



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 15 November 2013

Term 4 Week 6B



GREAT PENNO RENO

Wow! What a fantastic weekend ... by coming along and lending a hand, we have been able to improve our school environment by:

- Creating a fabulous dry creek bed feature.
- Planting out 500 tubestock plants in our new COLA garden and succulent garden bed outside the demountables.
- Infill planting throughout our existing garden beds.
- Laying of fresh green turf outside the Special Education Unit.
- Edging aluminium seating with timber surrounds and mulching under trees in the Bell Quad.
- Remulching and finishing off edging of the Bell Quad gardens.
- Pressure washing Bell Quad walkways.
- Repainting Student Reception.
- Cleaning and reorganising two music store rooms.
- Pressure washing the walkways and raised garden bed bricks in the Library Quad.
- Removing weeds and privet in raised garden beds and remulching. This included the huge job of restoring the garden bed below the Library.
- Mulching the lower car park garden bed.
- Trimming of trees and tidying up the Laurence Street fence line.
- Rejuvenating and repairing the bus bay structure, including painting of the structure, replacing broken timber slats on seating, pressure washing, mowing, whipper snipping, and repainting the sign.

Mr Geoff Wing
Principal

Mrs Jane Dennett
Deputy Principal

Mr Brendan O'Byrne
Deputy Principal

Laurence Street, Pennant Hills NSW 2120

P: 9473 5000 F: 9473 5099

E: pennanthil-h.school@det.nsw.edu.au

W: www.pennanthil-h.schools.nsw.edu.au

- Preparing the Memorial Garden border bed for planting by turning soil and mulching.
- Clearing all areas of litter.

Last year, we implemented a watering program over the hot summer months which promoted the growth of the thousand tubestock which were planted and they have flourished! Led by our horticulturist, Ross Rapmund, the Great Penno Reno Committee will continue their job of ensuring that this year's plants are well cared for.

We would like to thank Kennards Hire Hornsby, Priority Trees, Miles the Bobcat driver extraordinaire and our catering team. Their support contributed greatly to the success of the Great Penno Reno II.

We would also like to acknowledge and thank our sponsors and donors who generously helped us with sponsoring a major prize or donating an item for the raffle.

On another note, we held a great fundraising cake stall and barbecue on election day in September. Thank you to all our fabulous bakers and cooks who contributed to this and made it so successful. A big thank you once again also goes to IGA Pennant Hills and Harris Farm Meats who unhesitatingly donated bread, eggs, bacon and meat.

Penno Reno Committee

LOOKING FORWARD

Term 4 2013

WEEK 7A	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
	Friday	22 November	Mufti Day—Bush Fire Appeal
WEEK 8B	Friday	22 November	Year 7 Incursion—Electrical Music—Period 1
	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
WEEK 9A	Thursday	28 November	Year 8 Sport Choices and Trials for 2014
	Friday	29 November	National Young Leaders Day (SRC representatives)
	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
WEEK 10B	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
	Monday	9 December	Year 8 Game On and Year 9 PASS Surf School
	Monday	9 December	Concert Band 2 and Junior Stage Band Tour
WEEK 11A	Monday	9 December	Food Technology Excursion
	Tuesday	10 December	Concert Band 2 and Junior Stage Band Tour
	Wednesday	11 December	Concert Band 2 and Junior Stage Band Tour
	Thursday	12 December	Duke of Edinburgh's Award Gold Expedition
	Thursday	12 December	Concert Band 2 Tour
	Thursday	12 December	Duke of Edinburgh's Award Gold Expedition
	Friday	13 December	Duke of Edinburgh's Award Gold Expedition
	Friday	13 December	Coffee School Barista Course
WEEK 12A	Saturday	14 December	Duke of Edinburgh's Award Gold Expedition
	Sunday	15 December	Duke of Edinburgh's Award Gold Expedition
	Monday	16 December	World Challenge Incursion
	Monday	16 December	Duke of Edinburgh's Gold Award Expedition
	Tuesday	17 December	Duke of Edinburgh's Gold Award Expedition
	Wednesday	18 December	PRESENTATION EVENING
	Wednesday	18 December	Duke of Edinburgh's Gold Award Expedition
	Wednesday	18 December	LAST DAY FOR STUDENTS
WEEK 13A	Thursday	19 December	Duke of Edinburgh's Gold Award Expedition
	Thursday	19 December	SCHOOL DEVELOPMENT DAY
	Friday	20 December	SCHOOL DEVELOPMENT DAY

VACATION

Term 1 2014

WEEK 1A	Monday	27 January	Public Holiday
	Tuesday	28 January	SCHOOL DEVELOPMENT DAY
	Wednesday	29 January	Year 7, Year 11 and Year 12 and new enrolments start
	Thursday	30 January	Year 8, Year 9 and Year 10 Start
WEEK 2B	Monday	3 February	Year 7 Camp
	Tuesday	4 February	Year 7 Camp
	Friday	7 February	School Photographs



DEPUTY PRINCIPAL'S REPORT



It's wonderful to travel, and also to return to a place as great as 'Penno'. Thank you to Phil Scandizzo, who replaced me during my leave, for his hard work.

Year 12 looked very happy at their official sign-out day last week. Now we all await news of HSC results and ATARs, and we hope to welcome all Year 12 students to the Celebration Breakfast at 9.00am on Thursday 19 December. Don't forget also that Year 12 HSC high achievers will be recognised by the whole school at the HSC High Achievers Assembly, to be held on Wednesday 19 February 2014. Invitations will be issued at the Celebration Breakfast.

Year 11 is now our HSC cohort, and I encourage them to make good use of their '10% on Top' mentors to help them develop their personal study plans now. The HSC course has commenced, and successful students start their HSC preparation as early as possible. If you have not already connected with your mentor, Year 11, make it a priority. Year 11 Preliminary Final Reports were emailed this week, so all Year 11 parents and carers should check their emails. Year 7 – 10 reports will be emailed on Tuesday 17 December.

I was very sorry to miss the second 'Great Penno Reno' during the last weekend of October. Once again, this event was a huge success and widely supported by current and former students, parents, teachers, community members and local businesses. Projects included painting, cleaning, landscaping and gardening which have made a significant difference to the school's physical environment. My favourite is the dry creek bed, evocative of our bushland setting. This huge undertaking has been made possible due to the tireless efforts of the P&C 'Great Penno Reno' Committee, most capably led by Penny Dean. I would like to take this opportunity to thank Penny and her team for their determination to provide a well-kept and attractive environment for all to enjoy.

Don't forget that our Annual Presentation Evening will be held in the MPC on Wednesday 18 December 2013. This is a wonderful celebration of student achievement to which we welcome all students and families. We look forward to seeing you there.

There's a great deal still to happen at Pennant Hills in the remaining weeks of term. Please check our

website regularly, as it is frequently updated, and follow us on Facebook (Pennant Hills High School) and Twitter (@PennantHillsHS).

Jane Dennett
Deputy Principal

CONGRATULATIONS

Gymnastics Champion

During the September School holidays Fiona in Year 8 represented NSW in gymnastics at the Border Challenge Championships held in Caoloundra. Fiona achieved 2nd place overall, 1st place on floor, 3rd place on beam and 2nd place on vault apparatus for Level 8.

This week Fiona has been selected to compete in the 2013 Women's National Club Championships in Geelong, Victoria. We congratulate Fiona and wish her well in this competition.

Nominations for InTech 2014

The following students have been nominated for consideration for inclusion in InTech 2014, the annual exhibition of outstanding Major Design Projects developed by 2013 Industrial Technology students: Samuel, Isaac, Benjamin, Joshua, Jacob, Marcus, Lisa and Matthew.

A Talented Visual Artist

We are pleased to announce that Taya of Year 10 has been selected as a finalist in the 2013 Young Australian Art Awards for her artwork titled 'Spook'.



Taya received a Gold Medal Award for being the runner-up in her section. Congratulations, Taya.

THANK YOU FOR HELPING IN THE GREAT PENNO RENO II

Aaron
Aidan
Akeel

Gervais
Gillian
Grace
Hans
Hawron Family
Helen
Holly
Ian
Jack
James Boyer
James Family
Janelle
Jennifer
Jessica
John
Johnson
Justin
Kathleen
Khushal
Kindler Family
King Family
Kiran
Kumar Family
Lachlan

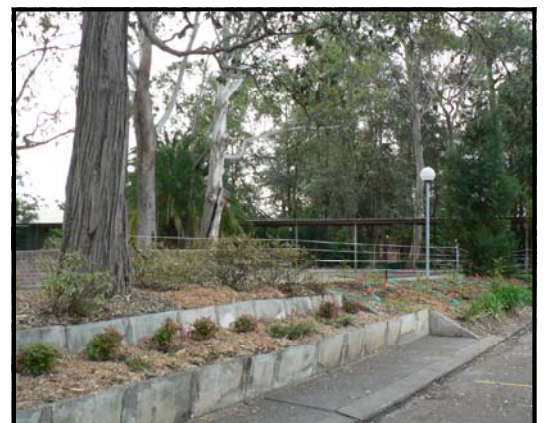
Max
Megan
Mendham Family
Michael
Michelle
Mikaela
Miller Family
Murdoch Family
Naylor Family
Nicole
North Family
O'Hara Family
Olivia
Owen
Parsa
Patrick
Pendleton Family
Phil Scandizzo
Philippa
Pines Family
Rachel
Robin Washer
Rosenblum Family
Ross
Simon
Sindler Family
Suelen
Sund/Kennedy Family
The Shackley Family
Thomson Family
Tom
Trudi Heath
Tween Family
Van den Bempt Family
Virginia
Wickham Family
William
Zhuang Family



Alexander
Alexei
Andrew
Anna
Ashley
Bateman Family
Benjamin
Brendan O'Byrne
Briske Family
Bruce Walter
Buley Family
Caitlin
Caleb
Campbell Family
Carmichael Family
Cathy
Charlene
Chris Raper
Christian
Clark Family
Coomber Family
Dave
Dearlove Family
Debbie
Eleanor
Eliza
Ellen
Ellie
Elliott Family
Emily
Emma
Enis
Evan
Foord Family
Foster Family
Fox Family
Friery Family
Gail
Gary
Geoff Wing
Georgia



Liam
Lara
Larissa
Lauren
Laurie
Leggott Family
Lidbetter Family
Linda
Liz
Long/Dean Family
Lucky Family
Lucy
Maarten
Macdonald Family
Maddie
Madi
Malcolm
Mark Randle
Matt



Thank you to our Sponsors and Donors who generously supported our Great Penno Reno II Raffle.

The W Group, Real Estate Agents, 15/5 Hillcrest Road, Pennant Hills	8407 9110
Barry Smith Hyundai, 343-355 Pennant Hills Road Pennant Hills	9483 3333
Chris Brown Personal Trainer, Fitness First Pennant Hills	0417 433 941
Fitness First Pennant Hills, 358 Pennant Hills Road Pennant Hills	8401 7001
Rosie's Beauty Salon, 16-24 Hannah Street Beecroft	9481 4286
Blunden Law, 110 Yarrara Road Pennant Hills	9481 9990
IGA Pennant Hills, 4-10 Market Place Hillcrest Avenue Pennant Hills	9481 0231
Bunnings Warehouse, Pennant Hills Road Thornleigh	9479 9000
Tung Tong Thai Restaurant, 1A Hillcrest Road Pennant Hills	9980 7585
Subway, 6/4-10 Hillcrest Road Pennant Hills	9980 1996
Beautiful Things By, 16-24 Hannah Street Beecroft	9875 5335
Chalio's Thai Restaurant, 3/19 Wongala Crescent Beecroft	9484 7725
Chicken and Fishhead Café & Kidswear, 3 Wongala Crescent Beecroft	9484 8149
Havoc & Mayhem, 95 Beecroft Road Beecroft	9481 7911
La Vie en Rose Florists, 2/5B Hannah Street Beecroft	9875 4000
City Beach Australia, Westfield Hornsby	9450 7270
Club Penno, Pennant Hills Bowling Club, 52 Yarrara Road Pennant Hills	9484 2433
Corner Café, 6/72 Yarrara Road Pennant Hills	9481 8737
Curl the Whisker Café, Shop1/4 Station Street Thornleigh	9484 3869
District 3 Hornsby, Shop 2042 Westfield Hornsby	9987 0086
Fresh Nails, Shop 3016 Westfield Hornsby	9482 8485
Hair @2120, 3/5 Hillcrest Road Pennant Hills	9484 9999
Hobbyland Hornsby, 147 Pacific Highway Hornsby	9476 2588
Java Lava, Shop 2/106 Yarrara Road Pennant Hills	9980 2780
Maddie's Place Café, 14/5 Hillcrest Road Pennant Hills	0431 588 090
Pennant Hills Bakery, Hillcrest Road Pennant Hills	9484 4350
Pennant Hills Charcoal Chicken, 78 Yarrara Road Pennant Hills	9484 3555
Pennant Hills Physiotherapy, 2/374 Pennant Hills Road Pennant Hills	9484 6300
Philip Ruddock MP, 701/423 Pennant Hills Road Pennant Hills	
Senju Sushi, 5 Hillcrest Road Pennant Hills	9875 2006
Sushi Yah, 90 Yarrara Road Pennant Hills	9484 0720
Sydney Swans	
The Childrens' Bookshop, 6 Hannah Street Beecroft	9484 0519
The SEAT Restaurant, 1/98 Yarrara Road Pennant Hills	9484 9393
Top Chook Café, 4 Hillcrest Road Pennant Hills	9484 0072
Village of Snax, 10/5 Hillcrest Road Pennant Hills	9980 2897
West Pennant Hills Sports Club, 103 New Line Road West Pennant Hills	9980 8500
Xquis Eat, 94 Yarrara Road Pennant Hills	9484 7963
ABC Shop Hornsby, Shop 3033 Westfield Hornsby	9482 3671
Big Al's Bait and Tackle, 562 Pennant Hills Road West Pennant Hills	9484 2202
Dog Eared Books, 2/7 Hillcrest Road Pennant Hills	9484 2202
Cricket NSW	8302 6000
Australian Racing Drivers Club, Blacktown	9672 1000
Segway Tour Sydney Olympic Park Homebush	1300 859 983

2013 GREAT PENNO RENO



2013 GREAT PENNO RENO



BANDS AT WEST PENNANT HILLS PUBLIC SCHOOL FAIR

On Sunday 10 November, Pennant Hills High School's younger bands – Concert Band 2 and Junior Stage Band – brought some much-needed warmth and light to a drizzly, cloudy day at West Pennant Hills Primary School's Spring fair.

A good-sized audience enjoyed the band performances which thankfully were undercover in the school hall. Concert Band 2 set the ball rolling with a quartet of numbers – *The Crossings*, *Black Forest Overture*, *Canticum* and *Harlequin Dance* - all very well played, and equally well received.

The smaller Junior Stage Band, the Sultans of Swing, then took over for another quartet of pieces, *Lullaby of Birdland* (a swinging start to the performance), *Must Be the Blues*, *Don't Get Around Much Anymore* and the lively *Work Song*.

The group performances were complemented by soloists Alex, Daniel, Kalindi, Alicia, percussionists Daniel and Patrick, and Ms Carol Coomber on keyboard. Both ensembles should be congratulated on great efforts all round. When they left the stage, the sun came out. Well done guys – even the weather liked you.

Tim Mendham

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.

PRESENTATION EVENING

Wednesday 18 December 2013

7.30pm

Second Hand Uniforms

We have a range of Senior Girls Dresses and Senior Boys Shorts in stock.

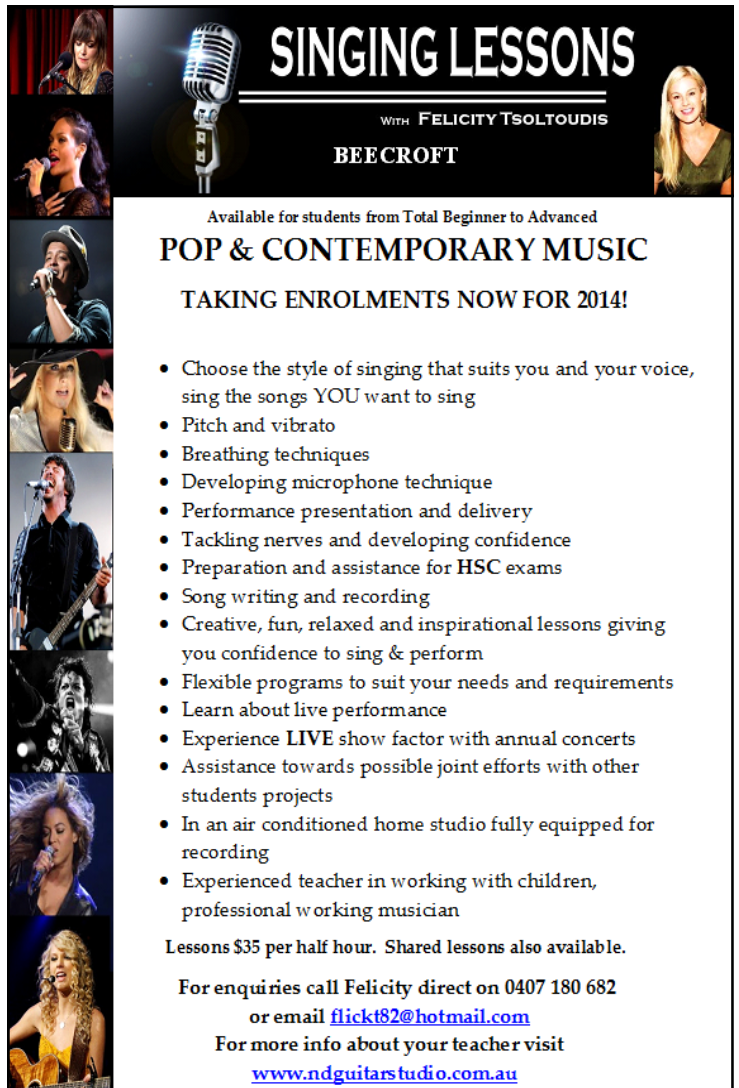
Enquiries please contact Mrs Bain on 9473 5012.

MEDICAL ALERT

The Medical Information section of Pennant Hills High School Excursion Consent Forms has recently been upgraded. Parents/carers will now be required to indicate if their child suffers from Anaphylaxis, Asthma, Diabetes, Epilepsy or Severe Allergies. Where applicable, parents will be required to indicate the expiry date for EpiPens/Anapens or puffers that their child will be carrying with them on the day of the excursion. Staff will be required to check medical information carefully, including the expiry date for the EpiPen/Anapen or puffer being used by the student, and ensure that they have a copy of parent contact details for the date of the excursion.

On the day of the excursion students who suffer from anaphylaxis will be required to carry their own EpiPen/Anapen and Emergency Health Care Plan, students who suffer from asthma will be required to carry their own puffer and students who suffer from diabetes will be required to carry an emergency glucose pack. Supervising teachers will carry with them the student's school based EpiPen/Anapen, a supply of ventolin and student Emergency Health Care Plans.

Belinda Campbell
Head Teacher Welfare



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or email flick82@hotmail.com

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Learner drivers can invite supervisors (family and friends) and driving instructors to collaborate online for real-world practice.

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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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

denton
CLINICAL PSYCHOLOGY

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Fairfield Multicultural Festival: Sunday 24 November 2013, 12-6pm. Bonnyrigg Community Centre.

15 performing groups from Africa, Latin America, Asia, Aboriginal, Middle East and Europe.

For more information call NSW SLASA Community Hub on 9620 0288 or 0414 825 085.

Service of Remembrance for families and friends of children who have died or are missing: Wednesday 4 December 2013, 7:30pm at St Matthews Anglican Church, Corner Castle Hill and New Line Roads, West Pennant Hills. Representatives from several denominations, including hospital chaplains, will participate in the service and everyone present will be invited to place a flower on the communion table in memory of a child who has died or is missing. Supper will be served following the service. Enquiries: 9479 3700.

Pennant Hills Public School P&C Association: Twilight Carols, Friday 6 December 2013, 6pm. Cnr Ramsay and Weemala Roads, Pennant Hills. An evening of carols for the whole family accompanied by our school bands, choirs and string ensemble. Sausage sizzle, drinks, glowsticks and candles. BYO picnic rug.

Northern Sydney Youth Orchestra is a non-profit community organisation based in Beecroft. They welcome young musicians to join the orchestras. Auditions to join the orchestra will be held on **4 and 11 December 2013** and **early 2014** or by appointment. For details contact the respective orchestra manager. Symphony—symphony@nsyo.org.au. Wind Ensemble: winds@nsyo.org.au. String Orchestra and String Sinfonia: strings@nsyo.org.au. Go to www.nsyo.org.au for more information or email info@nsyo.org.au.

STUDENT EXCHANGE PROGRAMS

Southern Cross Cultural Exchange—Next information session: Tuesday 19 November 2013 at 7:00pm at Lane Cove Library. www.scce.com.au or 1800 500 501.

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

Student Exchange Australia NZ - scholarships available - www.studentexchange.org.au or 9997 0700.

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

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/

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: For 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. Year 7 applications must be sent as early as possible in 2014. 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

The Kids Are All Right Website for parents of Australian teenagers. For articles on teenagers plus a forum for parents of teens, go to www.thekidsareallright.com.au. Some of the articles to view: Starting high school is tough on parents too; Essentials for working teenagers; Mentoring for teens. There are many more available.

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.

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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