



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 9 August 2013

Term 3 Week 4B

## DIRECTOR-GENERAL FOR A DAY



I was fortunate to be chosen to shadow Executive Director of 'Local Schools Local Decisions', Robyn McKerihan, as part of the Director-General for a Day Program on Monday 29 July 2013. On Sunday evening, I was accommodated in the city, where I met with 29 other students from around the state, many of whom had travelled from small country towns. Over dinner, we were briefed on the schedule for the following day and had a discussion to brainstorm ideas we could raise at student voice forums.

In the morning we were escorted to the Department of Education and Communities Bridge Street office where another girl and I were met by Mrs McKerihan's assistant and taken to her office to be introduced. We spent the remainder of the morning with Mrs McKerihan, learning about the 'Local Schools Local Decisions' reform, sat in on a meeting and had morning tea with the other sections of her department. A working lunch in the gallery followed, where we met with the Minister for Education, the Hon. Adrian Piccoli, Director-General Michelle Bruniges and Deputy Director-General Greg Prior, with whom we discussed ways in which education in NSW could be improved. We then had a session with the Ombudsman, followed by a forum on student engagement with Greg Prior, before heading home after a very exhausting yet rewarding day.

(Continued on page 2)

Mr Geoff Wing  
*Principal*

Mrs Jane Dennett  
*Deputy Principal*

Mr Brendan O'Byrne  
*Deputy Principal*

Laurence Street, Pennant Hills NSW 2120

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We were privileged to shadow the Regional Director for Dural, Tim McCallum, as part of the Director-General for a Day Program. Our day started at 8.30am when Mr McCallum picked us up from school and drove us out to Arcadia Public School where we were introduced to the Principal, students and teachers. It was quite a small, yet beautiful school, and very different from either of our own primary school experiences.

Our next two stops were a bit closer to home — West Pennant Hills and Thornleigh West Public Schools. While Mr McCallum met with the Principals, we were taken around the schools by some lovely, enthusiastic Year 6 leaders who showed us key aspects of their schools and invited us to sit in on a few classes to experience their learning environment.

(Continued on page 2)

# FUTURE DATES

## Term 3 2013

WEEK 5A	Monday	12 August	Barista School
	Monday	12 August	HSC ITW in Staff Common Room
	Tuesday	13 August	Prefect Barbecue and Ultimate Frisbee
	Tuesday	13 August	HSC ITW in Staff Common Room
	Tuesday	13 August	CAPA Festival—HSC Drama 'Family and Friends Night'
	Wednesday	14 August	HSC ITW in Staff Common Room
	Wednesday	14 August	CAPA Festival—Stage 6 Music Soirée
	Wednesday	14 August	CAPA Festival—Visual Arts Exhibition
	Thursday	15 August	HSC ITW in Staff Common Room
	Thursday	15 August	CAPA Festival—Visual Arts Exhibition
	Friday	16 August	RoboCup NSW Open
	Friday	16 August	CAPA Festival—Visual Arts Exhibition Official Opening
WEEK 6B	Monday	19 August	<b>SPIRIT WEEK—All Week</b>
	Monday	19 August	HSC Music Performances
	Monday	19 August	<i>Bricks and Blocks</i>
	Tuesday	20 August	HSC Music Performances
	Tuesday	20 August	<i>Bricks and Blocks</i>
	Wednesday	21 August	Year 11 <i>Wired</i>
	Thursday	22 August	Prefect Executive Presentations
	Friday	23 August	HSC Music Performances
	Friday	23 August	Stage 5 Geography Fieldwork
WEEK 7A	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	HSC Music Performances
	Tuesday	27 August	P&C Meeting: 7.30pm in the Library
	Wednesday	28 August	Duke of Edinburgh's Award Silver Qualifying Hike
	Wednesday	28 August	HSC Music Performances
	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
	Friday	30 August	HSC Performances in the MPC

(Continued from page 1)

Overall, the day was a wonderful experience for me. Shadowing an Executive Director for the morning gave me an insight into what it is like to play a crucial role in a large sector such as the DEC and I gained vital knowledge of the changes which are happening within schools.

The opportunity to share this experience with other student leaders from around the state was invaluable to me. Being provided with a platform from which to voice our opinions and ideas was enormously beneficial and empowering.

**Jessica**  
**Year 11**

(Continued from page 1)

After lunch, we were taken to Mr McCallum's office which he shares with another Regional Director. He led us on a tour of his office building and introduced us to many of his work colleagues before driving us back to school.

This experience with Mr McCallum really enlightened us and provided us with valuable insights into the possible challenges faced by the leaders of our educational system. It was a huge privilege to spend the day shadowing Mr McCallum, and we are both honoured to have been provided with this enjoyable educational opportunity.

**Isabel and Daniel**  
**Year 11**

## DEPUTY PRINCIPAL'S REPORT



Term 3 seems to be overtaking Term 2 as 'the busiest term'.

Since the last edition of *Jumbunna*, our Prefects have organised a highly successful Jeans for Genes Mufti Day, raising \$842.50 for this very worthy cause. I was very pleased to see the number of students who remembered their closed-in leather shoes for Technology lessons. The future of Mufti Days depends on our students' ability and willingness to meet this work health and safety rule.

This term the Prefects have also made it much easier for all who use the 'PE Corner', by providing a shiny new safety mirror. Not only does it make it safer to use that corridor, but it's like a magic mirror. I'm there most of the day because I think it makes me look thinner.

I would like to congratulate Drama teacher Amy Crilley, and the Year 11 students who presented an outstanding production of *Secret Bridesmaids' Business* last week. The standard of Drama teaching and learning at 'Penno' is second to none, and that was powerfully indicated to the packed houses who enjoyed the play each night. Well done to our cast and crew: Elizabeth (Colleen), Madi (Meg), Lauren (Angela), Larissa (Lucy), Brooke (Hotel Manager and Stage Manager), Laura (Naomi) and Grace (Assistant Director). Special thanks go to Eamon of Year 10, who assisted the Year 11 production by playing the role of James, as the Year 11 class has many girls but few boys. However, we have just received news of another reason to congratulate Eamon, who has been selected into the NSW DEC Talent Development Project. This scheme identifies talented senior students and helps them develop their skills and provide performance opportunities. Only thirty students are chosen to enter this state-wide project across Years 10, 11 and 12, so this is a significant achievement. Well done, Eamon.

Our SES Cadets enjoyed a wonderful training camp at Milson Island this week. Led by Lee Lowe of the School Administrative and Support Staff and assisted by Careers Adviser Ashley Symons and teacher Sara Kota, our students participated in a variety of practical sessions designed to give them a taste of life in the State Emergency Service. Thank you to these staff members for providing such an enjoyable and enriching experience for our students.

Next week brings the Annual Creative and Performing Arts Festival, which begins on Tuesday and continues through to Friday evening. Details of the individual events are found in this issue of *Jumbunna* and on our website. Drama, Music and Visual Arts will all be on show, and it is an event not to be missed. Every student of Visual Arts in the school will have artwork on display, which makes for an exceptional gallery in the MPC.

Our Year 11 40 Hour Famine team – Caleb, Emma, Eliza and Benjamin – are working hard to raise as much money as possible to help hungry kids. Please consider getting involved – you can give up something of your choice. The most popular choices last year were food, furniture, technology and talking. I'm giving up coffee, which is an enormous sacrifice, so dig deep to sponsor me!

### Keep Informed:

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

Facebook: Pennant Hills High School

Twitter: @PennantHillsHS

**Jane Dennett**  
**Deputy Principal**

## UNIFORM REMINDER

We wish to advise all students and families that we are a uniform school. There are sound reasons for enforcing the rule regarding footwear, and most of them are to do with student safety.

We must all work together to ensure that students come to school suitably attired. Please review this information with your child.

When purchasing school shoes, please be aware that **ONLY** black leather lace-up shoes are acceptable. Any other advice from shoe stores is incorrect.

### ACCEPTABLE School Shoes



### ALL these styles are UNACCEPTABLE.





## ***SECRET BRIDESMAIDS' BUSINESS***

The cast and crew of the Year 11 Drama production, *Secret Bridesmaids' Business*, gave two fabulous performances in the Performance Studio on the evenings of Wednesday 31 July and Friday 2 August 2013. We were treated to full houses on each evening. Parents, friends of the cast and crew, and teachers all raved about the set and the performers.



A big thank you to the cast and crew, their parents and friends, as well as the Drama staff at Pennant Hills High School for their time and support. The production would not have been possible without the help of all of those involved. Thank you to those who attended the performances and showed their support for the production team.

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



# 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

**Laurence Street, Pennant Hills 2120, 9473 5000**

## **- REMINDER - NEW MEDICAL FORMS**

The Department of Education and Communities has altered the method of recording student medical details, requiring schools to collect more detailed medical information to manage the daily and emergency health needs of students. New medical forms were recently posted to all students in Years 7—11.

**Parents and caregivers are reminded that ALL new medical forms must be completed and returned to the school office by Friday 30 August 2013.**

We appreciate your support in ensuring that all student medical records are updated in accordance with revised DEC requirements.

## **TALENT DEVELOPMENT PROJECT**

On 30 and 31 July 2013, Hayden and I took part in the Talent Development Project. It was a two-day workshop to hone our skills for the performing arts. We met plenty of new friends, heard excellent voices and learnt many new skills. With all 80 participants doing an excellent job throughout the project, I was fortunate to be one of 40 who were selected to go through to Phase 1.

**Eamon, Year 10**

## **ARTS NORTH CHORAL FESTIVAL**

Northern Sydney Regional Choir capably performed two songs, *I hope you dance* and *Can you hear?*, at the Arts North Choral Festival, held on the evening of Thursday 1 August 2013 at the Sydney Town Hall. Pennant Hills High School vocalists, Cameron, Thomas, Alicia, Natasha and I, represented our region in this choir. I was also chosen to feature in a solo performance of *Siyahamba*. It is always a great opportunity to perform at these spectacular concerts in front of so many people.

**Cobey, Year 7**

## **OUTSTANDING TEACHING**

Congratulations to newly appointed Mathematics teacher Mrs Shirley Tubb, who has been nominated to receive a Mathematical Association of NSW Student Teacher Prize. She will be presented with her award at the MANSW Annual Conference in September. The students of Pennant Hills High School are indeed fortunate to have teachers who are held in such high regard by their peers.

## **NORTHERN SYDNEY REGION BAND**

Congratulations to Kalindi of Year 8 who, as part of the Northern Sydney Region Band, recently represented the region and Australia at performances in China. Following are extracts from a letter sent to Mr Wing by Jenny Gregory, Northern Sydney Regional Arts Coordinator.

*Our students were greeted warmly by their Chinese peers at the Jiaotong University High School, Martial Arts School in Xi'an and the Middle School in Shenzhen . . . . We savoured music and cultural performances which displayed the ancient and ethnic history of the country . . . . To complete the tour the band was privileged to attend a Masterclass with Maestro Victor Tam, Conductor of the Hong Kong Philharmonia.*



*In discovering this vast and diverse country these students developed a cultural and educational awareness beyond their Australian experience. On reflection, the band experienced a country of stark cultural differences to their own, enjoyed the company of their Chinese peers and discovered that music is indeed a universal language.*

*Please commend Kalindi for her outstanding contribution and achievement.*



## SES CADET PROGRAM

The State Emergency Service (SES) Cadet Program has now been running for five years at Pennant Hills High School. The current group of cadets is our largest to date, comprising 22 students from Years 9 and 10.

Run as a winter social sport option, the program provides Cadets with an insight into the roles and responsibilities of emergency services, including a more in-depth look at the NSW SES. Through group discussions and activities, students also develop skills in the areas of effective and safe work practice, communication, teamwork and leadership.

Over a ten-week period, SES Cadet activities have included visits to Hornsby SES Local Headquarters and Hornsby Police Station, a radio 'treasure hunt' and a two-day camp at Milson Island. Their training culminated in a formal assessment which was held as part of their tenth and final session.



I wish to thank the school community for its support of the SES Cadet Program, in particular our Principal Mr Wing and Sports Coordinator Mrs Kruger, both of whom have provided unfailing encouragement and practical assistance since the program's introduction in 2009. Members of the teaching staff who have provided supervision during sport sessions and at the overnight camps have also made a vital contribution. This year Mrs Blarasin was our weekly supervisor, whilst Mrs Kota and Mr Symons volunteered to join us at camp. The efforts of these and other staff members, combined with the time and expertise generously provided by over 30 SES volunteers, ensured that this year's group of Cadets enjoyed a full and rich program from week to week and during camp.



We look forward to the SES Cadet Graduation Ceremony to be held during school assembly on Wednesday 28 August 2013.

**Lee Lowe**  
**SES Cadet Program Lead Trainer**





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



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**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

**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.**

**WE NEED YOUR HELP IN THE CANTEEN**

Are you able to help Debbie and me for a few hours on the first Wednesday of the month until the end of this year?

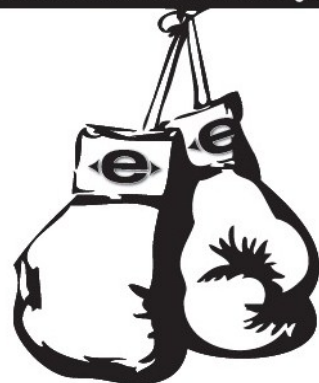
Please call me on 9473 5020 if you can offer assistance or need more information.

**Lyndall Chamberlain**

**MMA Fitness & Conditioning**  
Thursdays 7:15pm start

**Boxing Pad-work**  
Saturdays 6:30am start

**Pennant Hills Community Centre**



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# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

**An Exhibition of Contemporary Sculpture along the Sydney Harbour Foreshore: 9—20 August 2013**

Clarks Point and the Deckhouse, Woolwich. Information: [www.harboursculpture.com](http://www.harboursculpture.com)

**FREE Event—Synthetic Drugs in our Community**—presented by Hornsby Shire Council and the NSW Department of Health

**Wednesday 21 August 2013: 7.00pm—9.00pm at Hornsby RSL (Main Showroom), 4 High Street Hornsby**

**Bookings and information:** Please call Paul Stuart on 9477 8729 or email [pstuart@nsmi.com.au](mailto:pstuart@nsmi.com.au)

Dural Sport and Leisure Centre **Summer Sports 2013**—20 week competitions (September—March)

**Futsal (5-a-side indoor soccer) - 6 Years to adults** (Come and Try Day for 6—7 year-olds: 13 August—5.00—6.00pm)

**Netball - 7 Years to 15 Years**—Full-size courts, outdoor rules, 2 x 20 minute halves

**ALL REGISTRATIONS CLOSE ON 23 AUGUST 2013.** See website for details and costs: [www.dsllc.com.au](http://www.dsllc.com.au)

**Thornleigh West Public School Spring Fair: Saturday 24 August 2013, 10.00am—4.00pm, Giblett Avenue Thornleigh**

Purchase armbands for 5 hours of unlimited rides and entry to the Kindifarm for \$27.50.

Visit [flexischools.com.au](http://flexischools.com.au) (select Thornleigh West Public School) OR email [twpspringfair2013@gmail.com](mailto:twpspringfair2013@gmail.com)

**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](mailto:business-events@uow.edu.au) **More Information:** [www.sbs.edu.au](http://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](mailto:leanne.mulligan@det.nsw.edu.au). **Information:** Kate McCosker—9987 3919.

**Walk With Me Parramatta: Friday 13 September 2013, commencing at 12.00 noon**

Parramatta River bank (Barry Wilde Bridge to the Rivercat Wharf). Raise funds for Northcott's Respite Service.

**See ME, not my disability.** Come walk with me. [www.walkwithme.org.au](http://www.walkwithme.org.au) or phone 9890 0100.

**FREE Parent Seminar—Parent Survival Strategies for Teaching Young Drivers**

Monday 16 September 2013: 6.00pm—8.30pm, Ku-ring-gai Council Chambers. **Bookings essential: 0405 558 660**

**FREE AFL Family Fun Day: Sunday 22 September 2013: 1.30pm—3.30pm**

James Park, Low and Palmerston Roads Hornsby. **Bookings essential.**

**Isabella: 0435 494 696 or [Tae.Kim@det.nsw.edu.au](mailto:Tae.Kim@det.nsw.edu.au); Fiona: 9476 9715 or [zhou1yan@police.nsw.gov.au](mailto:zhou1yan@police.nsw.gov.au)**

**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](http://www.tallshipfestival2013.com)

## 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 NZ** - scholarships and discounts available - [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

**World Education Program Australia (WEP)** - [www.wep.org.au](http://www.wep.org.au) or [www.volunteerabroad.com.au](http://www.volunteerabroad.com.au) or 1300 884 733

**Australian Institute of International Understanding (AIU)** - [www.aiiu.com.au](http://www.aiiu.com.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.

**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/](http://www.westpennanthills.netball.asn.au/)

**Thornleigh Softball:** All games played at Galston. Contact Sharon—0407 442 402. [thornleighsports.org.au/softball](http://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.

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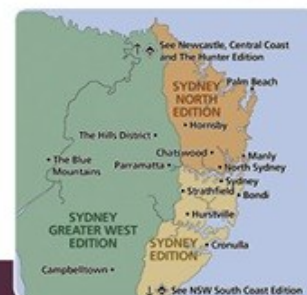




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