



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 26 July 2013

Term 3 Week 2B

## THEATRESPORTS CHAMPIONS

A love story in a bakery ... no problem! Falling asleep in a casino ... easy! Trying to find a duck in order to appease a magical tree ... a piece of cake! These are just a few of the scenarios performed by our amazing Theatresports team whose creative talent secured them first place in the State Theatresports Schools Challenge Champions Grand Final.

Theatresports teams are required to improvise 1-3 minute scenes with only five seconds of preparation. They receive three scores, for technique, narrative and entertainment, each with a maximum of 5 points. Ours was one of only a few teams who consistently scored 3 or above in all areas.

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](http://www.pennanthil-h.schools.nsw.edu.au)



Pennant Hills High School is the first comprehensive high school to win the competition since it began in 2010. Other teams contesting this year's grand final came from Abbotsleigh, Arden Anglican School, International Grammar School, Sydney Boys High School, Smiths Hill High School, Sutherland Shire Christian School and The Scots College. Congratulations to Eamon, James, Emma, Jessica, Sarah (pictured L-R above with Mr Courtney Cassar) and our reserve Chris for their great team effort which resulted in such a successful undefeated campaign.

**Courtney Cassar**

## FUTURE DATES

### Term 3 2013

WEEK 3A	Monday	29 July	<b>TRIAL HSC EXAMINATIONS—All Week</b>
	Monday	29 July	Bill Turner U15 Competition
	Wednesday	31 July	Year 11 Drama Production—7.00pm
	Thursday	1 August	Australian Mathematics Competition
	Thursday	1 August	Meet the Music Concert—6.30pm
	Friday	2 August	Year 11 Drama Production—7.00pm
WEEK 4B	Monday	5 August	<b>TRIAL HSC EXAMINATIONS—All Week</b>
	Monday	5 August	SES Cadet Camp—Milson Island
	Monday	5 August	Year 10 PASS Gala Day
	Tuesday	6 August	SES Cadet Camp—Milson Island
	Tuesday	6 August	Year 11 Society and Culture Excursion
	Thursday	8 August	Vaccinations
WEEK 5A	Thursday	8 August	SES Cadet Assessments
	Tuesday	13 August	Prefect Barbecue and Ultimate Frisbee
	Tuesday	13 August	CAPA Festival—HSC Drama 'Family and Friends Night'
	Wednesday	14 August	CAPA Festival—Stage 6 Music Soirée
	Wednesday	14 August	CAPA Festival—Visual Arts Exhibition
	Thursday	15 August	CAPA Festival—Visual Arts Exhibition
WEEK 6B	Friday	16 August	CAPA Festival—Visual Arts Exhibition Official Opening
	Saturday	17 August	CAPA Festival—Visual Arts Exhibition
	Monday	19 August	<b>SPIRIT WEEK—All Week</b>
	Monday	19 August	<i>Bricks and Blocks</i>
	Tuesday	20 August	<i>Bricks and Blocks</i>
	Wednesday	21 August	Year 11 <i>Wired</i>
WEEK 7A	Friday	23 August	Stage 5 Geography Fieldwork
	Sunday	25 August	NSW School Bands Festival: CB2 and Big Band
	Monday	26 August	Snake Tails Animal Show: Years 7 and 8
	Monday	26 August	Duke of Edinburgh's Award Silver Qualifying Hike
	Tuesday	27 August	Duke of Edinburgh's Award Silver Qualifying Hike
	Tuesday	27 August	P&C Meeting: 7.30pm in the Library
WEEK 7A	Wednesday	28 August	Duke of Edinburgh's Award Silver Qualifying Hike
	Wednesday	28 August	SES Cadet Graduation Ceremony during Assembly
	Thursday	29 August	Half Day School Photos: Sports and Band
	Friday	30 August	Prefect Induction at 9.00am
	Friday	30 August	Year 7 Gala Day

## APPLICATIONS FOR EXEMPTION FROM ATTENDANCE AT SCHOOL

Parents and caregivers are reminded that  
**any planned absence which extends beyond five days**  
is not treated as leave by the DEC.

**An Application for Exemption from Attendance at School must be submitted**  
and, if approved, a Certificate for Exemption from Attendance at School will be issued.  
This certificate needs to be carried with the student for the duration of their absence  
and produced when requested by police or another authorised attendance officer.

**Application forms can be collected from the school office or  
can be accessed through the 'Downloads' tab on the parent portal.**

**Please submit the application at least 10 school days prior to your child's departure**  
to ensure sufficient time for approval, processing and mailing of the certificate.

**If your child's absence is due to an emergency or unforeseen circumstances such as a bereavement,**  
where it is not possible to provide notice 10 school days in advance,  
please tell the office staff so your application can be expedited.

## PRINCIPAL'S REPORT



I am delighted to be back following my time as Relieving School Education Director for schools in the Hills and Hornsby Networks during Term 2. I very much missed being at Pennant Hills High School and, while during that time I was able to keep abreast of the great achievements of our staff and students, there is nothing like

being here each day to experience the real buzz that characterises the wonderful learning environment that exists at our school. I was greatly assured by having Mrs Dennett relieve as Principal during my absence and wish to acknowledge and thank her for the excellent job she did to ensure the smooth running of the school. I also wish to thank Mr Tyler who did a fine job relieving as Deputy Principal supporting Mrs Dennett. I know that he, likewise, was grateful for the sound advice and support given him by our new Deputy Principal Mr O'Byrne.

You may be aware that the Department of Education and Communities is currently undergoing a major structural realignment of many of its functions and organisation. Late last term, Mrs Jane Simmons, formerly Regional Director, Northern Sydney, was successful in her appointment to one of four new positions of Executive Director, Public Schools NSW. Ultimately, she will be responsible for all schools in northern and western Sydney, but given she is relieving in another position in DEC and has not yet taken up her new role, Mr Graham Kahabka has commenced in that position as Relieving Executive Director for our region.

Mrs Janet Wasson, who for the past eight years has worked very closely with our school in her capacity as School Education Director, Hills Network of Schools, has now assumed responsibility for another group of schools in the Hornsby area. Mrs Wasson has been closely associated with Pennant Hills High School, providing valuable advice and tremendous support in a wide range of areas. I am sad that she will not have direct responsibility for our school in the future. On behalf of our school community, I wish to thank Mrs Wasson most sincerely for her efforts and wish her well in her new role.

I extend a very warm welcome to Mr Tim McCallum who has assumed responsibility for the new network in which our school is located and which is to be known as Dural. A number of school staff, and our student Executive, had the pleasure of welcoming Mr McCallum to our school last week and talking with him briefly about some of our

programs and achievements. Mr McCallum has since contacted me to tell me how very impressed he was with our school, especially the students with whom he spoke. I am confident we will have a rewarding and positive relationship similar to the one which developed with Mrs Wasson.

Following an application and selection process, I am pleased to announce that Jessica, Daniel and Isabel of Year 11 are among a select group of students from throughout NSW who will shadow senior officers of the DEC during Education Week, on Monday 29 July 2013. As part of the 'DG for a Day' program, Jessica will join fellow recipients at a Sydney hotel on the Sunday evening, where she will be greeted by senior DEC officers. She will shadow Ms Robyn McKerihan in her role as Executive Director, Local Schools, Local Decisions and will have the pleasure of attending a working lunch with the Hon. Adrian Piccoli, MP, Minister for Education, to discuss rural education. Daniel and Isabel will accompany our new Director, Mr McCallum, as he goes about some of the responsibilities of his new role of Director, Public Schools NSW. Congratulations to these three fine ambassadors of Pennant Hills High School.

Along with a large supporter group which comprised 11 teachers from our school, current and former students, parents and other family members of performers, I had the very great pleasure last weekend of attending the NSW Intermediate Theatre Sports (Schools) Grand Final at Enmore Theatre. Competing against stiff competition from seven other grand finalists, all of whom were private or selective government schools, we were successful on the day and are now NSW Champions. The competition comprised 120 schools from Wollongong and the South Coast, the Central Coast of NSW and Sydney region. Pennant Hills High School is the first government, comprehensive high school to win the competition. Congratulations and thank you to Mr Cassar for all of his hard work and coaching of the team, and to the students who did us proud on the day.

Our keynote speaker at the School Development Day on the first day of this term was renowned international educator Dr Bill Rogers. His work is used in teacher education programs in Australia and in many other countries throughout the world. The entire teaching staff of Galston High School and a number of teachers from Castle Hill High School joined our teachers to work with Dr Rogers on considering some of the major issues of student management facing teachers in contemporary classrooms. Describing real situations, he offered advice on dealing with these challenges and how building greater rapport with students, in conjunction with collegial support among teachers, can support good teaching practice.



Dr Rogers was both informative and entertaining as he built upon a strong theoretical base to unpack ways to better relate to students of all ages in order to realise sound learning outcomes.

I was accompanied recently by Pennant Hills High School teacher of Mandarin, Ms Li, to a welcome by regional staff to visiting Principals from Shanghai, China. The purpose of their visit to Australia was to meet a group of Principals from Northern Sydney schools with whom they wish to develop sister school relationships. It is our intention to develop such a curriculum enrichment link with the Shanghai Jianping Middle School from Pudong Province. This relationship should create a range of exciting opportunities for students and staff from both schools to exchange ideas and to visit China and Australia over the next few years.

Some of the other notable achievements of our students in recent times have been invitations to both Concert Band 1 and Big Band to feature at the Sydney Opera House in the state Music Festivals in October. This is indeed an honour to be again included in this prestigious concert series and it continues the proud tradition of excellence of our bands. In the first week of Term 3, our Science students placed second behind Epping Boys High School in the Macquarie University Science and Engineering Challenge held at the university. Congratulations to all students who have done our school proud so far this semester.

On behalf of the staff, I wish our Year 12 students every success in the forthcoming Trial Higher School Certificate examinations. Students should view these examinations as an important opportunity to discover the deficiencies in their knowledge and skills to date and with their teachers, to develop strategies to improve their results. Best wishes to all Year 12 students.

**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.**

## **CREATIVE AND PERFORMING ARTS**

### **CREATIVE AND PERFORMING ARTS FESTIVAL**

The CAPA Faculty will host the Creative and Performing Arts Festival during Week 5 of this term. Throughout the festival, performances and artworks from the areas of drama, music and visual arts will be showcased at several venues. Friends and family are very welcome to attend the festival and can look forward to some fine performances and displays from our talented students.

Please put these dates in your diary as a reminder.

#### **Tuesday 13 August**

HSC Drama 'Family and Friends Night'  
6.30pm in Room 203

#### **Wednesday 14 August**

Stage 6 Music Soirée  
7.00pm in the MPC

#### **Wednesday 14—Friday 16 August**

Visual Arts Exhibition  
In the MPC

(Official Opening – 7.00pm Friday 16 August)

#### **Drama HSC 'Family and Friends Night'**

All parents, friends and community members are invited to enjoy an entertaining evening of theatre showcasing the talents of our Year 13 HSC Drama students. The evening will commence at 6.30pm in the Drama Studio (Room 203), with a supper provided.

#### **Stage 6 Music Soirée**

##### **(Including HSC Performances)**

Parents, friends and community members are invited to enjoy an evening of fine entertainment from our talented Year 12 musicians. Located for the first time in the MPC, the evening will commence at 7.00pm, with supper provided.

#### **Visual Arts Exhibition**

We invite parents, friends and community members to view the work of our talented art students. Artworks by students from Years 7-12 will be on display in the MPC. Of special note are the artworks by our HSC candidates, which reflect the hard work and fine ability of our Year 12 Visual Arts students. On Opening Night, Friday 17 August 2013 at 7.00pm, a brief award and opening ceremony will be held along with musical items.

#### **DRAMA FESTIVAL**

A superb level of effort and commitment by students, technical crew and staff ensured a fantastic evening was had by all at the Drama Festival held on the evening of Friday 21 June 2013. The quality of each performance was the product of much hard work over many weeks.

The evening provided our Drama students with the opportunity to showcase their skills and fulfil curriculum requirements. Of particular note was the excitement and enthusiasm from the students, and the support and dedication of the staff. This year all funds collected at the Festival were donated to the Leukaemia Foundation. Congratulations to all involved.

## CONGRATULATIONS

Congratulations to the many students listed below, for their outstanding achievements.

- Concert Band 1 on receiving a Diamond Award at the Yamaha Festival in June.
- Concert Band 2 on receiving a Silver Award at the Yamaha Festival in June.
- Larissa, Madeleine and Lauren of Year 11 who attended the State Drama Camp from 23—27 June.
- Victoria (Year 10), Alexander (Year 9), Joseph (Year 12), Jessica (Year 10), Evan (Year 11), James (Year 12), Breanna (Year 10), Jessica (Year 11) and Jules (Year 11) who attended the State Senior Music Camp at Stanwell Tops from 22—27 June.
- Alistair (Year 7) who attended the State Junior Music Camp from 13—18 July.
- The Intermediate Theatresports Team, and Mr Cassar, who won the Theatresports Schools Challenge at the Enmore Theatre on Sunday 21 July, becoming the first comprehensive state high school to do so.



Emma, Sarah, Jessica and Eamon were congratulated by the whole school at this week's assembly.

**Janelle Dennis**  
Head Teacher CAPA

## I AM A FISH

Year 7 created a fantasy human-faced fish sculpture that represented their own character in clay.

**Kirstie Clark**  
Visual Arts Teacher





## YEAR 7 PHOTOGRAMS

Year 7 produced black and white images of eyes as photograms in the darkroom.

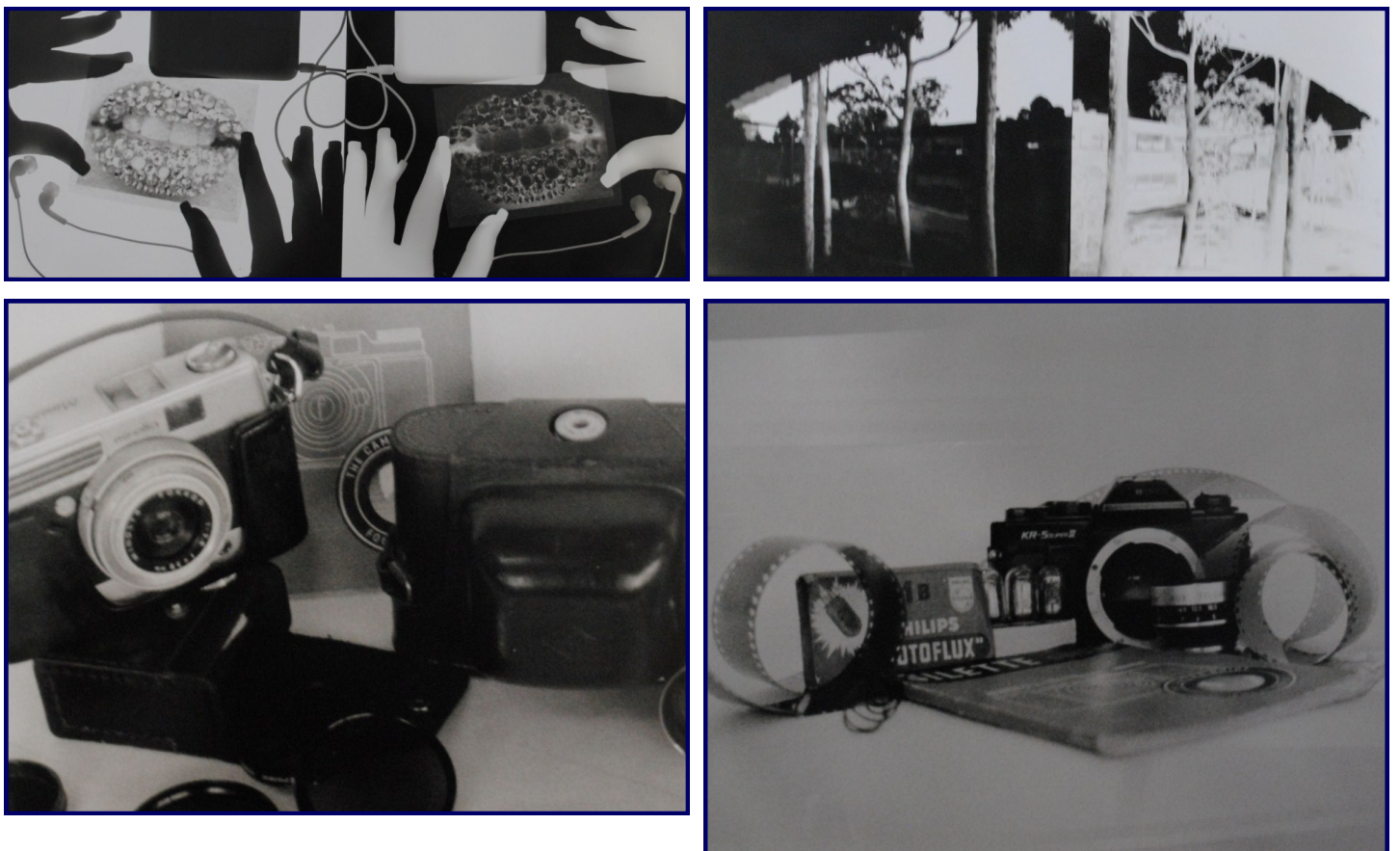
*Kirstie Clark, Visual Arts Teacher*



## YEAR 11 PHOTOGRAPHY

Year 11 Photography explored darkroom techniques in Term 1. They took photographs with shoe boxes, created photograms with the enlargers and placed their own hands in the image and took photographs of still life, which they developed and printed in the darkroom.

*Kirstie Clark, Visual Arts Teacher*





## SUCCESS ON THE WORLD STAGE

Congratulations to Sean (Year 10) and Alex (Year 9) who have recently competed internationally in the diverse fields of Goalball and Robotics.

### Goalball

Goalball is a unique team sport for the vision impaired. The only international team sport for the vision impaired played at the Paralympics, it is also included in the World Championships for the Blind. In September 2012, Sean was selected as part of the first ever training squad of athletes in the Youth Under 19 category, vying for a position in the team to represent Australia in the 2013 Youth Goalball World Championships.

Following a three-day training camp in January, and the four-day Australian Invitational Selection Tournament in March, Sean was selected in the final team of six, comprising two players from New South Wales, two from Victoria and one each from South Australia and Western Australia. Final preparations took place at another three-day training camp in June before the players left for Colorado Springs, USA, where they competed against the world's best youth Goalball nations at the World Championships between 9 and 15 July 2013.

Despite being the only team without international playing experience, the boys put in a creditable performance to take tenth place. Congratulations, Sean, on your outstanding achievement.

### Robotics

FIRST (For Inspiration and Recognition of Science and Technology) robotics competitions are open to high school students over 14 years old. As part of the Thunder Down Under Team, Alex spent many hours during school holidays at Macquarie University assisting in the design and software development for this year's robot.

As a result of his performance in exacting time trials, Alex was selected to be the team's driver in the Hawaiian Regional Competition in March, even though he was one of the newest and youngest members of the team. Their faith in him was justified when, for the first time ever, the team reached the semi-finals in Hawaii. They also qualified for the St Louis International competition in April, where they attained a higher ranking than any previous Australian team had achieved at such a huge international event.

More recently, Alex and his Tasmanian partner won first place in the Duel Down Under Australia-wide robotics challenge hosted by Macquarie University at Barker College during the July school holidays. Congratulations, Alex, on these great achievements.

**PENNANT HILLS  
HIGH SCHOOL**  
**CREATIVE AND PERFORMING ARTS FESTIVAL 2013**  
**MUSIC DRAMA VISUAL ARTS PHOTOGRAPHY**

Tuesday 13 August, **HSC Drama "Family and Friends Night"**,  
Drama Studio 203, starting at 6.30pm

Wednesday 14 August, **Stage 6 Music Soiree**,  
MPC, starting at 7.00pm

Wednesday 14 August, **Visual Arts Exhibition**,  
MPC, open 11am – 3pm

Thursday 15 August, **Visual Arts Exhibition**,  
MPC, open 9am – 3pm

Friday 16 August, **Visual Arts Exhibition**,  
MPC, open 9am – 9pm, with the Official Opening at 7pm

*NIL NISI BONUM*

Laurence St, Pennant Hills 2120, 9473 5000



ABOVE: Alex (right) with his Tasmanian alliance partner in Sydney  
BELOW: The Australian team in Hawaii



# REPEAT PUBLICATION OF IMPORTANT NOTICE

(First published in *Jumbunna* on 21 June 2013)

## USE OF STUDENT IMAGES INTRODUCTION OF AN 'OPT OUT' APPROACH

At Pennant Hills High School we take great pride in the achievements of our students and the school as a whole and, whenever possible, we seek to share this information with the school community and members of the wider community. School photos, group photos and general photos of school life are often included in school publications and on the school website, where this information is shared. The publications may include but are not limited to *Jumbunna* and the Annual School Report, which also appear in digital form on the school's website, and the school's Year Book which is distributed in print form only. It is important, therefore, that we seek your permission to include images of your child on our website and in school publications.

In line with current practice across the state, Pennant Hills High School has adopted an 'Opt Out' approach to student photo permissions. That is, if we do not receive written advice from a parent or caregiver to the contrary, it will be taken as implied that you give permission for your child's image to be included on the school website and in school publications.

**If you do not wish your child's image to appear on the school website or in school publications, you will need to make these intentions known in writing by completing the slip provided in the 'Use of Student Images Opt Out Letter'.** We will make every reasonable effort to comply with your wishes. This letter can be accessed on the Parent Portal (<http://web1.pennant-h.schools.nsw.edu.au/content/parents/login.asp>).

## SCIENCE CHALLENGE

Congratulations to the 27 students from Years 9 and 10 who participated in the Science and Engineering Regional Challenge at Macquarie on 19 July 2013, earning Pennant Hills High School second place with their score of 1661 points. The challenge is designed to test students' ability to apply scientific skills and to work as part of a team.

Students completed several activities, requiring them to:

- build a bridge made of balsa wood and paper clips, capable of supporting a weight of about 8kg;
- supply and manage electric power to an entire town;
- design eco-friendly houses; and
- build an efficient propeller.

Our students were creative, enthusiastic contributors to this day of fun and friendly competition.

**Philip Scandizzo**  
**Head Teacher Science**






## YOU'RE THE VOICE

Five Year 11 and 12 Vocal Music students attended an HSC vocal performance workshop held in June at the Australian Institute of Music (AIM), Surry Hills.

Alyssa, Cameron, Grace, Jessica and I were given valuable advice by experienced performers, Natalie Gamsu, Beverley Kennedy and David McLeod. We also had the opportunity to hear a wide range of genres from Rhythm and Blues, Musical Theatre, Indie, Jazz Pop and Classical.

Each school selected one student to perform and be critiqued by the professionals. We chose Alyssa, who made us proud by singing *Gimme Gimme* from the musical *Thoroughly Modern Millie*. AIM's *You're The Voice* workshop was a very positive experience which gave us all an insight into what our HSC performance examiners will want to see.

**Laura**  
**Year 12**

<b>Keep our kids safe!</b> <b>Park legally in school zones.</b>	<b>No Parking</b> <ul style="list-style-type: none"><li>• Drivers may stop in this zone to drop off or pick up passengers or good for a maximum of 2 minutes.</li><li>• The driver <b>MUST</b> remain in or within 3 metres of the vehicle at all times.</li><li>• The vehicle must not be left unattended.</li><li>• If times of operation are shown on the sign, the restriction only applies during the times shown.</li><li>• No Parking zones can also be used to drop off and pick up</li></ul>		<b>No Stopping</b> <ul style="list-style-type: none"><li>• Stopping is not permitted at any time.</li><li>• If times of operation are shown on the sign, the restriction only applies during the times shown.</li></ul>	<b>Penalties exceed \$165 plus 2 demerit points.</b> <small>The stated fines and demerit points apply in school zones and are current as at 1 January 2013.</small>  <small>A road safety initiative of Hornsby Shire Council in conjunction with Kuring Gai Police Local Area Command</small>  
				



**HAVE YOU...  
SOLD YOUR  
SOLD BOOKS**

Return your Sold Raffle books to Student Reception by Tuesday 30<sup>th</sup> July *before* school for your chance to win a Prize in the **FIRST** Great Penno RENO Student & Staff Weekly Draws.

The first lot of Prize Winners will be announced on 31st July at Wednesday Assembly, with *FOUR* more lots of Weekly winners to be announced every Wednesday until the end of August. *Don't miss out!* Weekly deadlines are every Tuesday *before* school. Return your Sold books early to avoid the queues.

🌀 Great FINAL Draw: PRIZE \$250 Apple Gift Card, DEADLINE Friday 30<sup>th</sup> Aug., DRAWN 18<sup>th</sup> Sept. 🌀

### Australia's number one career planning tool

- Over 500 job descriptions and specialisations
- Tips on finding and landing your dream job
- Education and training pathways

### Your essential guide to planning your future

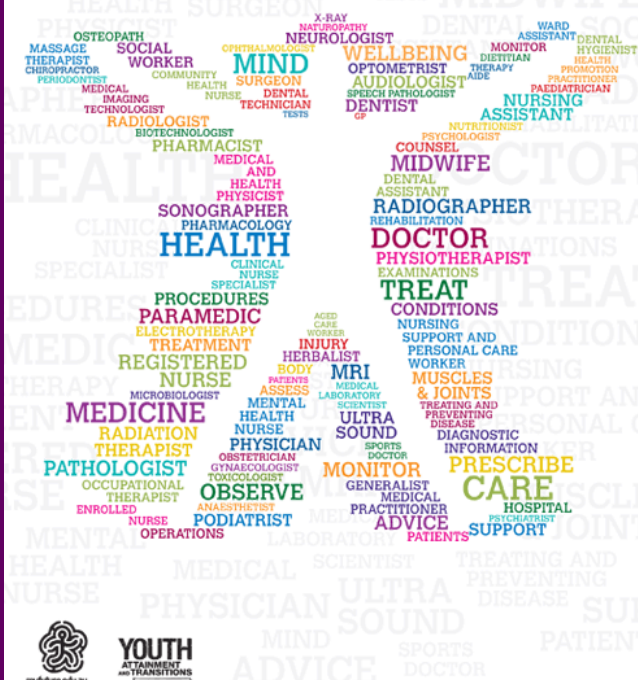
**Receive 20% off RRP.**

Visit [www.HobsonsBookshop.com](http://www.HobsonsBookshop.com)  
and enter promo code '**JOBGUIDE13**'  
at the checkout.  
Or call 1800 682 133.



Australian Government

**JOBGUIDE 2013**  
[www.jobguide.deewr.gov.au](http://www.jobguide.deewr.gov.au)



**YOUTH  
ATTAINMENT  
AND TRANSITIONS**

## Vaccination Clinic Visit

**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.**

# 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



## THE ACTING EXPERIENCE

**SMALL BOUTIQUE ACTING CLASSES WITH LONGER SESSION TIMES.**

**IN-DEPTH FOCUS ON ACTING SKILLS AND DRAMA TECHNIQUES.**

**TEENAGE ACTING CLASSES AT EPPING!**  
**ENROL NOW FOR TERM 3.**

**TO BOOK:** Phone 0457 574 662 or email [info@actingexperience.com.au](mailto:info@actingexperience.com.au)

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

Photo © Georgious Makkas

**Licence Ready**  
[www.licenceready.com.au](http://www.licenceready.com.au)

An online-based driver education service to equip learners with skills for life.

**FREE\* INTRODUCTORY OFFER**

**LEARN TO DRIVE ONLINE WITH INTEGRATED, REAL-WORLD, STRUCTURED PRACTICE.**

Vehicle manoeuvres, traffic rules and safe driving techniques explained with animations and photos.

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

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

## MMA Fitness & Conditioning

Thursdays 7:15pm start

### Boxing Pad-work

Saturdays 6:30am start

**Pennant Hills Community Centre**



**GET YOURSELF INTO THE BEST SHAPE OF YOUR LIFE WITH THE EMA TEAM!**



[www.emakarate.com.au](http://www.emakarate.com.au)



# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

**Education Week Church Service: Sunday 28 July 2013, 9.15am at Pennant Hills Uniting Church**  
Corner Boundary Road and Bellamy Street, Pennant Hills. More information: **Allan Blyth** (Supply Minister): **0448 812 512**

**Charity Concert: Saturday 28 July 2013, 2.00pm at Epping Boys High School**  
Featuring The Sydney Welsh Choir, Epping Boys High School Choir and Epping Boys High School Band  
Presented by the Rotary Clubs of Beecroft and Epping to raise funds for dialysis machines for Lautoka Hospital, Fiji  
**Tickets: \$20 adults, \$5 students - available at the door on the day or phone bookings: 9869 2701 and 9943 0828.**

**Kenthurst Community Pre-School Fete: Sunday 4 August 2013, 10.00am—3.00pm**  
Rotary Park, Nelson Street, Kenthurst - rides, raffle, ponies, food, plants, entertainment, showbags, café and more!

**Ku-ring-gai Council Parent Forums - Understanding your Teenager**  
Communicating with your Teenager - 5/8. Internet Safety 101 - 14/10.  
**Bookings Essential:** youth@kmc.nsw.gov.au or 9424 0837. **Information:** www.kyds.org.au or 9416 9824.

**FREE WORKSHOP FOR PARENTS and LEARNER DRIVERS: Tuesday 6 August 2013: 6.15pm—8.15pm**  
Learn all the simple steps on how to teach a learner driver—presented by Hornsby Shire Council and NSW Government.  
**Hornsby Library Meeting Room** (28-44 George Street Hornsby). **BOOKINGS ESSENTIAL: Phone 9847 6856.**

**Hornsby Junior Touch Registrations:** online registrations and information at **www.hornsby.mytouchfooty.com**  
In person registrations at Foxglove Oval, Mt Colah—Wednesday 7 August 2013: 4.30pm—6.30pm.

**FREE INFORMATION EVENING FOR THE CHINESE-SPEAKING COMMUNITY**  
Is your child studying for the HSC? Information and advice to assist students and parents. (Light supper provided.)  
**Thursday 8 August 2013: 5.30pm—8.00pm at Hornsby Council Chamber, 296 Pacific Highway Hornsby**  
**Bookings essential:** Jian—9874 6994 or jzhao@hornsby.nsw.gov.au, Fiona—9476 9715 or zhou1yan@police.nsw.gov.au

**Mission Australia FREE Parent/Carer Evenings—Living with Teenagers: 7.00pm—8.30pm**  
Adolescent Mental Health - 28/8 at Hornsby. **Bookings Essential:** Contact Mission Australia on 9482 1366 (business hours).

**UNIVERSITY OF WOLLONGONG SYDNEY BUSINESS SCHOOL - Circular Quay Campus Open Day**  
**Saturday 31 August 2013: 1.00pm—6.00pm : Gateway Building, Level 8, 1 Macquarie Place, Circular Quay**  
**RSVP:** 26 August 2013 to business-events@uow.edu.au **More Information:** www.sbs.edu.au or phone 02 4221 3475.

**STUDENT SERVICES - Northern Sydney Region Disability Programs PARENT FORUM - Friday 13 September.**  
**Bookings:** Leanne Mulligan—9987 3900 or Leanne.mulligan@det.nsw.edu.au. **Information:** Kate McCosker—9987 3919.

**International Tall Ship Festival —Sydney: 3—10 October 2013**  
Join a voyage and set sail on the adventure of a lifetime. **Information:** **www.tallshipfestival2013.com**

## 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.aiiu.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.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.

**Northern Sydney Youth Orchestra** for young musicians. Not-for-profit community organisation.  
Weekly rehearsals at Beecroft. **Information: http://www.nsygo.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**

# 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

**Scholarships for children and grandchildren of Ex-Service Men and Women**

Helping with the costs of full-time tertiary education. Students are selected on merit.

**Information and applications:** [www.avcat.org.au](http://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](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: [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.

## 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.





