



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 25 July 2014

Term 3 Week 2B

SCIENCE AND ENGINEERING CHALLENGE - CHAMPION SCHOOL -



Congratulations to the group of budding scientists from Pennant Hills High School who won the North Ryde Event in the National Science and Engineering Challenge, held on Wednesday 16 July 2014 at Macquarie University.



Mr Geoff Wing
Principal

Mr Brendan O'Byrne
Deputy Principal

Mr Philip Scandizzo
Deputy Principal (Acting)

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Led by the University of Newcastle and supported by Rotary clubs and corporate sponsors from across Australia, the challenge involves a range of exciting hands-on activities designed to demonstrate the varied and practical elements of a career in the disciplines of science and engineering and to encourage students to pursue studies in these areas in senior years.

Participants are tested on their ability to work in teams, solve unfamiliar problems, and design and build models. After an inspiring day of fun, teamwork and discovery, our students won the North Ryde event ahead of groups from selective, comprehensive and independent schools from across the region. They are to be congratulated on their success, and also on the manner in which they represented our school.

Sudha Saligram
Head Teacher Science (Acting)

LOOKING FORWARD

Term 3 2014

WEEK 3A	Sunday	27 July	Duke of Edinburgh's Award BRONZE PRACTICE Hike
	Sunday	27 July	Duke of Edinburgh's Award SILVER PRACTICE Hike
	Monday	28 July	Duke of Edinburgh's Award BRONZE PRACTICE Hike
	Monday	28 July	Duke of Edinburgh's Award SILVER PRACTICE Hike
	Tuesday	29 July	Duke of Edinburgh's Award SILVER PRACTICE Hike
	Thursday	31 July	Winter Sport Semi-finals
WEEK 4B	Tuesday	5 August	Concert Band - Opera House - Rehearsal and Performance
	Thursday	7 August	Winter Sport Semi-Finals
	Friday	8 August	Year 10 into 11 Online Subject Selections CLOSE
	Friday	8 August	Year 7 Gala Day
WEEK 5A	Monday	11 August	Visual Arts Exhibition - MPC (ALL WEEK)
	Tuesday	12 August	Drama Family and Friends Night - Drama Studio 7.00pm
	Wednesday	13 August	Music Stage 6 Soirée - MPC 7.00pm
	Thursday	14 August	Spring Sport Trials
	Friday	15 August	Visual Arts Exhibition Official Opening - MPC 7.00pm
WEEK 6B	Sunday	17 August	Visual Arts Exhibition - MPC
	Monday	18 August	Visual Arts Exhibition - MPC
	Tuesday	19 August	Year 9 and 10 Vaccination Clinic
	Tuesday	19 August	Year 9 PASS Specialised Movement Skills Program (in class)
	Wednesday	20 August	Jazz Biennale - MPC all day and at 7.30pm
	Wednesday	20 August	Prefect Elections
	Wednesday	20 August	SES Cadet Graduation Assembly and Morning Tea
	Thursday	21 August	School Photographs - Small Groups - Half day
	Thursday	21 August	Spring Sport Trials
	Thursday	21 August	Year 9 PASS Specialised Movement Skills Program (in class)
	Friday	22 August	Year 10 Geography Fieldwork

ASSESSMENT TASKS FOR YEAR 12

Term 3 2014

Week 3A	Monday	28 July	Trial HSC Examinations (ALL WEEK)
	Monday	28 July	Society and Culture: PIPs due
Week 4B	Monday	4 August	Trial HSC Examinations (ALL WEEK)
	Thursday	7 August	Industrial Technology: Major Projects due
Week 5A	Monday	11 August	Visual Arts: Body of Work - hand in: Progressive Mark (MPC 9.00am)
	Monday	11 August	Photography: Body of Work and Process Diary - hand in
	Monday	11 August	Textiles and Design: Major Projects due
	Friday	15 August	English Extension 2: Major Works due
Week 6B	Monday	18 August	Drama: Projects due
	Friday	22 August	ESL: Task in class

ASSESSMENT TASKS FOR YEAR 11

Term 3 2014

Week 3A	Monday	28 July	Ancient History: Oral Presentation (AH1 Pd 2; AH2 Pd 3)
	Tuesday	29 July	English Extension 1: Group Presentation
	Wednesday	30 July	Engineering Studies: Report - hand in Pd 4
	Thursday	31 July	Modern History: Research Essay & Oral Presentation (MH1 Pd 2; MH2 Pd 1)
	Friday	1 August	Mathematics Extension 1: Examination in class Pd 2
	Friday	1 August	Mathematics General: Assignment - hand in Pd 2
Week 4B	Monday	4 August	Music 2: Analysis - hand in
Week 5A	Monday	11 August	Industrial Technology: Minor Project - hand in Pd 3
	Tuesday	12 August	SDD: Major Project - hand in Pd 1
	Wednesday	13 August	Society and Culture: Oral Presentation in class
	Wednesday	13 August	Business Studies: Business report in class
	Thursday	14 August	Legal Studies: In class response
	Friday	15 August	CAFs: Exam Response in class (CF1 Pd 2; CF2 Pd 3)
	Friday	15 August	Economics: Research related task in class
Week 6B	Monday	18 August	Food Technology: Prac and hand in (FT1 Pd 4; FT2 Pd 3)
	Monday	18 August	Music 2: Composition - hand in
	Tuesday	19 August	English Extension 1: Prose Fiction Composition due
	Tuesday	19 August	ESL: Writing Task
	Tuesday	19 August	Food Technology: In class response (FT1 Pd 3)
	Wednesday	20 August	Physics: Research - hand in
	Wednesday	20 August	Food Technology: In class response (FT2 Pd 1)
	Friday	22 August	IPT: Major Project Design and Implementation - hand in Pd 1
	Friday	22 August	PDHPE: Research and Presentation - hand in

PRINCIPAL'S REPORT



Funding for Vital Upgrade

For many years I have applied for funding to upgrade our science laboratories and preparation rooms, which have fallen behind modern standards. I am pleased to announce that I recently received notification that the school is to receive minor capital works funding of

\$499,000 for these renovations. I have asked Mrs Saligram, in consultation with the Science Faculty, to provide me with recommendations on what facilities will best meet our needs. These works are scheduled for completion by June 2015.

Focus on Quality Teaching and Learning

At the School Development Day at the start of this term, I provided an overview of the DEC initiative, 'Great Teaching, Inspired Learning', which is the NSW Government's plan to improve the quality of teaching and learning in the state's schools. The blueprint for action is divided into four focus areas: initial teacher education; entry into the profession; developing and maintaining professional practice; and recognising and sharing outstanding practice.

To assist teachers in the early stages of their careers, each beginning teacher attracts funding of over \$12,000. We are using this money to support a school-developed program of mentoring and coaching support which involves some of our experienced teachers working closely with the new teachers in their first year in the profession. It is hoped that during Term 4 this year, we will be able to have approximately 12 staff trained in a model of coaching, peer observation and feedback in order to further develop the support for beginning teachers and to further develop strategies for recognising and sharing outstanding teacher practice, which is the fourth area in the blueprint.

Leadership Development

We have been honoured again this year to have had two of our outstanding senior students selected to participate in prestigious, state-wide leadership development programs. Year 11 student, Matthew, gained one of the senior positions in the Secretary for a Day program (formerly DG for a Day), where 20 participants from schools across NSW shadow a senior officer of the Department, and participate in meetings and discussions during the upcoming Education Week. Matthew has been assigned to work alongside the Director of Communication and Engagement.

Maddison, also from Year 11, recently participated in the Y20 Youth Summit. Y20 is one of a number of official engagement groups taking place in

Australia culminating in the important G20 leaders' meeting in Brisbane in November 2014. Around 110 delegates, aged 18-30 from G20 member countries, participated in policy discussions on growth and jobs creation, and sustainable development. Maddison was one of only six students selected to be observers at the three-day event.

Many of our students aspire to leadership positions from early in their high school career, with the role of school prefect being a goal for their senior years. Nominations are now open for students in Years 10 and 11 who wish to be considered for election to this position for 2015. I would encourage any interested student to submit an application to Acting Deputy Principal, Mr Scandizzo by Monday 11 August 2014, with elections to follow soon after.

Fighting for Change

As a member of the YMCA NSW Youth Parliament, Jack will meet next month with over 150 other teenage representatives to discuss issues facing the people of NSW. Having been assigned the housing portfolio, Jack and his six-member committee have developed a bill focussing on intergenerational dependence on public housing. Jack has also launched a petition calling on the government to provide more facilities for young people with mental health issues. With Jack's passion for politics and a good debate, he is destined to make a valuable contribution to the workings of the Youth Parliament.

Thank you, Mrs Castillo

At the end of Term 2 we farewellled Mrs Marilyn Castillo from the Home Economics Faculty. Mrs Castillo has taken a short period of leave prior to retiring from teaching in August 2014. Arriving at Pennant Hills High School in 1986, Mrs Castillo has contributed much to her students for more than 28 years through her highly organised and professional approach to teaching, where her lessons were always thoroughly planned and taught.

I know that she has been a wonderful support to other teachers, not only in her own subject area, but more widely across the school. We thank Mrs Castillo for her many years of service and wish her happiness, fulfilment and good health in the years ahead.

New Appointment

I welcome Ms Ashleigh Greer who, through the merit selection process, has been appointed to our school as a teacher of Human Society and Its Environment. Ms Greer is well known to our school through previous casual and temporary teaching. We wish Ms Greer success in her new position.

(Continued on page 5)

FACULTY AWARDS - HISTORY

Congratulations to the following students who were recently recognised with awards from the History Faculty.

Year 7 History

Emily—Academic Excellence
Elena—Academic Excellence
Indra—Academic Excellence

Year 8 History

Phillip—Academic Excellence
Ishan—Academic Excellence
Archie—Excellent Attitude and Effort

Year 9 History

Oliver—Academic Excellence
Jessica—Excellent Attitude and Effort
Lani—Academic Excellence

Year 10 History

Colleen—Excellent Dedication to all Work
Charlotte—Academic Excellence
Isabel—Academic Excellence

Year 11 Ancient History

James—Consistent Effort and Progress
Jessica—Consistent Effort and Progress

Year 11 Modern History

Miriam—Consistent Effort and Progress
Billy—Consistent Effort and Progress

Year 11 Society and Culture

Tahniah—Academic Excellence
Christy—Academic Excellence
Alisha—Consistent Effort and Progress

Year 12 Ancient History

Olivia—Consistent Effort and Progress
Brianna—Consistent Effort and Progress

Year 12 Modern History

Lucy—Consistent Effort and Progress
Madeleine—Academic Excellence
Courtney—Consistent Effort and Progress
Nicholas—Consistent Effort and Progress

Year 12 Society and Culture

Elena
Excellent Work on Personal Interest Project

Year 12 History Extension

Simon—Consistent Effort and Progress

Roger Niccol
Head Teacher History

FACULTY AWARDS - ENGLISH

Congratulations to the following students who were recently recognised with awards from the English Faculty.

Year 7

Henry—Achievement and Effort
Jessie—Achievement
Aidan—Achievement and Effort
Heath—Consistent Effort
Jack—Achievement and Effort
Max—Consistent Effort

Year 8

Ethan—Achievement and Effort
Princess—High Achievement
Dongchan—Achievement and Effort
George—Achievement
Jade—Achievement
Ishan—Consistent Effort
Kate—Consistent Effort

Year 9

Dylan—Consistent Effort
Kalindi—Achievement and Effort
Yvana—Achievement and Effort
Amber—High Achievement
Nicholas—Achievement
Hamish—High Achievement

Jamie Simpson
Head Teacher English

TIPS FOR A HEALTHIER WINTER

Extracts from the Hornsby Ku-ring-gai Child and Family Health Service Winter 2014 Newsletter

MORE THAN 'AN APPLE A DAY'

The recommended minimum daily intake of fruit and vegetables for children and adolescents is:

SUPER HEALTH TIPS

Age of Child (Years)	Fruit (Serves)	Vegetables (Serves)
4–7	1–2	2–4
8–11	1–2	3–5
12–18	3–4	4–9

Source: Australian Dietary Guidelines for Children and Adolescents

- Choose water as your main drink.
- Eat breakfast each day.
- Eat together once a day as a family, without the TV being on.
- Spend at least 60 minutes outside every day (playing or being physically active).
- Limit screen time to less than 2 hours per day (TV, electronic games, DVDs, computer, iPod, MP3, videos).
- Get enough sleep (10–12 hours).

Donations

From time to time we receive donations toward major projects in the school or for general use as the school sees fit. We recently received a donation of \$7,500 from long-time supporters of our school who did not wish to be identified, but who had their children educated at Pennant Hills High School. The donors have directed that this money be used to harvest water from the COLA for use on the school oval. Without this generous donation, it would not have been possible to implement this part of the project.

In many instances, monies donated to the school can be placed in the School Building Fund, which gives tax deductibility to the donors. Any donations toward a specific project, or for general use in the school, will be gratefully accepted and acknowledged as appropriate.

Broad Student Involvement and Success

At Pennant Hills High School, in addition to delivering a strong academic curriculum, we pride ourselves on providing our students with a broad range of curriculum enrichment opportunities. Many individuals and groups have achieved great results in diverse pursuits during the latter part of Term 2.

Some of the achievements were:

- Bronte, one of our Year 12 students from last year, has been identified as one of the top writers at the 2013 HSC. Bronte's script has been selected for inclusion in the *Young Writers Showcase*, an anthology of exemplary compositions by students from the 2013 HSC English Extension 2 course. Bronte's teacher, Head Teacher English, Mr Simpson, and I will have the pleasure of attending the formal presentation ceremony at the State Library of NSW later this month, where Bronte will receive her prize from the President of the Board of Studies, Teaching and Educational Standards, NSW; the President of the Library Council of NSW; and the NSW State Librarian and Chief Executive. This is the second year in succession that one of Mr Simpson's students has achieved this prestigious award.
- Our Prefect body held a very successful MUFTI day and activities in support of the United Nations High Commission for Refugees.
- Eamon has been successful in being identified as a featured artist at this year's Schools Spectacular.
- Big Band appeared at the Sydney Opera House as part of the annual Festival of Instrumental Music. Concert Band 1 will also appear in August.
- Our students were awarded first place at the North Ryde Science and Engineering Challenge.
- The school won a 2014 Interface Go Greener \$1000 environmental award.

- Alistair, Victoria, Breanna, Jessica and Jessica were selected to attend State Music Camps.

In congratulating these students on their achievements, we also acknowledge the staff and parents who teach, encourage, manage and transport participants, frequently contributing of their time and talent well beyond expectations.

Geoff Wing
Principal

All Weather Waterproof School Jackets



New stock

New price

Now \$66.00 each
From Friday 1 August 2014.

'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.

WHERE ARE THEY NOW?

Former student, Tracey Attenborough, who is now a teacher of PDHPE at Model Farms High School, recently represented Australia as a member of the national Oz Tag team at the World Championships in Ireland.



We congratulate Tracey (front row, third from right) on her success.

Geoff Wing
Principal

CREATIVE AND PERFORMING ARTS

Congratulations to the following students who received an award for excellence in the Creative and Performing Arts at a recent assembly.

VISUAL ARTS

Year 7: Jacobin, Natasha, Emily, Jeremy, Evie, Laura, Elena, Tasya, Chloe, Jack, Keeley, Sam, Jesse.

Year 8: Emma, Violette.

Year 9: Georgia.

Year 10: Madison, Maddison, Jaime, John.

Year 11: Tahnia, Yohan.

Year 12: Kathleen, Eliza.

PHOTOGRAPHY

Year 12: Tayla.



DRAMA

Year 8: Tabitha.

Year 9: Jacob.

Year 11: Slade.

Year 12: Larissa.

THEATRESPORTS

Junior Team: Jade, Nathaniel, Courtney, Matthew, Callum.

Senior Team: Chris, Sarah, Emma-Clare, Eamon, Emma, James.



MUSIC

Year 7: Olivia, Jessica, Nathan, Shannon, Clyde, Ela, Andras.

Year 10: Stephanie.

Year 11: Victoria, Yvette.

Year 12: Lauren, Jules.



GP SYNERGY TRAINING

The following Year 12 students received an award for their participation in the GP Synergy training sessions in Adolescent Health and Small Group Facilitation throughout 2013 and for part of this year: Grace, Madeleine, Laura, Elizabeth.



Janelle Dennis
Head Teacher CAPA

PENNANT HILLS HIGH SCHOOL CREATIVE AND PERFORMING ARTS FESTIVAL 2014



Tuesday 12 August, **HSC Drama "Family and Friends Night"**, Drama Studio 203, starting at 7pm

Wednesday 13 August, **August, VA Exhibition**, MPC, open 11am – 3pm

Wednesday 13 August, **Stage 6 Music Soiree**, MPC, starting at 7.00pm

Thursday 14 August, **Visual Arts Exhibition**, MPC, open 9am – 3pm

Friday 15 August, **Visual Arts Exhibition**, MPC, open 9am – 8.30pm, with the Official Opening at 7pm

Wednesday 20 August, **Big Band Biennale**, MPC, 7.30pm

NSW SCHOOL BAND FESTIVAL

The NSW School Band Festival held at the University of New South Wales is the biggest gathering of school-aged performers in the annual music calendar. This year's Festival, held on Sunday 20 July, was so big that the performances had to be spread between two theatres.

Gold for Concert Band 2

Despite having to overcome some slight technical difficulties, Pennant Hills High School Concert Band 2 won Gold for its performance of *Pinnacle* and *Shadows Unleashed*. The band is to be congratulated for its hard work over many months, which has culminated in this outstanding achievement. Well done, Concert Band 2.



Junior Stage Band Silver

Performing at the split venue, Pennant Hills High School Junior Stage Band moved from their usual venue of the Sir John Clancy Auditorium, a traditional tiered concert theatre, to Leighton Hall in the University's newer Scientia building. Here the venue resembled not so much a musical amphitheatre but a jazz club. With a wall of ochre-coloured marble behind them, the bands performed in front of an appreciative audience seated at dinner tables ... and it proved to be a treat.

The Junior Stage Band performed two of their favourites, *Horn of Puente* and *Work Song*. Each piece featured a solo performance, with the first by Daniel on trumpet and the second by Josh on saxophone. Both the band and soloists played with great aplomb, showing the benefit of regular rehearsal of these two great pieces which they had obviously come to know well. While the band won a silver medal for their effort, it was all gold as far as the audience was concerned. Congratulations to the musicians and their conductor.

Big Band Goes Gold

The Pennant Hills High School Big Band gave another stellar performance, playing fourth in an Open Big Band event comprising 17 bands. Its renditions of *Whisper Not*, *Gospel John* and *Deedles' Blues* were received with enthusiastic applause. We are very proud to announce that Big Band also won Gold for their performance. Congratulations on an outstanding achievement, Big Band.

Anne Bassett and Tim Mendham



BIG BAND AT SYDNEY OPERA HOUSE

The Pennant Hills High School Big Band participated in the Banksia Concert at the Sydney Opera House on 24 June 2014. The band played *Gospel John*, featuring Adam on trumpet as our talented soloist. The performance was received with great enthusiasm from the appreciative audience. Members of Big Band enjoyed the opportunity to play at such a fantastic venue. We would like to thank and congratulate members of Big Band for a wonderful performance.

Jessica, Year 11

These photos were provided by a past student who was thrilled to see her old school band performing.



OUTSTANDING MUSICIANS

Congratulations to the following students who were chosen to attend State Music Camps held recently at Narrabeen: Breanna, Jessica, Jessica, Victoria and Alistair.

YOUNG WRITERS SHOWCASE 2013

Bronte will be presented with a copy of *Young Writers Showcase 2013* at Word Express, where she will be acknowledged for her exemplary extended composition written for the 2013 Higher School Certificate English Extension 2 course.



We congratulate Bronte and her English teacher, Mr Jamie Simpson.

Additional copies of *Young Writers Showcase 2013* will be available for purchase from the BOSTES online shop from the beginning of August:
<https://bosho.boardofstudies.nsw.edu.au/>

CHANGED YOUR DETAILS? HELP US KEEP IN TOUCH.



Have you changed jobs, moved house or changed phone number/s (including work and mobile) or email address/es?

Please make sure your details are up to date so we can contact you with important information or when your child needs you.

Changes must include a signature from a parent or caregiver and can be made in one of two ways.

- Change of Details forms are available for collection (by students, parents or caregivers) from Student Reception.
- Log on to the parent portal to check or change your details: My Child ➡ (Student's Name) ➡ Change Details ➡ Primary Email (eg.)

A current primary email address is very important to ensure you receive emails sent between school and home, including your students' academic reports.

INCREASE YOUR MOTIVATION

With thanks to the author: Andrew Fuller, Clinical Psychologist and Family Therapist, Ambassador for Mind Matters and Member of the National Centre Against Bullying. www.andrewfuller.com.au

More students find it harder to remain motivated in third term than in any other. So this is the time to give yourself a mid-year tune up and rev up.

The most important thing to know is that not feeling motivated hasn't really got much to do with motivation. It has more to do with feeling anxious and worried. In fact this is the formula:

Fear + Worry = Loss of Motivation

Motivation has more to do with overcoming your fears than anything else. It feels much easier to not put in than to risk failing at something. Fears loom larger if we try to avoid them. Let's discuss the most powerful self-motivation techniques.

Set small goals and one large one.


For each subject that you do at school, set a small goal each week. For example, a goal might be to read and understand Chapter 1. Write the goal down somewhere. When you have achieved that goal, give it a tick.

Decide to make your favourite subject at school the one that you will 'go for broke' in. In this subject your aim is to top the class. This is the subject that you will use to judge yourself by.

Get organised.

Get yourself up to date. If you have fallen behind in any subject, have a working bee to catch up. Ask others to help you. Ask teachers to help you by saying something like, 'I lost motivation for a while in this subject but now I'd really like to catch up.' If you have not been in the practice of taking notes, start. If you have become embarrassed about asking questions in class, set a goal of asking one question per class. If that is too embarrassing, ask the teacher after class. If you've missed notes, ask for copies of them. Write a revision summary for the subject to date, topic by topic. If your study area has become a mess, clean it up.

Use post-it notes to organise the steps towards a successful outcome.

 Write the successful outcome you have in mind for that subject.

 Write the step before that.

 And the step before that.

 And the first step you could take.

You wouldn't enter a marathon without doing a series of shorter training runs first, and the same

thing applies to doing well at school. Regaining your motivation is a step-by-step process.

Give up believing you know how smart you are.

Most people who feel unmotivated think everyone else knows more, is more talented, is smarter and has a lot more brains than they do. My research shows that most students have absolutely no idea how well they are going to do at school.

It is highly likely that you are more intelligent than you realise. It is also highly likely that most of the people around you in class are not quite as clever as they appear to be.

Build on your strengths and forget about your weaknesses.

Success in life is about doing more of what you are good at and less of the things you are not good at. Serena Williams is not well known because she can do Maths; Einstein wasn't well known because he played tennis. When you focus on the things you find more enjoyable and interesting at school, even the things you find harder become easier.

Use your time in school well.

Many people muck around in school and then wonder why they have to do so much work outside of school. Consider sitting towards the front in class. If you can focus and listen well while at school, you can save yourself endless hours. This is valuable time saved that you can use for hanging out with friends and having fun.

Be honest with yourself.

If you have felt unmotivated, you may have done anything to avoid doing the study time. The world is full of excuses that you can make: 'The dog needs a walk', 'I have to finish this game and then I'll study', 'I'll have a nap and study when I wake up.' You have to be tough enough on yourself to do the work **BEFORE** you do the computer games / TV watching / chat room messaging, etc.

Also be honest enough to admit to yourself that lying in bed, with the computer on, listening to music, with a DVD in the background and messenger open to chat with friends, is not and will never be, studying. Have some study time sitting up at a desk or table with **NO** electronic distractions on.

Change your routine.

If you've been finding it difficult to get yourself motivated, change your set pattern. For example, study in a local library rather than at home, or change the room you will study in.

Just as you learn to surf best by surfing, you learn to succeed in exams and essays by giving your undivided attention to your study. Practise in the same conditions you intend to perform in. There won't be electronics and music in the exam room.

Why should you care?

You might be able to dismiss all of the above points by saying, 'I can't do it' or 'I can't be bothered' or 'This sucks.' That is just the part of you that is scared that is talking you out of it. The scared part thinks that if you try and fail, it will be much worse than never having tried in the first place.

Think about what would happen if you applied this type of thinking to the whole of your life. You wouldn't learn music and start a band because U2, Pink and 50 cent have already done it. You wouldn't talk to someone you like because they would reject you. You wouldn't go to a place you would really like, because I would probably disappoint you. You wouldn't live the life you could live because you would lack the daring and courage.

Give up fear and gain motivation.

Do you know the number 1 fear of all time?

Death?	No.
Speaking in public?	No.

The number 1 fear that people have is that other people will think badly of them. And do you know what the biggest and saddest joke about that fear is? Most people don't think about you at all. Most people are so busy or so focussed on themselves that they haven't got the interest or the energy to judge whether you are good at something or not.

So, there is a chance that you could throw away a really successful, enjoyable life by worrying about something that doesn't even exist. So, as Yoda in Star Wars said, there is only do or not do. It is up to you. But don't make what other people might think of you if you stuff up, a reason for giving up on yourself.

So why listen to me?

I spend a lot of my time talking to adults who gave up on themselves at school and spend their lives doing boring jobs that don't pay very well. I spend even more of my time talking to students who have done really well in school after not being thought of as clever, or talented, or gifted or smart in any way.

These students have taught me the ingredients of success. Now you have them too. What you do with them is up to you.

Y20 YOUTH SUMMIT

On Tuesday 15 July, I was fortunate to have the opportunity to visit and observe the last day of the Y20 Youth Summit 2014 held at Dockside, Darling Harbour. During the four-day Summit, 120 delegates aged 18–30 from 25 G20 member countries joined together to communicate with influential world leaders about issues that are important to youth in societies globally. This year's major themes were youth growth and jobs creation, global citizenship and sustainable development. With a goal of influencing the present and shaping the future, the youth delegates had the opportunity to discuss and ultimately develop a three-page communiqué to put forward at the G20 Summit which will be held in Brisbane in November this year.

I was honoured to be one of six high school students in New South Wales nominated to observe the Summit. As I was present on the last day, delegates had completed the majority of their discussion earlier in the Summit, so I was able to sit in on, and participate in two master classes; *Turning Ideas into Actions* and *Communications and Campaigning*. Both sessions were run by very accomplished Australian women; Alissa Holton (Changemaking team at Foundation for Young Australians) and Karen Skinner (Australian Director, Change.org), and provided valuable information on developing leadership skills and the way I communicate and execute important group decisions. I was also able to join with the Australian delegation members as global teams discussed what plans they would put into practice to try to have the communiqué recognised and implemented in their countries in the future.

It was truly a privilege to have had the opportunity to visit and be a part of one day of this year's Australian Y20 Summit. It has given me a fantastic insight into the mindset of young people on a global level and that if you work together on a subject that you are passionate about, it is possible to have your voice heard and for you to make an impact for yourself and others.

Maddison
Year 11



TTW helps young adults with special needs to explore their career options and to find a job that they love through work experience, fun and educational excursions, and group activities. Professional staff will guide you through developing a personal plan that will take you to your career goals.

Pierre's dream was to work in Hospitality. TTW helped him to get great industry references and linked him with TAFE to get his Hospitality certificate and his Responsible Service of Alcohol (RSA) qualification, which widened his employment options. TTW staff supported Pierre to learn his work tasks and by the time Pierre graduated from TTW, he already had a job in a local café.

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🌐 www.normanhurstdental.com.au



COMMUNITY NOTICES AND CONTACTS

COMING EVENTS



Beauty and the Beast—Riverside Theatre, Parramatta: 18 July—2 August 2014. Experience the magic and enchantment as the most beautiful love story ever told is brought to life in a dazzling new production that will delight the whole family, with a star-studded cast including our very own Eamon Moses.

Session Times and Bookings: riversideparramatta.com.au OR 8839 3399

Hornsby Touch Football Registration: Wednesday 23 July online / Wednesday 30 July (4.30—6.30pm) in person
Ten-week competition starts 10 September 2014. All games are on Wednesday afternoons at Foxglove Oval, Mt Colah. Boys and Girls aged 9—17. Family Registration: 1st child \$55; 2nd child \$45; 3rd child \$40 - playing shirt included.
hornsby.mytouchfooty.com or email Carol Jones hornsbytouch@hotmail.com

Kenthurst Preschool Fete: Sunday 3 August 2014, 10.00am—3.00pm at Rotary Park, Nelson Street, Kenthurst
Rides, giant raffle, ponies, kids' craft, café, hot food, plants, cupcake decorating, face painting, entertainment and more. Kenthurst Preschool is community based and not for profit. **More information:** fete@kenthurstpreschool.org.au

Parent Forum: Understanding Your Teenager—Body Image: Monday 18 August 2014 from 6.30pm—8.30pm
Exploring the pressures placed on young people to be an 'ideal' shape and size; clarifying myths and assumptions about body image and related disturbances. **Location:** Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway Gordon.
Cost: \$5.00. **More Information:** Ku-ring-gai Council Youth Services - 9416 9824 or www.kyds.org.au
Bookings Required: 9424 0837 or youth@kmc.nsw.gov.au

FREE Workshop - Teenagers, Alcohol and Drugs: Friday 22 August 2014 from 9.00am—12.00 noon
Paul Dillon, founder of Drug and Alcohol Research and Training Australia, will give access to the latest information, with an emphasis on how it impacts school based young people. An invaluable opportunity for parents and teachers. Brought to you by 2realise, Wesley Family Centre, MTC Australia, and Castle Hill Police. Supported by Hills Shire Council.
Location: Castle Grand, 1-7 Castle Street, Castle Hill. **RSVP:** natalie.paoli@2realise.org.au or 9639 7999

University of Wollongong Sydney Business School Open Day: Saturday 30 August 2014 from 10.00am—2.00pm
Learn about new degrees in banking and financial services and meet lecturers. Students can also tour the campus, meet students, corporate partners and the Executive Dean of the Faculty of Business.
Location: Sydney Business School Gateway Building, Level 8, 1 Macquarie Place, Circular Quay
RSVP: Monday 25 August 2014 to business-events@uow.edu.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.
Next information session: Tuesday 29 July 2014 at 7.00pm

LATTITUDE AUSTRALIA Volunteering and gap year placements for U/25s - www.lattitude.org.au or (03) 9826 6266

Student Exchange Australia NZ scholarships available - www.studentexchange.org.au or 9997 0700.
Information Session: Wednesday 30 July 2014, 7.30pm—Adina Apartment Hotel, Cnr Kent and Bathurst Sts, Sydney

World Education Program Australia (WEP) www.wep.org.au or 1300 884 733.
Information Evening: Tuesday 29 July 2014, 7.30pm—9.00pm, Level 1, 405 Crown Street Surry Hills

Australian Institute of International Understanding (AIU) 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

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.nsyuo.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

Lion's Park Tae Kwon Do and Self Defence: Pennant Hills and West Pennant Hills. Leanda Bell - 0410 316 284

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.nscchahs.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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