Mathematics: Task
	Friday	15 June	General Mathematics: Task

## SOCIAL SCIENCES

The families of the following students recently received 'Happy Letters' to acknowledge the students' efforts in Social Science subjects following nomination by their class teacher. The students are to be congratulated for the high level of commitment and/or standard of achievement demonstrated in the subject. Hopefully this acknowledgement will spur them on to continued success.

### **Year 7 Geography**

Jerome, Hamish, Georgia  
Elizabeth, Rory

### **Year 8 Geography**

Harrison, Nivine, Matthew  
Charlotte, Joseph, Georgia  
Annika

### **Year 9 Geography**

Luke, Laura, Lucas  
Remond, Sammy  
Madison, Aslisaadet

### **Year 10 Geography**

Dalton, Cameron  
Yurika, Courtney, Laura  
Joe

### **Year 12 Geography**

Rachel

### **Year 8 Commerce**

Kaitlin, Charlotte, Jacqueline  
Tayla

### **Year 9 Commerce**

Zachary, Adam

### **Year 10 Commerce**

Andrew, Evan

### **Year 11 Business Studies**

Jessica, Bradley  
Hasveen, Candy, Andrew  
Juna

### **Year 12 Business Studies**

Michelle, Angus

### **Year 11 Economics**

Benjamin, Andrew

### **Year 12 Economics**

Luke, Paul, Madeleine

### **Year 11 Legal Studies**

Hasveen, Miles, Samantha  
Toby

### **Year 12 Legal Studies**

Mary, Alastair

*Phil Morris*

*Head Teacher Social Sciences*

**Lifting  
YOU  
higher**

Presented by  
Sydney North Region Scouts & Guides  
@ Asquith Boys High School Theatre

#### **PERFORMANCES**

#### **Evening 8pm**

Friday	June 29
Saturday	June 30
Monday	July 2
Wednesday	July 4
Friday	July 6
Saturday	July 7

#### **Matinee 2pm**

Saturday	June 30 & July 7
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#### **TICKETS**

Adult	\$21.00
Child	\$11.00 (under 16 yrs)
Concession	\$16.00
Family	\$55.00 (2 adult & 2 child)

#### **BOOK**

**[www.gangshow.com](http://www.gangshow.com)**

or contact Errol on  
02 9481 0937

**Dancing, Singing,  
Comedy, Drama &  
a Cast of Local Talented  
Sydney North Region  
Scouts & Guides**



## SCIENCE FACULTY AWARDS

Congratulations to the following students for their achievements in Science.

### YEAR 7

**Lauren**

Excellent effort and attitude

**Michael**

Excellent test results

**Matthew**

Great attitude, effort and results

**Jacob**

Outstanding effort and attitude

**Rory**

Great results and attitude

**Rodrigo**

Consistent effort and application

### YEAR 8

**Erkshan**

Excellent test results

**Callum**

Excellent result and great attitude

**Michael**

Enthusiastic application

**Erika**

Excellent test results

**Jaime**

Excellent test results

**Justin**

Excellent results

### YEAR 9

**Luke**

Excellent effort, dedication and great attitude

**Kristian**

Excellent effort, dedication and great attitude

**Kadin**

Excellent effort and results

**Zac**

Excellent effort and results


**Greg**

Consistent effort

**David**


Excellent effort and great attitude

**Phil Scandizzo**  
**Head Teacher Science**



Pennant Hills High School staff held two *Biggest Morning Tea* events during May. Spreading the event over two dates provided the opportunity for as many staff as possible to be involved.

This year's 'morning tea' events were held on Wednesdays 23 and 30 May. Congratulations and thank you to all staff who contributed to the total of \$409.00 which we raised in support of the Cancer Council.



**Northern Sydney Region  
Disability Programs  
Parent Forum**

An invitation is extended to all parents of students accessing the region's Disability Programs to attend an information sharing meeting with other parents and regional representatives.

**Every Student Every School** will be the topic for this term's parent forum. The regional implementation team for Northern Sydney Region will provide information and lead discussion on this exciting new initiative that will build capacity to improve outcomes for students with disabilities and additional learning and support needs in every NSW public school.

**Date:** 22 June 2012  
**Time:** 10.00am – 12.00 noon  
**Venue:** Lindfield East Public School Hall  
90 Tryon Road, East Lindfield

For more information, please contact Michelle Collyer, Student Services Coordinator, Disability Programs at [michelle.collyer@det.nsw.edu.au](mailto:michelle.collyer@det.nsw.edu.au) or 9987 3932.

## P&C SPECIAL INVITATION

The next P&C meeting will be held in the school library at 7.30pm on Tuesday 26 June 2012.

We have invited Chris Raper to speak to us about an exciting venture currently being developed to assist in school enhancement and promotion. Come along and hear more about this proposal.

P&C meetings provide an avenue for parents and caregivers to make a positive contribution to the school community, and to learn more about what is happening at the school, through presentations by teachers, students and others from the community.

We look forward to welcoming you to our meeting. Please direct any enquiries to the P&C email address: [pandc@pennanthil-h.schools.nsw.edu.au](mailto:pandc@pennanthil-h.schools.nsw.edu.au)

**Sharon Maynard**  
**P&C Secretary**

## WELFARE REPORT DEALING WITH STRESS

Stress is a big part of our lives but we can overcome it with a few simple strategies.

### Consider Your Diet

- Fuel up with a good breakfast that includes some fruit, low-fat yoghurt or milk and high-fibre cereal.
- Eat three meals and three healthy snacks a day eg. A handful of unsalted nuts, low fat natural yoghurt, fruit bread, fruit.
- Eat protein foods such as lean meat, turkey, fish or legumes, with Low GI carbohydrate foods.
- Avoid junk food and too much caffeine.
- Eat omega-3 fats, found mainly in oily fish eg. salmon, sardines, flax seeds
- Eat plenty of fruit and vegetables.
- Drink 6-8 glasses of water a day.

### Lifestyle Factors

- Exercise daily. This converts stress chemicals into fuel, reduces muscle tension and clears headaches.
- Breathe slowly. Count to three while breathing in, hold for three seconds, then breathe out for another three to five seconds.
- Let your feelings out rather than bottling them up. Write your feelings down in a journal or talk about them with someone you can trust eg. a close friend, your favourite teacher, school counsellor or Year Adviser.
- Focus on the present and live in the moment.

### Stress-Beating Tools

- Stay optimistic. Look for the good in situations and hope for the best outcome.
- Watch what you say and avoid being overly dramatic.
- Make time to do things you enjoy.
- Avoid spreading yourself thin by taking on too many tasks. Focus on five major tasks a day and aim to do them well.
- Make a list of all the tasks you need to complete and then prioritise them in order of importance.
- Avoid making comparisons to other people and set your own personal goals.
- Give yourself REWARDS for your achievements.
- Meditate for 10 minutes every day.
- Visit websites such as [www.beyondblue.com](http://www.beyondblue.com) or <http://au.reachout.com/find/articles/stress> for extra tips.

**Belinda Campbell**  
**Head Teacher Welfare**

## HSC SURVIVAL GUIDE FOR PARENTS

The final year of our children's schooling can be a very stressful year for some households but it doesn't need to be this way.

A few tips for us parents:

- Help your teenager attain balance in their lives.
- Back off – support, don't nag.
- Encourage them to believe in themselves.
- Give them positive feedback whenever possible.
- Understand that effective study is when it comes from them.
- Make sure that they have plenty of time to study and a place to study that is quiet and away from distractions.
- Don't overload them with domestic chores.
- Expect them to be a little moody at times. However, if you notice major changes in mood, appetite, sleep patterns or connections with friends you may need to seek assistance.
- Ensure that they are getting enough sleep. Teenagers need around 9 hours a night.
- Make sure that they are eating well. A good breakfast before exams but nothing different from the norm is essential.
- Encourage some form of physical exercise each week.
- Take them to the Uni Open Days (see the university websites for dates).
- Contact teachers, the Yr 12 Year Adviser, Head Teacher Welfare or School Counsellor if you need some extra support.
- Take time out for yourself and plan your own schoolies!

### Great Reads for Parents and Students

- *Surviving Year 12. A sanity kit for students and their parents* – Dr Michael Carr-Gregg
- HSC Board of Studies website – HSC Survival Guide for Young People and Parents

**Belinda Campbell**  
**Head Teacher Welfare**

### Penno Prayer Meeting

Mums, dads, grandparents, please come and join us as we pray for 'Penno' staff and students.

1st and 3rd Friday of each month during term  
8.45am-9.15am.

Please meet at Public Reception.  
Enquiries: Kim Allan on 0410 548 350.



# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

**Murray Farm Public School CRACKER CARNIVAL** - Saturday 2 June - 2.00pm—8.00pm (Free entry 2.00pm—3.00pm)  
Tracey Avenue, Carlingford - Rides - Games - International Food - Cake Stall - Spectacular Fireworks Display!  
[www.murrayfarm-p.schools.nsw.edu.au](http://www.murrayfarm-p.schools.nsw.edu.au) (Click on Cracker Carnival tab)

**Series for Parents and Carers - *Living with Teenagers*** - FREE sessions - 7.00pm—8.30pm  
Surviving Stress (Study and Exams) - Wednesday 6 June - Hornsby / Tuesday 12 June - Galston  
Successful Transitions to High School - Wednesday 1 August - Hornsby / Tuesday 7 August - Galston  
BodyThink for Parents - Wednesday 22 August - Hornsby / Tuesday 11 September - Galston  
Understanding Social Networking - Tuesday 16 October - Galston / Wednesday 24 October - Hornsby  
**Bookings are essential: 9482 1366** (Clifton Adolescent and Family Support, Mission Australia)

**Disability Services Survey - for people with a disability or members of their family - closes Friday 8 June 2012.**  
Preferred method of response is online: [https://www.surveymonkey.com/s/DBB\\_Disability\\_Survey](https://www.surveymonkey.com/s/DBB_Disability_Survey) or follow the link from the website [www.dbb.org.au](http://www.dbb.org.au) If you would prefer a hard copy, email [psu@dbb.org.au](mailto:psu@dbb.org.au) or phone 9847 0444.

**Vision Valley Winter Holiday Ski and Snowboard Camp:** Thursday 12—Sunday 15 July 2012  
**\$599** (Early Bird Rate to 4.00pm 19 June) / **\$620** (Standard Rate from 4.01pm 19 June)  
Includes transport, accommodation, evening activities, meals, equipment, 2-day lift pass, two 2-hour lessons, supervision.  
**Book early to avoid disappointment: 02 9655 2600 or [www.visionvalley.org.au](http://www.visionvalley.org.au)**

**Understanding Your Teenager - Parent Forums by Ku-ring-gai Council**  
Internet - Tool and Weapon - 25 June  
Sexualisation of Youth - 6 August  
Safe Partying - 17 September  
Building Positive Mental Health - 22 October  
**Bookings required. Contact Ku-ring-gai Council Youth Services: [www.kyds.org.au](http://www.kyds.org.au) or 9424 0837**

## STUDENT EXCHANGE PROGRAMS

**Student Exchange Australia New Zealand** - [www.studentexchange.org.au](http://www.studentexchange.org.au) or 9997 0700.  
Hosts needed for students arriving in June/July from Europe, Canada, USA and Latin America.

**Southern Cross Cultural Exchange** - [www.scce.com.au](http://www.scce.com.au) or 1800 500 501  
Hosts needed - students arriving in July from France, Italy, Germany, Austria, Sweden, Norway, Denmark and Finland.

**World Education Program Australia (WEP)** - [www.wep.org.au](http://www.wep.org.au) or 1300 884 733  
Hosts needed for students arriving in July from Italy, Belgium and the Netherlands.

**Australian Institute of International Understanding (AIU)** - [www.aiiu.om.au](http://www.aiiu.om.au) or 1800 174 407  
Opportunities exist for students to live and study in Japan (10 months or 5 months) - program costs apply.

## RECREATION AND SPORTING GROUPS

**Pennant Hills Cherrybrook Rugby League Club** - [www.pennostags.com](http://www.pennostags.com) or 0418 677 511 (Ross Ruhan)  
Great family club competing in the North Sydney District League. Under 6 to A Grade.

**Beecroft Cherrybrook Junior Rugby Union Club** - [www.beecroftjuniors.com.au](http://www.beecroftjuniors.com.au) or 0439 904 457

**Cherrybrook Table Tennis Club** - 0412 520 854 - Enjoy social and competition table tennis.  
Wednesdays and Thursdays - 7.30pm at Cherrybrook Community Centre. Adult coaches and mentors.

**Epping RSL Golden Kangaroos Marching Band** - [www.goldenkangaroos.org.au](http://www.goldenkangaroos.org.au) or 9868 3289 (Annette)  
Beginners, concert, stage and marching bands. Adults and children (all levels of experience) welcome.

**2nd/3rd Pennant Hills Scout Group** - 0408 121 690 (Greg Smithson) - Tuesdays (7-11) and Wednesdays (10-15).

**Pennant Hills Girl Guides** - 0438 284 592 (Fiona) - Meets Mondays (10-14 year olds) and Wednesdays (7-10 year olds).

**St Agatha's Youth Group** - <http://www.stagatha.org.au> or 0409 847 208 (Laura) - Meets every second Friday evening for students from Years 7 to 9.

## HELPERS NEEDED

**Foster families needed** - Department of Family and Community Services - 8303 7644  
Carers can be singles, couples, with or without children, and from any cultural background.

**Volunteer with Easy Care Gardening** - [www.easycaregardening.org.au](http://www.easycaregardening.org.au) or 9983 1644 (Hornsby/Ku-ring-gai)

**Bilingual Volunteers Needed - City of Sydney Meals on Wheels**  
Can you speak Cantonese, Mandarin or Spanish as well as English? If you can, do you have two or three hours a day, a week, or even a month to help deliver meals on weekdays? If so, you are invited to volunteer with Meals on Wheels. Meet new friends, get work experience, improve your English skills, have fun, and make a difference in your community.  
**For more information or to become a volunteer, phone 8512 4230.**



# COMMUNITY NOTICES AND CONTACTS

## COMMUNITY SERVICES AND SUPPORT

**UnitingCare Northmead** - 8839 5107 - Workshops and counselling for parents. Phone for more information.

**Interrelate family centres** - 8882 7850 - Phone for details of current workshops and courses for parents.

**TOUGHLOVE** - 1300 856 830

Parents helping parents to deal with problems of unacceptable adolescent behaviour.

**Parenting Education for Mums, Dad and Carers** - [www.nscchahs.health.nsw.gov.au/caparenting.htm](http://www.nscchahs.health.nsw.gov.au/caparenting.htm)

Information and education provided by NSW Health - Northern Sydney Central Coast.

**Centacare Broken Bay** - 9488 2523 - Advice and support for parents.

**Depression Support Group** - 1300 794 991

Hornsby RSL - first Sunday of each month. Run by Association of Relative and Friends of the Mentally Ill.

**Parent Line** - [www.parentline.org.au](http://www.parentline.org.au) or 1300 1300 52 - Free professional service 24 hours every day.

Also tips and suggestions for way to handle various situations encountered by parents and families.

**Kids Helpline** - 1800 55 1800 - Free confidential service 24 hours every day.

**Mission Australia** - [CAFS@missionaustralia.com.au](mailto:CAFS@missionaustralia.com.au) or 9482 1366 - Free counselling and support service.

**Single With Children** - [www.singlewithchildren.com.au](http://www.singlewithchildren.com.au) or 1300 300 496

Non-profit social group providing exciting activities for single parents and their children.

**Sydney Single parents** - [www.SydneySingleParents.org.au](http://www.SydneySingleParents.org.au) or 9634 7502 (Hills) or 9411 1858 (Northside)

**Hills Family Centre** - 8805 7288 - Workshops and courses for parents and families.

**Wesley Mission Family/Youth Services** - [www.wesleymission.org.au/centres/wesleydalmar/](http://www.wesleymission.org.au/centres/wesleydalmar/) or 8805 7288

**Community Life Church Cherrybrook Life Centre** - 9651 3534 - Counselling and parenting courses available.

**Jack's Youth Café at Hornsby** - 9477 1110

After school activities for students in a safe environment, run by Fusion Sydney North. Jack's Café, located at 5 Jersey Street Hornsby (a short walk from the station), is open Tuesdays to Fridays 3.00pm to 6.00pm.

**Newcomers Club** - [www.sydneynewcomers.com.au](http://www.sydneynewcomers.com.au) - Social club for women, offering support and friendship.

**Free Dental Clinic** - 9687 2544

Provided by NSW Health for 12-25 year olds. Located in High Street Youth Health Service, Harris Park.

**Rotary Club of Thornleigh Farm Markets**

Third Sunday of every month - 8.00am-12.00noon - car park (corner Phyllis St and Central Ave, Thornleigh)

**Christ Evangelical Centre of Australia Chinese Language School** - 0410 613 814 (Jenny)

**Cybersmart website** - [www.cybersmart.gov.au](http://www.cybersmart.gov.au)

Safely enjoy the online world. Part of the Australian Government's cybersafety program.

**NSW Health Policy and Implementation Plan for Healthy Culturally Diverse Communities 2012-2016**

Find out what the NSW Ministry of Health is planning for the future of your multicultural community.

Copies of the newly released policy are now available: [www.health.nsw.gov.au](http://www.health.nsw.gov.au) or 9887 5450.

**The Australian Childhood Vision Impairment Register**

Sponsored by the Royal Institute of Deaf and Blind Children, the Register is the first of its kind in Australia, and collects data on Australian children with vision impairment. This data is used to improve services for children and by researchers who work in the area of eye disease and disorders of vision. **Information:** [www.vifamilynetwork.org.au](http://www.vifamilynetwork.org.au)

## HELP WITH ENGLISH LANGUAGE AND NUMERACY

**Free adult literacy and numeracy classes - Meadowbank TAFE** - 9942 3572 (Sue or Deborah)

Reading, writing, speaking - group classes or 1:1 tutoring. Tutors also needed.

**Free English courses for adult migrants** - [www.ames.edu.au](http://www.ames.edu.au) - Classes at Hornsby, Chatswood and Eastwood.

## DISCLAIMER

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