



JUMBUNNA

Fortnightly Newsletter of Pennant Hills High School

Friday 17 October 2014

Term 4 Week 02B



Mr Geoff Wing
Principal

Mr Brendan O'Byrne
Deputy Principal

Miss Amanda De Carli
Deputy Principal

Laurence Street, Pennant Hills NSW 2120

P: 9473 5000 F: 9473 5099

E: pennanthil-h.school@det.nsw.edu.au

W: www.pennanthil-h.schools.nsw.edu.au



Miss Amanda De Carli joins us from Chifley College Bidwill Campus where she held the position of Head Teacher PDHPE for six years and within this time relieved as Deputy Principal for an extended period of time spanning more than four years.

She holds a Bachelor of Education (Human Movement and Health Education) from the

University of Sydney and various qualifications in the fitness industry, including endorsements as a Group Fitness Instructor, Advanced Strength Coach and Personal Trainer.

With extensive experience in the PDHPE and Human Movement field, Miss De Carli is currently a board member and presenter for the Australian Council for Health, Physical Education and Recreation (ACHPER) NSW and is the NSW representative for the Australian Health Promoting Schools Association. In particular, over the past three years she has been working alongside Associate Professor Smita Shah (University of Sydney) as the Triple A program Asthma Education Consultant.

In her spare time, Miss De Carli enjoys going to the gym, cycling, running and competing in charity races. Last year she placed third in the 'Kayak for Kids' open water 18km kayak race and is looking forward to competing in her first triathlon.

As Deputy Principal at Pennant Hills High School, Miss De Carli will assume all the responsibilities previously carried by Mrs Dennett, including assessment and reporting, community engagement, school planning and strategic direction, teacher professional learning and student welfare. She is currently the Deputy Principal with primary responsibility for Years 8, 10 and 12 and, in line with current practice at our school, will maintain oversight of this group of students throughout their secondary schooling, with her primary responsibility following them into Years 9 and 11 next year when she will also assume responsibility for our incoming Year 7 students.

I am delighted to welcome Miss De Carli to our school and look forward to having her as part of the executive team as we continue to work towards providing the best possible education and learning environment for our students.

Geoff Wing
Principal

LOOKING FORWARD

Term 4 2014

Week 3A	Monday	20 October	Year 9 Examinations (all week)
	Friday	24 October	Year 7 Basketball Coaching
	Saturday	25 October	GREAT PENNO RENO III
Week 4B	Sunday	26 October	GREAT PENNO RENO III
	Monday	27 October	Year 9 Examinations (all week)
	Monday	27 October	Year 8 Examinations (all week)
	Monday	27 October	Year 7 Examinations (all week)
	Monday	27 October	Library Stocktake (all week)
	Tuesday	28 October	P&C Meeting - 7.30pm in the Library
	Friday	31 October	Year 7 Basketball Coaching
Week 5A	Monday	3 November	Year 10 Examinations (all week)
	Monday	3 November	Library Stocktake (all week)
	Thursday	6 November	Meet the Music - 6.30pm
	Friday	7 November	Year 11 Society and Culture PIP Study Day
	Friday	7 November	HSC examinations conclude
	Friday	7 November	Year 12 Sign-out Day - 9.00am – 1.00pm
	Friday	7 November	Year 7 Basketball Coaching
Week 6B	Friday	14 November	The Happiness Cycle Program (selected Year 10 students)
	Friday	14 November	Year 7 Basketball Coaching
Week 7A	Monday	17 November	HSC <i>All My Own Work</i>
	Tuesday	18 November	HSC <i>All My Own Work</i>
	Tuesday	18 November	Band Rehearsal for Orientation Day (MPC 8.00am - 12.00 noon)
	Tuesday	18 November	Choir Rehearsal for Orientation Day (MPC 12.00 noon - 2.30pm)
	Thursday	20 November	HSC <i>All My Own Work</i>
	Thursday	20 November	Peer Support Training (Pds 1 - 3A)
	Friday	21 November	Peer Support Training (all day)
	Friday	21 November	Year 7 Basketball Coaching
Week 8B	Monday	24 November	Year 10 <i>My Life, My Future</i> Conference (all week)
	Tuesday	25 November	P&C Meeting - 7.30pm in the Library
	Friday	28 November	Year 7 Basketball Coaching

ASSESSMENT TASKS FOR YEAR 11

Term 4 2014

Week 3A	Tuesday	24 October	Visual Arts: 'Gallery Hop' - hand in
	Friday	24 October	CAFS: Project Plan (11CF1 - Pd 2, 11CF2 - Pd 3)
Week 4B	Monday	27 October	Modern History: Source Analysis (in class)
	Friday	31 October	Society and Culture: Research Report - hand in
Week 5A	Monday	3 November	Music 1: Research and Presentation (in class and hand in)
	Tuesday	4 November	Biology: Practical Report (hand in)
	Friday	7 November	Society and Culture: PIP Study Day
Week 6B	Monday	10 November	Drama: Individual Project Oral Task (Pd 2 in class and hand in)
	Wednesday	12 November	Ancient History: Source Task - hand in
Week 7A	Monday	17 November	Music 2: Composition Portfolio Progress - hand in
Week 8B	Monday	24 November	Economics: Research Task (Pd 4 in class)
	Monday	24 November	Food Technology: Practical and Report (11FT2 - Pd 3, 11FT1 - Pd 4)
	Tuesday	25 November	Food Technology: Exam-style Question (11FT1 - Pd 3)
	Wednesday	26 November	Food Technology: Exam-style Question (11FT2 - Pd 1)

DEPUTY PRINCIPAL'S REPORT



Term 4 has started with its usual high hopes of summer coming, the anticipation of upcoming exams and the joy of seeing friends lost for the vacation break.

The Year 12 formal held at the Marriott Hotel was an outstanding success. Looking good enough to parade down any red carpet, the students all carried themselves

with great dignity, aplomb and maturity throughout the evening.

Year 12 is currently undergoing the rigours of their HSC examinations and so far they seem to be handling them with calm application and dedication to do their best. It is a stressful time for some and people respond to stress differently. Stress is a natural response and often has a positive effect on performance. Most students I have spoken to post exams are both pleased with their response and relieved to have another out of the way. They do us all credit.

On a related matter, Year 11 attended a 'Surviving the HSC' evening where speakers including past student Stephanie Corish, her parents, Year Adviser Mrs Leadbitter, Careers Adviser Mr Symons, psychologist Dr Valerie Ling and special provisions coordinator Mrs Heywood all gave their view on how to approach the upcoming year. The information was very well received, with many of the audience expressing their satisfaction and gratitude for the timely advice.

Junior examinations will all take place during Weeks 4 and 5, carried out in class during normal class time. The topics to be tested are all given to the students, but as a general rule, a yearly exam is just that, it examines the year's work. Content is important to know, but so is mastery of skills and problem solving ability that is best tackled with practice of these styles of questions.

In consultation with the school's executive and wider community the previous practice of Year 7 choosing some electives for Year 8 has been reviewed and the outcome is that Pennant Hills High School will fall into line with most of the schools in the state and not offer electives for students at this stage of their schooling. The students will instead be given a term of 'taster' subjects which will include Visual Arts, Performing Arts, Agriculture and Computers. The idea is to deepen the experience of these subjects and give the students a better idea of appropriate elective choice for Years 9 and 10.

With great pleasure I am able to announce that much of 'Stage Two' of the oval upgrade is well under way. The oval has been stripped of its old surface, levelled and resurfaced complete with drainage and irrigation sprinklers connected to the water tank. In time the tank will be connected to the COLA for rain water collection, thanks to the generosity of a donor who wishes to remain anonymous. The oval looks absolutely magnificent, and the rain gods have done their bit to really help us along. It will be available for use in about six weeks, and there have been many enquiries from impatient students wanting to get on it and have fun. In the meantime, during breaks the students will be allowed on the far oval for recess and lunch to give valuable time for being 'physical'.

Lastly, I would like to extend a very warm welcome to our new deputy Miss De Carli. She has very quickly shown just how much potential she has and is thrilled to be at our school and has commented often on just how good it is here in terms of student application, manners and general high school tone. The school is equally lucky to gain somebody of such calibre.

Brendan O'Byrne
Deputy Principal

Thank You

Following are excerpts from a letter received recently by Mr Wing.



From the caregiver of a Year 12 student:

My husband and I would like to thank you, Mrs Currie and Mrs Frida for allowing us to attend the Year 12 Graduation. I was especially moved by the speeches from you and Mrs Frida. I was impressed that as educators you emphasised the fact that there are other options available to students when things don't go their way. There was a time when a student didn't get the results they expected they forever felt that they could not pursue the path they planned for.

I was truly inspired and at some occasions I had tears in my eyes. You talked about the lifelong love of learning and the appreciation of reading. You passed on to those young men and women your passion and I think that was admirable. I cannot end without commenting on the high quality entertainment. The young lady who sang a tune from the movie The Mission was inspiring and the rendition was beautiful. The piano piece Moving River was also beautiful, and the guitar piece was unconventional and inspiring.

A huge thank you to the teachers, administrative and support staff who have been instrumental in helping these students on this journey called high school.

I think today you have every reason to be proud.

CREATIVE AND PERFORMING ARTS

CAPA and the HSC

We have had a busy few weeks, with HSC markers visiting the school. On Wednesday 20 August, Drama students had their group and individual performances assessed before a select group of students who made up the audience. On Thursday 4 September, Music 2 and Music Extension students performed for the markers, whilst on Friday 5 September it was the turn of our Music 1 students to be assessed. The HSC Visual Arts students will have their Bodies of Work marked at school this year by a team of HSC Visual Arts itinerant markers, who will visit the school later this month.

All CAPA staff members wish our students the best of good health, preparation, time management and luck as they work towards completing the written component of their HSC Drama/Music/Visual Arts courses. It has been a pleasure working with such an engaging and talented group of students.

CAPA Team 2015

Our strong cohort of senior Drama, Music and Visual Arts students were asked recently to nominate for the position of CAPA Captains for the remainder of 2014 and 2015. We received excellent, well-drafted applications and have decided to engage the following Year 11 students to form a CAPA Team to support and promote CAPA faculty events and festivals over the next 12 months. Congratulations to our 2015 CAPA Team: Chris, Sarah, Slade, Emma-Clare, Eamon and Emma.



Visual Arts on Display

Each year the Visual Arts Faculty displays the work of students from all year groups in various offices and foyers around the school. With these artworks about to be changed over for a new display, we are preparing a list of all students with artworks on curatorial display for inclusion in a later edition of *Jumbunna*. We will continue to keep some artworks on permanent display and will notify these students.

This is a wonderful accolade for the students whose artwork will remain on the walls of Pennant Hills High School long after they have moved on to new and exciting ventures.

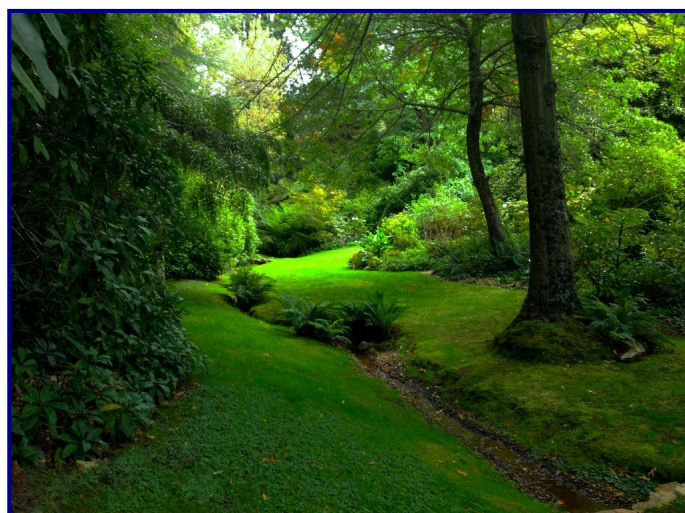
Janelle Dennis

Head Teacher CAPA

Beecroft in Bloom Photographic Competition

Congratulations to the students who entered the *Beecroft in Bloom* Youth Photographic Competition, held last month. The Beecroft-Cheltenham Lions Club received 37 entries from Cheltenham Girls, Normanhurst Boys and Pennant Hills High Schools, forming the youth photographic exhibition which was on display throughout Beecroft Village in September.

First prize was awarded to a student from Cheltenham Girls and second prize was awarded to a student from Normanhurst Boys High School.



The students from Pennant Hills High School who entered the photographic competition are to be commended on their high standard of work. Well done, Aimee, Matthew and Sarah.



Strange Still-Life

Year 9 explored the theme of a *Strange Still-Life* for their Term 3 art making. Having researched a variety of classical and unusual still-life, students created a still-life protruding from the canvas using paper, tissue, cardboard and small boxes.

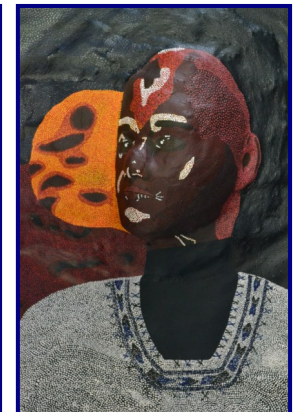
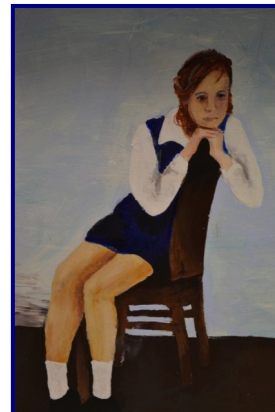
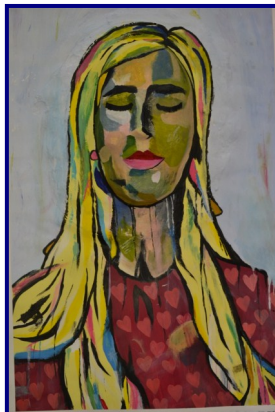


They chose a light source and a colour scheme and then started painting. The artworks had to include the same list of items, and the end results were quite different and all very successful.

Kirstie Clark
Visual Arts Teacher

Archibald Exhibition

Earlier this year, Year 10 Visual Arts students visited the Art Gallery of New South Wales to view the annual Archibald Exhibition. Travelling by foot and train, we nervously watched the grey skies for rain. We enjoyed winding our way through a fully packed exhibition, photographing and sketching portraits as research which would be developed back at school to use as a basis for a variety of artworks. Lunch in the park remained dry, and so did the trip home.



The three classes each produced different styles of portrait painting, but all of them chose an image they admired and then placed themselves into the artwork instead of the original person. One class painted on canvasses, another painted inside drawers and the third class painted on plaster casts of their own faces. Their artistic results were very successful.

Kirstie Clark
Visual Arts Teacher

CHOIR FORMALLY UNVEILED

On the night of Thursday 18 September our school choir sang at the Primary Proms Uluru Concert at Sydney Town Hall. Our school choir was privileged to be amongst the concert bands and choirs from across NSW who were invited to perform.

Conducted by Rachel Kelly and accompanied by Carol Coomber, the choir impressed the audience with their outstanding rendition of *A Sea Change* composed by Ian Jefferson.



After many weeks of rehearsing and practising and after their marvelous debut at the Visual Arts Exhibition, this was their first ever public recital in an auditorium full of people – a big step up from a tiny hall. Nerves were definitely shaking at the time, but with the support of their conductor and two former Pennant Hills High School students, Cameron and James, confidence and courage were found and the choir sang brilliantly.



As expected, these very talented choristers gave it their all, and provided nothing but the best.

Tessa and Matthew
Year 10

'10% ON TOP'

Year 11 will commence the '10% on Top' Program for 2015 later this term. This program, in its seventh year of operation, aims to assist and support our senior students as they progress through their HSC year. Early last term, Year 11 were surveyed to ascertain their perceptions of their own study patterns and life beyond the HSC. Teachers were then given a summary of the survey, and students and parents will receive a summary with an introductory letter when the program commences.

Thirty members of staff at Pennant Hills High School have volunteered to be mentors to approximately five students each throughout 2015. They will meet informally with their students, either in a group or individually, to discuss issues such as time management, stress management, coping with assessment tasks and schedules, results, meeting expectations, having realistic expectations, nutrition and health, and life beyond the HSC. By working more closely with our senior year group, and with the backing of parents and the wider community, we aim to give our students the best support in order to reach their potential in the HSC.

GP SYNERGY TRAINING SESSION

in Adolescent Health and Small Group Facilitation

We currently have 12 Drama students, six each from Years 12 and 9, involved in training sessions with Sydney University helping to train medical students and registrars to work with adolescent patients. The students visited Hornsby Hospital and the GP Synergy venue at North Sydney and Chippendale as part of the program.

The students from Year 12 are Chris Anderson, Sarah Barry-Corderoy, Jessica Elliott, Eamon Moses, Emma Pendleton and James Weir.

From Year 9 the students are Eliza Colley, Jacob Durney-Steel, Jessica Hook, Morgan Relf, Thomas Scammell and Alicia Scott.

It is a very rewarding experience for all participants, and these students are to be commended for their commitment and community-mindedness.

Janelle Dennis
Head Teacher CAPA

It's almost here ...

Great Penno Reno III

25 and 26 October 2014

A NOTE FROM LOTE

Bienvenue! Huan Ying 欢迎!

This means 'welcome' in French and Chinese.

It has been an exciting year for our French and Chinese students.

Our Year 8 Chinese classes participated in many cultural activities. These included calligraphy lessons, where students used a calligraphy brush to write Chinese characters on rice paper. As well as this, we organised a video conference with a Year 12 student who won the 2014 Chinese Bridge Competition, and he shared his positive experiences of learning Chinese. The highlight, however, was the cooking session, in which students learnt how to make dumplings, and of course, eat them.



Years 8 and 9 French classes experienced 'un petit déjeuner français' (a French breakfast) and enjoyed a selection of French pâtisserie, which included a croissant, a chocolate croissant, a vanilla slice and a chocolate éclair.



Year 10 learnt how to make 'pain perdu' (French toast) and Year 12 enjoyed a chocolate fondue for their last lesson at Pennant Hills High School.



They also participated in an HSC Speaking Skills Day at International Grammar School.

Michael Anthony and Alva Li
Teachers - Languages other than English

SPORT REPORT

Tennis Challenge

On the evening of Saturday 4 October 2014, Pennant Hills High School had four teams competing in the Secondary Schools North West Tennis Challenge. We placed equal first overall, receiving two gold medals and one silver. Congratulations to our competitors, Jack, Jasper, Thomas, Ben, Adrijan, Shivani, Robert and Henry.

CHS OzTag

Congratulations to Jamilee of Year 11, who has been selected to play for the Warriors Mixed U/20 National OzTag team. We wish Jamilee the best of luck for the national competition to be held in Coffs Harbour from 15 to 17 November 2014.

Senior Sport Prefects

We are pleased to congratulate Ewan, Caitlin, Erika and Danusha on their recent election as Senior Sport Prefects. These students will join with Sport Captains, Maddie and Jonathon, and Sport Vice Captains, Angus and Lini, to form the student sport executive for the next 12 months.

We look forward to the valuable support and leadership these students will provide in the planning of our school's sporting events.

Valmé Kruger
Sports Coordinator

RELAY SUCCESS

Congratulations to our 16 years 4x100m relay team comprising Dakota, Caitlin, Erika and Georgia, who placed second at the NSW Schools Relay Championships on Monday 15 September 2014.

This was an outstanding achievement for our dedicated team of girls, considering Georgia and Dakota are competing in an older age group. This final event on the relay calendar capped off another successful year for the team who were crowned Ku-ring-gai Zone and Sydney North Champions, and Combined High School Finalists.



It has been an absolute pleasure coaching these students again this year and I look forward to another successful year ahead.

Charlene Stewart
Relay Coach and Team Manager

Thank You

Following are excerpts from a letter received recently by Mr Wing.

From Lutanda Manor to students and teachers of Year 12:

On behalf of the residents who attended the morning tea and concert, 'Thank You'. Feedback received has been extremely positive, even better than last year from some. Well done. We look forward to next year.

In the meantime, all the best of luck to each and every one of you for this year's HSC. There is life after high school ... enjoy it.



REMINDER

HSC ALL MY OWN WORK

Week 7, Term 4 2014 (17, 18 and 20 November)

In designated classes at school
or as a homework assignment

Five modules to read.

Five quizzes to complete.

A student must achieve **not less than 80%** on each quiz.

COMPULSORY FOR ALL YEAR 10 STUDENTS

Students who know they will not be present on these days must see Mrs Whitlock in the library as soon as possible.

'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.

USED CLOTHING POOL

We currently have available a large quantity of
boys' grey trousers and shorts
at \$10.00 each.

Students can arrange a suitable time with Mrs Bain in the Print Room if they wish to try on uniform items. Parents are advised to phone the school prior to visiting to check size and item availability.

CAREERS @ PENNANT HILLS HIGH SCHOOL

Careers Advisory Service

The Careers Advisory Service is an annual initiative which gives students and their caregivers up to date information about the range of relevant career and study options available following the release of the Higher School Certificate results by the NSW Board of Studies Teacher Educational Standards (BOSTES).

This service complements other services provided by BOSTES, The Universities Admissions Centre, TAFE NSW, universities and other providers. Experienced careers advisers from government high schools staff the Advisory Service and offer a professional, friendly and impartial service.

In 2014 there will be:

- Phone-in service - this free state-wide service will operate 18–19 and 22–23 December 2014. **Telephone 1300 300 687.**
- E-mail service - this free state-wide service will operate between 18 and 23 December 2014. Access to the service is through www.cas.det.nsw.edu.au.

Good Luck, Year 12

Good luck and best wishes to all Year 12 students for your HSC examinations. Study hard and rest well, knowing that we are all wishing you success as you follow your dreams.

William Angliss Institute

Students considering studying at the William Angliss Institute (WAI) are encouraged to apply for the February 2015 intake now. WAI specialise in tourism, events and hospitality, and have opened up for applications to their diploma programs starting early next year. They are hosting a student and parent information evening at their Surry Hills campus (26–32 Waterloo Street, Surry Hills) from 5.30pm on Wednesday 19 November.

LEVEL UP CAREERS COMPETITION

For your chance to win one or more amazing prizes, tell us in 200 words or less why you want an exciting career in hospitality.

Enter the NSW Level Up Careers Competition for your chance to win exciting hospitality career prizes including Master Classes, behind-the-scenes experiences, mentoring sessions and exclusive opportunities to meet talented industry professionals.

This competition is supported by chef and Director of Rockpool Group, Mr Neil Perry AM.
Competition closes Friday 31 October 2014.

MORE INFORMATION
www.facebook.com.au/levelupcareers

Macleay College Industry Days (Years 10–12)

These industry days help senior students to get an idea of what working in their chosen career would entail and the skills they will need to get there.

If you are interested in these events, book early, as places are **strictly limited to 20 people per session**.

- **Sports Management**
– Saturday 25 October: 10.00am – 1.00pm
- **Journalism**
– Saturday 25 October: 10.00am – 1.00pm
- **Event Management**
– Saturday 1 November: 10.00am – 1.00pm
- **Travel and Tourism**
– Saturday 1 November: 10.00am – 1.00pm

RSVP at <http://macleay.edu.au>

Tourism and Hospitality Master Class

The Tourism and Hospitality Section at Nepean TAFE will be running group master class workshops to provide students with training in cooking and coffee making.

The classes will run on Wednesday 5 November from 9.00am to 3.30pm, with an information and enrolment session to be held on Wednesday 29 October 2014 at 3.30pm in Building H, Entrée Restaurant, Kingswood Campus, 2–10 O'Connell Street, Kingswood.

Students with special potential in the hospitality industry should contact me in the Careers Office to seek nomination to one of these master classes where they will receive coaching by talented and highly experienced professionals in the field.

Ashley Symons
Careers Adviser

NORTHERN SYDNEY INSTITUTE OF TAFE

HSC and TPC Course Information Evening

Tuesday 11 November 2014 at 6.00pm, St Leonard's Campus

Students have the opportunity to study units in the Certificate IV in Tertiary Preparations (TPC) and the Higher School Certificate (HSC). Potential students and their parents are encouraged to attend the information session. Teachers and careers advisers also welcome.

Contact TPC Coordinator: 9942 0743 or HSC Coordinator: 9942 0721

Youth Mental Health First Aid

This course is **not for adolescents to attend**. It teaches adults how to assist adolescents who are experiencing a mental health crisis or developing a mental health problem, until appropriate professional treatment is received or until the crisis resolves. Any interested adult can attend. Participants in this 14-hour course receive a copy of the *Youth MHFA Manual* to keep and a certificate of completion.

Contact Ngaire Young, Business Capability Specialist: 0438 013 404



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.

Josh's plan allowed him to try a variety of different industries and analyse which one he liked best. When Josh decided he wanted to work in the Automotive industry, TTW staff helped him to link with TAFE, and employers in the industry. Josh is graduating TTW in 2014 and will be competitive in this industry to land the job of his dreams!

AbilityOptions.



Call 8811 1717 abilityoptions.org.au



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

Saturday 9am-1pm

Thursday- After Hours (5-7pm) by prior Appointment

33, Normanhurst Rd, Normanhurst-2076

☎ 99898565 ✉ normanhurstdental@gmail.com

🌐 www.normanhurstdental.com.au



COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Free Parent Workshop: Wednesday 29 October 2014, 6.45pm at William Clarke College, Kellyville

Motivational speaker, Glen Gerreyn will provide skills to equip parents for raising resilient and successful teenagers.

Bookings essential: Contact Natalie.paoli@2realise.org.au or phone 9639 0253.

Bare Creek Trail Run - raising funds for St Ives Park Primary School and the NSW SES: Sunday 2 November 2014

The event takes runners and walkers through the Garigal National Park, St Ives, with a 10km trail run for beginners and experienced runners alike, and a 6km run/walk for families and individuals of all running/walking abilities.

Great category prizes and spot prizes on the day. **Entries online:** www.barecreektrailrun.com

Normanhurst West Public School Family Fun Day: Sunday 2 November 2014

Market stalls, 14 exciting rides, books, food stalls, games, trash and treasure, pony rides and petting farm.

Unlimited ride tickets (\$30.00) online at www.flexischools.com.au (search for Normanhurst West PS).

Information: www.normanhurstwestpandc.com.au

St Lucy's School Parent Support Group FREE information evening: Wednesday 5 November 2014 at 6.00pm

Resources and information about nutrition and opportunities for sport and recreation for your child. All parents and carers welcome to attend. Light refreshments will be served. Bookings essential.

Information and Registration: laurenm@stlucys.nsw.edu.au or jenniferg@stlucys.nsw.edu.au or phone 9487 1277

Chinese Parents' Forum: Thursday 6 November 2014, 6.00pm at 7 Victor Street, Chatswood

School Performance and Your Child's Mental Health (forum delivered in Mandarin)

Enquiries: 9777 7992 **Bookings essential:** rita.leung@willoughby.nsw.gov.au

Parent Forum: Understanding Your Teenager: Monday 17 November 2014 from 6.30pm—8.30pm

Families: Hard Work and Hardly Working – Family dynamics and ways to integrate your teenager into the family unit.

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

Parenting Education for Parents and Carers: Chatswood Community Health Centre - various dates during Term 4.

Facilitated by the Northern Sydney Local Health District, these course address issues relevant to children at all stages of development, from toddlers to teenagers. **More information:** www.nslhd.health.nsw.gov.au/services/CAP

STUDENT EXCHANGE PROGRAMS

Southern Cross Cultural Exchange www.scce.com.au or 1800 500 051. Info Session: **11 November**

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

Student Exchange Australia NZ 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.aiiu.om.au or 1800 174 407 - program costs apply.

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

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

AFS Intercultural Programs Australia www.afs.org.au or 1800 023 982

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

Pennant Hills District Cricket Club: (15 years and over) pennanthillscricket.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.dbsw.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.nsyo.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.

Cherrybrook Athletics Club (children aged 5–16): Friday nights 5.45pm–8.00pm www.cherrybrookathletics.org.au

Taiko Drumming (a blend of choreography, drumming, movement and music for everyone): www.taiko.com

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.

COMMUNITY SERVICES AND SUPPORT

Free adult literacy and numeracy classes—Meadowbank TAFE: 9942 3572. Reading, writing and speaking.

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

English Classes—Wednesday evenings from 7.00pm—9.00pm during school terms. Cost \$3.00 per week.
West Pennant Hills Community Church, 41–43 Eaton Road, West Pennant Hills. Information and to register: 9872 4200.

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.

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

Ability Links: supporting people with a disability, their families and carers to achieve their goals in life.

For more information phone 8830 0768 or email abilitylinks@unitingcarens.wact.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 (the Hills): 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.

DISCLAIMER

Advertisements in this newsletter are included as a community service or a source of revenue to offset newsletter production costs. They should not in any way be seen as an endorsement or recommendation by the school.