



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 5 April 2013

Term 1 Week 10B

YEAR 11 HEALTH PROGRAM

On Thursday 4 April 2013, all Year 11 students participated in the *GPs in Schools Program*, which has been a feature at Pennant Hills High School since 1996. Thirty local doctors, GP registrars and medical students worked with Year 11 students in small groups, discussing adolescent health issues and contacts available to young people. Students received additional printed information at the end of the session.

The morning was a great success, with the doctors commenting on the maturity and good will of our students. They were very pleasantly surprised by the level of interest and engagement from the students, noting that Year 11 asked many questions in this informal environment.

The opportunity to meet with medical practitioners in this forum is designed to provide students with the knowledge and confidence to seek medical assistance and support should they need it in the future. This interaction between students and doctors also impacts on some students' vocational aspirations. On this occasion, we had the pleasure of catching up with former Pennant Hills High School student, Dr Melinda Wosik (Class of 2001) (*pictured front row, 6th from left*), who has participated in the program for the past two years.

Mr Geoff Wing
Principal

Mrs Jane Dennett
Deputy Principal

Mr Neil Barrowcliff
Acting 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

We greatly appreciate the interest in adolescent health shown by our visiting professionals. We value their support and guidance, and thank them for taking time out of their busy schedules to visit our senior students.

With a renewed interest in adolescent health at a Government level, this kind of program is one which can, and should, be promoted to benefit both our medical practitioners and young people.

Janelle Dennis
Head Teacher CAPA



FUTURE DATES

Term 1 2013

WEEK 11A	Monday	8 April	Year 12 EXAMINATIONS (all week)
	Wednesday	10 April	ANZAC Ceremony - 9.00am
	Wednesday	10 April	RoboCup Workshop
	Wednesday	10 April	Hornsby Youth Forum
	Thursday	11 April	Vaccinations
	Friday	12 April	LAST DAY OF TERM 1

SCHOOL VACATION

Term 2 2013

WEEK 1B	Monday	29 April	SCHOOL DEVELOPMENT DAY
	Tuesday	30 April	SCHOOL DEVELOPMENT DAY
	Wednesday	1 May	TERM 2 COMMENCES FOR ALL STUDENTS
	Wednesday	1 May	Year 11 EXAMINATIONS (all week)
	Wednesday	1 May	7O and 7R Muogamarra Excursion
	Thursday	2 May	7B and 7G Muogamarra Excursion
WEEK 2A	Thursday	2 May	Meet the Music Concert - 6.30pm
	Friday	3 May	7A and 7P Muogamarra Excursion
	Friday	3 May	Years 11 and 12 Drama Excursions
	Monday	6 May	Year 11 EXAMINATIONS (all week)
	Tuesday	7 May	Parent-Teacher Evening—Years 7 and 8
	Friday	10 May	Year 12 Advanced English Study Day
WEEK 3B	Monday	13 May	Year 11 EXAMINATIONS
	Tuesday	14 May	Year 11 EXAMINATIONS
	Tuesday	14 May	NAPLAN—Years 7 and 9
	Wednesday	15 May	NAPLAN—Years 7 and 9
	Wednesday	15 May	Year 8 GAME ON Excursion
	Thursday	16 May	NAPLAN—Years 7 and 9
WEEK 4A	Monday	20 May	Zone Cross Country Carnival
	Tuesday	21 May	Open AFL Gala Day
	Wednesday	22 May	School Athletics Carnival
	Thursday	23 May	Academic Challenge—Years 7 and 9
	Thursday	23 May	Science Competition

SOCCER SCHOLARSHIP WINNER



Congratulations to Sports Captain, Rebeka, who has been offered a scholarship from NSR Soccer Australia. Ninety candidates presented for the skills trials, with 40 progressing to interview before the successful 20 were selected.

Based on her football skills, playing ability and academic achievements, Rebeka's scholarship will provide her with the opportunity to attend a university in the USA where she will combine competitive soccer with her study for a degree in primary teaching. Congratulations, Rebeka.

Valmé Kruger
Sports Organiser

PARENTS Can you help?

Pennant Hills High School is seeking parent volunteers to assist with examination supervision for students requiring special provisions. This involves supervising a small number of students in the library.

Examination periods are in May, August and September. Please consider giving a couple of hours to support us in supporting students.

Please contact Jane Dennett, Deputy Principal, if you are able to help in any way. Jane can be contacted by phoning the school office, on 9473 5000.

DEPUTY PRINCIPAL'S REPORT



It's been a busy start to the school year, with lots of great events this term. Much has happened since our last edition.

Friday 22 March saw our Year 7 students entertained by their Year 11 Prefects and Peer Support leaders at the Big Night Out. We had a fabulous time, with the Canteen transformed into a jungle to suit the safari theme. The costumes were outstanding, although those in polar fleece lion suits must have been wishing for cooler weather. Thank you to the organisers, and to Mr Chris Raper, Special Education teacher, for being our DJ.

The weather was on our side on the day of the school Cross Country Carnival. It was a perfect day, with many personal bests on the course, and many delicious sausages consumed, courtesy of our prefect chefs.

Our school went a bit crazy from the ankles down last Wednesday, on the Crazy Socks Mufti Day. Our purpose was to raise funds for the Children's Hospital and Oxfam. In total, \$1346 was raised to support these worthy causes. Our Leadership in the Middle School team hosted a delicious breakfast to start the day, and ran a very popular cupcake stall at recess.

The Executive Conference on Thursday 25 March focused our school executive team on continuous improvement. We spent the day working on strategies for academic achievement, including a thorough examination of the Board of Studies' Results Analysis Package. This enables teachers to deconstruct the examination to identify their students' strengths and weaknesses and to target areas for further development in their teaching and learning. It was extremely beneficial to take some time as school leaders to consider the ways we can best help students achieve at their personal best. Our new Deputy Principal, Mr Brendan O'Byrne, was able to join us on the day and it was a great pleasure for us to welcome him to his new school. Mr O'Byrne will take up his position formally on Monday 29 April.

Teacher professional learning will also be the focus of the first week of Term 2. Please note that Term 2 commences with two School Development Days. The Department has provided for a second day so that teaching staff can devote some time to the Australian Curriculum, which will be implemented in English, Mathematics, Science and History in Year 7 in 2014. School resumes for all students on Wednesday 1 May. Year 11 examinations will also commence on this date.

As this is the final *Jumbunna* for Term 1, I want to wish everyone a safe and happy vacation. We look forward to a productive and enriching Term 2.

Jane Dennett
Deputy Principal

NAPLAN . . . 14—16 May 2013

Letters about the NAPLAN tests will be issued to all students in Years 7 and 9 on Monday of Week 11.

The National Assessment Program—Literacy and Numeracy (NAPLAN) will be completed by all students in Years 3, 5, 7 and 9 in all government and non-government schools to assess the literacy and numeracy learning of students in all Australian schools. The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The Tests

Tuesday 14 May	Language Conventions and Writing
Wednesday 15 May	Reading
Thursday 16 May	Numeracy

In the Numeracy tests students do not require any measuring tools such as rulers or protractors. There will be two Numeracy tests: calculator and non-calculator. For the calculator test, students use the calculator that they currently use at school. For more information, please contact Mr Jeff Minton, NAPLAN Coordinator at the school, or see <http://www.nap.edu.au/>

HISTORY

The History Faculty welcomes Mr Higgins who took up his permanent position at Pennant Hills during the last few weeks of 2012, and is proving to be a great asset.

Term 1 has seen our students involved in a range of learning activities. Year 7 History students have trialled the topic, *Investigating the Ancient Past*, from the new Australian curriculum which will be introduced next year. They have also explored archaeological techniques through a study of Lake Mungo. Next term these students will be working in the Learning Hub on a project learning task on Ancient Rome, creating a Roman festival.

Year 8 students have been learning about life in the Middle Ages. Part of the assessment for this topic allowed students to select a range of research and presentation options, resulting in some impressive models.



Year 9 students trialled the topic, *Making a Better World*, from the new Australian curriculum. Year 10 students are currently preparing to participate in a 'Q&A Panel' to respond to questions on government policies regarding Indigenous people.

Year 11 Ancient History students are examining archaeological sites and the ethical issues involved in these excavations. Modern History students are working on case studies and skills development, whilst Society and Culture students are learning about different cultures as well as research methodologies.

Our Year 12 students are involved in their Half-Yearly examinations and we wish them well during this period.

Roger Niccol
Head Teacher History

	<p>Australia's First Coloured Commemorative Coin LIMITED EDITION</p>	
<p>For a donation of \$10 you will receive the \$2 Poppy Coin and a certificate. All funds raised support RSL programs helping Australian veterans, serving defence personnel and their families.</p>		
<p>www.rsl.org.au or phone 02 6248 7199</p>		

SCHOOL DEVELOPMENT DAYS—TAKE 2!

Reminder: the next school vacation period will be followed immediately by two school development days.

Students DO NOT attend school on Monday 29 April or Tuesday 30 April 2013.

SCHOOL RESUMES FOR ALL STUDENTS ON WEDNESDAY 1 MAY 2013.

SYDNEY ROYAL EASTER SHOW

On Tuesday, 26 March, 92 students attended the Sydney Royal Easter Show. Students were drawn from the Special Education Unit, the 'Best Buddies' program, Year 8 Agriculture and Year 10 Food Technology classes.

Jackie Breden, Head Teacher Home Economics (Relieving)



A Report by Year 10 Food Technology Students

On Tuesday we went to the Royal Easter Show with our teachers, Miss Breden and Mrs Jones. After we arrived, we went straight to the huge Woolworths Food Dome, where we were amazed by the incredibly elaborate produce displays. It was clear that a huge amount of work had been put into creating them. However, due to the impact of floods, droughts and bushfires, the displays lacked their usual vibrant colours and product quality. Our favourite display by far showed children playing outdoors. We loved this display because it was the brightest, and the children were actually swinging on a mechanical swing.

In the cake decorating area we saw intricately designed cakes of every colour, shape and size. From shiny blue and gold dragons to cakes with a million little swirls, and cakes that looked like they were covered in leather rather than fondant, they were all works of art. Next to the cakes was a giant display of jams and relishes, where Miss Breden made us revise the principles of preservation! Following lunch, we visited the animal nursery, filled with adorable baby animals. There were lambs, calves, kids and ducklings everywhere! Our show visit was an amazing experience—both fun and educational. We would go again if we could.

Laura, Marissa, Breanna

Vaccination Clinic Visits Schedule

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.**

MMA Fitness & Conditioning

Thursdays 7:15pm start

Boxing Pad-work

Saturdays 6:30am start

Pennant Hills Community Centre



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THE BEST SHAPE OF
YOUR LIFE WITH THE
EMA TEAM!**



www.emakarate.com.au

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.

THE ACTING EXPERIENCE

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**SMALL BOUTIQUE
ACTING CLASSES
WITH LONGER
SESSION TIMES.**
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**IN-DEPTH FOCUS
ON ACTING SKILLS
AND DRAMA
TECHNIQUES.**
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YOUTH ACTING CLASSES AT EPPING!

**PLACES ARE STRICTLY LIMITED,
ENROL NOW FOR TERM 2.**

TO BOOK: Phone 0457 574 662 or
email info@actingexperience.com.au

FOR MORE INFORMATION: Visit actingexperience.com.au
or follow us at facebook.com/actingexperience

Photo © Georgious Makkas



Teaching the Adolescent Brain

**Tuesday 21st May 2013 - 6.00pm to 9.30pm
Mantra Hotel, Chatswood**

How does the adolescent brain learn? What has modern neuroscience taught us about how the brain learns, and how can we apply this knowledge to helping students in the classroom and at home?

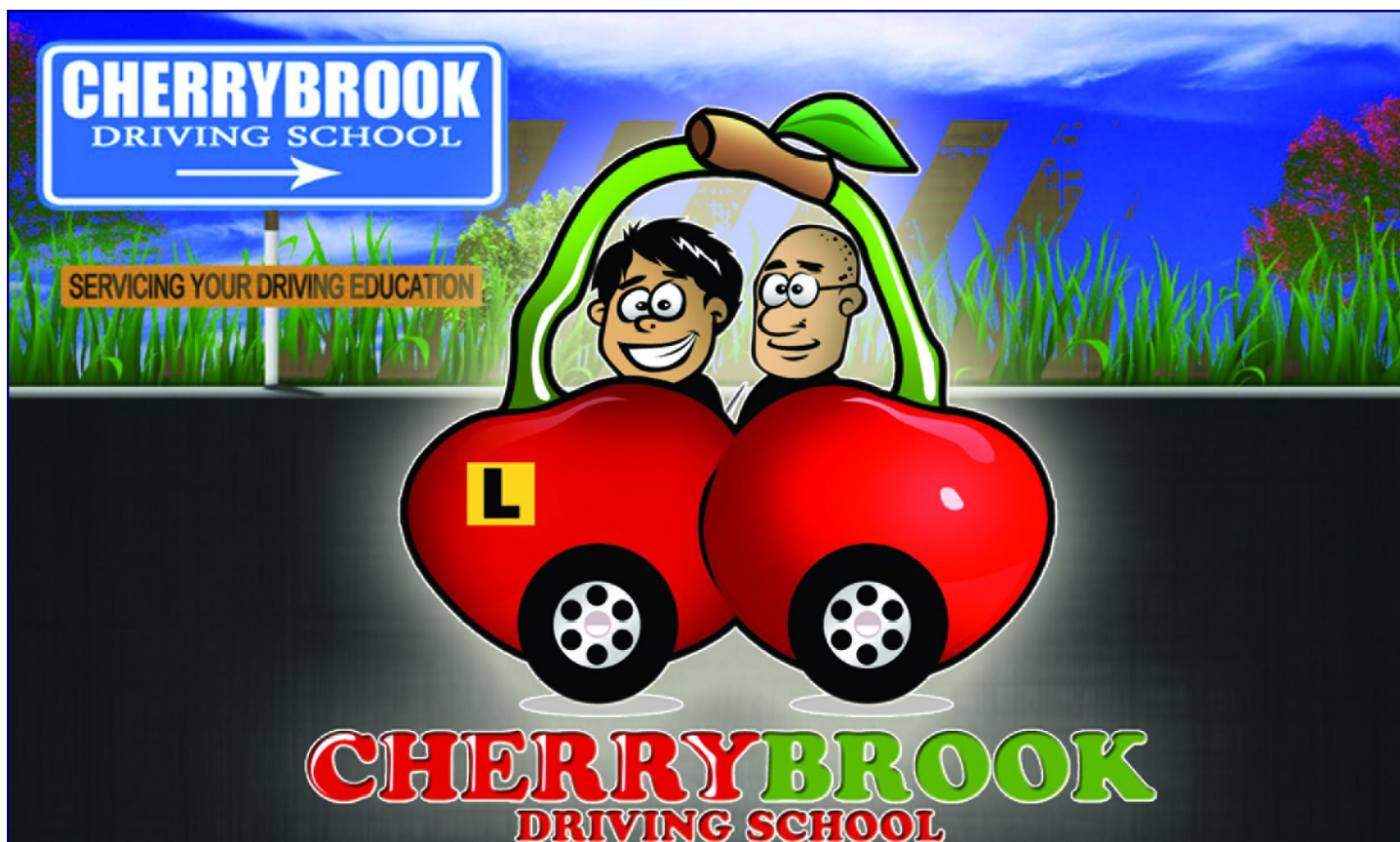
Speech language pathologist, **Devon Barnes**, will open up current research from neuroscience and apply it directly to how we can create better learning experiences for our students and children. Specifically, the evening will look at the developmental stages of brain development from preadolescent to adolescent, and how these impact upon a child's learning.

This is an evening for parents and teachers. The sessions will be informative and interactive, encouraging group discussion and debate, with time for open questions from the floor. Discussions are an integral part of this course as they offer the chance to collectively share insights, struggles and successes.

Register at www.learnfastedu.com

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Do you live in North West or Hornsby area?

Want to learn to drive?

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info@cherrybrookdrivingschool.com.au

or send a text message to 0405 696 417

For more information, please visit our website at

www.cherrybrookdrivingschool.com.au

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

St Agatha's School Car Boot Sale and Market Stall Day - Sunday 7 April 2013 - 11.00am–4.00pm

7 Trebor Road, Pennant Hills—fun for the whole family—white elephant, car wash, kids' activities and entertainment. International food court, home-made cakes and a coffee van.

Information and bookings—Simone: 0407 836 389. \$50 to book a car spot. \$100 per market stall.

FREE Skateboarding Workshops - sponsored by Hornsby Shire Council and Skateboarding Australia

10.00am till midday at various locations on the following Sundays: 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.

Teaching someone to drive can be a happy experience. Learn all the simple steps on how to teach a learner driver.

FREE two hour workshop for parents—Hornsby Central Library Meeting Room (28-44 George Street Hornsby—via Hunter Lane) Tuesday 9 April 2013: 6.30pm—8.30pm. **Bookings: 9847 6856.**

Information Session—Southern Cross Cultural Exchange: Tuesday 9 April 2013, 7.00pm at Lane Cove

www.scce.com.au OR 1800 500 501 OR scceaust@scce.com.au

FREE CYBERWISE Cyber Safety Talk for parents and teens—Hornsby Central Library—Wednesday 10 April 2013, 6.30pm

Presented by NSW Police Force and Hornsby Council. Bookings essential: **9847 6614** or library@hornsby.nsw.gov.au

Lifeline GIANT BOOK FAIR—Saturday 20 and Sunday 21 April 2013, 8.00am—5.00pm

Thornleigh Community Centre, Cnr Phyllis and Central Avenues, Thornleigh (next to Bunnings)

Books, CDs, DVDs and Comics. Enquiries: **9498 8805** or www.lifeline-h2h.org.au

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

Adolescence 101: 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.

Are you interested in developing skills to enable you to help someone with their English?

Join a **FREE five-week training session** at Meadowbank TAFE. Classes begin Tuesday 14 May 2013, 10.00am–1.00pm.

Information: susan.mills2@det.nsw.edu.au or **9942 3572**.

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

Meeting dates for remainder of 2013 will be: **Term 2 - Friday 21 June; Term 3 - Friday 13 September.**

Bookings: Leanne Mulligan—9987 3900 or Leanne.mulligan@det.nsw.edu.au. **Information:** Kate McCosker—9987 3919.

STUDENT EXCHANGE PROGRAMS

LATTITUDE AUSTRALIA - volunteering and gap year placements for U/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.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/

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

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)

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.