



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 15 June 2012

Term 2 Week 8B



**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!**

Mr Geoff Wing  
*Principal*

Mr Tony Rudd and Mrs Jane Dennett  
*Deputy Principals*

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## MEDICINE MATTERS - GPs VISIT YEAR 11

As pioneers of the 'GPs in Schools' Program, we continue to offer our Year 11 students the opportunity to meet with local doctors and medical students in small groups where they can discuss adolescent health issues and obtain information about healthcare contacts available to young people. These informal conversations assist students to increase their knowledge and confidence to seek medical assistance and support should they need it in the future.

On Thursday 7 June 2012, our current Year 11 students met with the team of 25 visiting doctors and medical students, headed up by local GP, Dr Carol Kefford, who founded the program in 1966 and continues to coordinate the visits. One member of the team, Dr Melinda Wosik, graduated from Pennant Hills High School in 2001 and is now a GP located in Orange. Melinda was pleased and proud to be able to return to our school to lead one of the student groups this year.

The morning was a great success, with the doctors commenting on the maturity and goodwill of our students. We very much appreciate the medical students' and doctors' interest in adolescent health, and value the time they have given out of their busy schedules to support our students.

**Janelle Dennis**  
**Head Teacher CAPA**

## DIAMOND CELEBRATION

Congratulations to all students in **Concert Band 1**. At the Yamaha Festival on Thursday 14 June 2012 these amazingly talented young musicians were recognised as the only recipients of the Diamond Award in the A Grade Competition - the highest possible award in the highest grade. This fantastic achievement is testament to much hard work by the students and their conductor, Mrs Coomber.



## KEY DATES

### Term 2 2012

#### Week 9A

Week 10B	Monday	25 June	Year 10 Subject Selection Evening 7.00pm MPC
	Wednesday	27 June	Zone Athletics Carnival
	Friday	29 June	<b>LAST DAY OF TERM 2</b>

## SCHOOL VACATION

### Term 3 2012

Week 1A	Monday Tuesday Tuesday Friday	16 July 17 July 17 July 20 July	<b>SCHOOL DEVELOPMENT DAY</b> <b>SCHOOL RESUMES for all students</b> Years 9 and 10 Parent–Teacher Evening CHS Cross Country at Eastern Creek
Week 2B	Monday Tuesday	23 July 24 July	Sydney North Athletics at Homebush Sydney North Athletics at Homebush
Week 3A	Monday	30 July	Trial HSC Examinations (ALL WEEK)
Week 4B	Monday Monday	6 August 6 August	Trial HSC Examinations (ALL WEEK) Japanese Student Visit (ALL WEEK)
Week 5A	Tuesday	14 August	CAPA Festival (Tuesday—Friday)
Week 6B	Wednesday Friday	22 August 24 August	Yea 8 Gala Day Science Challenge
Week 7A	Thursday	30 August	School Photographs (Groups)
Week 8B			
Week 9A	Monday Monday Wednesday	10 September 10 September 12 September	Year 11 Preliminary Final Examinations (ALL WEEK) CHS Athletics (Monday—Wednesday) Year 7 Gala Day
Week 10B	Monday Monday Tuesday Wednesday	17 September 17 September 18 September 19 September	Year 11 Preliminary Final Examinations (ALL WEEK) Year 12 Community Concert Year 12 Graduation Year 12 Formal

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

## GP SYNERGY PROGRAM

Four of our Year 11 students have recently completed their commitment to the 'GP Synergy' Program, during which they had assisted with the training of registrars and medical students from Sydney University at Hornsby Hospital over the past 12 months.

Our students' fine drama skills were used to assist the trainee doctors in dealing with adolescent health issues. Dr Carol Kefford, coordinator of the program, was full of praise for Huw, Taylor, Georgia and Hayley.

These students have represented Pennant Hills High School in a very positive manner. We commend them for their community-mindedness, reliability and enthusiasm.

**Janelle Dennis**  
**Head Teacher CAPA**

## P&C SPECIAL INVITATION

The next P&C meeting will be held in the staff common room 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**

## DEPUTY PRINCIPAL'S REPORT



Parents of our Year 9 and 10 students should be aware that Parent Teacher Night for those year groups will be held on Tuesday 17 July 2012. This is the first Tuesday of Term 3 and the first day that students return to school. In an attempt to make the booking of appointments with teachers both easier

and more accessible to parents, for the first time parents will be able to book appointments online. Parents simply need to access the parent portal, click on the 'Parent Teacher Night' link and enter their names in spaces available for each teacher. We hope this streamlines the process for parents and alleviates the problems caused when students forget to make appointments.

Also coming up in the near future is the Year 10 Subject Information Evening for students entering Stage 6 in 2013. This event will be held on Monday 25 June 2012 at 7.00pm in the MPC. Head Teachers and faculty representatives will be in attendance to provide parents and students with information regarding each of the courses offered in the senior school. In addition, Mr Tyler will give an overview of Board of Studies requirements for the Preliminary and HSC courses.

I was very pleased last week to have been contacted by two of our former students who were requesting that the school be available to speak on their behalf as referees for entry into post-graduate medicine courses at different universities. Both of these former students were very active in school leadership and community support activities and it is this that the universities are looking for as the basis of entry for these students into their courses. This is a reminder to all of us that it is not only important for students to be academically successful at school, but also to be actively involved in a range of other activities and programs available. With both of these students, I will be able to speak highly of their involvement in such activities and hopefully, play some small part in their successful admission to this post-graduate study.

It is with great delight that I have been able to announce that Pennant Hills High School has been declared the winner of the Zone Cross Country Carnival. Due to an error in the initial calculation of results from the carnival, we had previously been informed that we ran a very close second to Cherrybrook Technology High School. With the alterations to the scores, Pennant Hills finished with

a score of 1075 points and Cherrybrook completed the day on 1080. (In cross country carnivals, the team with the lower total score wins). This is not only great news for the school, but just reward for all of those students who performed so well in all age groups. While it is hard to single out any specific age group when all did so well, special mention must be made of the 17 Years Girls team who really did put in a special performance to enhance our school's prospects in this event. Once again, well done to all who competed.

Recently, a group of students from our Year 8 PE elective classes assisted the West Pennant Hills Public School 'Olympic Sports Day'. Our students acted in the capacity of officials and coaches to assist the staff from the primary school in ensuring the success of the event. Below is the text from an email received from the organising teacher:

*Just a quick email to say that the students from Pennant Hills High School who came to work at our Olympics Day were simply brilliant.*

*Your students fulfilled their role better than I could have imagined. Their ease at talking to our students was fantastic. They gave clear instructions, encouraged their charges, modelled the activities and ran their games like real teachers.*

*Everyone was so impressed. Congratulations to them and congratulations to you for conducting the Leadership Program because it's obviously working!*

*All I heard all day from my staff here at West Pennant Hills Public School was ... 'Aren't they fantastic?' 'They're so organised, helpful and generous.' 'Great to have them.' 'They're terrific role models.' All the comments were so positive.*

Congratulations to Mr Boyer and his group on doing such an outstanding job.

In addition to this, we also received rave reviews for the work that Jesse Hare of Year 10 did for the same school in refereeing a state knockout basketball game for them. These are just two examples of how schools in our learning community support each other.

**Tony Rudd**  
**Deputy Principal**

### 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.

## FOCUS on NEXT FORTNIGHT

### Term 2 2012

Week 9A	Monday	18 June	Year 12 Chemistry Excursion
	Thursday	21 June	Science GATS Day with Thornleigh West PS
	Friday	22 June	Year 12 Careers Expo
	Friday	22 June	Year 12 Society and Culture Study Day
Week 10B	Thursday	28 June	<i>Meet the Music</i> Concerts at the Opera House

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

## YEAR 12 ASSESSMENT TASKS

### Term 2 2012

Week 9A	Monday	18 June	Biology: Research Part 1 (hand in) and Test
	Tuesday	19 June	Japanese Beginners: Speaking
	Tuesday	19 June	Japanese Continuers: Speaking
	Wednesday	20 June	Geography: Fieldwork Report
	Friday	22 June	Food Technology: Hand in and Practical (Contemporary Nutrition)
Week 10B	Monday	25 June	EES: Open Ended Investigation
	Monday	25 June	Engineering Studies: Aeronautical Report
	Tuesday	26 June	Music 2: Class Presentation - Core Performance Analysis
	Wednesday	27 June	PDPHE: In-class Task
	Wednesday	27 June	Japanese Extension: Speaking Task - Monologue
	Friday	29 June	History Extension: Project Due
	Friday	29 June	IPT: Multimedia

## YEAR 11 ASSESSMENT TASKS

### Term 2 2012

Week 9A	Monday	18 June	Visual Arts: Process Diary
	Monday	18 June	Japanese Beginners: Speaking
	Monday	18 June	Japanese Continuers: Speaking
	Tuesday	19 June	Ancient History: Mandatory Research
	Tuesday	19 June	Biology: Research and Test
	Wednesday	20 June	Biology: Research and Test
	Wednesday	20 June	Music 2: Musicology
	Thursday	21 June	English Advanced: Task
	Thursday	21 June	English Standard: Task
	Thursday	21 June	English Studies: Task
	Friday	22 June	Engineering Studies: Mechanics Task
	Friday	22 June	PDHPE: Research Project
Week 10B	Monday	25 June	Chemistry: Test
	Monday	25 June	Hospitality 1: Work H&S Report
	Tuesday	26 June	French Beginners: Speaking Task
	Tuesday	26 June	French Continuers: Speaking Task
	Wednesday	27 June	Modern History: Historical Investigation
	Wednesday	27 June	ESL: Elective 1
	Thursday	28 June	Photography (2U): BOW and Process Diary
	Friday	29 June	Visual Arts: BOW



## REPLACEMENT OF STUDENT ID CARDS

It is important that every student has their Student ID Card with them at school every day. Student ID Cards are used for recording attendance, including late arrivals, be they unplanned, planned or where a senior student has no timetabled class during Period 1. These cards are also used for library borrowing and photocopying.

**From the beginning of Term 3 (Tuesday 17 July 2012), the cost of replacing a Student ID Card will increase to \$10.00 per replacement card.**

We will continue to provide a free replacement Student ID Card to each student when they commence in Year 7, 9 or 11, or when they first enrol at the school. All other cards will incur a cost of \$10.00.

Students are encouraged to take good care of their Student ID Cards to minimise the need for purchasing replacements.

## BOUQUETS

**Nicholas**, of Year 10, has been selected in the All Schools NSW Australian Rules Football Squad to play in the national carnival in Adelaide in August. Nicholas was selected as a result of his performance as Captain of the Northern NSW team at the State Carnival held in Wollongong last month.



The State Carnival showcases the very best players from across NSW, with only the most outstanding players being chosen to compete at the next level. Congratulations, Nicholas, on this sensational achievement.

Last year, Pennant Hills High School students produced exceptional results in the HSC Textiles course, with a record seven Band 6 awards. One of those was earned by **Rosie** who produced an exquisite costume inspired by the film *Moulin Rouge*.

Currently studying at TAFE, Rosie has recently been employed as costume assistant at Knox Grammar School, working on their musical production. Her considerable skills have also led to employment by NIDA, where she is working as an assistant on their upcoming production of *The Women of Troy*. These are amazing achievements for a 19-year-old. We look forward to seeing Rosie's name in the credits of major productions in years to come.

**Fiona**, of Year 7, won her age division (Floor Routine) at the 2012 Australian Gymnastics Championships held in late May. A spectacular showcase of gymnastics, the event provided athletes with competitive pressure and state-of-the-art facilities. Fiona was amongst those gymnasts who wowed spectators, achieving a total score of 30.500, almost two points clear of her nearest rival. Congratulations, Fiona, on this outstanding achievement.

### And this from a member of the public ....

*I am writing about the exemplary behaviour of some of your students travelling on the 3.23pm northbound train from Pennant Hills ... I generally try to avoid travelling when school students are on the trains, as many do not take into account the needs of other passengers ... I walk aided by a crutch and on the day that I caught the train I was travelling with a small suitcase ... As I approached the train, a young man from your school reminded the other students that they should wait to allow me to board, and then moved forward and helped lift my bag onto the train. I asked the students what school they attended, but I didn't ask their names or what year they were in. I would like to congratulate those particular students and to commend the staff at Pennant Hills High School for the great work you are obviously doing.*

## LIBRARY SKILLS AND RESEARCH

### Year 7

Earlier this term, 7G, 7E and 7T were researching an Australian World Heritage site and at the same time developing information skills such as using mind maps for defining and planning research, using *Google Advanced Search* to refine a search, preparing, organising and taking research notes, acknowledging sources with bibliographic tables and selecting copyright-free images.

There were some great results! Many students should be proud of their efforts. Congratulations to Aimee, Alicia, Kalindi, Ria, Sonny and Holly, to name just a few.

### Year 8

Year 8 Science classes are preparing a trip to a planet by researching the Solar System and space travel. They have also been learning to avoid plagiarism using *FreeMind* to develop online research mind maps, using *Google Advanced Search* to refine search results, preparing, organising and taking research notes and writing bibliographies.

Congratulations to the following students on their research: Mathew, Charlotte, Abbey, Jenna-Leigh, Georgia, Justin, Jaime, Maddie, Kelly and William.



Year 8 Science teachers are looking forward to seeing some excellent products of their students' research!

### One-stop Shop Websites for Research

[Sites2See](#) has links to web 2.0 tools for all aspects of the research process through defining, planning locating, selecting, organising and presenting a task. Students are encouraged to view this website before they start their research.

[Google Advanced Search](#) provides facilities for refining searches, searching for pages on a reputable website and searching for copyright free images. Students are encouraged to find and use this facility on Google.

### Award-winning Books

The Children's Book Council of Australia (CBCA) announced the following nominated Older Readers books for the 2012 Book of the Year Awards.

Clicking on the title will provide information about the story from our online catalogue as well a list of others titles by the same author.

[Ishmael and the hoops of steel](#), Bauer, Michael Gerard;

[A straight line to my heart](#), Condon, Bill;

[The Golden day](#), Dubosarsky, Ursula;

[The Dead I know](#), Gardner, Scot;

[Ship kings: The coming of the whirlpool](#), McGahan, Andrew;

[When we were two](#), Newton, Robert.

Other categories can be seen at [www.cbca.org.au](http://www.cbca.org.au) noting that some of these and others may be for mature readers.

### New Books for May

These new books and many more are waiting to be read and will be on display as you enter the library.



**Sue Whitlock**  
**Teacher Librarian**

## SCIENCE REPORT

Partner primary school visits will occur late in Term 2 where Year 8 Science Gifted and Talented students will be working with students from local partner primary schools as part of the Linkages Program. Students will have the opportunity to showcase their talents as well as assist primary school students with aspects of Science whilst building their leadership skills. Thanks to Mrs Frida for organising this highly worthwhile program.

Year 9 students will have recently received their ESSA results from the state-wide test which they undertook as Year 8 students in November 2011.

Students across Years 7–12 took part in the Science Competition which further reinforces the interest students at Pennant Hills High School have in Science. Results will be made available in Term 3.

Students from Years 9 and 10 will be taking part in a state-wide Science Challenge at Macquarie University where they will solve scientific problems and work through projects, competing with students from other schools. This provides an opportunity for students with an interest in and aptitude for Science to test their skills with students of similar interests and ability.

Year 12 Chemistry students will attend an excursion to Sydney University and the Maritime Museum where students will cover key aspects of the 'Shipwrecks, Corrosion and Conservation' elective topic.

The Science Faculty is organising a Science Exhibition on 24 August 2012 as part of National Science Week. Pennant Hills High School students will prepare and present projects for parents, teachers and students of the local community in close conjunction with local primary schools. If parents or students have any queries regarding the Science Exhibition please contact the Science Faculty.

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

### LIFELINE

#### HARBOUR TO HAWKESBURY Huge Annual Book Fair

Thursday 12 and Friday 13 July 2012: 9.00am-9.00pm  
Saturday 14 and Sunday 15 July: 9.00am—5.00pm

**Knox Grammar School Hall**  
Pacific Highway, Wahroonga

All funds raised will help to maintain  
Lifeline's essential services to the community.



## 'QUIET CARRIAGES'

### *A Note from RailCorp*

CityRail is currently running 'quiet carriages' on intercity train services between Central and Newcastle, Central and Lithgow, and Central and Kiama.

Quiet carriages are train carriages where everyone, including school students, is asked to respect the peace and quiet of others by avoiding:

- loud conversations;
- loud mobile phone calls; and
- playing loud music—including headphones.

### **Are Quiet Carriages for You?**

Maybe, maybe not. If you like to read, play games on your phone or laptop (with sound turned off), or just sit and think, then a quiet carriage might be for you. If you like to socialise and talk with others, in line with the School Code of Conduct, then a regular or non-quiet carriage is probably more suitable.

### **What Can You Do?**

Quiet carriages are the first and last carriages of six and eight-carriage trains, and the last carriage of four-carriage trains. Avoid any problems by re-considering where you wait on the platform. **Non-quiet carriages** are typically located in the middle of the platform. Quiet carriages are self-regulated. Other passengers who feel you are being too noisy may ask you to be quiet or move. If a passenger says something like this to you, the best course of action is to simply comply and/or move to another regular carriage. No-one will receive a fine for not being quiet in a quiet carriage, but we encourage you to be community-minded and play your part in this trial.



### **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 forum. The Northern Sydney Region implementation team 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.





Education &  
Communities

Public Schools NSW

# Support for students with disability in regular classrooms: a factsheet for parents and carers

Every Student, Every School: Learning and Support

The Department of Education and Communities is implementing a new approach for meeting the additional learning and support needs of students with disability in all NSW public schools, through its strategy Every Student, Every School.

Many students with disability have additional learning and support needs. The level and type of support that each student needs is different. Many students need adjustments in their day to day learning. A small number of students need more intensive or specialised support.

Every Student, Every School aims to provide better outcomes for all students with disability. It will provide more immediate support for students and their classroom teachers, increase the expertise of teachers, significantly reduce administration and improve the coordination of educational services to students in regular classes who have additional learning and support needs.

To achieve this, Every Student, Every School will build a Learning and Support Framework in all NSW public schools to improve support for students with disability, wherever they enrol.

This Learning and Support Framework will ensure that students receive the highest quality education from trained teachers and support staff who are focused on personalising each student's learning experience. It will strengthen the capacity of all public schools to meet obligations to students under the *Commonwealth Disability Standards for Education 2005*.

A wide range of projects will be put in place during 2012 and 2013 to establish the Learning and Support Framework and assist all public schools to better meet the diverse educational needs of their students, including those with disability.

For more information about the Learning and Support Framework and details about the full range of projects being implemented in our schools, please go to our website at [www.det.nsw.edu.au/every-student-every-school](http://www.det.nsw.edu.au/every-student-every-school)

## Increased training and support for teachers and staff to better meet the needs of students with disability

Every Student, Every School has a strong focus on building the professional knowledge and understanding of teachers, school leaders and support staff.

This focus will build the skills and knowledge of all staff to better understand and respond to the needs of students with disability and to effectively work in consultation with students and their parents or carers.



## More support for students with disability in regular classes

Many students with disability are enrolled in regular classes in mainstream schools. Every Student, Every School aims to improve the capacity of schools to respond more immediately and effectively to the needs of all students, including those with and without a formally diagnosed disability.

From the start of Term 3, 2012, every regular NSW public school will have a specialist Learning and Support Teacher working directly in the school. These specialist teachers will provide additional support for students and their classroom teachers, when and where it is needed. Over 400 public schools will have a specialist teacher for the first time.

Each regular public school will also receive flexible funding to support students with additional needs in learning and behaviour, regardless of the cause.

The school will use these funds to support students and their teachers. This may include using funds for extra teacher time, school learning and support officer (previously called teachers' aide) time and release for teachers to undertake planning and programming or additional training.

The allocation of specialist teacher time and flexible funding support for schools under Every Student, Every School has been calculated on the most recent data on school enrolments and an index of student learning need.

Schools may also work with other local schools to share or pool their specialist resources to meet the needs of students, according to their local needs and priorities.

Students will not need a formal diagnosis, confirmation of disability, or a separate funding application in order to receive additional support for their learning through resources provided under Every Student, Every School. This includes students with mild intellectual disability, students with a language disorder or delay, and students with autism or mental health disorders who have lower level needs for additional learning support.

## Learning and Support Teams

Each school's learning and support team will play a key role in planning how learning and support resources are used and how best to meet the specific learning and support needs of students.

Parents and carers have a vital role to play in their child's education. The learning and support team will work in consultation with parents and carers to ensure the best possible outcomes for their child.

## Support for students with moderate, high or complex needs

Students with confirmed disability in regular classes who have moderate, high or complex learning and support needs will continue to be supported through the Integration Funding Support Program. This is funded separately from Every Student, Every School.

This program provides additional support to schools for students with:

- moderate or severe intellectual disability
- moderate, high or complex needs in autism or mental health disorders

- physical disability
- hearing impairment; and
- vision impairment.

In addition, the Department of Education and Communities will continue to provide specialist support for students with confirmed disability through support classes that operate in special schools and in some regular schools across the State.

Your child's school principal can provide you with more information about accessing these programs and services.

## Local implementation of learning and support

Each region has established a team, lead by a School Education Director responsible for leading and coordinating Every Student, Every School in its schools.

Regional teams are working closely with principals to plan and implement Learning and Support in the school.

## Need more information?

Your child's school can provide you with information about Every Student, Every School and how it will be implemented in the school.

The school can also provide you with details on learning and support arrangements for your child.

Further information about Every Student, Every School can be obtained through your local regional implementation team.

### Further information including Regional contact details:

[www.det.nsw.edu.au/every-student-every-school](http://www.det.nsw.edu.au/every-student-every-school)

# MOUTHGUARD AWARENESS



## Wear a mouthguard at play, to keep the injuries away

Sporting accidents are one of the most common causes of dental injury. Every year thousands of people, including children, are treated for dental injuries that could have been avoided or minimised by wearing a protective, custom-fitted mouthguard.

### Why do you need a mouthguard?

Damaged or knocked out teeth, broken jaws and cut lips can be sustained when playing sport. Wearing a custom-fitted mouthguard helps to absorb and spread the impact of a blow to your face, which might otherwise result in an injury to your mouth or jaw.

Dental injuries can result in time off school or work to recover, can be painful and disfiguring, and may involve lengthy and complex dental treatment. The cost of an injury to your teeth or jaw far exceeds the cost of a custom-fitted mouthguard.

### When should I wear a mouthguard?

Custom-fitted mouthguards should be worn whilst playing and training for any sport where there is a possibility of contact to the face. These sports can include hockey, netball, baseball, basketball and even skateboarding and skiing. Just like having the correct shoes and sporting equipment, all people playing these sports need to wear a custom-fitted mouthguard.

### Other mouthguard tips

- Dr Nimesh Patel at Timeless Smiles Dental and The Australian Dental Association strongly recommends investing in a custom-fitted mouthguard from your dentist
- Have your mouthguard checked at your regular dental check-up to make sure it fits correctly and offers maximum protection
- Keep your mouthguard clean and store it in a rigid container, away from heat to ensure it maintains its shape.

For more information on mouthguards and protecting teeth, visit: [www.mouthguardawareness.info](http://www.mouthguardawareness.info)

### Sports Mouthguard

- NO GAP PAYMENT for Private Health Fund Members OR
- 50% off for members with no health fund

Dr Nimesh Patel BDS MPH

Ph 9484 7737

9 Hillcrest Road, Pennant Hills

E: [dentistry@timelessssmiles.com.au](mailto:dentistry@timelessssmiles.com.au)

[www.timelessssmiles.com.au](http://www.timelessssmiles.com.au)



Timeless Smiles Dental

\*Not valid with any other offer. Conditions apply. Valid until 30 April 2012.



# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

### **FREE SEMINAR: Parent Survival Strategies for Teaching Young Drivers**

Monday 18 June 2012: 6.00pm for 6.30pm (finishing at 8.30pm)

Level 3, Ku-ring-gai Council Chambers, 818 Pacific Highway Gordon (access via Dumaresq St—take lift to Level 3)

Keynote speaker, Jeff McDougall has 34 years of experience in training and education of young drivers. He will discuss the vital aspects of what parents need to know when teaching a young driver.

**Bookings required—seats limited: Contact Carroll on 0405 558 660 or at [carroll.howe@gmail.com](mailto:carroll.howe@gmail.com)**

### **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**

### **Lifting You Higher**—presented by Sydney North Region Scouts and Guides

Dancing, singing, comedy, drama and a cast of talented local scouts and guides—Asquith Boys High School Theatre

Performance Dates: 29 and 30 June; 2, 4, 6 and 7 July.

**Purchase your tickets at [www.gangshow.com](http://www.gangshow.com) or contact Errol on 9481 0937.**

### **Vision Valley Winter Holiday Camps:**

Primary and Junior High School Holiday Camp: Tuesday 3—Friday 6 July

Ski Camp: Friday 12—Sunday 15 July

Adventure Day Camp (ages 7—16 years): Tuesday 3, Thursday 5, Monday 9 and Friday 13 July

**Book early to avoid disappointment: 02 9655 2600 or [www.visionvalley.org.au](http://www.visionvalley.org.au)**

### **Series for Parents and Carers - *Living with Teenagers* - FREE sessions - 7.00pm—8.30pm**

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)

## STUDENT EXCHANGE PROGRAMS

### **LATTITUDE AUSTRALIA - Global Volunteering and Gap Year Placements for Under-25s**

Leave your mark on a community abroad, while experiencing the adventure of a lifetime.

**[www.lattitude.org.au](http://www.lattitude.org.au) or (03) 9826 6266**

**Student Exchange Australia New Zealand - [www.studentexchange.org.au](http://www.studentexchange.org.au) or 9997 0700.**

**Southern Cross Cultural Exchange - [www.scce.com.au](http://www.scce.com.au) or 1800 500 501**

**World Education Program Australia (WEP) - [www.wep.org.au](http://www.wep.org.au) or 1300 884 733**

**Australian Institute of International Understanding (AIU) - [www.aiu.om.au](http://www.aiu.om.au) or 1800 174 407 - 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). All ages.**

**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.**

**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 - for students from Years 7 to 9 - <http://www.stagatha.org.au> or 0409 847 208 (Laura)**

## 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**

If you can speak another language as well as English and have two or three hours a day, a week, or even a month to help deliver meals on weekdays, you are invited to volunteer with Meals on Wheels.

**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.nscchhs.health.nsw.gov.au/caparenting.htm](http://www.nscchhs.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

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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