



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 27 July 2012

Term 3 Week 2B



Mr Geoff Wing
Principal

Mr Tony Rudd and Mrs Jane Dennett
Deputy Principals

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YOUTH MENTAL HEALTH AWARENESS COMMITTEE

Near the end of Term 1, some students from Years 10 and 11 attended a youth forum for mental health. This event focused on increasing awareness of mental health issues and how this can be achieved. Following this forum, with the help of Mrs Campbell, we established the Youth Mental Health Awareness Committee in Term 2.

The group grew to nine, and we were off and running. The purpose of the group is to make the school environment a happier place and create a more positive attitude towards school. We aim to achieve this through increasing awareness of mental health issues and the available support networks, and also by organising events and various random acts of kindness.

For our first project we made HSC Survival Kits for every Year 12 student. This aimed to send a positive message and to combat stress, as well as being fun and useful. We compiled a list of approximately 15 items which would be easy to source and even, in some cases, make.

We ran a sausage sizzle and cupcake day with the help of Leadership in the Middle School students

(LIMS) to fund the project. It was a great experience, working together across year groups to raise money, and was a great success. Even though the school didn't know what we were raising money for (it was our aim to keep the survival kits a secret) everyone was more than willing to get involved.

One component for the kits that we had decided on was a stress ball. After looking at costs and alternatives we came to the conclusion that the best way to acquire 200 stress balls was to make them ourselves. It was a good choice, as we got hands-on with our project and really developed as a team.

Overall, the survival kits turned out to be a big success. Year 12 liked them, and seemed to appreciate what we had done. This idea was a long-term project, and hopefully, will continue for many years.

Hayley and Sarah
Year 11
Youth Mental Health Awareness Committee

KEY DATES

Term 3 2012

Week 3A	Monday Friday	30 July 3 August	Trial HSC Examinations (ALL WEEK) MUFTI DAY - Jeans for Genes
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 (HSC Music Soiree)
	Wednesday	15 August	CAPA Festival (HSC Drama Friends and Family)
	Wednesday	15 August	CAPA Festival (Visual Arts Exhibition)
	Thursday	16 August	CAPA Festival (Visual Arts Exhibition)
	Thursday	16 August	Industrial Technology Display
	Friday	17 August	CAPA Festival (Visual Arts Exhibition Opening)
	Friday	17 August	Industrial Technology Display
Week 6B	Saturday	18 August	CAPA Festival (Visual Arts Exhibition)
	Wednesday	22 August	Year 8 Gala Day
	Wednesday	22 August	Big Band Biennale
Week 7A	Friday	24 August	Science Challenge
	Thursday	30 August	School Photographs (Groups)
Week 8B	Thursday	30 August	Prefect Induction Ceremony
	Friday	7 September	Year 11 Preliminary Final Examinations
Week 9A	Monday	10 September	Year 11 Preliminary Final Examinations (ALL WEEK)
	Monday	10 September	CHS Athletics (Monday—Wednesday)
	Wednesday	12 September	Year 7 Gala Day
Week 10B	Monday	17 September	Year 11 Preliminary Final Examinations (ALL WEEK)
	Monday	17 September	Year 12 Community Concert
	Tuesday	18 September	Year 12 Graduation
	Wednesday	19 September	Year 12 Formal
	Friday	21 September	LAST DAY OF TERM 3

VACATION

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

FOCUS on NEXT FORTNIGHT

Term 3 2012

Week 3A	Wednesday	1 August	Arts North Music Festival at Sydney Town Hall
	Wednesday	1 August	World Challenge Parent Information Evening
Week 4B			

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

WELFARE TEAM 2012

Year Group	Year Advisers	School Counsellors	Deputy Principals
7	Mr James Boyer	Mrs Michelle Zahra (Tu, F)	Mr Tony Rudd
8	Mrs Fiona Ackerman	Ms Cathryn Hayward (M, W, Th)	Mrs Jane Dennett
9	Mrs Pam Leadbitter	Mrs Michelle Zahra (Tu, F)	Mr Tony Rudd
10	Mrs Mini Mathew	Ms Cathryn Hayward (M, W, Th)	Mrs Jane Dennett
11	Mr Daniel Pugliese	Mrs Michelle Zahra (Tu, F)	Mr Tony Rudd
12	Mrs Bernadette Jebbink	Ms Cathryn Hayward (M, W, Th)	Mrs Jane Dennett

Head Teacher Welfare: Mrs Belinda Campbell



DEPUTY PRINCIPAL'S REPORT



Welcome back to a very full Term 3. We began our term with a great professional learning experience, provided by Sue Larkey of Education Events. Meeting the needs of all students in integrated classrooms is an ongoing challenge for all educators, and we explored ways to make this work on our School Development Day. We focused on approaches to

engaging students on the autism spectrum, and Sue's extensive research and obvious expertise gave us new insights into the issue. While reflecting on the workshop later that day, it struck me that I learned a number of tips that went beyond catering for special needs, and would help all students in all classrooms. It was great to see some parents attending as well.

Pennant Hills High School is continuing to look smarter. Three classrooms have just been re-carpeted, with two more to follow. Some drainage work around the COLA is dealing with the problem of runoff onto the playing surface, which will make life much easier for PE classes and students who enjoy using the facility for basketball and handball at breaks. We are also improving conditions for senior students using the study area in the library, through the installation of glass walls separating the area from the Learning Centre, in order to ensure a quiet environment for private study. We are particularly grateful to our P&C for their generous contributions to projects that make our environment attractive and functional. Additionally, we invite all students and families to get behind the 'Penno Reno' in Term 4. Chris Raper, Special Education teacher, is organising a weekend event planned for 20 and 21 October, to spring clean our school. Please mark the date on your calendar; we would love to see a large number of volunteers to help us beautify our grounds and buildings.

Many of you will be aware that our school moved to a new structure for the 2010 school year, with

the introduction of a four-period day. It was always the intention to evaluate this change after we had 'lived it' for two complete school years, and that process is underway. We encourage all parents to complete our online survey, found in the Polls section of the Parent Portal. A reminder: the Portal is accessed through the Important Links section of our website. A random selection of students from all Years, and teachers, are able to complete the same survey, with minor changes to tailor the questions to their particular context. The Polls will open on Friday 27 July 2012 and close on Friday 17 August 2012. We look forward to hearing the views of our parent community. Similarly, we will also be evaluating our Parent Teacher Evening procedures at a later date. Don't forget, while we're discussing this, that the website contains all sorts of useful information, such as Assessment Schedules, excursion notes, staff contacts and much more. Put it in your favourites – it's an important resource.

Congratulations to the very talented team who produced the Year 11 play last week. Drama teacher Kelly Hickey and her exceptional class had us enthralled with their thought-provoking production of *The Web*. A Year 11 production is a new initiative this year, and judging from the quality of the production and the reaction of the audience, it is sure to be an annual event. Thank you, Year 11 Drama. I cannot wait to see your HSC pieces.

Some very exciting news has just come to us as this edition goes to print. Four Year 11 students have been selected to shadow key personnel in the Department of Education and Communities as part of the *Director General For A Day* program. Congratulations to Lucie, Benson, Marcus and Mikaila, who will take on a range of roles. We will provide a full account of their experiences in the next *Jumbunna*.

Finally, our very best wishes go to Year 12 as they commence their Trial HSC Examinations on Monday 30 July. Revise calmly, and look after yourselves, Year 12.

Jane Dennett
Deputy Principal

YEAR 11 ASSESSMENT TASKS

Term 3 2012

Week 3A	Tuesday Wednesday	31 July 1 August	Drama: Logbook Submission English Advanced: <i>Othello</i> Essay
Week 4B	Monday	6 August	Music 2: Performance and Analysis
	Monday	6 August	English Extension 1: Hand-in Task
	Tuesday	7 August	Modern History: Seminars Start
	Wednesday	8 August	Agriculture: Practical Report
	Friday	10 August	Mathematics Extension: Test

HISTORY

The following students recently received Faculty Awards to acknowledge the students' efforts in History subjects following nomination by their class teacher. Congratulations to these students for their commitment and achievements in the subjects listed.

Year 7 History

Chen - Academic Excellence
Callum - Academic Excellence
Darshna - Academic Excellence

Year 8 History

Liam - Consistent Progress
Maddison - Consistent Progress
Sophie - Consistent Progress

Year 8 History

Greg - Consistent Progress
Josiah - Academic Excellence
Miriam - Consistent Progress
Sophia - Academic Excellence
Adam - Academic Excellence

Year 10 History

Kathleen - Academic Excellence
Mitchell - Improvement
Dalton - Improvement
Daina - Improvement
Rachel - Consistent Progress

Year 11 Society and Culture

Josh - Consistent Progress

Year 11 Ancient History

Lucie - Academic Excellence
Merryn - Academic Excellence

Year 11 Modern History

Callum - Academic Excellence
Mikaila - Academic Excellence

Year 12 Society and Culture

Rachael - Academic Excellence

Year 12 History Extension

Rachael - Consistent Progress

Year 12 Ancient History

Michael - Academic Excellence
Emilie - Improvement
Emilie - Academic Excellence
Emilee - Consistent Progress
Amy - Academic Excellence

Year 12 Modern History

Yasmin - Consistent Progress

KEY CONTACTS

School Captains

Stephanie and Paul

Vice Captains

Madeleine and Michael

Senior Prefects

Grace and Luke

Sports Captains

Grace and Jonathan

School Counsellors

Years 7,9 and 11 Ms Michelle Zahra (Tu, F)
Years 8,10 and 12 Ms Cathryn Hayward
(M,W,Th)

Head Teacher Welfare

Mrs Belinda Campbell

Head Teacher Administration

Mr John Cairns

Year Deputies

Years 7, 9 and 11: Mr Tony Rudd
Years 8,10 and 12: Mrs Jane Dennett

Careers Adviser

Mrs Lyn McGlade

Head Teachers

Creative and Performing Arts (CAPA)

	Ms Janelle Dennis
<i>Christian Ed</i>	Mr Mark Tyler
<i>English</i>	Mr Jamie Simpson
<i>History</i>	Mr Roger Niccol
<i>LOTE</i>	Mrs Rosemary Jones
<i>Mathematics</i>	Mr Shaun Keegan (Rel.)
<i>Physical Education</i>	Mr Neil Barrowcliff
<i>Science</i>	Mr Phil Scandizzo
<i>Social Sciences</i>	Mr Phil Morris
<i>Special Education</i>	Mr Jeff Minton
<i>TAS: Computing Studies</i>	Mr Greig Tardiani
<i>TAS: Home Economics</i>	Mrs Rosemary Jones
<i>TAS: Industrial Arts</i>	Mr Mark Tyler

Year Advisers

Year 7	Mr James Boyer
Year 8	Ms Fiona Ackerman
Year 9	Mrs Pam Leadbitter
Year 10	Mrs Mini Mathew
Year 11	Mr Daniel Pugliese
Year 12	Mrs Bernadette Jebbink

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.

Roger Niccol
Head Teacher History

STATE DANCE ENSEMBLE

Congratulations to **Lauren** of Year 9 who has been selected to perform as part of the NSW Public Schools Dance Ensemble. Lauren will be performing at Martin Place in the city on Monday 30 July 2012 to celebrate the opening of Education Week.

AUSTRALIAN CADET EXCHANGE

Congratulations to **Callum** of Year 11 who is one of 22 Australian Army Cadets hand-picked to participate in the Australian Cadet Exchange. Callum will spend almost three weeks in Canada, as part of the program designed to foster understanding, goodwill and friendship amongst young people.

YEAR 10 GEOGRAPHY

On 1 June 2012, a pleasant clear day, Year 10 Geography students ventured onto the harbour to explore how its use has changed over time. This was part of the Geography program that students had completed earlier dealing with Urban Growth and Decline. The trip explored the history of Sydney Harbour's factories, ports, wharves and Defence facilities and their use today.



On our way back to connect with the buses students saw an indication of the cleanliness of the harbour. Swimming beside the bow of the vessel were several dolphins. Year 10 students had an engaging and interesting day on the water.

*Reagan
Year 10*

Pennant Hills High School

Display of Industrial Technology Major Projects from the 2012 HSC

TIMBER and FURNITURE - METALS and ENGINEERING

All students and parents are welcome

Staff Common Room Level 4

Thursday 16 August 6.30pm – 8.30pm

Friday 17 August 6.30pm – 8.30pm



CREATIVE AND PERFORMING ARTS FESTIVAL

The CAPA Faculty are very pleased to present their inaugural Creative and Performing Arts Festival during Week 5 of this term. Throughout the festival, performances and artworks from the Drama, Music and Visual Arts Faculties will be showcased at several venues.

Music Soiree

Stage 6 Musicians, including HSC Performances

On Tuesday 14 August 2012, all parents, friends and community members are invited along to enjoy an evening of fine entertainment from our talented Year 11 and Year 12 musicians. Located in the Drama Studio (Room 203), the evening will commence at 7.00pm, with supper provided.

Drama HSC 'Family and Friends Night'

On Thursday 16 August 2012, we again invite parents, friends and community members to enjoy an entertaining evening of theatre, showcasing the talents of our Year 12 HSC Drama students. Located in the Drama Studio (Room 203), the evening will commence at 6.30pm, and supper will be provided.

Visual Arts Exhibition

Located in the MPC, student artworks from Years 7–12 will be on display. Parents, friends and community members are invited to view the work of our talented art students. Of special note are our Year 12 HSC artworks, which will be on display at the exhibition and reflect the hard work and fine ability of our current Year 12 Visual Arts students. On Opening Night, Friday 17 August 2012 at 7.00pm, a brief award and opening ceremony will be held along with musical items and dance from the Music Faculty and Dance Class.

Please mark the dates in your diary. We look forward to seeing you during the festival.

Janelle Dennis

Head Teacher CAPA

CAPA FESTIVAL

Tuesday 14 August

Stage 6 Music Soiree – Room 203 – 7.00pm

Wednesday 15 August

Visual Arts Exhibition – MPC – 11.00am–3.00pm

Thursday 16 August

Visual Arts Exhibition – MPC – 9.00am–3.00pm

HSC Drama 'Family and Friends Night'

Room 203 – 6.30pm

Friday 17 August

Visual Arts Exhibition – MPC – 9.00am–9.00pm

Official Opening – 7.00pm

Saturday 18 August

Visual Arts Exhibition – MPC – 11.00am–3.00pm

DANCE ENSEMBLE

Dance Instructor, Jay Bailey will be running a program from 19 July until 20 September 2012, to be held on Thursday mornings between 7.00am and 8.30am in the Drama Studio (Room 203). Over the 10 weeks, dancers will train in contemporary, jazz and hip hop technique classes and creatively contribute to developing a new dance work. The program is for Years 7–12 and caters for all levels of dance experience. Jay encourages diversity in experience as it enriches the creative process for everyone involved.



Jay has been associated with youth dance companies like QL2 Centre for Youth Dance, and Stompin' Youth Dance Company and worked for Foster the Arts as an Active After-School Communities Coach in association with the Australian Sports Commission, teaching dance, cheerleading and acrobatics. She currently runs student workshops for Campbelltown Arts Centre, Ausdance, and South Western Senior and Junior Dance Camps. For more details about this exciting program, please contact Miss Dennis in the Visual Arts staffroom.

Janelle Dennis

Head Teacher CAPA

DRAMA FESTIVAL 2012

The Drama Faculty put on a superb Friday evening show for the Drama Festival late last term. The effort and commitment of students, technical crew and staff ensured a fantastic evening was had by all. The quality of each performance was the product of much hard work put in over many weeks. While the evening provided our Drama students with the opportunity to showcase their skills and fulfil curriculum requirements, the excitement and enthusiasm from the students, and the support and dedication of the staff, is what Pennant Hills High School is all about. Well done to all who were involved in the 2012 Drama Festival.

Janelle Dennis

Head Teacher CAPA

FROM THE ENGLISH FACULTY

The English/History Faculties have farewelled Mr Bob Williams who retired on 20 July 2012. Bob has been a member of staff at Pennant Hills High School for 24 years, having started his career at Yanco Agricultural School in 1968. His career has seen him also teach at Dubbo South, Canley Vale and Pennant Hills. He has been a very valuable member of our staff, filling a key role in teaching Drama, History and even French. His whole-school contributions have shown him to be a reliable and highly organised grade sport coach, a quietly professional colleague with a penchant for the pun and wit, and an especially fabulous artist whose work has featured on the sets of many school musicals. Farewell, Bob. Your diligent public service over this 'lifetime' has affected us all and made a significant difference to a great many students and their families. Congratulations and best wishes for your future endeavours.

On other fronts; Year 12 have been very busy, with all classes facing significant assessment tasks over the past few weeks. Extension 2 students worked exceptionally hard to complete their draft projects so they could be given comments before the holidays. Extension 1 students recently submitted their composition assessments, whilst Advanced students attended academic lectures at the Wesley Centre which covered a range of set texts and approaches. They were also challenged recently to respond to a visual discussion of Textual Integrity as their Module B assessment task. Standard English students also submitted their Module B task.

Year 10 have completed their creative writing common tasks, while Year 11 students have been divided into their specific courses, with a number of students still weighing up their most suitable option before the start of Year 12 in Term 4.

FACULTY AWARDS

The following students are to be congratulated for their Semester 1 efforts which the faculty is excited to acknowledge with these awards.

Year 12 Advanced English

Jacqueline, Rachael
Amy, Madeleine

Year 12 Standard English

Natasha, Nicholas
Blake, Ralph, Kurt

Year 12 Extension 1

Jacqueline

Year 12 Extension 2

Paul, Jacqueline

Year 12 ESL

Reyland

Year 12 English Studies

Jackson

Year 11

Jessica, Alasdair
Lucie, Sarah
Brodie, Ben
Maddison, Juna
Kate, Lawrence
Sarah

Year 10

Kathleen, Grace
Andrew, Chris
Bradley, Enis
Larissa

Year 9

Tayla, Paris
Bethany, Callum
Yohan, Declan
Madeleine, James

Year 8

Abby, Kaitlin
Charlotte, Daisy
Sean, Jaime
Annika, Rhiannon

Year 7

Lachlan, Callum
Helen, Laura-Ann
Thomas, Darshna
Philip

Jamie Simpson

Head Teacher English

CASH PAYMENTS - A REMINDER

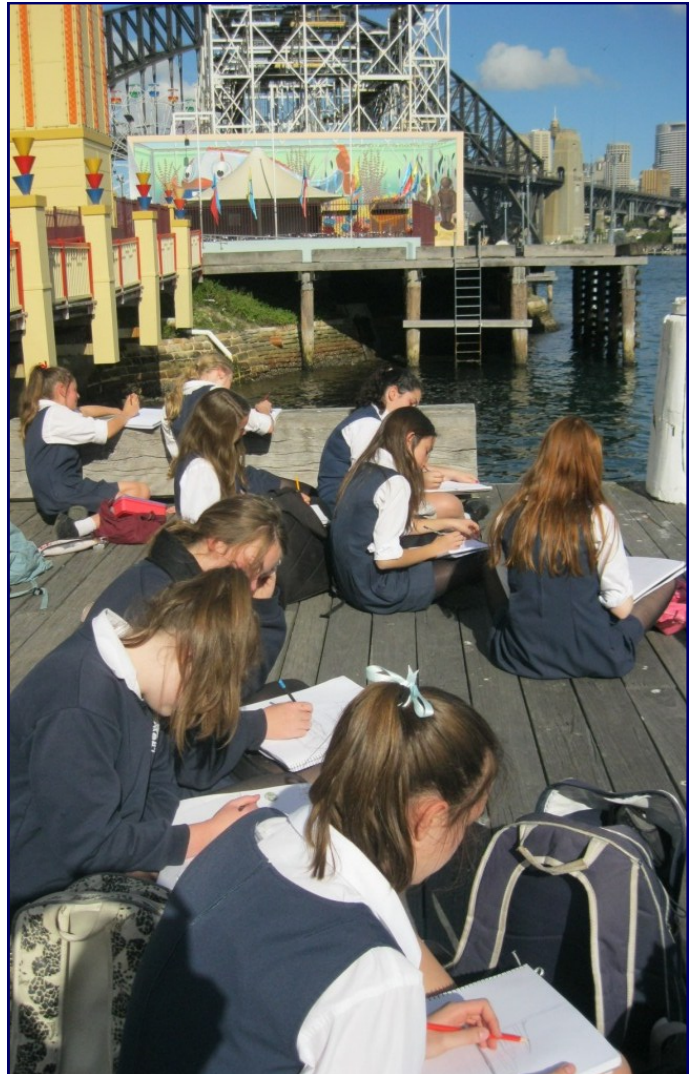
- Cash payments should NOT be placed in envelopes and ARE NOT to be placed in the payments box at the cashier's window.
- All cash payments are to be made direct to the staff at the cashier's window. Receipts will be issued at the time of payment.
- The cashier's window will be open to receipt cash payments before school from 8.00am, at recess and during lunchtime.

Payments by cheque or credit card slips may still be placed in appropriately labelled envelopes and placed in the payments box at the cashier's window.

We thank you for your cooperation in ensuring a smooth transition to these new procedures.

YEAR 8 VISUAL ARTS EXCURSION LUNA PARK

On Wednesday 16 May 2012, Year 8 Visual Arts students visited Sydney's famous Luna Park. At 9.00am we assembled in Koala Park before boarding the bus, ready for our exciting day out. At first we took many photographs of the 'giant face' and then we had morning tea.



The rest of the day was spent slowly walking around, carefully looking at the colourful rides, photographing and sketching many views and aspects of Luna Park and the surrounding harbour for our artworks back at school. We were very fortunate to have such a lovely day to go on our excursion and everyone had a very enjoyable time.

Jacqueline
Year 8



entertainmentTM

books are worth their weight in gold.

2011/2012 Entertainment Books have now expired.

Don't miss out!

Purchase your new 2012/2013 Entertainment Book now.

Receive over \$15,000 in valuable offers, valid through 1 June 2013.

At the same time, you'll be helping raise funds for Pennant Hills High School.

Sydney Greater West - \$65 each

Sydney - \$65 each

Sydney North - \$65 each

More Information

Lynn McGlade - 9473 5000 or lynette.mcglade@det.nsw.edu.au

Please return your completed Order Form to the Finance Window in Student Reception.

Name:

Address:

..... State: Postcode:

Daytime Phone Number:

I would like to order: x Sydney Greater West @ \$65.00 each (GST inc.) = \$

..... x Sydney @ \$65.00 each (GST inc.) = \$

..... x Sydney North @ \$65.00 each (GST inc.) = \$

☐ I will collect the book(s) from the school

OR

☐ I have included \$8.00 postage and handling \$

Total Amount Enclosed = \$

Payment Options

☐ Cash

☐ Paid online at: <https://www.entertainmentbook.com.au/orderbooks/12344f8>

☐ Please charge my: ☐ Visa ☐ Mastercard

Card Number: _____ / _____ / _____ / _____

Expiry Date: ____ / ____ CVV: _____

Cardholder's Name: Signature:

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

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)

Understanding Your Teenager - Parent Forums by Ku-ring-gai Council

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 or 9424 0837

Hornsby Junior Touch Registrations

Wednesday 8 August - Foxglove Oval, Mt Colah - 4.30pm-6.30pm

Family discounts apply: First Child - \$50.00; Second Child - \$45.00; Third Child - \$40.00

Ten-week competition commences 12 September. No games during school holidays. All games played at Foxglove Oval.

www.hornsby.mytouchfooty.com

Goodbye Cyber-bullying, Hello Hollywood! - Presented by the Australian Human Rights Commission.

Get snazzy with your camera or phone and you could win a professional film-making course at NIDA! All you have to do is make a video about how you would back-up someone who has been cyber-bullied. Also JB Hi-Fi vouchers to be won.

Entries close: 15 August 2012. **Facebook.com/2012backmeup** OR **somethingincommon.gov.au/backmeup**

Hills Hawks Softball Registering Now - Teeball, Modball, Grades - All ages 4-adult welcome.

Play at the same oval each week - Hayes Oval, Galston Road, Galston. Spring/Summer season starts 8 September.

Website: **www.hillshawks.softball.org.au** or email: **hillshawks.softball@gmail.com** or phone: **Hazel - 0414 474 461**

Transition to Work Program Information Sessions - enhancing opportunities for people with disabilities

Hornsby Library - Thursday 13 September at 6.00pm and Saturday 15 September at 10.00am

Information on: program activities; weekly planners; eligibility requirements; and much more.

Presented by Sunshine Employment Services: Email **employment@sunshinehome.net.au** or phone **9484 9913**

STUDENT EXCHANGE PROGRAMS

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

www.lattitude.org.au or (03) 9826 6266

Student Exchange Australia New Zealand - **www.studentexchange.org.au or 9997 0700.**

Southern Cross Cultural Exchange - **www.scce.com.au or 1800 500 501**

World Education Program Australia (WEP) - **www.wep.org.au or 1300 884 733**

Australian Institute of International Understanding (AIU) - **www.aiiu.om.au or 1800 174 407** - program costs apply.

RECREATION AND SPORTING GROUPS

Pennant Hills Cherrybrook Rugby League Club - **www.pennostags.com or 0418 677 511** (Ross Ruhan). All ages.

Beecroft Cherrybrook Junior Rugby Union Club - **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 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 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

Healthy Kids FREE Parent e-zine - important nutrition information and great recipes

To sign up, visit: www.healthy-kids.com.au

Enrol to Vote - If you are an Australian citizen who is 18 years of age or older, you must vote at all federal, state and local government elections for the area where you live. For information and enrolment forms, phone **1300 135 736**, or: check if you're enrolled at www.votensw.info or enrol to vote at www.aec.gov.au

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

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 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 or 9482 1366 - Free counselling and support service.

Single With Children - 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 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/ or 8805 7288

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

Jack's Youth Café at Hornsby - 5 Jersey Street Hornsby (a short walk from the station) - 9477 1110

After school activities for students in a safe environment, run by Fusion Sydney North. Tuesdays-Fridays 3.00pm-6.00pm.

Newcomers Club - www.sydneynewcomers.com.au - Social club for women, offering support and friendship.

CUSTOM-FITTED SPORTS MOUTHGUARDS (Dr Nimesh Patel BDS MPH - 9 Hillcrest Road Pennant Hills)

No gap payment for private health fund members / 50% off for people with no private health fund.

Offer valid until December 2012 - www.timelessmiles.com.au or phone 9484 7737.

NSW Health Free Dental Clinic for 12-25 year olds - 9687 2544 - 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

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

The Australian Childhood Vision Impairment Register - www.vifamilynetwork.org.au

Sponsored by the Royal Institute of Deaf and Blind Children, the Register collects data on Australian children with vision impairment. This data is used to improve services for children and to research eye disease and disorders of vision.

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 - Classes at Hornsby, Chatswood and Eastwood.

DISCLAIMER

Advertisements in this newsletter are included as a community service or a source of revenue to offset newsletter production costs. They should not in any way be seen as an endorsement or recommendation by the school.