



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 14 November 2014

Term 4 Week 06B

LEST WE FORGET



In a sombre moment on Tuesday 11 November 2014, the school was led in an act of remembrance by students Eamon and Emma of Year 11 and trumpeter Lachlan of Year 10.

Classrooms and offices fell silent shortly before 11.00am as Mrs Jebbink introduced the ceremony, which was broadcast across the school's public address system.

Eamon's moving and thought-provoking speech included his own reflections on the meaning of Remembrance Day, and was followed by Emma's reading of *The Ode*. Lachlan's spine-tingling rendition of *The Last Post* then led us into a minute of silent reflection, before the observance was concluded with a rousing *Reveille*.

It is a privilege to have such capable students committed to leading the school on such significant occasions.

Mr Geoff Wing
Principal

Mr Brendan O'Byrne
Deputy Principal

Miss Amanda De Carli
Deputy Principal

Laurence Street, Pennant Hills NSW 2120

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

A REMEMBRANCE DAY REFLECTION

Imagine your brother; your father; cousin; best mate or close friend; your teacher ... people close to you ... going to a foreign country and never coming home. For thousands of Australian and world-wide families, this horrifying idea became a tragic reality, as the people they held dear to them fought for their nations, only to never return home.

Remembrance Day is a day to honour the lives lost, not only by our ANZAC soldiers, but also the soldiers of all nations, who may have been enemies, but fought for their own beliefs the same as we did. This year, 2014, commemorates the centenary of the beginning of WWI, which to this day still defines Australian soldiers for their valiant efforts ... in the muddy trenches of Verdun to the sandy cliff faces of Gallipoli, the ANZAC and all ideals they stood for were forged with the strength they displayed and the blood they shed for their country.

We wear poppies to signify the blood shed on the fields of the fallen, and as we go on we will never forget nor dispel the efforts displayed through all wars, and the safety of soldiers in current combat operations. Lest we forget.

Eamon, Year 11

LOOKING FORWARD

Term 4 2014

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)
	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	Transition to High School Program
	Tuesday	25 November	P&C Meeting - 7.30pm in the Library
	Thursday	27 November	Sport Trials (for 2015)
	Friday	28 November	Schools Spectacular Preview Excursion
	Friday	28 November	Careers—RSA Course
	Friday	28 November	Careers—Barista Course
	Friday	28 November	Year 10 First Aid Course
Week 9A	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
Week 10B	Monday	8 December	Duke of Edinburgh's Award Gold Qualifying Hike (ALL WEEK)
	Tuesday	9 December	Year 9 French Restaurant Excursion
	Tuesday	9 December	Transition to High School Program
	Wednesday	10 December	Pennant Hills High School Community Carols
	Thursday	11 December	Band Auditions (MPC/Rehearsal Room 3.30pm - 6.00pm)
	Thursday	11 December	Sport Trials (for 2015)
	Friday	12 December	Year 9 Restaurant Experience
	Friday	12 December	Band Auditions (MPC/Rehearsal Room 3.30pm - 6.00pm)
	Friday	12 December	Year 7 Basketball Coaching
	Saturday	13 December	Duke of Edinburgh's Award Gold Qualifying Hike
Week 11A	Sunday	14 December	Duke of Edinburgh's Award Gold Qualifying Hike
	Monday	15 December	Duke of Edinburgh's Award Gold Qualifying Hike
	Tuesday	16 December	Duke of Edinburgh's Award Gold Qualifying Hike
	Tuesday	16 December	PRESENTATION EVENING - 7.30pm in the MPC
	Wednesday	17 December	LAST DAY OF SCHOOL YEAR FOR STUDENTS
	Thursday	18 December	Year 12 Celebration Barbecue - 10.00am
	Thursday	18 December	SCHOOL DEVELOPMENT DAY
	Friday	19 December	SCHOOL DEVELOPMENT AY

ASSESSMENT TASKS FOR YEAR 11 - Term 4 2014

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



DEPUTY PRINCIPAL'S REPORT



I would like to begin by saying what a great honour it is to be writing for my first *Jumbunna*. As a newly appointed staff member, my initial experience here at Pennant Hills High School has been fantastic. My transition into my role as Deputy Principal has been smooth and I have had strong support from all members of the school community.

My first five weeks have been eventful. I have had the pleasure of seeing the fruits of the 'Great Penno Reno'; working with staff, students and community members at our joint strategic planning day; and also being warmly welcomed at my first P&C meeting. Furthermore, I was delighted to accept an invitation from our school captains Matt and Emma to attend their Prefect meeting which left me singing our school leaders' praises as I watched an impressive, well run committee manage and organise core school business.

As a classroom teacher, I have also been impressed with the quality of the learning that takes place. I can see within my own classes that quality learning experiences are valued here at Pennant Hills High School and that our staff members always endeavour to deliver a high standard of both learning and curriculum enrichment programs.


On a different note, I intend to regularly deliver an important message regarding my observations with our students here at Pennant Hills High School. This week's message addresses the end of year preparations and the finale of the schooling year. It is only natural for our students to want to switch off and relax, but I would like to send the message home to all students and the community that we need to continue to pursue excellence and meet learning outcomes up until the end of 2014. This is particularly applicable to our Year 11 students who have embarked on their HSC journey. In order to achieve our goal, our commitment must be maintained and consistent. Consistency is the key.

Additionally, in regards to Year 10, our current cohort has their *Crossroads* course and camp quickly approaching. *Crossroads* is a mandatory 25 hour PDHPE based course which explores emerging issues that adolescents face such as relationships and drug use. As a PDHPE teacher, I cannot convey strongly enough how valuable *Crossroads* is to adolescent development and I do encourage you all to support our students as they work through the course.

On a final note, it is a pleasure to be working here at Pennant Hills High School and I look forward to working with you in the future.

Amanda De Carli
Deputy Principal





Pennant Hills High School COMMUNITY CAROLS

Presented by Concert Bands and the School Choir
WEDNESDAY 10 DECEMBER 2014

Pennant Hills High School
Multi-Purpose Centre (MPC)
Laurence Street, Pennant Hills
9473 5000

6.30pm BBQ **7.30-9.00pm CAROLS**
A fundraising event

Cost: \$5.00 per person
\$10 per family

BBQ, drinks, tea & coffee, candles sold on the night

Seating provided - bring along additional
rug/cushions as there will be floor space
ALL WELCOME!

GRAND PIANO FUND

The Pennant Hills High School CAPA Faculty and Band Program would like to purchase a C3XPE 6'11" Grand Piano, at a cost of approximately \$30,000, which will be located in the MPC. This piano would be used by senior students in their HSC Music performances and by accompanists for the HSC Music students, as well as in the Band Program, school musicals and at school ceremonies, including solo performances at events such as the Year 12 Graduation and Presentation Evening.

In 2013, the Music Faculty utilised faculty funding to hire a grand piano for the HSC Music performances, and in 2014 the P&C generously provided funds for such hire. However, covering the cost of hire is not sustainable long term, and we wish to provide the best possible opportunities for our student musicians. In order to do this, we have set up the *Grand Piano Fund* whereby any member of the community or school family may make a contribution towards the purchase of a grand piano. We hope that this purchase will be something that is quite achievable in the near future.

Contributions would be gratefully accepted. To make a contribution, please contact Pennant Hills High School payments window between 8.00am and 3.00pm weekdays on 9473 5000. We are able to accept payments as cash, EFTPOS or cheque (payable to Pennant Hills High School).

Janelle Dennis
Head Teacher CAPA



YEAR 12 TEXTILES MAJOR WORKS

We are pleased to showcase the Major Works produced by our Year 12 Textiles students who, with the support of their teacher, have invested a great deal of time, effort and talent into these creations.

Georgia : *Vertical garden wall-hanging*



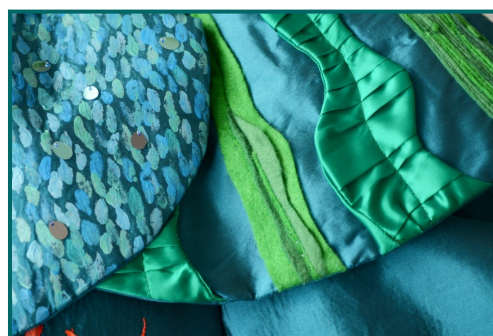
Caitlin : *Country cushions*



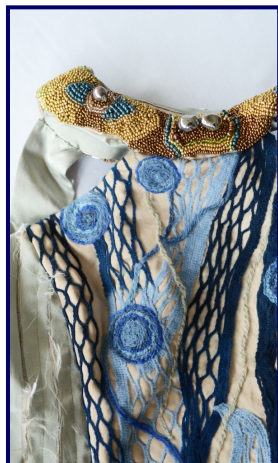
India : Bollywood costume



Reagan : Ocean dress



Lucy
Wool embroidered
and beaded dress



Sarah

Corset with fabric manipulation and crochet, plus skirt



Eloise

Rose and pearl dress



Abbey

Active sportswear range



Lucy
Dress with petal embedded organza jacket





Claire
*Black and red dress
with beaded waist*



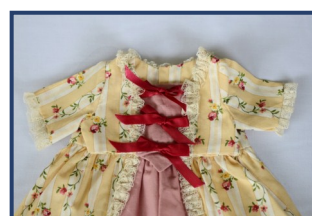
Lauren
Beaded and embroidered leotard



Daina
Ivory wedding dress



Isabel
Dolls' dresses



PENNANT HILLS HIGH SCHOOL COLLECTION OF ARTWORKS

Congratulations to the students listed below, whose artworks have been added to the school's 2014/15 Collection of Artworks, to be displayed in offices and foyers around the school. It is our pleasure and privilege to be able to showcase these pieces, created by some of our very talented Visual Arts students.



Nicholas

Year 7

Annabelle

Evie

Izak

Year 8

Thanya

Kara

Aryan

Tim

Ji-Yun

Eleanor

Annemarie

Emma

Hannah

Nicholas



Eleanor



Tahnia

Year 10

Olivia

Stephanie

Jaime

Jacqueline

Sophie

Year 11

Tahnia

Christy

Sophia

Year 12

Samuel

Eliza

Ellen

Jemma



Annemarie



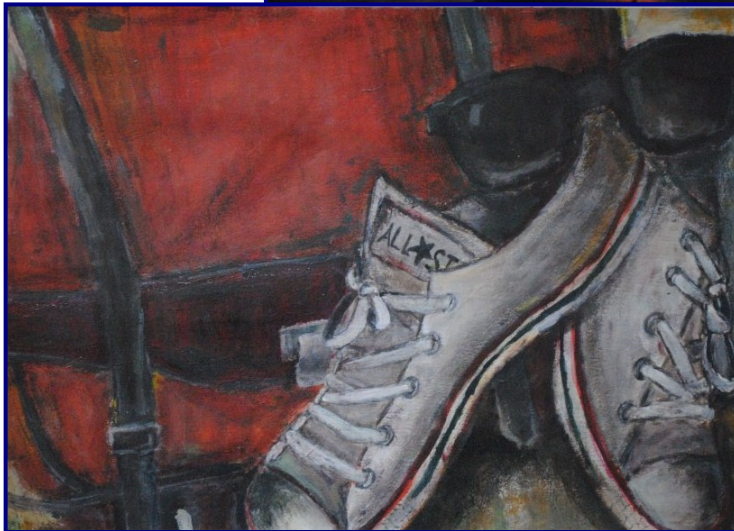
Samuel



Ellen



Thanya



Eliza



Gemma



PARENTS AND CAREGIVERS

PLEASE DO NOT DRIVE INTO SCHOOL GROUNDS

In the interests of student safety, parents and caregivers are not permitted to drive onto school grounds at any time, including before or after school, to drop off or collect students, or to attend meetings with staff.

The only exceptions to this are when either you or your passenger has a disability or if you are picking up a sick or injured student.

School staff and drivers of visiting commercial vehicles are reminded that all roads within the school are shared zones with a speed limit of 5kph.

STUDENT SAFETY is up to ALL OF US

THANK YOU FOR PLAYING YOUR PART

OUTSTANDING HSC MAJOR WORKS

We were delighted to receive the news that three of our students had their major works nominated for consideration for inclusion in HSC showcase exhibitions.

InTech 2015 - Industrial Technology

Adrian

Teacher - Mr Peter Geaghan

ARTEXPRESS - Visual Arts

Eliza - drawing, *370 degrees of longitude*

Benjamin - drawing, *Limbo*

Teacher - Mrs Fiona Ackerman



Congratulations to these talented students
and to their teachers who have guided them throughout the creative process.

CREATIVE AND PERFORMING ARTS

ARTEXPRESS 2015

We are very pleased to congratulate Eliza and Benjamin whose Bodies of Work have been nominated for consideration for inclusion in ARTEXPRESS 2015. They have worked extremely hard on their artworks throughout the year and are very deserving of this nomination.

End of Year Concert

Junior Stage Band and Big Band, conducted by Jason Isaac, will present their End of Year Concert on Wednesday 26 November 2014, beginning at 7.00pm in the MPC. You are invited to come along and enjoy an evening of fine entertainment.

Community Carols

On Wednesday 10 December 2014, we will host Pennant Hills High School Community Carols in the MPC. The evening will commence with a barbecue from 6.30pm, followed by carols at 7.30pm, concluding around 9.00pm. Our Band Director, John Buckley, will conduct Concert Bands 1 and 2, supported by some past students and professional musicians. We will also be entertained by the Pennant Hills High School Choir.

Whilst this will be a wonderful opportunity to spread some Christmas cheer, it will also begin our campaign to raise funds for the purchase of a grand piano for the school. The cost will be \$5.00 per person or \$10.00 per family and will include a program of the evening's entertainment. You will also be able to purchase a barbecue dinner, cold drinks, tea, coffee and LED candles. Seating will be provided, but you may wish to bring a rug/cushions for a more informal approach.

This is a wonderful opportunity support a worthy venture and to have some fun, so mark 10 December on your calendar and start to warm up your vocal cords.

Janelle Dennis
Head Teacher CAPA

SPORT SHORTS

Sporting Excellence

It is with great pleasure that we congratulate the following Pennant Hills High School students who are to receive Ku-ring-gai Zone Blue Awards for excellence in sport.

Dela - Volleyball
Olivia - Netball
Tom - Basketball
Jake - Football
Cameron - Rugby Union
Tristan - Athletics
Hannah - Football
Abbey - Hockey

These students will be presented with certificates at Presentation Evening on 16 December 2014.

Ku-ring-gai Zone School Sports Association has also acknowledged Pennant Hills High School Boys' Open Knockout Cricket team who were placed second in NSW in the Davidson Shield competition. They have been awarded Team of the Year in Cricket, with each player receiving a Zone medal.

Congratulations to all these athletes who have represented our school with honour and distinction.

Swimming

Congratulations to Patrick who recently competed at the Australian Open Short Course Swimming Championships, which is the highest level of competition in Australia. Patrick swam in four events, making the B final in the 200m IM, finishing with a ranking of 16 overall. As one of the youngest swimmers at the event, Patrick was great opportunity to compete against elite Australian and overseas swimmers.

Basketball

PDHPE teacher, Mr James Boyer, is one of two Australian representatives chosen by Basketball Australia to attend the FIBA Referee Clinic in Fiji this December. Following assessment by one of the most highly regarded international referees, Mr Boyer will be able to gain his international referee's licence. We are very fortunate to have such a talented and committed sportsman on staff to support our students.

Mixed Netball Competition

Thank you to the Prefects who have organised a Mixed Netball Competition at recess and lunchtime, culminating in a barbecue on Grand Final Day, Friday 21 November 2014. This was a great friendly competition between students and staff.

Valmé Kruger
Sports Coordinator



Health
Northern Sydney
Local Health District

The following tips are provided by the Hornsby Ku-ring-gai Child and Family Health Service.

Getting out of the Door on Time

For many families, the morning rush hour is the most stressful time of the day. But with a good routine in place, you can get yourself and the kids out the door on time.

Make sure you leave yourself enough time to get ready in the morning. A good rule is to get yourself ready before the kids. You can prepare some things like lunches the night before to avoid the last minute rush.

Let your children know what the routine is ahead of time. Tell them exactly what they will need to do.

Younger kids can help out by learning to do things for themselves, like getting dressed and brushing their teeth, whilst older kids should be given the responsibility of doing these things for themselves. This teaches them how to be organised. Plus it saves you time.

You may even like to try the 'beat the clock' method. Your children's goal is to be ready before the alarm goes off. If they win, they earn a small treat such as a favourite snack in their lunchbox. Clearly tell them what they need to do to win, and set a reasonable amount of time. Avoid repeating instructions or nagging them to hurry up.

It often takes only two weeks before this method has worked and can be phased out.

More Handy Tips on Parenting Challenges

<http://www.triplep-parenting.net/glo-en/home/>

Parenting Classes

<http://www.nslhd.health.nsw.gov.au/services/CAP>

Hornsby Ku-ring-gai School Health Service

Galston/Pennant Hills: 9483 7955

Berowra/Brooklyn: 9456 2877

Lindfield: 9416 2111

St Ives: 9988 4999

CHANGED BUS TIMETABLE

HILLSBUS 3178

WILL DEPART AT

8.12am (not 8.09am)

Effective from MONDAY 10 NOVEMBER 2014



CAREERS @ PENNANT HILLS HIGH SCHOOL

Coffee School—Reminder

Students interested in attending a Barista course at Coffee School Haymarket should see me in the Careers Office to register their interest for the course running on **Tuesday 9 December**.

TVET Timetables for 2015—Reminder

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.


Apprenticeship Opportunities

Any senior students interested in pursuing an apprenticeship in bricklaying, construction, civil drafting, electrotechnology, hydraulic engineering, landscaping, manufacturing, telecommunications or plumbing, please come and see me in the Careers Office.

TVET Bradfield College

Due to the merging of Bradfield and St Leonards TAFE Institutes, invitations to an Information Night have been sent to all students who have expressed an interest in a TVET course for 2015 at Bradfield Senior College. The session, to be held on Tuesday 25 November 2014 from 4.00pm—5.00pm, will give prospective students an opportunity to speak with teachers and current students about courses, have a look at the new facilities and look at travel options. Please feel free to come along. Parents are also welcome.

UTS ATAR Live Facebook Q&A

ATAR release day can be a mixture of excitement and stress for HSC students. The UTS Future Students Team will be online from 11.00am—4.00pm on Tuesday 18 December 2014 to answer any questions you may have about UTS course options, entry schemes, alternative entry pathways, the next steps and more.  **UTS Future Students**

Ashley Symons
Careers Adviser

USED CLOTHING POOL

We currently have available

BOYS' GREY TROUSERS at \$10.00

SENIOR GIRLS' UNIFORM at \$10.00

(Summer and Winter)

GIRLS' PALE BLUE SHIRTS at \$5.00

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.

NORTHERN SYDNEY INSTITUTE OF TAFE

Start a Career in Fitness and Sport

Qualifications at Cert III, Cert IV, Diploma and Degree Levels

- Cutting edge testing and training facilities
- Intensive training programs that will have you trained in 10 weeks
 - Fast-track opportunities
- Flexible gap training for Sport and Exercise Science students
 - Payment plans available
- Registration with Fitness Australia upon completion

TVET—Events and Tourism Online

Pathway from School to a Degree

• Certificate III in Events (Online)

Events are diverse in nature and this qualification provides a pathway to work in event operations in a range of industries including tourism and travel, hospitality, sport, cultural and community sectors.

Leads to: Diploma of Events

Bachelor of Events and Tourism Management

• Certificate III in Tourism (Online)

This qualification provides a pathway to work in many tourism industry sectors and for a diversity of employers, including tour operators, inbound tour operators, visitor information centres, attractions, cultural and heritage sites and any small tourism business requiring multi-skilled employees.

Leads to: Diploma of Travel and Tourism

Bachelor of Events and Tourism Management

Information: 131 674 or nsi.edu.au

CHEF PRE-APPRENTICESHIP COURSE

Skilling Australia Foundation

4 Week Course starts 17 November 2014

Northern Institute of TAFE, Ryde Campus

- 3 weeks at TAFE
- 1 week hands-on work experience in a commercial kitchen, with the opportunity available to undertake an apprenticeship.

You receive:

- Professional clothing—full chef's uniform, safety boots
- Basic chef's knife kit

Limited Places—Register your interest: llee@saf.org.au

More Information: www.saf.org.au

'PENNO' PRAYER MEETING

Mums, dads and grandparents,
please come and join us as we
pray for 'Penno' staff and students.

1st and 3rd Friday
of each month during term
8.45am – 9.15am

Please meet at Public Reception.
Enquiries: Kim Allan on 0410 548 350.



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



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

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/>

Skills in resilience encourage children to fare well in life. Research shows children with good resilience perform better at school and are less likely to take part in risky behaviour.

For tips on building resilient kids, visit:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/how-to-raise-resilient-kids>

"Act, Create, Communicate"

Boost your creativity, confidence and communication skills.
Self-development through drama.

ENROLLING NOW | NEW TERM STARTING SOON
9875 3139 | STUDENTS AGED 3-17
✉ louise.drama@gmail.com
Cherrybrook | Pennant Hills | Hornsby | Mt Colah
www.helenogrady.com.au

Helen Grady
DRAMA ACADEMY



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

HOW TO BE HAPPY

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

Happiness is a contagious goal for 2015.

I would like to suggest that we all make a goal for 2015—to make ourselves and other people happy. Over the past year, there have been tough times for many people. In tough times, it is important to increase the overall happiness in our lives.

The art of making yourself happy is something we can all learn and practise.

No-one is happy 100% of the time. As we all know, life has its ups and downs. Even so, there are some sure ways to increase your happiness.

1 Don't wait to see if you are having a good time. Instead of going to places and seeing if it is fun, decide in advance to have fun regardless of the circumstances. Enjoy the day regardless of the weather. Make the most of the occasion regardless of the company.

2 Go outside and play. You were told to do this as a kid and I am telling you to do it again; play more. Go for walks, throw a dog a stick, skip, sing loudly or imagine yourself to be a spy passing through enemy territory. Whatever does it for you. Make a promise to play more.

3 Develop deep friendships. Your friends are your true wealth. Value them and see them regularly. Let them know how important they are to you. Most people only have two close friends, so don't fool yourself into believing you are less popular than most people.

4 Increase the closeness of extended family. Keeping in close contact with your family gives you a support base for difficult times and also strengthens your sense of where you come from. Feeling you belong in a family is a powerful way of being happy.

5 Play to your strengths. Have a good long hard look at yourself. What are you good at? Make a commitment to develop your skills, talents and abilities as much as you can. If you don't develop your own unique talents, the world misses out.

6 Seek out groups that most strongly value what you have to offer. Finding the niche where your abilities are valued is the basis of success.

7 Avoid social groups where your unique attributes are not valued. Not everyone is going to like you or think you could amount to much. Get used to it. Accept that it is so, and then move on.

As Mark Twain wrote, *Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you, too, can become great.*

8 Live in the dreamtime. Dare to dream big dreams this year. Find and follow your passions. Make a promise to live a wonderful life.

9 Laugh a lot more. Find people, shows, books, films and situations that make you laugh, and surround yourself with them.

10 Have something bigger than yourself to believe in. Think about the contribution you can make while you are on this planet and do it.

11 Love as much as you can. This one small intention may be the most powerful way we could improve our lives.

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

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.

Information: 9416 9824 or www.kyds.org.au **Bookings:** 9424 0837 or youth@kmc.nsw.gov.au

Free Parent and Learner Driver Workshop: Tuesday 25 November 2014 from 6.00pm—8.00pm

Wallumetta Room, Ryde Library, 1 Pope Street Ryde (Top Ryde Shopping Centre—3 hours free parking)

Topics covered include: Safer Drivers Course, the graduated licensing scheme, current laws of L and P licence holders, the *Learner Driver Log Book*, on-road driving experience and tips for supervising learner drivers. Places are limited.

Bookings essential: Road and Community Safety Project Officer: 9952 8222 or lpairs@ryde.nsw.gov.au

Walk the Talk Community Walk: Friday 28 November 2014 from 7.30am, starting in Hornsby Mall

In support of White Ribbon Day—stop violence against women. Free sausage sizzle and entertainment after the walk.

Supported and supervised by NSW Police Force. **Information and Registration:** walkthetalkhornsby@hotmail.com

Service of Remembrance: Wednesday 3 December 2014 at 7.30pm

Seeking to ease the pain of families and friends of children who have died or are missing. You are invited to bring a flower to place as a tribute during the service, or you may use one of the flowers provided if you prefer.

A crèche will be available during the service, and all are welcome to stay for supper following the service.

St Matthew's Anglican Church, Cnr New Line and Castle Hills Roads, West Pennant Hills **Enquiries:** 9479 3700

Hornsby Council Christmas Celebrations: Saturday 6 December 2014 from 5.00pm—9.30pm

Rofe Park, Galston Road, Hornsby Heights. <http://www.hornsby.nsw.gov.au/my-lifestyle/events/christmas-spectacular-2014>

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

Australia Day Celebrations at Hornsby: Monday 26 January 2015 from 11.00am—2.00pm

Live entertainment in Hornsby Park. Lions Club sausage sizzle, fund-raising for the Women's Community Shelter.

Australia Day Celebrations at Ku-ring-gai: Monday 26 January 2015 from 5.30pm—9.00pm

Free concert and fireworks at Bicentennial Park, West Pymble. Food stalls, kids' activities and rides.

STUDENT EXCHANGE PROGRAMS

Southern Cross Cultural Exchange www.scce.com.au or 1800 500 051.

LATTITUDE 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.nsyoy.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.wa.gov.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.

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