



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 10 May 2013

Term 2 Week 2A

## ANZAC DAY



## LEST WE FORGET

Mr Geoff Wing  
*Principal*

Mrs Jane Dennett  
*Deputy Principal*

Mr Brendan O'Byrne  
*Deputy Principal*

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On the morning of Wednesday 10 April 2013, students and staff assembled in the Main Quadrangle to participate in the school's ANZAC Ceremony. From beginning to end, the gathering was engaged by our students who led and participated in various facets of the observance. Drummed in by Alasdair, the catafalque party from 226 Army Cadet Unit Normanhurst was commanded by Callum, and comprised of Eamon, Ray and Calvin.

Matthew and Adam (Year 10) captured the spirit of the day with two readings, including a rendition of the poem, *In Flanders Fields*. Following further readings by Abbey and Jaime (Year 9), guest speaker, Lieutenant Kate Munari, a helicopter pilot with the Royal Australian Navy, delivered a compelling address in which she highlighted the unchanging truth that wars are fought by ordinary people by whom extraordinary sacrifices are made. As a past student of Pennant Hills High School, Kate reminded the assembly that the diggers of ANZAC were no different to the soldiers of today, and many of those soldiers were themselves school students only a few years ago. She urged us to remember that 'ANZAC Day is a time to remember the past, a time to think about the present and a time to contemplate the future.'

*The Ode*, read by Jemma (Year 11) was followed by the *Last Post*, played by bugler David (Year 12). A minute's silence was observed, after which the bugler sounded *Rouse* for the raising of the flag, which concluded the ceremony.

## FUTURE DATES

Term 2 2013			
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
	Saturday	18 May	Big Band at Sydney Eisteddfod
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
	Thursday	23 May	HSC Economics Study Day
WEEK 5B	Sunday	26 May	Bands at Pennant Hills Public School Fete
	Sunday	26 May	Duke of Edinburgh's Award Bronze Practice Hike
	Monday	27 May	Concert Band 1 at Sydney Eisteddfod
	Monday	27 May	Duke of Edinburgh's Award Bronze Practice Hike
	Monday	27 May	Hospitality Work Placement—ALL WEEK
	Tuesday	28 May	P&C Meeting
	Wednesday	29 May	BACK-UP DATE for School Athletics Carnival
	Thursday	30 May	Year 12 SMH Careers Expo
	Friday	31 May	Stage 5 Geography Fieldwork
WEEK 6A	Monday	3 June	Hospitality Work Placement—ALL WEEK
	Monday	3 June	Drama Festival
	Monday	3 June	Indigenous Performance
	Wednesday	5 June	Year 7 History Roman Festival
	Wednesday	5 June	Zone Athletics Carnival
	Thursday	6 June	Year 11 CAFS Fieldwork (in class)
WEEK 7B	Monday	10 June	<b>PUBLIC HOLIDAY—QUEEN'S BIRTHDAY</b>
	Tuesday	11 June	Year 11 CAFS Fieldwork (in class)
	Wednesday	12 June	Concert Band 2 at Yamaha Festival
	Wednesday	12 June	U15 Knockout AFL—Round 1
	Thursday	13 June	Regional Cross Country Carnival
	Friday	14 June	HSC History Study Day
	Friday	14 June	Drama Incursion
	Friday	14 June	RoboCup Workshop

## REMINDER

### NAPLAN . . . YEARS 7 AND 9

**14—16 May 2013**

**Tuesday 14 May – Language Conventions and Writing**

**Wednesday 15 May – Reading**

**Thursday 16 May – Numeracy**

### More information

**Mr Jeff Minton, NAPLAN Coordinator at the school**

**or see <http://www.nap.edu.au/>**



## PRINCIPAL'S REPORT



### Welcome to our New Deputy Principal

On behalf of the Pennant Hills High School community, I welcome Mr Brendan O'Byrne, who has been appointed under the merit selection process as our new Deputy Principal, replacing Mr Rudd.

Mr O'Byrne is an experienced senior executive staff member, having been Deputy Principal at Cabramatta High School for the past six years. I know that Mr O'Byrne is already impressed by many aspects of our school and I hope that he will find his new position both rewarding and enjoyable.



### Other Staff Changes

Mr Mark Divola has been appointed permanently to the Social Sciences faculty, replacing Mr Rohan Joseph, who has retired. Mr Ashley Symons is replacing Mrs McGlade temporarily as Careers Adviser, while she is on extended leave. Mrs Margaret Downey will be here two days per week to assist in the Learning and Support Teacher role while Mrs Bernie is on maternity leave. I take this opportunity to extend our best wishes to Mrs Bernie for the impending birth of her first child. We have been advised that Ms Karen Jeffress has resigned her position as School Administrative Manager and that the Department has advertised the vacant position.

Mrs Pam Boesenberg, one of our experienced teachers of English, has decided to retire. She has worked at our school in various part-time capacities since 2004. A passionate teacher who has focused greatly on student well-being and learning, Mrs Boesenberg has also been very committed to curriculum enrichment activities. We wish Mrs Boesenberg a happy and healthy retirement and thank her for her contribution to our school.

### Other Term 2 Changes

I have been asked to relieve as a School Education Director in Northern Sydney Region, working at Hornsby Office, during Term 2. During this time, Mrs Dennett will be Relieving Principal; Mr Tyler will be Relieving Deputy Principal; and Mr Geaghan will oversee the Industrial Arts faculty. I will return at the start of Term 3. Best wishes to everyone during this time.

**Geoff Wing**  
**Principal**

## ANNUAL SCHOOL REPORT 2012

Under the National Education Agreement 2009, the main method for distribution of the Annual School Report to parents is by publication through the Internet.

Parents, caregivers, students and members of the wider community are reminded that a copy of the Pennant Hills High School Annual School Report 2012 has been posted on the school's website.



Parents and caregivers who are unable to access the internet, are welcome to collect a printed copy of the Annual School Report from the school office.

**Geoff Wing**  
**Principal**

## 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.**



## CAPA FACULTY

### A Visit to the AGNSW

On Friday 22 February 2013, all Stage 6 Visual Arts students took the train to St James Station in the city before walking to the Art Gallery of NSW to visit *ArtExpress*, a display of exemplar HSC artworks from 2012. The quality of the artworks was inspiring and our Year 11 and 12 art students took copious photographs and studied the works in detail. After a lunch break in the Domain, Year 12 went on to view the 'Francis Bacon Exhibition' in the gallery whilst Year 11 took photographs around the gallery for their Term 1 Drawings. It was a fantastic day – the weather was kind to us and the gallery had many, many visitors, which always adds to the atmosphere. We hope that our senior student artists gained valuable insight into the art world and artmaking practice.



Some comments made by Year 12 art students:

- *ArtExpress* was simultaneously an inspiring and daunting experience.
- *ArtExpress* provided great insight into the artistic talent of Year 12 students. The range of techniques and depth of concepts surpassed my expectations.
- *ArtExpress* was intimidating but amazing.
- The Francis Bacon Exhibition was very confronting. Some of the works seemed to be part of a horror movie – as if a ghost could come out of the work.
- Francis Bacon was interesting and different. Learning about his life was very colourful.



### Taronga Zoo

On Friday 3 May 2013, all Year 8 and Year 9 Visual Arts students spent the day at Taronga Zoo where they drew the animals and took photographs in preparation for their Term 2 artworks. Originally the excursion had been planned for 3 April but wet weather meant that the excursion was rescheduled – a special thanks to Mrs Ackerman who had to reorganise the whole event.





## Open Night 2013

Open Night in late February was a huge success across the school. Our talented student musicians provided us with entertainment, concluding with a performance by Concert Band in the MPC. We also showcased the Drama Studio with a display of student work and an exemplar 2012 HSC video. The Year 9 2012 puppets were on display, and students conducted small skits and dressed in costume from the musical, *Beauty and the Beast*. We ran a Year 9 Ceramics Workshop titled *Tropical Fish Sculptures* and the darkroom was operating, with visitors making a photogram to take home. Samples of student artworks were displayed in the foyer, and the art rooms and facilities were also on display. Photographs taken on the night by aspiring Year 7 photographer, Natasha, are included in this edition of *Jumbunna*. Well done, Tash.



**Janelle Dennis**  
**Head Teacher CAPA**

## African Drumming

On 18 March 2013, all Year 7 students ventured out to watch Eddie Quansah perform for them with his African Drumming Show. We watched happily as the drummer amused us with his humorous playing style. He then invited a couple of eager students from the crowd to volunteer to help him in some rhythm music such as the African drums, thumb piano and many more. We were very impressed by his wonderful performance and were extremely happy to have been there to see Eddie's amazing skills in performing African music.

**Jade**  
**Year 7**

## Ruby Moon

Year 11 and 12 Drama students travelled to the Lend Lease Darling Quarter Theatre in Darling Harbour on Friday 3 May 2013 to see the Chalkdust Theatre Company production of *Ruby Moon* by Matt Cameron. Year 12 study the play *Ruby Moon* as part of *Contemporary Australian Theatre Practice* in the HSC Drama *Australian Drama and Theatre* unit.



Students entered a smoke-filled theatre which set an ominous tone and were met by an empty and dark stage. The fairy tale motif was immediately evoked with the play beginning with a child's voice whispering: 'It begins like a fairy tale.' The audience observed two actors transform into a range of characters, from an old spinster to a mad scientist. The performance was followed by a thought-provoking question and answer session with the actors and the director which enriched students' understanding of how the play may be staged.

The CAPA Faculty encourages all Drama students to be exposed to as much live theatre as possible in order to enrich their understanding of how plays may be brought to life on the stage through engaging dramatic techniques and conventions.

**Amy Crilley**  
**Drama Teacher**

## Annual School Music Festival

Coming up on Wednesday 22 May 2013 is the annual School Music Festival, showcasing our school ensembles, Concert Band 1, Concert Band 2, Junior Stage Band and Big Band. Also featured will be local primary school bands and our Year 12 soloists presenting their HSC repertoire. This year we will present two concerts held in the MPC, one starting at 5.30pm and the second at 7.00pm. Entry will be by a gold coin donation.

**Carol Coomber**  
**Music Teacher**

### SCHOOL MUSIC FESTIVAL

**Pennant Hills High School MPC**

**Wednesday 22 May 2013**

**Featuring Pennant Hills High School bands and soloists,  
supported by local primary school bands.**

**Concert 1: 5.30pm - - - Concert 2: 7.00pm**

**Entry by Gold Coin Donation**

## WORLD CHALLENGE PRACTICE

On 6 April 2013, 40 World Challengers set off to Crosslands for a practice trek in preparation for our trip to Malaysia and Borneo. At 9.00am we met at Hornsby Park, all geared up, and split into our two groups of 20 challengers for team briefings. We went through all the roles in a team such as navigators, food buyers, cooks, well-being persons, persons to budget our team money and transport. From there, we teamed up with fellow students and chose our roles. Our chefs then headed for the Asian grocer to buy our food for the weekend and the transport persons purchased train tickets. When they returned, we divided our food into our rucksacks and headed off down the Great North Walk bound for Crosslands Reserve.



Along the way we heard many encouraging words coming from all the trekkers, especially towards the end of the first day, as we had a chance to get to know all our team mates and leaders. We trekked through torrential rain, humidity and sunshine. It was a huge relief when we arrived at Crosslands camp after our 15km hike. Although our feet were aching, before we could rest, we had to set up our tents. We dressed into dry clothes ready for a dinner of green Thai curry which went down a treat after a long day's trek.

On Sunday morning, we packed up and watched a demonstration on what to pack in our rucksacks. By 10.00am we were off on the trek once again. Shortly after departing, we came across a broken bridge. With no alternative route available to us, one by one we cautiously walked our way down and back up the bridge, wading through the creek. After everyone had crossed, we stopped for a lunch of dry noodles and bread. On the trek back we discussed some scenarios that we could encounter overseas, such as lost persons and injured people. After 6kms of trekking, we finally arrived at Mount Ku-ring-gai Station for our return train trip to Hornsby. When we arrived back at Hornsby Park, we indulged ourselves with hot chips.

Overall, the practice trek was a great experience to prepare ourselves for Malaysia and Borneo.

**Jacqueline**  
**Year 9**

## ENTERTAINMENT BOOKS 2013-2014

We are selling *Entertainment Books* to members of our community. From every book sold we will contribute \$13.00 towards our fundraising, which this year will be distributed in support of two worthy causes.

### The Children's Hospital at Westmead

We have all been touched by a student currently undergoing treatment at the Children's Hospital and this is a wonderful opportunity for us to help in a small way.

### Students in Developing Communities

Some of our students are preparing for a *World Challenge* journey to Borneo and Malaysia at the end of 2013. We would like to purchase some school materials, e.g. stationery and exercise books, to take across with us for school children in developing communities who are in need of basic equipment.

I hope that you will consider purchasing an *Entertainment Book* from Pennant Hills High School so we can provide this support. The books may be purchased by either going online or through the school by paying at the window in Student Reception. More information, including an order form, appears at the end of this edition of *Jumbunna*.

**Fiona Ackerman**  
**World Challenge Trek Coordinator**

## WAR HORSE

Now it is true that some serious theatrical critics may find *War Horse* boring, trivial and not very good. However, I think that the way they represented the horse was absolutely amazing, and I admired the skill of these people who had never done something like this before. It's one of those productions you have to really believe in and you have to get lost in the story.

I honestly didn't notice the puppeteers that much after a while. Some might disagree, but as I said ... you have to get lost in it, and eventually they will go away. It wasn't trying to be realistic and 'real life'. It was a theatrical production, and it was theatre at its best.

This is the first big-scale production I have seen and I was very impressed. Honestly, it's hard to fault something when you are so in awe of it. Though it does have its faults, nothing is ever going to be perfect. It is a must see. *War Horse* is the play that won the hearts of the people.

**Judith**  
**Year 10**



## MMA Fitness & Conditioning

Thursdays 7:15pm start

## Boxing Pad-work

Saturdays 6:30am start

**Pennant Hills Community Centre**



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**FOR MORE INFORMATION:** Visit [actingexperience.com.au](http://actingexperience.com.au)  
or follow us at [facebook.com/actingexperience](https://www.facebook.com/actingexperience)

Photo © Georgious Makkas

## SCHOOL ATHLETICS CARNIVAL

Our annual Athletics Carnival is being held on Wednesday 22 May 2013 (Term 2 Week 4) at Pennant Hills Park (Britannia Street, Pennant Hills). The Carnival comprises a full program of track and field events, and students are encouraged to participate for both enjoyment and competition.

**The Athletics Carnival is part of the normal school curriculum and all students are expected to attend.** Students who are medically unfit to participate must still attend, bringing an explanatory note from their parents. They will be given an alternative task, e.g. assisting officials. These notes are to be given to Mr Boyer by Monday 20 May. **For Years 9 and 10 students, participation in this Carnival forms part of their final assessment. All Year 9 and 10 students are expected to compete in at least three events.**

**Transport—Morning:** Students may walk to the venue or arrive with parents. Students who travel on buses which go via Pennant Hills Station during their normal daily route, are to get off at the station and walk directly to the park. A shuttle service will also operate from the school bus bay from 8.30am for students who wish to use it.

**Transport—Afternoon:** The carnival will conclude at approximately 2.40pm and students will be dismissed from the venue. Shuttle buses will return students to school to connect with regular services. Other students may walk home or be collected by parents.

**Uniform:** Students are required to wear their **school PE/sport uniform**.

**Food and Drinks:** Canteen facilities and a sausage sizzle will operate on the day.

**What to Bring:** Something to sit on, warm clothes, suitable footwear and water bottle. Students should also bring a hat and sunscreen.

**Wet Weather:** In the event of possible cancellation due to wet weather, please check the school website ([www.pennanthil-schools.nsw.edu.au](http://www.pennanthil-schools.nsw.edu.au)) at 7.30am. The 'back-up' date is Wednesday 29 May.

**Ku-ring-gai Zone Carnival:** Students who placed first or second at the school carnival (in most events) will compete at the Ku-ring-gai Zone Carnival at Sydney International Athletics Centre, Homebush on Wednesday 5 June. Permission notes will be distributed at school following our carnival. Mrs Stewart will be holding training sessions for our age relay teams each Friday at lunchtime in the weeks leading up to the Zone Carnival. All eligible students will be issued with a detailed information sheet, carnival program and venue map.

**Neil Barrowcliff, Valmé Kruger and James Boyer—Carnival Organisers**

# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

### North Sydney Youth Orchestra Concert—*American Dreams*

Saturday 11 May 2013, 7.00pm at Turramurra Uniting Church, 10 Turramurra Avenue, Turramurra  
Adults \$20.00, Concession \$15.00, Children under 12 \$5.00. **Tickets available at the door or [info@nsyo.org.au](mailto:info@nsyo.org.au)**

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](mailto:susan.mills2@det.nsw.edu.au) or **9942 3572**.

### The Institute of Chartered Accountants Cadetship Evening for Year 12 students

Wednesday 15 May 2013 from 4.30pm at Sydney Convention Centre (Bayside Foyer, Level 1)

This is a **FREE** event targeting students who hope to win a cadetship to study a business or commerce degree at university.  
[www.charteredaccountants.com.au/students](http://www.charteredaccountants.com.au/students)

### Cancer Council Australia's *Biggest Morning Tea*—Saturday 25 May 2013, 9.00am–1.00pm

Epping Baptist Church—Gold coin entry for tea and coffee. **Enquiries: Katy Houze—0412 592 397**

### Pennant Hills Public School FETE—Sunday 26 May 2013 from 10.00am–3.00pm at the Infants Site (Trebor Rd)

Toys, café, rides, kids' craft corner, cakes, games, plants, lollies, white elephant .... the fete will be on rain, hail or shine.

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

10.00am till midday at various locations on the following Sundays: 26/5/13 and 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](http://www.hornsby.nsw.gov.au) or phone Kim Harris on 9847 6531.

### Murray Farm Public School Cracker Carnival—Saturday 1 June 2013 from 2.00pm–8.00pm (fireworks at 7.45pm)

FREE entry, but gold coin donations will be appreciated. \$5.00 per ride or \$30.00 unlimited ride armband.

Jumping castle, games, prizes, cake stall, tombola, gift baskets, white elephant, barbecue and international food.

Murray Farm Public School, Tracey Avenue Carlingford. [www.murrayfarm-p.schools.nsw.edu.au](http://www.murrayfarm-p.schools.nsw.edu.au)

### 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](mailto:Leanne.mulligan@det.nsw.edu.au). **Information:** Kate McCosker—9987 3919.

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

Supporting Young People with Disabilities - 24/6. Communicating with your Teenager - 5/8. Internet Safety 101 - 14/10.

**Bookings Essential:** [youth@kmc.nsw.gov.au](mailto:youth@kmc.nsw.gov.au) or 9424 0837. **Information:** [www.kyds.org.au](http://www.kyds.org.au) or 9416 9824.

## STUDENT EXCHANGE PROGRAMS

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

**Student Exchange Australia New Zealand** - [www.studentexchange.org.au](http://www.studentexchange.org.au) or 9997 0700.

**Southern Cross Cultural Exchange** - [www.scce.com.au](http://www.scce.com.au) or 1800 500 501 - **Next Information Night: 14 May 2013**

**World Education Program Australia (WEP)** - [www.wep.org.au](http://www.wep.org.au) or 1300 884 733 - **Next Info Night: 14 May 2013**

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

**Lions Youth Exchange Program** - for 17-21 year olds - [www.lionsclubs.org.au/ye](http://www.lionsclubs.org.au/ye)

**STS Student Exchange** - [www.sts-education.com.au](http://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.dsllc.com.au](http://www.dsllc.com.au) or phone **9651 2777**

**Hills Hawks Softball** - All ages 4-adult welcome - [www.hillshawks.softball.org.au](http://www.hillshawks.softball.org.au) or phone **Hazel - 0414 474 461**

**Interested in Playing Cricket?** Find out more at [playcricket.com.au](http://playcricket.com.au)

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

**Beecroft Cherrybrook Junior Rugby Union Club** - [www.beecroftjuniors.com.au](http://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](http://www.dbnsw.org.au) or [sydneyzodiacs@yahoo.com.au](mailto:sydneyzodiacs@yahoo.com.au) or **0410 655 764**

**Epping RSL Golden Kangaroos Marching Band** - [www.goldenkangaroos.org.au](http://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:** Ashley - 0421 558 009. [www.westpennanthills.netball.asn.au/](http://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](http://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](http://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](mailto:caroline.krix@abilityoptions.org.au)

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

[www.fcansw.org.au](http://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](http://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](http://www.votensw.info), enrol to vote at [www.aec.gov.au](http://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](http://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](http://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](mailto:CAFS@missionaustralia.com.au) or 9482 1366 - Free counselling and support service.

**Single With Children** - [www.singlewithchildren.com.au](http://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](http://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/](http://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](http://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](http://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](http://www.cybersmart.gov.au) - Part of the Australian Government's cybersafety program.

**The Australian Childhood Vision Impairment Register** - [www.vifamilynetwork.org.au](http://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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