



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 22 February 2013

Term 1 Week 4B



Emilie, Matthew, Simon and Reyland

INSPIRATIONAL ACHIEVEMENT

It was our great pleasure to have our four highest achievers from the HSC 2012 attend as special guests at a whole school assembly this week.

In addressing the assembly, Emilie, Matthew, Simon and Reyland all spoke of common themes.

- Choose your senior elective courses wisely.
- When you set goals and work hard, you can achieve anything.
- Be self-disciplined and willing to make sacrifices.
- Work with your teachers so that you gain the full benefit of their hard work and support.

We thank Emilie, Matthew, Simon and Reyland for taking the time to share their insights and offer real motivation and inspiration for Pennant Hills High School students following in their footsteps.

Mr Geoff Wing
Principal

Mrs Jane Dennett
Deputy Principal

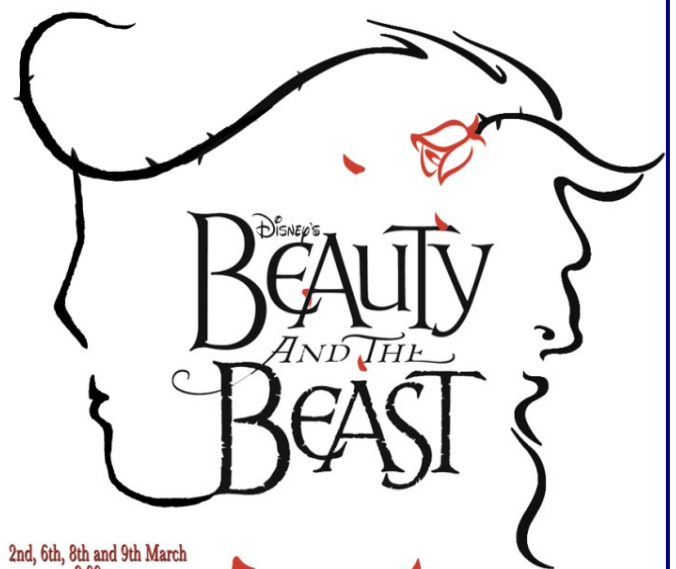
Neil Barrowcliff
Acting Deputy Principal

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PENNANT HILLS HIGH SCHOOL PRESENTS



2nd, 6th, 8th and 9th March
8:00pm
Sunday 3rd March
2:00pm

Adults \$20 Concession \$15 + booking fee
SCAN BELOW for Tickets or google PHHS



M A R C H 2 0 1 3

MUSIC BY
ALAN MENKEN

LYRICS BY
HOWARD ASHMAN
& TIM RICE

BOOK BY
LINDA WOOLVERTON

By arrangement with Hal Leonard Australia Pty Ltd, Exclusive agent for Music Theatre International (NY)

FUTURE DATES

Term1 2013

Week 5A	Sunday	24 February	Musical Rehearsals
	Monday	25 February	Encore 7.00pm Sydney Opera House
	Monday	25 February	Musical all-day rehearsal
	Monday	25 February	Zone Swimming Carnival
	Tuesday	26 February	OPEN NIGHT 4.30pm—7.30pm
	Tuesday	26 February	P&C Meeting 7.30pm Library
	Wednesday	27 February	Musical Rehearsals
	Thursday	28 February	Musical Technical Rehearsal 3.20pm—9.00pm
	Friday	1 March	Year 7 Music Incursion Period 1
	Friday	1 March	Musical all-day rehearsal
WEEK 6B	Saturday	2 March	<i>Beauty and the Beast</i> : 8.00pm
	Sunday	3 March	<i>Beauty and the Beast</i> : 2.00pm
	Tuesday	5 March	<i>Beauty and the Beast</i> : Primary Schools 10.00am
	Wednesday	6 March	<i>Beauty and the Beast</i> : 8.00pm
	Thursday	7 March	Meet The Music Concert: 6.30pm
	Friday	8 March	International Women's Day Breakfast
	Friday	8 March	VACCINATIONS
	Friday	8 March	Girls Open KO Soccer
	Friday	8 March	<i>Beauty and the Beast</i> : 8.00pm
WEEK 7A	Saturday	9 March	<i>Beauty and the Beast</i> : 8.00pm
	Monday	11 March	Great Mates Forum
	Monday	11 March	SRC Leadership Day
	Tuesday	12 March	Regional Swimming Carnival
	Tuesday	12 March	Year 9 Anti-bullying performance
	Wednesday	13 March	Musical Cast and Crew Barbecue
	Wednesday	13 March	Years 11 and 12 Parent—Teacher Evening
WEEK 8B	Friday	15 March	Year 11 Driver Safety
	Monday	18 March	Year 7 Music Incursion
	Wednesday	20 March	School CROSS COUNTRY Carnival
	Thursday	21 March	Year 7 2014 Academically Selected Class Test
WEEK 9A	Friday	22 March	Year 11 PDHPE (3) First Aid Course
	Monday	25 March	Year 11 PDHPE (3) First Aid Course
	Tuesday	26 March	Year 11 PDHPE (1 and 2) First Aid Course
	Tuesday	26 March	Royal Easter Show
	Tuesday	26 March	- Food Technology and Special Education
	Tuesday	26 March	P & C MEETING
	Tuesday	26 March	Year 7 Anti-bullying Performance
	Wednesday	27 March	Year 11 PDHPE (1 and 2) First Aid Course
	Wednesday	27 March	BACK-UP DATE for School Cross Country
	Thursday	28 March	Australian Geography Competition
Week 6B	Friday	29 March	PUBLIC HOLIDAY - GOOD FRIDAY

YEAR 12 ASSESSMENT TASKS

Term 1 2013

Week 5A	Monday	25 February	SDD: Programming Task - P1
	Tuesday	26 February	CAFS: Parenting and Caring Task - P4
	Tuesday	26 February	IPT: Database Task - P4
	Wednesday	27 February	Mathematics - P2
	Wednesday	27 February	General Mathematics - P2
Week 6B	Tuesday	5 March	Mathematics Extension 1 - P2
	Wednesday	6 March	Ancient History: AH1 - P1, AH2 - P2



DEPUTY PRINCIPAL'S REPORT



I would like to start my report by welcoming everyone to Pennant Hills this year, whether this is your first or your sixth year with us. I spoke at our first assembly on 31 January about how proud I was to be Deputy Principal of our school. Looking out on assembly that day, I saw a school filled with students ready to start a new year and

to *make it count*. I saw students who were already involved in the many curriculum enrichment activities available at 'Penno'. I saw students who had been hard at work rehearsing the musical the day before. I saw students who had started their school day 80 minutes earlier with an extension class, and were already planning their year's work. I saw students who had just started high school, and were apprehensive, but excited to be here. This is a school made up of students who want to achieve. And to spend your day working with students, staff and parents who value aspiration and success is very special. So welcome, and I hope 2013 is a productive, happy and successful year for you.

As always, there is a great deal of activity to report already.

On Tuesday last week we celebrated as a school the achievements of 2012 at our Annual Presentation Evening. More than 250 students received awards: what a fantastic acknowledgement of the breadth of talent and achievement in our school. Our principal, Mr Geoff Wing, outlined the key aspects of life at 'Penno', powerfully demonstrating the scope of our school. Many parents commented that this school provides a broad curriculum in the true extent of the word – in academia, culture, sport, leadership and service. We also enjoyed being taken into another world with our guest speaker, Lieutenant Kate Munari of the Royal Australian Navy, and member of the Pennant Hills High School Class of 1999. Lieutenant Munari spoke about her career, her time at 'Penno' and the role it played in helping her achieve her goals, and enthralled us with her account of her three tours of Afghanistan, as part of the Royal Navy Commando Helicopter Force. Thank you to all who made the evening such a success, and especially the event coordinator, Mr Neil Barrowcliff.

Year 7 is well and truly in the swing of high school. We enjoyed a wonderful Orientation Camp at Vision Valley, superbly organised by Year 7 Adviser, Mrs Sudha Saligram. Parents enjoyed the opportunity to meet with their child's teachers at

our Parents' Barbecue in Week 3. The home room program is a success, with students reporting that it is great to have their own classroom for their core subjects, and from my observations, they are really enjoying their practical subjects in our specialist rooms. Our Prefects are looking forward to the Year 7 Big Night Out which they will put on in March, so get ready for the dance contest, Year 7.

A number of staff have commented to me that our year has started smoothly across the Years. Uniform, in the main, is being worn well, and students have settled to work quickly. Our senior students, in particular, are deep into their studies already. It has been really pleasing to see students using their private study periods productively, and attending revision seminars already. We are all very excited to open 'The Learning Hub', a large facility on Level 3 adjacent to the Main Quadrangle, which will enable project learning to take place in an attractive, functional area. You will find a photo and more about 'The Hub' on page 6. There is still some work to be done in regard to cabling, and we are awaiting delivery of more furniture, but we expect this room to be open in Week 6. Any teacher can book the space for their class, and we expect that it will be particularly popular for team teaching and learning projects.

I can't finish without mentioning our musical, *Beauty and the Beast*, which opens Saturday 2 March at 8.00pm in the MPC. Anyone who attended either the SRC Induction or Presentation Evening had the pleasure of a preview from Alyssa Porteous and Hayden Meyer. Judging from their performances, this is going to be an incredible show. Don't miss it.

Finally, our school is opening its doors to our prospective families on Open Night, Tuesday 26 February. Anyone intending to enrol in our school should not miss it.

Jane Dennett
Deputy Principal

OPEN NIGHT

Tuesday 26 February 2013
4.30—7.30pm

**Come and see what your
local school has to offer.**

CAPA FACULTY REPORT

The Creative and Performing Arts (CAPA) Faculty had a very positive 2012, with students involved in an extensive range of curricular and curriculum enrichment activities which showcased their talents and interests.

Of particular note was the success of two of our HSC students who each had their major work selected for inclusion in a prestigious HSC showcase. Visual Arts student Samantha had her collection of works entitled *City of Futures* chosen for display in the ARTEXPRESS exhibition. Drama student Benson's video, *Broadcast*, was selected for OnSTAGE OnSCREEN, which showcases three exemplary video dramas and two scripts composed by HSC students across the state. Earlier this month Benson attended a VIP showing of OnSTAGE OnSCREEN at the Seymour Centre where he was presented with a certificate commending his outstanding achievement. We look forward to screenings of the film at Open Night on 26 February 2013. We are very proud of both of these students who are worthy of high praise for their dedication and commitment to the arts.



The CAPA Faculty had pleasing HSC results in 2012, with six Visual Arts students achieving a Band 6 and 13 achieving a Band 5 – a total of 70% of the group in the top two bands. Drama had one student receive a Band 6 and three students receive a Band 5, which was 40% of the cohort. Music results were, likewise, solid.

Throughout 2013 students at Pennant Hills High School will have the opportunity to participate in an extensive range of activities offered by the CAPA Faculty. The Drama Ensemble and Theatresports will run again in 2013 once performances of the school musical, *Beauty and the Beast*, have finished, in Week 6 of Term 1. The Faculty will also stage its Drama Festival late in Term 2.

Year 11 and 12 Drama students attended OnSTAGE OnSCREEN and a workshop at the Seymour Centre on Wednesday 6 February 2013, where they formed part of the audience for exemplar 2012 HSC Drama performances. Drama students will also have the opportunity to attend a production of *Warhorse* late in Term 1, and Year 12 Drama students have subscribed to the Belvoir Street Theatre to see five productions throughout 2013.

Staff have encouraged their Music students to subscribe to *Meet the Music* at the Opera House for the 2013 season, and Year 7 will have an *African Rhythms* experience on 18 March 2013 as part of their Music course.

Band Camp was held at Galston Crusaders from Sunday 10 February to Tuesday 12 February 2013, with over 90 students in attendance. Upon their return from camp on Tuesday 12 February 2013, the students performed at the Band Camp Concert Evening in the MPC. Concert Band 1 performed at Presentation Night on Tuesday 19 February 2013 under the direction of our new conductor, John Buckley.

The Music Festival will be held in the MPC on 22 May 2013, where Pennant Hills High School bands will perform, along with local primary school bands.

All Year 11 and 12 Visual Arts students will be attending ARTEXPRESS at the Art Gallery of NSW (AGNSW) late in February, where they will have the opportunity to see exemplar bodies of work from 2012 HSC students. Year 12 will then visit the *Francis Bacon Exhibition* and Year 11 will photograph and sketch the AGNSW for their Term 1 drawing unit of work. Later in Term 1, all Year 9 and Year 8 Visual Arts students will attend an excursion to Taronga Zoo to develop their artworks for Term 2. Year 10 are scheduled to attend the *Archibald Exhibition* early in Term 2.

The Faculty will hold the CAPA Festival in Week 5 of Term 2, so we encourage you to mark this week in your calendars as an exciting opportunity to experience music, drama and visual arts at their best!

All members of the CAPA staff are looking forward to working with our Creative and Performing Arts students throughout 2013 and wish all our students a positive and inspiring start to the academic year.

Janelle Dennis
Head Teacher CAPA

STUDENT PHOTOGRAPHS

If you have advised the school **whether or not** you wish your child to be photographed at school and their photo to be used in school publications such as *Jumbunna* and the Year Book, thank you.



If you have not provided this information on your child's enrolment form or in a letter, please advise Deputy Principal, Jane Dennett, in writing as soon as possible.

GP SYNERGY TRAINING

Four of our Year 12 Drama students were involved in the *GP Synergy Program* throughout 2012 and four of our Year 11 Drama students are about to become involved in sessions with Sydney University, helping to train medical students and registrars to work with adolescent patients. The students visit Hornsby Hospital and *GP Synergy* at Chippendale as part of the program.

This is a very rewarding experience for all involved and we appreciate our students' commitment and community-mindedness. The Year 12 students are Alasdair, Matt, Alyssa and Bronte. The Year 11 students are currently being consulted.

Janelle Dennis
Head Teacher CAPA

A NOTE OF PRAISE

Recently we received a letter from Crown Lands Wagga Wagga, extracts from which are published below. Congratulations to the students named in the letter, who clearly acted as outstanding ambassadors for our school.

I would like to offer some very positive feedback on a group of Pennant Hills High School students. As part of the school's Duke of Edinburgh's Award Scheme administered by Mrs Lyn McGlade, five students—Mikaila, Carissa, Chris, Joshua and Zoren—were involved in maintenance and construction works upon the Hume and Hovell Walking Track at Laurel Hill, which I facilitated.

I was very impressed with the way in which these young adults approached their work. They displayed a strong work ethic, an understanding of the work practices required, and were able to complete set tasks to a high standard in a reasonable time. The group were well mannered and a pleasure to work alongside at all times. I would be happy to facilitate Hume and Hovell Walking Track work programs involving students from Pennant Hills High School in the future.

10% ON TOP PROGRAM

The *10% on Top* program will continue in 2013, giving additional support to Year 12 students in their HSC year. Volunteer staff members are working as mentors with 4–5 Year 12 students each and plan to meet with their allocated students throughout the year on an informal basis.

The focus is on encouragement, improvement, involvement, confidence building, time management and stress management. Year 12 students will meet with their mentors outside of class time and are encouraged to make the most of this opportunity.

Janelle Dennis
Head Teacher CAPA

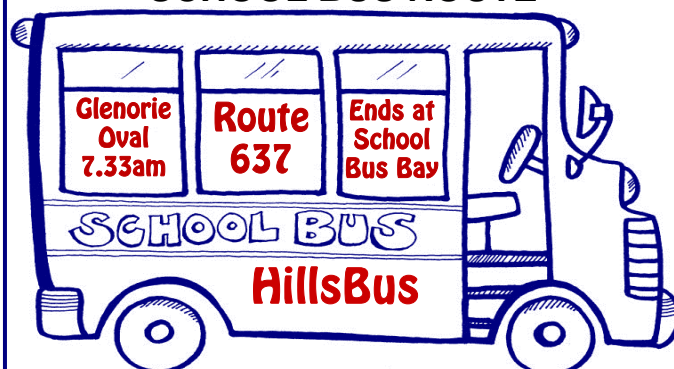
DANCE

We are looking to run a curriculum enrichment **Dance Class** later this term for any students from Years 7 to 12 who may be interested. We will finalise planning and provide more information once the musical, *Beauty and the Beast* is concluded.

Any Year 10 student who may wish to study **Dance** as part of their Preliminary/HSC Course in **2014/2015** will need to complete this **Stage 6 Course** using their own qualified provider. Currently we have a Year 10 student who is looking to pursue this in 2014/2015 and is intending to organise their own dance instructor. If there is any student who may be interested in sharing this dance instructor to complete the Stage 6 Dance course, or any parent who has any questions regarding this, please contact me in the CAPA Faculty staffroom.

Janelle Dennis
Head Teacher CAPA

EXTENSION OF MORNING SCHOOL BUS ROUTE



Parents and caregivers of students who catch the HillsBus 637 which departs Glenorie Oval at 7.33am are advised that the bus, which previously terminated at Pennant Hills Station, will now continue on to Pennant Hills High School Bus Bay.

Don't miss out!



Evening - 8.00pm

Saturday 2 March
Wednesday 6 March
Friday 8 March
Saturday 9 March

Matinee - 2.00pm

Sunday 3 March

Adults - \$20.00
Concessions - \$15.00

(Plus booking fee)

Tickets to *Beauty and the Beast* are selling fast.

Make sure you get in quickly - space available for some performances is already limited. You will not want to miss Pennant Hills High School's magical production of this classic.

TICKET SALES

Follow the link on the school's website, scan the QR Code below, or purchase your tickets at our Open Night on Tuesday 26 February 2013.



THE LEARNING HUB

Have you wondered what 'The Learning Hub' is?

The rooms that used to be 312, 313 and 314 have been redesigned into a open learning space, to facilitate project learning. Much time and effort has been devoted to the design and resourcing of this facility. We thank the P&C in particular for their generous financial support.

The Hub has fabulous brightly coloured furniture that is comfortable and enables great flexibility, particularly for collaborative learning. Shortly, 60 netbook computers will be available for use, along with other resources.



Photography by Joshua, Year 12

We plan to officially open this space next week. Any teacher can book the Hub for their classes, and we expect that it will quickly become a very popular classroom.

Jane Dennett, Deputy Principal

Sydney Eisteddfod Winners
Script Work for Film, TV & Stage
Improvisation & Theatre Sports
Presentation Skills & Voice Training



Drama Classes

**Baulkham Hills, Pennant Hills,
& Penrith**

Students have appeared in *Home & Away*, *Neighbours*, *Blue Water High*, *Underbelly*, *Wolverine*, *The Great Gatsby*, other feature films, TV series, TV ads & much more....

Tel: 02 9211 6366
email: sydneytalentco@tpg.com.au
www.sydneytalentco.com.au

Pennant Hills High School Vaccination Clinic Visits Schedule

Friday 8 March 2013

Year 7 Girls and Boys Diphtheria-Tetanus-Pertussis

Thursday 11 April 2013

Year 7 Girls Human Papilloma Virus (HPV) - Dose 2

Year 7 Boys Human Papilloma Virus (HPV) - Dose 2

Year 7 Girls and Boys Chickenpox

Year 9 Boys Human Papilloma Virus (HPV) - Dose 2

Thursday 8 August 2013

Year 7 Girls Human Papilloma Virus (HPV) - Dose 3

Year 7 Boys Human Papilloma Virus (HPV) - Dose 3

Year 7 Girls and Boys Hepatitis B - Dose 2

Year 9 Boys Human Papilloma Virus (HPV) - Dose 3

**** Note: Northern Sydney Public Health Unit
no longer vaccinates in Year 10.**



ABN: 36 099 278 047

ACN: 099 278 047

FREE QUOTES

- ❖ **Qualified Level 5 Arborist**
- ❖ **Tree Removal & Pruning**
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- ❖ **Fully Insured**

All Hills District Tree Services Pty Ltd
194A Annangrove Rd, Annangrove NSW 2156
(P) 1300 308 908 (M) 0407 203 426
(E) hillsarbor@bigpond.com
(W) www.hillsarbor.com.au

1300 308 908

FAREWELL DINNER - TONY RUDD

A function is being organised to farewell our past Deputy Principal, Tony Rudd. The dinner is to be held on Friday 15 March 2013 at Asquith Golf Club.

For more information or to enquire about attending, please contact Lee Lowe on 9473 5000.

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.

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.



COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Come and try BMX - Saturday 23 February 2013 - Castle Hill BMX Club, Fred Caterson Reserve, Castle Hill. **FREE entry.** Bring a BMX bike. Wear a helmet, long-sleeved shirt, pants, shoes and socks. **Information: Dave (President) 0404 074 166.**

FREE Skateboarding Workshops - sponsored by Hornsby Shire Council and Skateboarding Australia
10.00am till midday at various locations on the following Sundays: 24/2/13; 17/3/13; 31/3/13; 7/4/13; 26/5/13; 23/6/13.

Registration on the day (parent or guardian to sign for under 18s). All participants must wear a helmet.

Information, including locations: www.hornsby.nsw.gov.au or phone Kim Harris on 9847 6531.

Youth Mentoring Training - Northern Sydney Institute of TAFE

Raise Foundation, in conjunction with TAFE Outreach NSI, is seeking responsible adults wishing to be trained as mentors to work with young people facing profound challenges in their lives. Training is one day a week for four weeks.

Sessions commence on **25 February** (Brookvale) or **26 February** (Crows Nest) or **1 March** (Randwick).

Information and Enquiries: www.raise.org.au or info@raise.org.au or phone 0426-9-RAISE

Helping Learner Drivers Become Safe Drivers - FREE Seminar for Parents Instructing Learner Drivers

Wednesday 27 February 2013 - 6.30pm to 8.30pm at Hornsby Central Library. **Bookings: phone 9847 6856.**

Anatolian Turkish Festival - Sunday 3 March 2013 - Darling Harbour, Tumbalong Park - FREE entry.

Enjoy a feast of Turkish music, dance, artwork and food. **Information: www.bayram.org.au OR 9669 1448**

Hornsby Greek Festival - Sunday 10 March 2013 - Greenway Park, Shepherds Drive, Cherrybrook - FREE entry.

Enjoy a cultural fun day out, from 11.00am till 7.00pm. Explore Greek culture, music, dance and food in a family friendly atmosphere. Loads of entertainment including dodgem cars, camel rides and jumping castle. **Everyone welcome.**

Castle Hill RSL Pipe Band INFORMATION NIGHT - Thursday 14 March 2013 at 8.00pm

Epping Creative Centre, 26 Stanley Road, Epping. **Information: chrslpb@bigpond.com OR 0418 169 723**

MultiLit Literacy Centre Family Information Session - Saturday 23 March 2013 at 12.00 noon

Macquarie University Hospital - Suite 2, Level 3, 75 Talavera Road, Macquarie Park

A research-based initiative of Macquarie University, MultiLit addresses the literacy needs of low progress readers.

Just call in on the day or register in advance: 1300 559 919 or reading.centre@multilit.com

Ku-ring-gai Council Parent Forums - Understanding your Teenager

Adolescence 101: When to Worry - 4 March / Resilience Building 101 - 6 May / Supporting Young People with

Disabilities - 24 June / Communicating with your Teenager - 5 August / Internet Safety 101 - 14 October

Bookings Essential: youth@kmc.nsw.gov.au or 9424 0837. **Information: www.kyds.org.au or 9416 9824.**

Marian Street Theatre for Young People presents *Imogen and the Pirates*

Performances to 23 March 2013. Marian Street Theatre, 2 Marian Street, Killara. (Adult \$22, Child \$18, Family of 4 \$68)

Bookings: www.mca.tix.com.au OR 1300 306 776 (booking fees apply)

STUDENT SERVICES - Northern Sydney Region Disability Programs PARENT FORUM - Dates for 2013

Meeting dates for 2013 will be: **Term 1 - Friday 5 April; Term 2 - Friday 21 June; Term 3 - Friday 13 September.**

STUDENT EXCHANGE PROGRAMS

LATITUDE AUSTRALIA - volunteering and gap year placements for U/25s - www.latitude.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.aiu.om.au or 1800 174 407 - program costs apply.

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

RECREATION AND SPORTING GROUPS

Dural Sport and Leisure Centre (A ministry of Dural Baptist Church) - www.dsllc.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

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 - for ages 12-23 years - based at Bank Street Pyrmont.

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)

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)

West Pennant Hills Netball: Jacque - 0400 777 780 or Ashley - 0421 558 009. www.westpennanthills.netball.asn.au/

COMMUNITY NOTICES AND CONTACTS

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.

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.

COMMUNITY SERVICES AND SUPPORT

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.

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

Tuesdays-Fridays 3.00pm-6.00pm. 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

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 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)

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

Offer valid until December 2012 - www.timelessssmiles.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.