



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 31 October 2014

Term 4 Week 04B

GREAT PENNO RENO III

What a great example of community spirit we witnessed on the weekend of 25 and 26 October 2014. The third Great Penno Reno saw past and current students, families and staff come together to further enhance the learning and working environment at our school.

The benefits achieved through this enthusiastic display of camaraderie and common purpose are immeasurable. It is easy to see why this has become one of the most popular community events on our school calendar. Congratulations to everyone who played a part in the success of our latest 'reno'.

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

THE GREAT PENNO RENO



Congratulations and Thank You

LOOKING FORWARD

Term 4 2014

Week 5A	Monday	3 November	Year 10 Examinations (all week)
	Monday	3 November	Library Stocktake (all week)
	Wednesday	5 November	HSC examinations conclude
	Thursday	6 November	Meet the Music - 6.30pm
	Friday	7 November	Year 12 Sign-out Day - 9.00am – 1.00pm
	Friday	7 November	Year 7 Basketball Coaching
	Friday	7 November	PSC Leading with Action Workshop
Week 6B	Wednesday	12 November	ESSA Test (Year 8)
	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)
	Tuesday	18 November	Transition to High School Program
	Thursday	20 November	HSC <i>All My Own Work</i>
	Thursday	20 November	Peer Support Training (Pds 1 - 3A)
	Thursday	20 November	Sport Trials (for 2015)
	Friday	21 November	Peer Support Training (all day)
Week 8B	Friday	21 November	Year 7 Basketball Coaching
	Monday	24 November	Year 10 <i>My Life, My Future</i> Conference (all week)
	Tuesday	25 November	Transition to High School Program
	Tuesday	25 November	P&C Meeting - 7.30pm in the Library
	Thursday	27 November	Sport Trials (for 2015)
Week 9A	Friday	28 November	Year 7 Basketball Coaching
	Monday	1 December	Year 7 Swim School
	Monday	1 December	Year 10 Bronze Medallion
	Tuesday	2 December	Year 7 Swim School
	Tuesday	2 December	Year 10 Bronze Medallion
	Tuesday	2 December	Transition to High School Program
	Wednesday	3 December	Year 7 Swim School
	Wednesday	3 December	Year 10 Bronze Medallion
	Wednesday	3 December	Year 7 2015 Orientation Day
	Thursday	4 December	Year 10 <i>My Life, My Future</i> Conference
	Thursday	4 December	Sport Trials (for 2015)
	Friday	5 December	Year 7 Swim School
	Friday	5 December	Year 10 Bronze Medallion
	Friday	5 December	Year 7 Basketball Coaching

ASSESSMENT TASKS FOR YEAR 11

Term 4 2014

Week 5A	Monday	3 November	Music 1: Research and Presentation (in class and hand in)
	Friday	7 November	Biology: Practical Report (hand in)
Week 6B	Monday	10 November	Drama: Individual Project Oral Task (Pd 2 in class and hand in)
	Monday	10 November	Industrial Technology
	Wednesday	12 November	Ancient History: Source Task (in class)
	Friday	14 November	IPT: Major Project
Week 7A	Monday	17 November	Music 2: Composition Portfolio Progress (hand in)
	Wednesday	19 November	Mathematics Extension 1
	Friday	21 November	Biology: Practical Task (Periods 1–3)
	Friday	21 November	Biology
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)
	Wednesday	26 November	Agriculture
	Thursday	27 November	Mathematics Extension 2
	Thursday	27 November	Mathematics General 1
	Friday	28 November	History Extension

PRINCIPAL'S REPORT



Great Community Spirit

The third *Great Penno Reno* was a fantastic celebration of the wonderful community spirit that exists at our school. Over the past two years, parents, students and staff have worked together to improve our gardens and other facilities, rejuvenating

many areas of the school in need of improvement. On Saturday 25 October, there were over 180 volunteers, many of whom were current students, who showed great pride in their school by giving up their time to make our school a better place, and who worked tirelessly in hot conditions. The coordination of the weekend was superb, and I take this opportunity to sincerely thank Penny Dean, Margo Leggott and all other members of the parent organising committee for their tireless efforts, and as always, teacher Chris Raper who continues to liaise with the P&C. Thank you to our wonderful students and all of the volunteers who assisted during the weekend.

HSC Examinations Progressing Well

I am pleased to report that our students are progressing well with the examinations. Unfortunately, some have had to battle illness at this important time and a number of our students have been unable to sit one or more examinations. This is an opportune time to remind all students who will sit HSC examinations in future years about the importance of doing as well as they can in their internal, school assessment tasks during Year 12; BOSTES may use marks gained in these tasks to determine final HSC marks in the event of proven, documented illness or misadventure.

Our HSC Presiding Officer, Mrs Lewis, has been glowing in her praise of our students for their excellent attitude and behaviour toward these important examinations. We thank Mrs Lewis for her superb efforts as HSC Presiding Officer.

Success in a Range of Endeavours

You may have read a recent article about our school in a local newspaper which showed the wonderful diversity of our school's programs and successes. The article emphasised that the proud tradition of outstanding student achievement has continued this year, highlighting just some of the areas in which our students have excelled. Inclusion of a student in the *HSC Young Writers' Showcase*; success by all of our debating teams in the *Premier's Debating Challenge* in progressing to zone and regional finals; the remarkable efforts of our *RoboCup* team being crowned NSW Champions in the Open Premier Rescue division; and Concert Band One's Gold Medal in the NSW

School Band Festival were featured in the article. Congratulations to all of our students, staff and parents who helped our students achieve these outstanding results.

Oval Upgrade

The returfing and installation of the automated irrigation system for the oval are now complete. We are currently looking at cost effective ways to harvest water from the COLA in order to minimise the need to pay for water for irrigation. While the oval will be closed for most of this term, the final stages of work will be completed in time for the 2015 school year.

Development of the Pennant Hills High School 2015/17 Strategic Plan

All schools are required to develop a 2015/17 strategic plan based on new guidelines which have added another layer of complexity to the process. To date, we have had a number of consultations with key stakeholders from our school community, including an Executive Conference and a full-day community forum involving many parents, students, teachers and SASS. The idea is to re-vision our school for the next three to five years and to develop a dream for the school for this time. We have used a 'discover/dream/design' approach which has identified some excellent answers to a range of important and interesting questions posed.

Ideally, as the next step in the process, we would now like to work with focus groups made up of a selection of students. To achieve this, I would like to have someone who works in this area of research, or who has knowledge of the mechanics of running a focus group, to interview a number of students who are willing to assist us and who have permission from their parent/caregiver. Should you be in a position to assist us with this important step in our planning, please contact the school office.

Geoff Wing
Principal

END OF FINANCIAL YEAR

As the school's end-of-financial year (30 November) approaches, parents and students are reminded that we will be **unable to receipt** any monies from **Monday 24 November till Monday 1 December (inclusive)**. We thank you for your understanding and cooperation.

Janette Louis, School Administrative Manager

CHANGED BUS TIMETABLE

HILLSBUS 3178

WILL DEPART AT

8.12am (not 8.09am)

Effective from MONDAY 10 NOVEMBER 2014

YEAR 7 VISUAL ARTS

Fantastic Fun with Lizards

Year 7 have recently completed a sculpture unit based on fantasy lizards. They first created a chicken wire armature which then formed the basis for their papier maché sculptures.

Students used tints and shades of two arbitrary colours to paint their sculptures, with the surface reflecting a stylised interpretation of a real lizard.

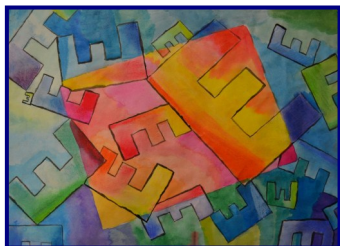


This was a very successful unit, enjoyed by all.

Kirstie Clark
Visual Arts Teacher

Initial Creations

Another Year 7 class created an abstract painting based on one of their initials – enlarging, shrinking, reversing and flipping the letter, all in the same font.



They filled in the outline with warm and cool coloured inks and highlighted with pastels, creating a lively abstract artwork.

Kirstie Clark
Visual Arts Teacher

'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.

2014-2015
NSW Family Energy Rebate

\$150*
TOWARDS
ENERGY
BILLS

**APPLY
ONLINE
NOW!**

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply

Trade & Investment
Resources & Energy

**Apply before
Midnight
16 June 2015**

FOR MORE INFORMATION & ASSISTANCE
PHONE - Service NSW 13 77 88
EMAIL - fer.program@trade.nsw.gov.au
WEB - www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

SCHOOL A TO Z

Providing practical help for parents, the Department of Education and Communities' School A to Z website features useful information on a wide range of topics including homework and study, well-being, technology and conversations:

<http://www.schoolatoz.nsw.edu.au/>

The statistics around cyberbullying in schools are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the 'phone increases as they get older and use technology more frequently.

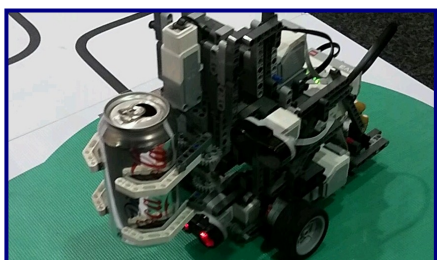
For cyberbullying prevention tips for parents, visit:

<http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/say-no-to-cyberbullying>

ROBOCUP NATIONALS

On the weekend of 27 and 28 September 2014, Pennant Hills High School competed in the National Robocup Junior Australia Robotics Competition held at the University of Queensland's UQ Centre, St Lucia Campus, Brisbane.

On Saturday, Team Dracodianz (Luke, Ryan, Tessa and Rhiannon) entered the Secondary Rescue Division, competing with 22 teams from around Australia. Unfortunately, their robot suffered several technical challenges on the day, including sensor malfunctions and structural problems. The team put in its best efforts to resolve these issues as much as possible throughout the day and finished the competition nineteenth in their division. This team intends to return to the competition next year in the Open Rescue Division and has started to construct and program its new robot design.



Team Hazardous (Alex, Adam, Justin and Rowan) also arrived at the venue on Saturday to prepare for its competition the following day. During this preparation day, the team calibrated the robot to the conditions of the University and adjusted programming and structural aspects. They also assisted Team Dracodianz with its problems, particularly in the coding of the robot. Competing in the Open Rescue Division against 25 teams from across the nation, Team Hazardous experienced great success at the start of the competition, with three consecutive perfect rounds placing their robot in the top five positions for these rounds. While the team's program remained relatively untouched and efficient throughout the day, structural problems began emerging in the later rounds, due to the robot's dimensions and weight distribution. Despite ongoing attempts to repair these issues over the day, the structural problems became severe in the semi-finals, when an important part of the robot's structure became dislodged and eventually fell off. This prevented the team's progression into the top three finals playoff but placed Team Hazardous a very respectable fourth in the country.

Unfortunately, this was Team Hazardous' final year of competition as the members are progressing into Year 12. The team is extremely grateful to the school, and in particular Mrs Jebbink and Mr Huang,

for their encouragement and support throughout this year, and to Mr Greig Tardiani, who had a huge impact on the Robocup program at Pennant Hills High School in its early years of competition. Team Hazardous wishes future competing teams the best of luck and plans to assist and advise these teams in the coming year.

Adam and Rowan
Year 11

SPORT SHORTS

Netball Gala Day

Congratulations to the Pennant Hills High School students who participated in the U15 Netball Gala Day held on Friday 17 October 2014.

Year 7: Elinya, Emily, Gemma, Olivia and Jasmine.

Year 8: Ella, Jessica, Eleanor, Louisa, Jessica and Hannah.

Thank you to Netball Coordinator, Mr Simpson who facilitated this opportunity for our netball players.

Sydney North Cricket

Congratulations to Daniel, Anthony and Danusha who all won selection into the Sydney North Cricket team. We wish these players the best of luck in their coming representative matches.

Sport Photos

A reminder that all sport photos which were taken last term are available for viewing and ordering in the PDPHE staffroom 'Hall of Fame' or online.

Valmé Kruger
Sports Coordinator

CHESS CHALLENGE

Congratulations to Kelvin, Siddharth and Kim who represented our school in the Macquarie University Schools Chess Challenge, held on 26 October 2014.

Competing against teams from 32 schools, our boys, all of whom are in Year 8, achieved a commendable 19th place, with many of their opponents being in Years 11 and 12.



Sara Kota and Robin Washer
Chess Program Coordinators

GREAT PENNO RENO III

A huge thank you to you all for working in such extreme heat over the weekend. We have put together some statistics which are truly amazing: **198** individuals - **255** sessions - **765** working hours - approximately **20** working weeks' worth of labour. These figures are simply staggering. Congratulations, everyone.



Our G-P R III Families

This is what we achieved:

- Sufficient mulch to fill a two-storey house was spread on gardens and along the fence line. This was hard, hot work and well above what we thought we would achieve.
- New garden beds were built behind the demountables and outside Reception, with 250 tube-stock planted through our new Sydney Blue Gum garden and new Reception garden bed, as well as in-fill in our existing garden beds.
- The COLA was cleaned.
- Outdoor timber seating, quadrangles and quadrangle seating were cleaned and rejuvenated.
- Garden beds in the Main Quad, Bell Quad and two lower levels were weeded, cleaned, pruned and planted.
- A classroom was cleaned and painted.
- Door frames and doors in Student Reception were painted.
- The Laurence Street verge was mowed, trimmed and mulched.



Thank you to each and every person who volunteered their time and energy to this great project, and a special thank you to a few stand-out performances:

- Lyndall Chamberlain who catered all weekend.
- Dave Warwick who spent Friday afternoon until dark assisting Myles the bobcat driver to move mulch.
- Matt Finch for his expertise in building the new Reception garden bed.
- Craig Thomson and Kelvin Long for leading the painting teams.
- Grahame Bateman for spending his whole weekend rejuvenating the outdoor seating.
- School GA and parent, Mark Randle, who was on hand at all times.
- Former student, Ross Rapmund, for his continuing expertise in all matters horticultural.
- The many parents and staff who were 'on deck' both days, always willing and available to lend a hand.

Over the last three years, we have continually improved the outdoor areas around the school. Some of our original tube-stock is now 2 metres high. We are looking forward to seeing you all next year for the 2015 Great Penno Reno.

Penny Dean

PS: Keep an eye out for more Great Penno Reno photos in the next edition of *Jumbunna*.

CAREERS @ PENNANT HILLS HIGH SCHOOL

Exciting TVET Nursing Opportunity

The Sydney Adventist Hospital, in partnership with Northern Sydney Institute of TAFE is offering the NSW BOSTES Industry Framework course to obtain the **Certificate III in Health Services Assistance**. Benefits to students include:

- A career pathway to either Enrolled Nursing (diploma) or Registered Nurse (degree);
- All theory components delivered at TAFE, Meadowbank campus;
- Clinical placement of 105 hours at Sydney Adventist Hospital;
- Potential employment opportunities following successful completion of the course.

Meadowbank TAFE will be hosting an information night for this course on **Monday 3 November 2014 at 6.00pm**. Further information can be obtained from Helen McNamee, TAFE School Liaison Officer at helen.mcnamee@tafensw.edu.au or by phoning 9942 3571.

Coffee School

Students interested in attending a Barista course at Coffee School Haymarket should register their interest for the course running on **Tuesday 9 December**. Places are filling up, so be quick. See me in the Career Office to reserve a place.

TVET Timetables for 2015

All students who will be studying a TVET course at either St Leonards, Meadowbank or Hornsby TAFE campus in 2015 must read the class timetables on display in the Careers Office. It is important that you note your attendance days and times to ensure you are prepared for next year.

Building Apprenticeships and Traineeships

The Master Builders Association of NSW is currently looking for students with at least a provisional driver's license who are interested in pursuing a career in the building industry. If this sounds like you, visit www.mbansw.asn.au, email apprenticeship@mbansw.asn.au or call 8586 3533.

Australian Training Company (ATC)

ATC is holding information sessions on traineeship and apprenticeship opportunities in a variety of industries.

Traineeship Information Sessions

- Tuesday 11 November 2014
- Wednesday 3 December 2014
- Tuesday 20 January 2015

Apprenticeship Information Sessions

- Tuesday 2 December 2014
- Tuesday 20 January 2015

All sessions will run from 9.30am to 12.00 noon.

ATC (www.austrg.com.au) is located in Pomeroy Street Homebush. For more information and to register, call Kenita on 9704 1500 or email ksu@austrg.com.au

Painting and Decorating Boot Camp

Master Painters Group Training Company runs free three-day boot camps for students looking to pursue a career in painting and decorating. Details of the next boot camp are:

Dates: Monday 3 - Wednesday 5 November 2014

Time: 7.30am - 4.00pm

Location: 4-6 Gould Street, Strathfield South

Interested students should contact me in the Careers Office to discuss this opportunity.

Careers Advisory Service

A reminder that the Careers Advisory Service in 2014 will provide:

- 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.

Ashley Symons
Careers Adviser

ATEL JOB BOARD

Is an apprenticeship or traineeship for you? These are just some of the employment opportunities available.

Apprenticeship Positions

Chef (Hornsby, Sydney CBD, North Rocks/Muirfield)
Landscaper (Hornsby) FLOORER (Doonside)
Pastry Chef (Sydney CBD)
Carpenter (Sydney Metro) Horticulturist (Inner City)

MORE INFORMATION

Apprentices Trainees Employment Limited
www.atel.com.au

NORTHERN SYDNEY INSTITUTE OF TAFE

Taste of TAFE - Ideas for Working with Children

Every Tuesday in November, 9.00am SHARP - 2.30pm
J Block, Meadowbank Campus

Lots of interesting ideas and resources to use with children.

Songs, games and stories infants and children enjoy; imaginative reading and storytelling with children; making up babies' bottles; making and using creative resources such as playdough, paint; tips for getting babies and children to sleep; negotiating challenging behaviours and important safety issues.

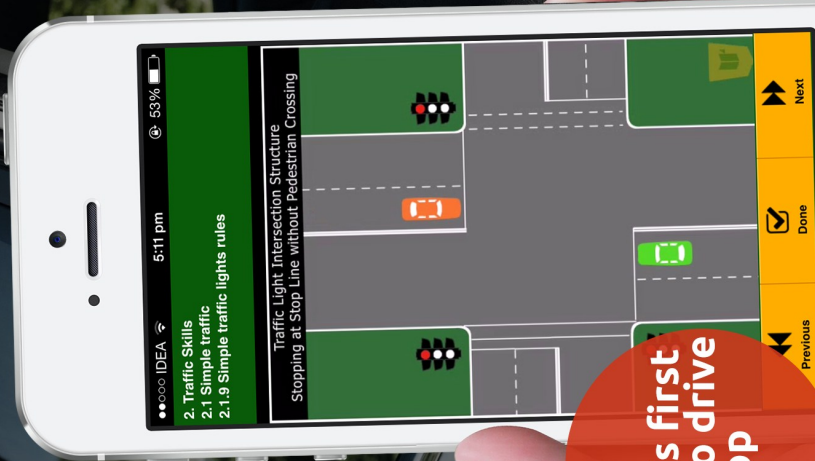
Enquiries: Helen McNamee

9942 3571 or Helen.mcnamee@tafensw.edu.au



freedom to learn your way!

Experience the next gen. driving school with learning apps



world's first
learn to drive
app

select package
get support
collaborate

your more

theory in app
practice in car



Scan to download
Licence Ready App

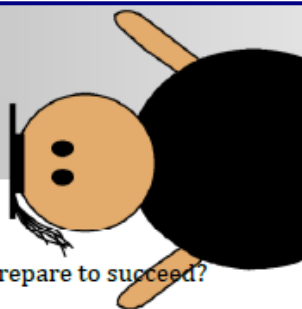
Free Driving Lesson, Clip On Rear View Mirror and Learning App

www.soloready.com.au | 1300 30 8381

Powered By Licence Ready



STRESSLESS



Is school stressing you out?

Do you want to help your child prepare to succeed?

StressLess is a group program for students in Years 10-12 to learn practical strategies to manage stress.

Students will be taught by a psychologist how to navigate the stressful senior school years. The program has been developed in consultation with Dr Fiona Denton and is grounded in evidence-based Cognitive Behaviour Therapy.

Topics covered will include:

- ✓ Time management and healthy study habits
- ✓ Study/life balance - diet, exercise, leisure
- ✓ Relaxation and sleep strategies
- ✓ Defeating worries and unhelpful thoughts
- ✓ How parents can help their kids in the HSC

By learning to effectively manage their stress, students will have greater resources to cope with school and to maximise their potential.

Sessions will be run from our Pennant Hills premises. Call us to find out about our January or Term 1 program.

P: 9980 5729 | E: admin@dentonpsychology.com.au

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

SAT NOV 22 | 10AM-7PM

HORNSBY PARK

SECOND RELEASE OF FREE TICKETS
TUESDAY 4 NOVEMBER

CELEBRATE THE OFFICIAL OPENING OF HORNSBY AQUATIC AND LEISURE CENTRE

Information and Ticket Bookings

<http://www.hornsby.nsw.gov.au/my-lifestyle/events/pool-party>

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

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

'Hope for Homes' Fete: Saturday 8 November 2014, 10.00am—3.00pm at Conie Avenue, Baulkham Hills

Help North West Disability Services raise funds to provide residential care for intellectually disabled children and adults. Rides, food, raffles, kids' activities, auction (music and sporting collectables), local rock bands. **Info:** www.nwds.org.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**

LATITUDE AUSTRALIA Volunteering and gap year placements for U/25s - www.latitude.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. **Hosts needed for 2015.**

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: www.ndhockey.com.au or phone 0419 299 808 (Adrian) or 0438 119 729 (Robert)

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.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.

Hornsby District Athletics (children aged 4–17): Saturday mornings at Pennant Hills Park www.hdlac.org.au

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.taikoz.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.