



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 18 October 2013

Term 4 Week 2B

ROBOCUP JUNIOR NATIONAL CHAMPIONSHIPS

Once again Pennant Hills High School entered a number of teams into the state and national RoboCup Junior Championships. Rowan, Adam, Alexander, Justin, Rhiannon, Tessa, Jack, Liam, Ryan and Alexander participated in the RoboCup National championship held at the University of Queensland, Brisbane in September of 2013, spending much of their time building and programming autonomous robots to solve the RoboCup Rescue challenge.

Teams compete over two days of competition and need to solve the Rescue challenge over five rounds. The top eight robots with the highest scores and times play off for the ultimate prize of Australian National Champion.



Pennant Hills High School has had great success over the years at state and national level. As early as 2005 we had success at the NSW State level and the following year Pennant Hills had winning teams at the NSW State and National Championships. This continued in each of the following four years. In 2010 we won the NSW State championship.

We have had a two year gap while new team members have learnt the ropes of building and programming their robots. This year we were not successful at the State level, however, team

Mr Geoff Wing
Principal

Mrs Jane Dennett
Deputy Principal

Mr Brendan O'Byrne
Deputy Principal

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members Rowan, Adam, Alexander and Justin were victorious in the RoboCup National Junior Secondary Rescue Challenge.



The other members of our second team actually had the fastest robot in the entire field and at one point looked like they were the team to beat. However, things never go as planned and a slight hiccup allowed our other team to hold up the banner for Pennant Hills High School.

Congratulations to all team members. They truly showed that hard work and persistence pays off in the end. Teams are already planning for 2014, with new robot designs and programming algorithms. They are now looking at competing in the RoboCup Junior International Challenge in 2014 which will be held in Brazil.

LOOKING FORWARD

Term 4 2013

WEEK 3A	Monday	21 October	Year 9 Examinations (ALL WEEK)
	Tuesday	22 October	Big Band at the Opera House (day rehearsal and night performance)
	Tuesday	22 October	P&C Meeting: 7.30pm in the Library
	Saturday	26 October	The Great Penno Reno II
WEEK 4B	Sunday	27 October	The Great Penno Reno II
	Monday	28 October	Year 7 Examinations (ALL WEEK)
	Monday	28 October	Year 8 Examinations (ALL WEEK)
	Monday	28 October	Year 9 Examinations (ALL WEEK)
	Thursday	31 October	Meet the Music Concert: 6.30pm
WEEK 5A	Monday	4 November	Year 10 Examinations (ALL WEEK)
	Monday	4 November	Hospitality Work Placement (ALL WEEK)
	Tuesday	5 November	Transitions to High School Program
WEEK 6B	Monday	11 November	Hospitality Work Placement (ALL WEEK)
	Monday	11 November	Year 10 Work Experience (ALL WEEK)
	Monday	11 November	Library Stocktake (ALL WEEK)
	Monday	11 November	ESSA Online Test
	Tuesday	12 November	Transitions to High School Program
	Friday	15 November	PSC Sports Leadership Day at Pennant Hills HS
WEEK 7A	Monday	18 November	Library Stocktake (ALL WEEK)
	Monday	18 November	HSC <i>All My Own Work</i> for Year 10
	Tuesday	19 November	HSC <i>All My Own Work</i> for Year 10
	Tuesday	19 November	Transitions to High School Program
	Wednesday	20 November	Peer Support Training
	Wednesday	20 November	Years 10 and 11 Drama Excursion
	Thursday	21 November	HSC <i>All My Own Work</i> for Year 10
	Friday	22 November	Peer Support Training
WEEK 8B	Sunday	24 November	Duke of Edinburgh's Award Bronze Hike
	Monday	25 November	Duke of Edinburgh's Award Bronze Hike
	Monday	25 November	Year 10 Crossroads at Vision Valley
	Tuesday	26 November	Transitions to High School Program
	Tuesday	26 November	Year 10 Crossroads at Vision Valley
	Tuesday	26 November	P&C Meeting: 7.30pm in the Library
	Wednesday	27 November	Year 10 Crossroads at Vision Valley
	Friday	29 November	National Young Leaders Day (SRC representatives)
WEEK 9A	Monday	2 December	Year 7 Swim School
	Monday	2 December	Year 10 Bronze Medallion
	Monday	2 December	End of Year Band Concert in the MPC
	Tuesday	3 December	Year 7 Swim School
	Tuesday	3 December	Year 10 Bronze Medallion
	Wednesday	4 December	Year 7 2014 ORIENTATION DAY
	Wednesday	4 December	Year 7 Swim School
	Wednesday	4 December	Year 10 Bronze Medallion
	Wednesday	4 December	End of Year Band Concert in the MPC
	Thursday	5 December	Year 10 Bronze Medallion
	Friday	6 December	Year 7 Swim School
	Friday	6 December	Year 10 Bronze Medallion
WEEK 10B	Monday	9 December	Year 8 Game On and Year 9 PASS Surf School
	Monday	9 December	Concert Band 2 Tour
	Monday	9 December	Food Technology Excursion
	Tuesday	10 December	Concert Band 2 Tour
	Wednesday	11 December	Concert Band 2 Tour
	Wednesday	11 December	Concert Band 2 Tour
	Thursday	12 December	Duke of Edinburgh Gold Expenditure
	Thursday	12 December	Concert Band 2 Tour
	Thursday	12 December	Duke of Edinburgh Gold Expenditure
	Friday	13 December	Duke of Edinburgh Gold Expenditure
WEEK 11A	Monday	16 December	World Challenge Incursion
	Monday	16 December	Duke of Edinburgh Expedition
	Tuesday	17 December	Duke of Edinburgh Expedition
	Wednesday	18 December	PRESENTATION EVENING
	Wednesday	18 December	Duke of Edinburgh Expedition
	Wednesday	18 December	Last day of term for Students
	Thursday	19 December	Duke of Edinburgh Expedition
	Thursday	19 December	School Development Day
	Friday	20 December	Duke of Edinburgh Expedition
	Friday	20 December	School Development Day

DEPUTY PRINCIPAL'S REPORT



As I type this, the 2013 HSC is commencing, with all the busy excitement, nerves and anticipation and that's the teachers! The students seem a bit calmer! Our school will host 168 candidates with over 40 HSC examinations and students completing more than 70 courses within and outside

the school including Saturday School and TAFE. They've had the formal, had the parties, had the tears now the final "act" of the school play. We of course wish them all the best and anticipate the usual outstanding results from our student body.

Change

The finishing of school for Year 12 is not the only change. Term 4 heralds changes for almost the whole school. Year 11 students begin the HSC course and some take the opportunity to reassess their aims and priorities. Year 10 students select their subjects for the senior years and make choices about their post school ambitions. Some choose an academically rigorous path, others opt for a more vocational selection and many choose subjects from both. It is important that students choose a study pattern that will satisfy their needs yet keep them engaged over what can seem a lifetime to a teenager. Years 7 and 8 students also are given the opportunity to select some elective subjects that interest them. Year 6 students, of course, are preparing themselves for one of the biggest changes in their life – entry into high school. Enrolments for Year 7 2014 are up considerably over our earlier estimates.

Another big change is the moving forward of the date for Presentation Evening. After extensive consultation with students, parents (P&C), staff and the school's Executive staff, the school has decided to run Presentation Evening on **Wednesday 18 December 2013**. There are, of course, advantages and disadvantages in running it at the end of the year as different from the previous practice of running it at the beginning of the next year, but we feel the change is in the best interests of the school.

PRESENTATION EVENING

Wednesday 18 December 2013
7.30pm

Some things however never change. Term 4, like every term, is busy with the Yearly Examinations for the junior years: Years 7 and 8 in Week 4, Year 9 in Weeks 3 and 4 and Year 10 in Week 5.

Brendan O'Byrne
Deputy Principal

CREATIVE AND PERFORMING ARTS

CAPA and the HSC

The CAPA Faculty has had a busy few weeks, with HSC performances being assessed by the Board of Studies HSC Markers who visited the school.

On Tuesday 20 August HSC Drama students had their Group and Individual Performances assessed by the HSC Markers, while a select group of students made up the audience. On 4 September the HSC Music 1 students performed for the HSC Markers and on 9 and 10 September HSC Music 2 and Extension students were assessed. HSC Visual Arts students will have their Bodies of Work marked at the Marking Centre at Homebush this year. This will take place in mid-October.

All of the CAPA staff wish students the best of good health, good preparation, good time management and good luck as they work towards completing the written component of their HSC Drama/Music/Visual Arts Courses. It has been a pleasure working with such an engaging and talented group of students!

Visual Arts on Display

Each year the CAPA Faculty displays the work of Visual Arts students from all year groups in various offices and foyers around the school. We are about to change these artworks for a new display. Names of all the students with artworks on curatorial display around the school are:

YEAR 7: Melody, Elizabeth, Natasha, Jordyn, Thanya, Daniel, Alistair, Joshua, Sacha, Thomas, Liam, Raveen, Veronica, Sophie, Eleanor, Leah, Lachlan, Melanie, Laura, Emma, Leo, Ladean, Patrick, Erin, Emelia and Stephanie.

YEAR 8: Zara, Hamish, Aimee, Dakota, Luke, Rheanna, Gabrielle, Ludmilla and Thomas.

YEAR 9: Lachlan, Charlotte, Erika, Maddison, Dominique, Tamara, Jun Heok and Kelly.

Year 10: Maddison, Sarah, Slade, Christy, Sophia, Laura, Joanne, Michelle and Madeline.

Year 11: Vanessa, Erika, Emma, Eliza and Claire.

We have decided to make a change this year and keep some artworks on permanent display – this is a wonderful accolade for those students whose artwork will remain on the walls of Pennant Hills High School long after they have moved on to new and exciting ventures.

Year 12 2014 – “10% on Top” Program

Year 11 will commence participation in the ‘10% on Top’ Program for 2014. This program, which is in its sixth year of operation, aims to assist and support our senior students as they progress through their HSC year.

In late July this year, Year 11 students were surveyed to ascertain their perceptions of their own study patterns and life beyond the HSC. Year 11 students, staff and parents were then given a summary of the survey. Thirty-two members of staff at Pennant Hills High School have volunteered to be mentors to approximately five students each throughout 2014.

They will meet informally with their students, either in a group or individually, to discuss issues such as time management, stress management, coping with assessment tasks and schedules, results, how to meet and be realistic about expectations, nutrition and health, and life beyond the HSC.

By working more closely with our senior year group, and with the support of parents and the wider community, we aim to give our students the best opportunity in order to reach their potential in the HSC.

GP Synergy Training session in Adolescent Health and Small Group Facilitation

Four Year 11 and six Year 10 Drama students are currently involved in training sessions with Sydney University to help train medical students and registrars to work with adolescent patients.

The students visited Hornsby Hospital and the GP Synergy venue at North Sydney and Chippendale as part of the program. It is a very rewarding experience and we appreciate their commitment and community-mindedness. The students are: Grace, Madeleine, Laura and Elizabeth (from Year 11), and Christopher, Sarah, Jessica, Eamon, Emma and James (from Year 10).

Janelle Dennis
Head Teacher CAPA

The following Creative and Performing Arts students recently received an award at a School Assembly and are to be congratulated for their efforts:

Visual Arts

Excellence in Visual Arts

7VA1	Liam
7VA2	Jessica
7VA3	Thinique
7VA4	Laura
7VA5	Livia
7VA6	Ella , Joshua
7VA7	Emma
7VA8	Joy
7VA9	Kieran
8VA1	Aimee
9VA1	Jacqueline
9VA2	Kelly
10VA1	Sophia
10VA2	Maddison
11VA1	Eliza
11VA2	Kathleen
12VA1	Brodie
12VA2	Benson

Excellence in Photography

11PHOTOGRAPHY	Aimee
12PHOTOGRAPHY	David

Music

Consistent Effort

7MUG	Patrick, Alistair
7MUO	Caleb
7MUB	Michael
7MUA	Breanna, Livia
7MUR	Taliah
7MUP	Natasha
8MU	Max, Alicia, Lachlan
9MU	Stephanie i(Composition)
10MU	Lucy (Composition)
11MU1	Lachlan
11MU2	Adam

Excellence in Music Trial Practical Exam, Music 1

12MU1	Alyssa
12MU2	Joseph, Noel

Excellence in Music—Trial Practical Exam, Music Extension

12MUEx	Harrison
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Music Technical Support HSC Performance (9)

Lachlan, Christian, Matthew

Drama

Excellence in Drama

8DR1	Jessica
10DR	Slade
11DR	Madeleine
12DR	Joanna

Drama Ensemble (9)
Callum

Theatresports (10)
Eamon, Jessica, Sarah, James, Emma,
Christopher

Commitment to Drama (9)
Byron, Lachlan

Exhibition Awards

The following Visual Arts students received an award for excellent artwork at the Opening Night of the Visual Arts Exhibition on 16 August 2013.

7VA1	Leah 'Animal Linoprint'
7VA2	Patrick 'Pippi Bird'
7VA3	Ishan 'Shell Drawing'
7VA4	Thanya 'Portrait Photogram'
7VA5	Maegan 'Ceramic Fish'
7VA6	Phillip 'Bone Drawing'
7VA7	Elizabeth 'Eye Photogram'
7VA8	Lachlan 'Animal Linoprint'
7VA9	Ethan 'Ceramic Dog'
8VA1	Gabrielle 'Zoo Drawing'
9VA1	Evie 'Ceramic Fish'
9VA2	John 'Zoo Collection'
10VA1	Christy 'Man vs. Manmade' collection of works
10VA2	Slade 'Archibald Prize' Portrait Drawing
11VA1	Emma 'AGNSW Drawing'
11VA2	Jemma 'Laughter and the Absurd' sculpture
11PHOTO	Angela 'Digital Images in the School Environment'
YEAR 12 GUEST SPEAKER'S AWARD	Isabelle — Graphic Design — Comic Reception
YEAR 12 PEOPLES' CHOICE AWARD	Nicola — COW —This is Life (A Celebration of My Birthplace)
12PHOTO	Emily 'Corpus de Angeli—Body of Angels'

Year 8 Visual Arts Excursion

It was a wet and windy day on Monday 16 September when Year 8 set off with their umbrellas for an excursion to Macquarie University. We went to view an exhibition of colour field paintings by Arthur Wicks and a selection of large sculptures around a pond on the sculpture walk. The students will develop two different art-making tasks from the research undertaken on the day.



Kirstie Clark
Visual Arts Teacher

Penno Prayer Meeting

Mums, dads and 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.



Laura Year 7



Thomas Year 8



Patrick Year 7



Christy Year 10



Daniel Year 7



Joanne Year 10

ALL MY OWN WORK

All Year 10 students in NSW are required to complete the **HSC: All My Own Work** program **BEFORE** they can be enrolled into Year 11. This has been developed as part of the NSW Government's *Respect and Responsibility* strategy and is an integral part of all HSC course requirements. The program is designed to help HSC students to become aware of good scholarship principles and practices. This includes understanding and valuing ethical practices when locating and using information as part of their HSC studies.

Pennant Hills High School Year 10 students are required to complete the program, either in designated classes at school or as a homework assignment, during **Week 7 of Term 4 2013 on 18, 19 and 21 November**. There are five modules to read and five quizzes to complete. Students must achieve **no less than 80%** on each quiz to be deemed to have a clear understanding of their rights and responsibilities in regard to all future assessment tasks. We ask for your support in ensuring that your son or daughter is at school on the above days. If you know that they will not be present, they must see Mrs Whitlock as soon as possible to make alternative arrangements.

Sue Whitlock
Teacher—Librarian

CONGRATULATIONS

Congratulations to Tessa who is singing at the Opera House in the NSW Public Schools State Choir on 21 and 22 October 2013.

NSWCHSSA SPORTS AWARDS

Congratulations to Toby who received the Henry Shield (Winner Boys 17+ 1500m) Award and to our school which won Champion School at the NSWCHS Athletics Carnival late last term.

HILLSBUS ROUTE 625

As of Monday 21 October 2013 Hills Bus Route 625 will now depart from Parramatta Station at 7.13am via Pennant Hills Road to Pennant Hills Station. Transfer to Route M60 service to opposite school.



THE GREAT PENNO RENO II

Following the huge success of the inaugural *Great Penno Reno* in 2012, plans for Penno Reno II have been taking shape over the last six months. The Great Penno Reno II will be held on Saturday 26 and Sunday 27 October.

Last year over 350 parents, students and staff worked shoulder to shoulder over the weekend to provide the school with a magnificent facelift — new gardens, painting of classrooms and toilets, and new rubbish bins formed the nucleus of sustained hard work.

This huge undertaking is made possible by the tireless efforts of the P&C Great Penno Reno Committee, with the assistance of current and former parents, staff and students, and most importantly the support and generosity of our local businesses.

Special mention must be made of Hanson Concrete Group, from Thornleigh for their very generous donation of concrete and labour to make a path and crossing for our students to more safely cross a busy internal road.



It is only with the continuing efforts and good nature of all concerned that we may together to improve the school's physical environment.



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L

*Learners registered on or before 31st December 2013 will be able to use Licence Ready services until provisionally licenced.

P

MMA Fitness & Conditioning
Thursdays 7:15pm start

Boxing Pad-work
Saturdays 6:30am start

Pennant Hills Community Centre

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www.emakarate.com.au

HSC & TPC

Course Information Evening

Monday 11 November, 6pm
Cameragal Building, J Block, Ground Floor
St Leonards Campus, TAFE NSW
(formerly North Sydney TAFE)

We will once again be offering students the opportunity of studying units in the Certificate IV in Tertiary Preparation (TPC) and Higher School Certificate (HSC) in 2014.

We encourage potential students and their parents/guardians to attend the information session where both HSC and TPC options will be discussed.

Timetables and course information will be available at this session.

Teaching staff will be available on the night to answer any questions you may have about both these Year 12 equivalent courses.

THE Northern Sydney Institute
Part of **TAFE NSW**

For more information, please contact the Coordinators on 9942 0732

Unlock your potential. It starts here.

Stress Less

Introducing a group program for students in Years 10-12 to learn practical strategies to manage stress. In eight, weekly sessions, a maximum of 8 students per group will be taught by a clinical psychologist how to navigate the stressful senior school years.

Topics covered include:

- How stress and anxiety affect our body and mind
- Time management and healthy study behaviours
- Relaxation and sleep strategies
- Conquering worries and unhelpful thoughts
- How parents can help their kids cope during the HSC

Groups will be run from our Pennant Hills consulting rooms starting in Term 3. For more information please contact us at Denton Clinical Psychology.

Phone: 8860 6480

admin@dentonpsychology.com.au

www.dentonpsychology.com.au

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

CLASS OF 1993—20 YEAR REUNION: Saturday 19 October 2013, 6.30pm at Pennant Hills Hotel

All teachers and students from that year are welcome to attend. **Enquiries: Kylie Warner (née Perry) 0415 811 842.**

PARENT INFORMATION EVENING: *Living with Teenagers: How to promote Resilience and Optimism.* Monday 21 October, 7:30pm - 9pm. Speaker: Melissa Adams Christian Youth & Children's Counsellor. West Pennant Hills Sports Club - 103 New Line Rd, West Pennant Hills. Gold coin donation for supper. **Enquiries 9479 3700.** Hosted by St Matthew's Anglican Church, West Pennant Hills.

Cherrybrook Lantern Night: Saturday 26 October 2013, 5.00pm—9.00pm, Greenway Park, Cherrybrook

Free admission. Official Ceremony to start at 7.00pm. Join in and share the fun—food, games, lion dance, fireworks Cherrybrook Chinese Community Association—www.ccca.asn.au or cccalanternnight@gmail.com or **9875 3336**

Normanhurst West Public School Family Fun Day: Sunday 27 October 2013, 11.00am—3.30pm

Free admission. All welcome. Pony rides, fabulous food and drink, carnival rides, stall and activities, sideshow alley. Pre-purchase unlimited ride tickets online (save \$10) - www.flexischools.com.au (search for Normanhurst West PS).

More information: www.normanhurstwestpandc.com.au

West Pennant Hills Public School Spring Fair: Sunday 10 November 2013, 10am-4pm. Church Street, West Pennant Hills.

All welcome. Rides for all ages, great stalls, food stalls, petting farm, pony rides, clothing, face painting, plaster casts, trash and treasure, lucky dip, cakes, sweets, ice creams, show bags, BBQ, Devonshire Tea, Chocolate Wheel, Raffle, entertainment, Tattoos, art and craft.

STUDENT EXCHANGE PROGRAMS

LATTITUDE AUSTRALIA - volunteering and gap year placements for U/25s - www.lattitude.org.au or **(03) 9826 6266**

Student Exchange Australia NZ - scholarships available - 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 www.volunteerabroad.com.au or 1300 884 733

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

Lions Youth Exchange Program - for 17-21 year olds - www.lionsclubs.org.au/ye

STS Student Exchange - www.sts-education.com.au or 1800 263 964

RECREATION AND SPORTING GROUPS

Dural Sport and Leisure Centre (A ministry of Dural Baptist Church) - www.dslc.com.au or phone **9651 2777**

Hills Hawks Softball - All ages 4-adult welcome - www.hillshawks.softball.org.au or phone **Hazel - 0414 474 461**

Interested in Playing Cricket? Find out more at playcricket.com.au

North Sydney Girls Cricket Association: <http://nsgca.nsw.cricket.com.au/>

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.

Sydney Zodiacs Youth Dragon Boat Club – www.dbnsw.org.au or sydneyzodiacs@yahoo.com.au or **0410 655 764**

Epping RSL Golden Kangaroos Marching Band - www.goldenkangaroos.org.au or 9868 3289 (Annette)

Northern Sydney Youth Orchestra for young musicians. Not-for-profit organisation. <http://www.nsyo.org.au>

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)

West Pennant Hills Netball: Ashley - 0421 558 009. www.westpennanthills.netball.asn.au/

Discounts for registrations received before 31 October 2013 for 2014 season: 7-9 years \$140; 10-15 years \$150.

Thornleigh Softball: All games played at Galston. Contact Sharon—0407 442 402. thornleighsports.org.au/softball

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 - For more information, phone 8512 4230.

COMMUNITY NOTICES AND CONTACTS

HELP WITH ENGLISH LANGUAGE AND NUMERACY

Saturday School of Community Languages 2014 Procedures: Information about language courses, including application forms and locations please go to www.sscl.schools.nsw.edu.au—2014 Enrolment Information. Applications for all years close on 21 February 2014. Please note Year 7 applications must be sent as early as possible in 2014. Students currently studying at the Saturday School will receive a green *Confirmation of Continuing Enrolment in 2014*. This must be returned. For further information please contact Adelia Fuller, Principal—9244 5694.

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.

COMMUNITY SERVICES AND SUPPORT

Tertiary Scholarships for children and grandchildren of Ex-Service Men and Women - Students selected on merit. Information and applications: www.avcat.org.au or phone 9213 7999 or 1800 620 361 (voicemail)

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

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

Bringing young people, their families and communities together with hope. Phone 9477 1110.

Ability Options - a FREE service helping people with a disability into the job that's right for them

For more information contact Caroline Krix on 8811 1717 or email caroline.krix@abilityoptions.org.au

Foster Care Association NSW Inc - Providing advocacy, support and information to foster carers.

www.fcansw.org.au or phone 4987 1847

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

Check if you're enrolled at www.votensw.info, enrol to vote at www.aec.gov.au or phone 1300 135 736

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

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.

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.

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)

Custom-made mouthguards only \$250. On-the-spot Health Fund refunds.

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 - 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.

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