



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 23 May 2014

Term 2 Week 4A

PRIDE OF WORKMANSHIP AWARD



Mr Theo Glockemann, President, The Rotary Club of Pennant Hills
Mr Jamie Simpson, Head Teacher English, Pennant Hills High School
Detective Superintendent Deb Wallace, NSW Police Force.

We are always pleased to acknowledge the many successes of our students, but on this occasion, I am delighted to recognise the success of a staff member. Mr Jamie Simpson, Head Teacher English, received a Pride of Workmanship Award from The Rotary Club of Pennant Hills at a Presentation Evening held at Pennant Hills Golf Club on 12 May 2014. The award provides employers with the opportunity to recognise and acknowledge the efforts and contributions of an employee from a local business or organisation who has a commitment to doing a job well and whose workmanship is of a high standard.

Mr Simpson received the award for his significant and ongoing contributions to school staffing and timetabling at Pennant Hills High School. Part of the citation was that Mr Simpson 'has had a key role in ensuring the effective provision of teaching and learning activities at Pennant Hills High School. Through his vast experience, insightful knowledge and excellent skills in strategic planning, Jamie has ensured the optimal allocation of teaching staff across the school, at all times focussing on the achievement of the best educational outcomes for students.'

Mr Geoff Wing
Principal

Mr Brendan O'Byrne
Deputy Principal

Mr Philip Scandizzo
Deputy Principal (Acting)

Laurence Street, Pennant Hills NSW 2120

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He has shown incredible motivation, dedication, high personal standards and outstanding work ethic in achieving what the Pride of Workmanship theme states – *Do it Once, Do it Well.*

Congratulations, Mr Simpson.



LOOKING FORWARD Term 2 2014

WEEK 5B	Monday	26 May	NSW Girls Handball Championships
	Tuesday	27 May	School Athletics Carnival - Pennant Hills Park
	Tuesday	27 May	P & C Meeting 7.30pm Library
	Thursday	29 May	Year 9 Study Skills (Period 2)
	Thursday	29 May	Music Festival in MPC 5.30pm and 7.00pm
	Thursday	29 May	Year 10 Study Skills (Period 1)
	Friday	30 May	HSC and Careers Expo
WEEK 6A	Monday	2 June	Year 11 GP Program (Period 1 and recess)
	Tuesday	3 June	Let's Bridge the Gap - Indigenous Performance - Year 8 History
	Wednesday	4 June	Zone Athletics Carnival Homebush
	Wednesday	4 June	Year 11 English Excursion - Riverside Theatre (7.00pm)
	Friday	6 June	Year 12 HSC Society and Culture Study Day
WEEK 7B	Monday	9 June	Queen's Birthday Public Holiday
	Thursday	12 June	Year 12 HSC History Study Day
	Thursday	12 June	Regional Cross Country Carnival - Gosford Race Course
	Friday	13 June	Year 12 HSC History Study Day
WEEK 8A	Thursday	19 June	Year 12 Chemistry Excursion (12pm-3pm)
	Friday	20 June	Year 9 Agriculture Excursion
WEEK 9B	Monday	23 June	Year 12 HSC Chemistry Excursion
	Tuesday	24 June	P & C Meeting 7.30pm Library
	Wednesday	25 June	Drama Festival
	Friday	27 June	Last Day of Term

VACATION

Term 2 commences for students on Tuesday 15 July 2014.

ASSESSMENT TASKS FOR YEAR 11

Term 2 2014

Week 5B	Wednesday	28 May	IPT: Practical Test (Period 2)
Week 6A	Monday	2 June	GP Program (Period 1 and Recess)
	Tuesday	3 June	Music 1: Research and Presentation (In class)
	Thursday	5 June	Music 2: Renaissance (Hand in)
	Friday	6 June	Economics: Stimulus-based task - Markets (In class Period 3)

ASSESSMENT TASKS FOR YEAR 12

Term 2 2014

Week 5B	Monday	26 May	Drama: Group Performance and Individual Project (Period 1)
	Monday	26 May	Society and Culture: PIP progress report
	Wednesday	28 May	IPT: Major Project (Hand in Period 4)
	Wednesday	28 May	PDHPE: Written Report (Hand in)
	Wednesday	28 May	CAFS: Individual and Work (In class essay - Period2)
	Thursday	29 May	Photography: Process Diary and BOW (Hand in)
Week 6A	Monday	2 June	Japanese Beginners: Speaking Task (In class)
	Monday	2 June	Visual Arts: Lecturette (In class)
	Monday	2 June	French (Beg. and Cont.): Speaking Task (In class Period 4)
	Tuesday	3 June	English (Ext 1): Extended Imaginative Composition (Hand in)
	Tuesday	3 June	Economics: Extended Response Research Task (In class Period 4)
	Tuesday	3 June	Visual Arts: Lecturette (in class)
	Wednesday	4 June	Visual Arts: Lecturette (in class)
	Thursday	5 June	Hospitality: Practical Assessment (In class Period 4)
	Thursday	5 June	Mathematics and Mathematics General 2: Exam (In class, Period 3)
	Thursday	5 June	Mathematics General 1: Assignment (Hand in Period 3)

PRINCIPAL'S REPORT



Improving Results through Feedback on Assessment

Year 11 and Year 12 students should by now have received feedback on their performance in recently held examinations. I have spoken with many of them recently and their reactions to results they have obtained differ greatly within each year group. These

reactions range from despair at unexpected poor performance to delight at achieving better than expected results.

Research by Black and William in the UK in 1998 shows the feedback given by teachers to their students as one of the key strategies in using assessment for learning. Effective feedback always indicates what a student has done well and what still needs to be done, and provides advice as to how to improve on previous performance.

The important thing for each student now is to use the feedback received from their teachers to ensure there is a structured plan for improvement. Many hours were spent in the MPC during the examination period, and it may require students devoting similar amounts of time to analysing and understanding the feedback given and for a purposeful improvement plan to be developed, in consultation with their class teachers.

I encourage all students across the school to value the written and verbal feedback from teachers and to discuss areas of concern with them.

Great Support from our P&C

We are indeed very fortunate to have such a wonderfully supportive Parents and Citizens Association which provides significant amounts of money to faculties to purchase additional equipment and resources to support the learning of our students. This year, the P&C has provided \$33,000 in funding to enable faculties to purchase the following:

- Two interactive whiteboards and a data projector for Science;
- A Thermomix kitchen appliance, two sewing machines, and two ovens for Home Economics;
- Funding of additional teacher time to plan and implement specific programs to support learning, such as the Year 7 *Learning to Learn* Program, the Year 6-7 *Transition to School* Program, the operation of the *Learning Centre*; and *Links to Learning* initiatives.

I wish to sincerely thank the P&C for their ongoing support of our efforts to provide the best possible education to our students.

Travel Safety

I spoke to all students on our last school assembly about their safety while travelling to and from school each day. Just last week, there were four students hit by motor vehicles near Sydney schools. Recent reports indicate that some drivers are failing to obey the 40 km/h school speed zones in Boundary Road. The P&C is taking the matter up with RMS and we have recently been able to program our new electronic sign on Boundary Road to include a reminder notice about school zones during the hours of 8.00 am – 9.30 am and 2.30 pm – 4.00 pm. We are especially concerned about students who have earphones in, or who talk with friends in groups as they are walking, risking injury due to inattention. I know that I don't need to impress on anyone just how busy the roads are around our school.

I ask that all parents and caregivers discuss road safety with their child/ren, regardless of their age.



Professional Learning for Staff

Our School Counsellor, Mrs Grunsell, prepared and presented information to staff at a recent staff meeting on *Helping Students Manage Anxiety in Performing Classroom Tasks*. We were also fortunate to learn more from Valerie Ling, a leading clinical psychologist from the Centre for Effective Living about therapeutic approaches in dealing with students with disabling anxiety. A key message from the presentations was that over time students can learn to move forward in reducing or overcoming anxiety, and can gain confidence to tackle more complex and challenging tasks. (More details are provided later in this edition on page 4 of *Jumbunna*).

BYOD (Bring Your Own Device)

The BYOD team, led by Mr Minton and Mr Huang, has been carefully considering the best options for the implementation of this program at our school. We have already learnt some valuable lessons

from other schools throughout NSW that have taken a range of approaches to students bringing their own learning device to school.

A *Charter of Use* and the specifications required for devices are now being finalised, along with suggestions as to which devices parents may purchase. This information will soon be made available to parents and caregivers, accompanied by a *Frequently Asked Questions* document which should provide most of the answers to questions posed by our parent community. We are also extremely mindful of the costs associated with such a program, but feel our students will be disadvantaged should we not take advantage of the benefits for students from them having their own devices to assist their learning.

Meeting the Requirements of the Board of Studies, Teaching and Educational Standards NSW

BOSTES is a new body which incorporates the NSW Board of Studies (BOS) and the NSW Institute of Teachers. BOSTES will continue to determine the requirements for the award of the RoSA and HSC. All students must meet strict criteria in order to be deemed to have satisfactorily completed a course. A student will be considered to have satisfactorily completed a course if the Principal considers there is sufficient evidence that the student has:

1. followed the course developed or endorsed by the Board. (This requires that students attend classes);
2. applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course by the school. (This requires that students work consistently to the best of their ability); and
3. achieved some or all of the course outcomes (This requires that students demonstrate understanding of course work).

In cases where students are not meeting these requirements, the school will send a formal notification to parents/caregivers warning of a possible non-satisfactory completion of the course ('N award'). These warning letters are designed to let students and parents know what has not been achieved and what needs to be done to rectify the situation. Parents and caregivers are required to respond to the school upon receipt of these warning letters. It is important that parents discuss with their child any formal warning letter that is received and to seek assistance from the school if necessary.

Geoff Wing
Principal

ENGLISH FACULTY REPORT

The English Faculty has approached the new term with a view to developing our students' capacity in imaginative writing. To this end, we invited a published author and teacher, Jacqueline Harvey, to our School Development Day. We spent a very profitable three hours developing our skills and understanding. Mr Belling and Miss Crilley have also spent two days involved in a joint schools program on imaginative writing.

Our Year 12 Advanced students attended a Study Day in the Sydney CBD, with a range of academic and professional writers and actors lecturing on their prescribed texts for this year. Being addressed by John Bell on the virtues and complexities of Richard III or Julius Caesar was a rare treat, and even a brush with fame for Alice.

Jamie Simpson
Head Teacher English

THE TEACHER AS 'LIFE COACH' FOR STUDENTS WITH ANXIETY

This presentation was given at the staff meeting on 19 May.

The presenters were Lenore Grunsell, School Counsellor, and Valerie Ling of Valerie Ling and Associates, Westleigh.

Students who have experienced anxiety through childhood may come to high school with poor expectations for themselves, low self-esteem and little confidence. Their parents may hope to control what happens to them at high school, to ensure certainty for both themselves and their children.

Some of the things that may make students anxious are: being seen as 'different'; doing tasks on their own; being 'judged', for example, with marks. Teachers in their day-to-day classroom activities can allay some of these anxieties by:

- Grading activities so students begin with less challenging tasks, such as first reading their prepared talk to a friend, leading up to giving the talk to the class.
- Presenting small tasks frequently, such as giving one-word answers in a quiz.
- Teaching techniques of physical relaxation and breathing, for example in PE and Drama.
- Presenting work in teams, to give social support to more anxious team members.

- Presenting activities as fun games, so students focus more on the activity, rather than self-consciousness about their own performance.
- Teaching positive 'self-talk' to replace expectations of failure: 'You can do it!' 'Just give it a go – this can be fun!' 'It's more important to try.' 'When it's over you can be pleased with yourself.' 'Don't worry about it. Just be pleased you did it.' 'We're all learning. You'll do better and better each time.'
- Reframing the task: 'Tomorrow it will be over.' 'Just think of the audience as watermelons.' 'Think of it as a muddy field you need to walk through to get home.'

Sometimes students wish to talk about their anxiety, rather than perform the classroom task. Teachers can encourage task performance by rewarding work results with the chance to talk.

Some students avoid confronting work by finding more and more teachers to talk to about their anxiety. These students may need private therapy to deal with their fears.

Some seniors who have experienced anxiety in the classroom have contributed their own ideas: that teachers can help them by reassuring them that they sound fine and look alright; that peers should not be allowed to comment and laugh when a student is giving a presentation; and that peers who dominate and are opinionated, can intimidate their fellow students in a classroom discussion.

Students who are anxious about 'marks' will feel reassured by positive comments on their essays. Even with a low mark, a comment such as, 'I really liked the way you expressed these points,' can boost the student's confidence.

U15s Boys Bill Turner Cup

The U15s Bill Turner Cup Soccer team played against Holy Cross College Ryde on 21 May. After a very tight game, the match went into extra time but the boys just missed out, with the final score being 2-1. Congratulations to Mr Symons and the team.

Knockout Open Boys Soccer

The Open Boys Knockout Soccer team played Epping Boys on 22 May at Christie Park. A large number of supporters made the trek to cheer on the team but the boys lost 2-1. Congratulations to Mr Williams and the boys on making it to the fourth round of the competition.

Knockout Boys Cricket Awards

Congratulations again to the Open Boys Knockout Cricket team on being runners-up in the State Cup. Mr Williams played a vital role in the organisation and success of the team throughout the competition and deserves a special thanks. On the school assembly on 22 May, Mr Wing presented Mr Williams with the coach's medal. Mr Williams then assisted with the presentation of medals to the players.



SPORTS NEWS

NSW All Schools Soccer Team

Jake has earned a place in the NSW All Schools Soccer Team. Selection at this level is the highest honour a student in NSW can attain. We congratulate Jake on this outstanding achievement in a very competitive sport.

Knockout Girls Regional Volleyball

The Knockout Girls Volleyball team played against Mackellar Girls High School on 15 May. The girls played well but unfortunately lost 3-1 to the current CHS State Volleyball Knockout Champions. Congratulations to the players and coach, Mr Raper, in earning the right to compete at the Regional Championship.



Zone Cross Country

The Zone Cross Country Carnival was held on 19 May and was a great day for all those who participated. Unfortunately, first place escaped our grasp, with our runners earning second place overall, only six points behind the leaders.

Congratulations to those runners who were selected as part of the Zone team to compete in the Area Carnival.

Individuals: Elena, Eleanor, Veronica, Emmi, Ella, Caitlin, Hannah, Grace, Nathan, Charlie, Oliver, Grant, Benjamin, Cody, Nathan, Zac, Hamish and Sean.

Team: Olivia, Hannah, Luke, Izaack, Benjamin and Danusha.

Reserves: Colleen, Erika, Georgia, Lachlan, Michael and Campbell.



Particular congratulations to the following students who came 1st or 2nd in their respective age groups:

Elena	2 nd in U12 Girls
Eleanor	1 st in U13 Girls
Grant	2 nd U15 Boys
Oliver	1 st U15 Boys
Cody	1 st U16 Boys

Sports Captains Grace and Caleb

NETBALL NEWS

The Open Netball Knockout team recently had a very convincing 51-14 triumph over Davidson High School, earning them a place in the next round against Tuggerah Lakes. This win was more impressive as we used a number of junior players to compensate for the unavailability of our Year 12 students who were participating in examinations.

Jamie Simpson
Knockout Netball Coach



GALSTON HIGH SCHOOL LIBRARY REBUILDING FUND

On behalf of Galston High School, the **Dural Chamber of Commerce** has set up the Galston High School Library Rebuilding Fund.

This account has been set up to receive donations from businesses and the community for the purpose of assisting in the rebuilding of the Galston High School Library, which was lost to a fire on Monday 19 May 2014. To contribute to this most important project, please direct deposit your contributions to:

NAB Dural
BSB: 082240
A/C: 848027761

We appreciate all contributions, as they will allow Galston High School to take full advantage of this important time, with a view to the school getting back to normality as soon as possible.

IMPORTANT NOTICE FOR PARENTS AND CAREGIVERS

NO RECEIPTING
Friday 30 May 2014

Due to the compulsory processing of the school's May Financial Statement Return on Friday 30 May 2014, it will not be possible to process payments through the computer system. Therefore, the Payments Window in Student Reception will be closed on that day.

Parents wishing to make urgent payments may do so, but will not receive an official receipt until any such payments are processed and a system-generated receipt produced.

We thank you for your cooperation.



RECYCLE YOUR MOBILE PHONES

Hundreds of gorillas die every year due to habitat loss and poaching. Inside every phone is a metal called coltan, which is found in the heart of the great ape territory. These great apes are gorillas, bonobos, chimps and orang-utans.

By recycling your phones, the precious metals can be extracted and reused to make another phone instead of having to dig up more.

The phone recycling company, *PhoneCycle*, will do one of two things. Mobile phones in working condition will be redistributed to be reused, while phones not suitable for reuse will be broken down for parts which can be recycled. The coltan can be extracted to make new mobile phones without having to further mine coltan.

PhoneCycle will donate the funds raised by phone recycling to the Jane Goodall Institute, where they will be used to support the care of sick and injured animals, the families of the park rangers and research about gorillas and the way they live.

The Pennant Hills High School Environment Team is aiming to collect 100 phones. Please place your used mobile phones (working or not) in the collection box in Student Reception.

**Alicia, Year 9
Environment Team**

THEY'RE CALLING ON YOU

RECYCLE YOUR MOBILE PHONES AT SCHOOL

HOW MOBILE PHONES IMPACT GREAT APES

You may not have heard of coltan, but you have it in your mobile phone. One of the key exporters of coltan is the Democratic Republic of Congo (DRC), home of the Mountain Gorilla and other Great Apes.

Without control or regulations from the Government the mining of coltan results in the clearing of essential gorilla habitat and civil unrest in the region. Gorillas are then being hunted for meat by both militants and starving refugees fleeing combat.



THEY'RE CALLING ON YOU!

RECYCLE YOUR MOBILE PHONES AT SCHOOLS TO:

- REDUCE DEMAND FOR COLTAN AND PROTECT GORILLA HABITAT AND FOOD SUPPLY
- RAISE MONEY FOR THE JANE GOODALL INSTITUTE'S CONSERVATION PROGRAMS
- KEEP MOBILE PHONES OUT OF LANDFILL

A NEW U.N. REPORT WARNS THAT MOST OF THE REMAINING GORILLAS IN AFRICA COULD GO EXTINCT WITHIN 10 TO 15 YEARS IN THE GREATER CONGO BASIN



HOW RECYCLING AT SCHOOL WORKS:



- 1 HAND IN YOUR OLD MOBILE PHONES AT SCHOOL COLLECTION POINTS
- 2 PHONECYCLE WILL COLLECT YOUR MOBILE PHONES FOR RECYCLING
- 3 PHONECYCLE WILL DONATE THE VALUE OF YOUR PHONES TO THE JANE GOODALL INSTITUTE'S CONSERVATION PROGRAMS

CONTACT US
phonerecycle.com.au
1300 883 815 | collections@phonerecycle.com.au

phone cycle

the Jane Goodall Institute Australia

Annual School Music Festival

Thursday 29 May 2014

Pennant Hills High School MPC

Showcasing our school ensembles, Concert Band 1, Concert Band 2, Junior Stage Band, Big Band, Year 12 soloists and local primary school bands.

Concert 1 - 5:30pm



Concert 2 - 7:00pm

Entry: Gold coin donation

All Weather Waterproof School Jackets \$65. Please see the printroom staff to check your size, pay at Student Reception and then collect your jacket from printroom.



PARENTS, KNOW YOUR APPS

Many parents may not realise that there are ratings for mobile phone and tablet apps, similar to movie ratings, which indicate their suitability for children.

Following is a summary of information provided by Robyn Rishani, cyber-safety expert, speaker and educator, who is the founder and creator of Your Kids Online (www.yourkidsonline.com.au).

When an app developer is registering their app with an app store, they must choose the rating themselves, and there are penalties for not adhering to the ratings, so it is in their best interest to comply. When searching for apps, you should find the rating of each app listed under its description. I suggest parents download every app that their kids are using and check out the rating for suitability, and also play with it themselves for at least five minutes. Then, if it's not suitable, explain to the child why it's not suitable, rather than just banning it.

Note: Apps like KIK Messenger and Snapchat are rated 17+/High Maturity.

GOOGLE PLAY STORE RATINGS

Everyone: should not collect user's location data or contain objectionable material. Should not share user content or include social features.

Low Maturity: may include instances of mild cartoon or fantasy violence or other potentially offensive content. May collect user location data, but should not share the data with other users. May include some social features but should not focus on allowing users to find and communicate with each other.

Medium Maturity: May include sexual references, intense fantasy or realistic violence, profanity or crude humour, reference to drug, alcohol and tobacco use, social features and simulated gambling. May collect user location data for the purpose of sharing or publishing with the user's consent.

High Maturity: May focus on or include strong and frequent instances of graphic violence and other inappropriate content including sexual activity, gambling, alcohol, tobacco and drug references. May include social features. May collect user location data for the purpose of sharing or publishing with the user's consent.

APPLE APP STORE RATINGS

4+: Contain no objectionable material.

9+: May not be suitable for children under the age of 9. May contain infrequent or mild occurrences of realistic violence; infrequent or mild profanity; infrequent or mild mature, suggestive, or horror-themed content; frequent or intense cartoon or fantasy violence.

12+: May not be suitable for children under the age of 12. May contain infrequent or mild medical or treatment-focused content; infrequent or mild reference to alcohol, tobacco or drug use; simulated gambling; infrequent or mild sexual content or nudity; frequent or intense profanity; frequent or intense realistic violence; frequent or intense horror-themed content.

17+: May not be suitable for children under the age of 17. May contain unrestricted web access, such as with an embedded browser; gambling or contests; frequent or intense mature or suggestive content; frequent or intense medical or treatment-focused content; frequent or intense references to alcohol, tobacco or drug use; frequent or intense sexual content or nudity.

Pennant Hills High School is fund-raising with



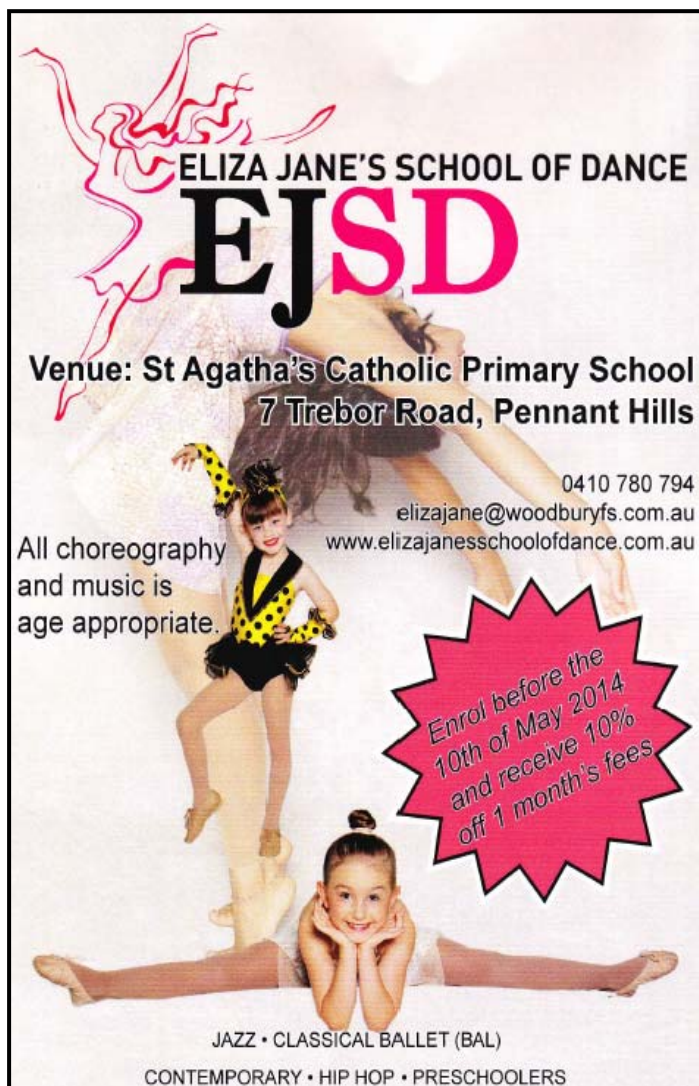
Entertainment™ Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel and much more. Available as a traditional Entertainment™ Book OR the new Entertainment™ Digital Membership for your Apple or Android device, your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2015.

Order your new 2014/2015 Sydney and Sydney North Entertainment™ Membership from **Pennant Hills High School** and 20% of your **membership** purchase goes towards our fund-raising.

Order here now -

<https://www.entertainmentbook.com.au/orderbooks/2145t64>

For more information, contact Fiona Ackerman
Phone 9473 5000 - Email Fiona.ackerman@det.nsw.edu.au



ELIZA JANE'S SCHOOL OF DANCE
EJSD

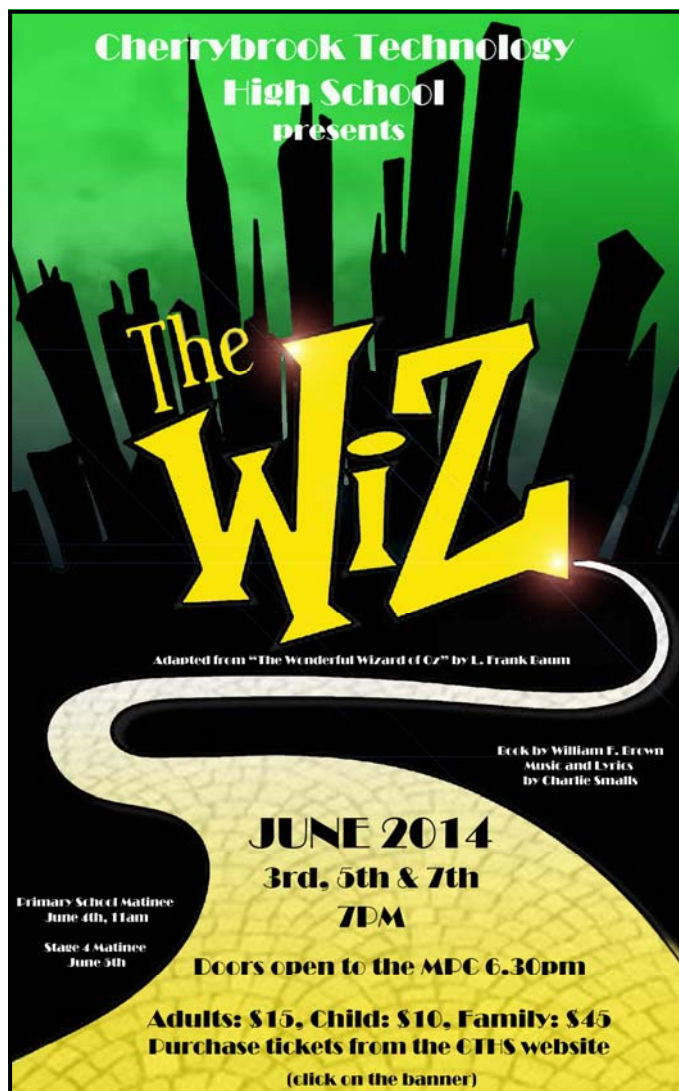
Venue: St Agatha's Catholic Primary School
 7 Trebor Road, Pennant Hills

0410 780 794
 elizajane@woodburyfs.com.au
 www.elizajannesschoolofdance.com.au

All choreography and music is age appropriate.

Enrol before the 10th of May 2014 and receive 10% off 1 month's fees

JAZZ • CLASSICAL BALLET (BAL)
 CONTEMPORARY • HIP HOP • PRESCHOOLERS



Cherrybrook Technology High School presents

The Wiz

Adapted from "The Wonderful Wizard of Oz" by L. Frank Baum

Book by William F. Brown
 Music and Lyrics by Charlie Smalls

JUNE 2014
 3rd, 5th & 7th
 7PM

Primary School Matinee June 4th, 11am
 Stage 4 Matinee June 3th

Doors open to the MDC 6.30pm

Adults: \$15, Child: \$10, Family: \$45
 Purchase tickets from the CTHS website
 (click on the banner)



NormanhurstDental
 Committed to dental excellence

CHILDREN SPECIALS

- * Gap free examination, scaling (clean) and fluoride treatment
- * For children without private health insurance - Examination, scaling (clean) and fluoride treatment for **only \$150**

We accept medicare vouchers under child dental benefit schedule

Monday to Friday 9am to 5pm
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 Thursday- After Hours (5-7pm) by prior Appointment

33, Normanhurst Rd, Normanhurst-2076
 ☎ 99898565 ✉ normanhurstdental@gmail.com
 🌐 www.normanhurstdental.com.au

'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.

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Murray Farm Public School Cracker Carnival: Saturday 31 May 2014 - Tracey Avenue, Carlingford.
Gates open 2.00pm. Firework Display 7.00pm. Carnival closes 8.00pm. Carnival rides, jumping castle, games, cake stall, gift basket, white elephant stalls, face painting, food stalls. Free entry but a gold coin donation will be appreciated.

Oakhill College Gala Day: Saturday 31 May 2014 - Old Northern Road, Castle Hill.
Open from 9.00am to 4.00pm. Stalls, rides, all kinds of food and a visit from some of the school's farm animals.

World No Tobacco Day: Saturday 31 May 2014 is World Tobacco Day. It is a great platform to control activity in your area. For more information visit the WHO website: www.who.int/campaigns/no-tobacco-day/2014/en/.

Cherrybrook Technology High School presents *The Wiz*: 3, 5 and 7 June 2014 - 6.30pm in the CTHS MPC.
Adults \$15. Children \$10. Family \$45. Tickets on sale through the school website - www.cherrybrook-h.schools.nsw.edu.au/

Seminar for Parents of Teenage Girls: Thursday 12 June 2014 - hosted by Castle Hill Library. Cost is \$20.00 / person. Presenter is Dannielle Miller (Enlighten Education). **Bookings essential:** 9761 4534; www.thehills.nsw.gov.au/library

Family Energy Rebate (for NSW households with dependent children) **applications close Friday 13 June 2014.**
Information: www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate **Apply:** <https://applications.fer.trade.nsw.gov.au/>

HSC Business Studies Day at Wollongong University: Monday 16 June 2014 - 10.00am to 2.15pm.
RSVP by 2 June 2014 to business-events@uow.edu.au **Information:** 4221 4354

FREE SEMINAR: Parent Survival Strategies for Teaching Young Drivers: Monday 16 June 2014
6.00pm for 6.30pm to 8.00pm - Level 3, Ku-ring-gai Council Chambers, 818 Pacific Highway, Gordon
Bookings Essential: Carroll - 0405 558 660 or carroll.howe@gmail.com (KRG Police and Community Safety Committee)

HSC Economics Day at Wollongong University: Wednesday 18 June 2014 - 10.00am to 2.30pm.
RSVP by 4 June 2014 to business-events@uow.edu.au **Information:** 4221 4354

PARENT FORUM - Understanding Your Teenager - Anxiety and Adolescence: Monday 23 June 2014
6.15pm for 6.30pm to 8.30pm - Level 3, Ku-ring-gai Council Chambers, 818 Pacific Highway, Gordon
Cost \$5.00. Bookings Essential: 9424 0837 (KRG Council Youth Services) or youth@kmc.nsw.gov.au

STUDENT EXCHANGE PROGRAMS

Southern Cross Cultural Exchange www.scce.com.au or 1800 500 051.
Scholarships available for students joining an exchange to USA, France, Italy or Germany.

LATTITUDE AUSTRALIA Volunteering and gap year placements for U/25s - www.latitude.org.au or (03) 9826 6266
Student Exchange Australia NZ scholarships available - www.studentexchange.org.au or 9997 0700.

World Education Program Australia (WEP) www.wep.org.au or 1300 884 733

Australian Institute of International Understanding (AIU) www.aiu.om.au or 1800 174 407 - program costs apply.

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

STS Student Exchange www.sts-education.com.au or 1800 263 964

RECREATION AND SPORTING GROUPS

Northern District Hockey Association: play hockey in 2014. www.ndhockey.com.au or phone 0419 299 808 (Adrian Wilson) or 0438 119 729 (Robert Nicoll)

West Pennant Hills Cherrybrook Football Club: register for the 2014 season. www.wphcfc.net.au

Rugby Connect—Trytons: is a rugby union program developed for special needs boys and girls between the ages of 5—17 years. The season is run by Sydney Junior Rugby with the assistance of the Australian Rugby Union and NSW Rugby. Please contact Matt Kellahan mckellahan@nswrugby.com.au or phone 9323 3407.

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

North Sydney Girls Cricket Association: www.nsgca.nsw.cricket.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: 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

Northern Sydney Youth Orchestra: for young musicians. Not-for-profit organisation. <http://www.nsyro.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) - Mondays - Guides (10-14) 5:30-7:30pm; Senior Guides (14-18) 7-9pm.

St Agatha's Youth Group: for students from Years 7 to 9 - 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. www.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 or 9983 1644 (Hornsby/Ku-ring-gai)

Bilingual Volunteers Needed: City of Sydney Meals on Wheels - For more information, phone 8512 4230.

Free adult literacy and numeracy classes—Meadowbank TAFE: 9942 3572. Reading, writing, speaking - group classes or 1:1 tutoring. Tutors also needed.

Free English courses for adult migrants - www.ames.edu.au: Classes at Hornsby, Chatswood and Eastwood.

COMMUNITY SERVICES AND SUPPORT

The Kids Are All Right Website for parents of Australian teenagers. For articles on teenagers plus a forum for parents of teens, go to www.thekidsareallright.com.au. Some of the articles to view: Starting high school is tough on parents too; Essentials for working teenagers; Mentoring for teens. There are many more available.

Tertiary Scholarships for children and grandchildren of Ex-Service Men and Women: Students selected on merit. Information and applications: 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.

More information: abilityoptions.org.au or contact Caroline Krix on 8811 1717 or caroline.krix@abilityoptions.org.au

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

www.fcansw.org.au or phone 4987 1847

Healthy Kids FREE Parent e-zine: important nutrition information and great recipes: www.healthy-kids.com.au

Enrol to Vote: If you are an Australian citizen who is 18 years of age or older, you must vote at all elections.

Check if you're enrolled at www.votensw.info, enrol to vote at www.aec.gov.au or phone 1300 135 736

Uniting Care 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

Information and education provided by NSW Health - Northern Sydney Central Coast.

Centacare Broken Bay: 9488 2523 - Advice and support for parents.

Depression Support Group: 1300 794 991.

Hornsby RSL - first Sunday of each month. Run by Association of Relative and Friends of the Mentally Ill.

Parent Line: www.parentline.org.au or 1300 1300 52 - Free professional service 24 hours every day.

Kids Helpline: 1800 55 1800 - Free confidential service 24 hours every day.

Mission Australia: Email CAFS@missionaustralia.com.au or 9482 1366 - Free counselling and support service.

Single With Children: www.singlewithchildren.com.au or 1300 300 496

Non-profit social group providing exciting activities for single parents and their children.

Sydney Single Parents: www.SydneySingleParents.org.au or 9634 7502 (Hills) or 9411 1858 (Northside)

Hills Family Centre: 8805 7288 - Workshops and courses for parents and families.

Wesley Mission Family/Youth Services: www.wesleymission.org.au/centres/wesleydalmar/ or 8805 7288

Community Life Church Cherrybrook Life Centre: 9651 3534 - Counselling and parenting courses available.

Newcomers Club: www.sydneynewcomers.com.au - Social club for women, offering support and friendship.

NSW Health Free Dental Clinic for 12-25 year olds: 9687 2544 - High Street Youth Health Service, Harris Park.

Rotary Club of Thornleigh Farm Markets: Third Sunday of every month - 8.00am-12.00noon - car park (corner Phyllis St and Central Ave, Thornleigh)

Christ Evangelical Centre of Australia Chinese Language School: 0410 613 814 (Jenny)

Cybersmart website: www.cybersmart.gov.au - Part of the Australian Government's cybersafety program.

The Australian Childhood Vision Impairment Register: www.vifamilynetwork.org.au

Sponsored by the Royal Institute of Deaf and Blind Children, the Register collects data on Australian children with vision impairment. This data is used to improve services for children and to research eye disease and disorders of vision.

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