



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 12 December 2014

Term 4 Week 10B

COMMUNITY CAROLS



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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Pennant Hills High School Community Carols was a fantastic event held on the evening of Wednesday 10 December. While the weather was not favourable, we had a good crowd and the band and choir performed beautifully. All funds raised will go towards our Grand Piano Fund, and hopefully the good cheer of the evening will last for some time yet.

Thank you to all staff and students who helped to make the Carols such a success, especially:

- Band Director—John Buckley;
- Choir Director—Rachel Kelly;
- Band Administrator—Anne Bassett;
- Band Coordinator—Carol Coomber;
- Teaching staff—Deborah Feilen, Kirstie Clark, Lauren Erickson, Sudha Saligram, Courtney Cassar, Jennie Christensen, Kelly Hickey, Graham Castle, Chris Nugent;
- All the office staff;
- Concert Band 1 and Concert Band 2;
- The School Choir;
- Special guest musicians;
- LIMS students and the CAPA Captains;
- Parents of all our musicians and singers; and
- The P&C for their financial support.

Merry Christmas and safe holidays to all.

Janelle Dennis
Head Teacher CAPA

LOOKING FORWARD

Term 4 2014

Week 10B	Saturday	13 December	Duke of Edinburgh's Award Gold Qualifying Hike
	Sunday	14 December	Duke of Edinburgh's Award Gold Qualifying Hike
Week 11A	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

SCHOOL VACATION

Merry Christmas and Happy New Year

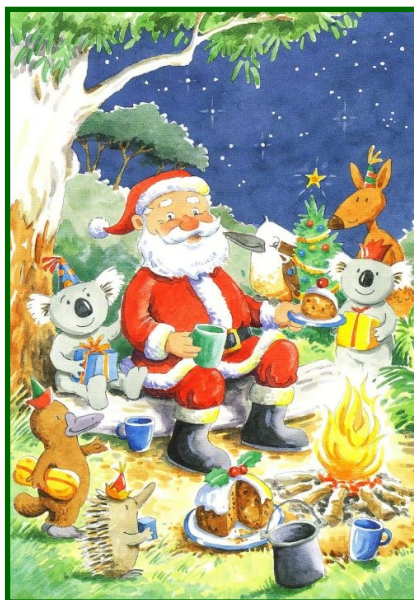
Term 1 2015

Week 1A	Monday	26 January	PUBLIC HOLIDAY
	Tuesday	27 January	School resumes for Staff Only
	Wednesday	28 January	School resumes for students in Years 7, 11 and 12
	Thursday	29 January	School resumes for students in Years 8, 9 and 10
Week 2B	Tuesday	3 February	Year 7 Camp
	Wednesday	4 February	Year 7 Camp
Week 3A	Sunday	8 February	School Music Camp
	Monday	9 February	School Music Camp
	Tuesday	10 February	School Music Camp
	Tuesday	10 February	Year 7 Parents' Barbecue and Band Performance
	Wednesday	11 February	School Swimming Carnival
	Thursday	12 February	SRC Induction Ceremony

*Merry
Christmas*

*to all our students
and their families*

*From the Staff of
Pennant Hills High*



*Happy
New Year*

*We look forward to
another great year
of teaching and
learning in 2015.*

'PENNO' PRAYER MEETING

Mums, Dads and Grandparents, come and join us as we pray for 'Penno' staff and students.

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

Please meet at Public Reception.

Enquiries: Kim Allan on 0410 548 350.

PRINCIPAL'S REPORT



Presentation Evening

This very important celebration for students who have earned awards, and for their families and friends, is to be held in the last week of the school year, on Tuesday 16 December 2014 commencing at 7.30pm. This is always a welcome opportunity to celebrate the wonderful achievements of a

large number of our students. It is also a time where our school is able to celebrate the amazing community spirit which exists at this local, comprehensive, coeducational secondary school that each year achieves a range of extraordinary outcomes for its students. I would like to ask all students to make an extra effort to ensure uniform is immaculately presented on the night to show the many guests who will be present the great pride they have in their school. I would also like to commend and congratulate the hundreds of other students who worked so hard during this academic year to achieve their best and who feel the sense of satisfaction and pride that also comes with these wonderful efforts – not everyone can win a prize, but all deserve congratulations for their efforts. Well done to all.

Thank You and Farewell

Our school continues to undergo rapid change in staffing as the careers of a number of teachers who have served us so well come to an end. Long standing members of staff, Mr Karl Kriening, Mr Gordon Broadhead and Mr Neil Barrowcliff will leave Pennant Hills High School at the end of this year to begin retirement.

Mr Kriening has taught Mathematics since his arrival at our school in 1985 and, after 36 years serving NSW public school students, 30 of which have been at Pennant Hills High School, he will now have more time to pursue his many interests and enjoy a slower pace of life. A dedicated sport coach, notably European Handball and Football (Soccer), he has earned the respect of thousands of students for his coaching and support and for the commitment he has shown his students.

Mr Broadhead has taught at our school since 1990 – a large portion of his 38 years as a classroom teacher. He earned an enviable reputation for being an outstanding teacher, guiding, supporting and encouraging his many students to achieve exceptional HSC results, especially in Legal Studies. He too has been involved in the broader life of the school as a sport coach and in a number of other areas of activity.

Mr Barrowcliff has served our school as Head Teacher PDHPE since 2003. A coach of Baseball at the highest level in Australia and a project officer who helped organise the Sydney Olympics Baseball competition, Mr Barrowcliff has contributed much to our students and school, including the teams he coached achieving great success in the CHS Proud Shield baseball competition over many years. Respected as an educational leader, he has contributed much to the success of his PDHPE faculty, effectively guiding and mentoring new and experienced staff in their daily teaching roles. He is highly respected by students, staff and parents.

On behalf of the entire school community, I wish these three teachers every happiness and good health in the years ahead and thank them for their commitment to our school.

We also farewell our Head Teacher Science and Agriculture, Mr Phil Scandizzo, who has been at Pennant Hills High School for 10 years. Mr Scandizzo has accepted a position as Head of Science at The Ponds High School, which will begin operation at the start of next year. This exciting move will provide him with many opportunities to utilise his many skills and abilities, not just in the classroom, but as a very skilled administrator and coach of AFL. Mr Scandizzo, who always has the best interests of our school students at heart, is loved by his students and respected by staff and parents. He has dedicated countless additional hours to our school and the Science faculty to ensure the highest educational outcomes for our students. We wish him well for this new venture and sincerely thank him for his efforts over so many years.

Also leaving us is Mrs Tracey Chessari, who is a School Learning and Support Officer (SLSO), and an important member of the school Learning and Support Team. Serving our school for the past 12 years, Mrs Chessari has assisted countless students who have learning difficulties and disabilities, supporting them in their learning and allowing them to have the best possible access to resources and programs to achieve the desired educational outcomes. We thank her for her efforts during her time at Pennant Hills High School.

Mrs Margaret Downey, a part-time Learning and Support teacher, is also leaving us after two years. Mrs Downey brought a wealth of experience to our welfare team, expertly mentoring, supporting and guiding teachers and SLSOs.

Sincere thanks to Mrs Chessari and Mrs Downey for their commitment to our students.

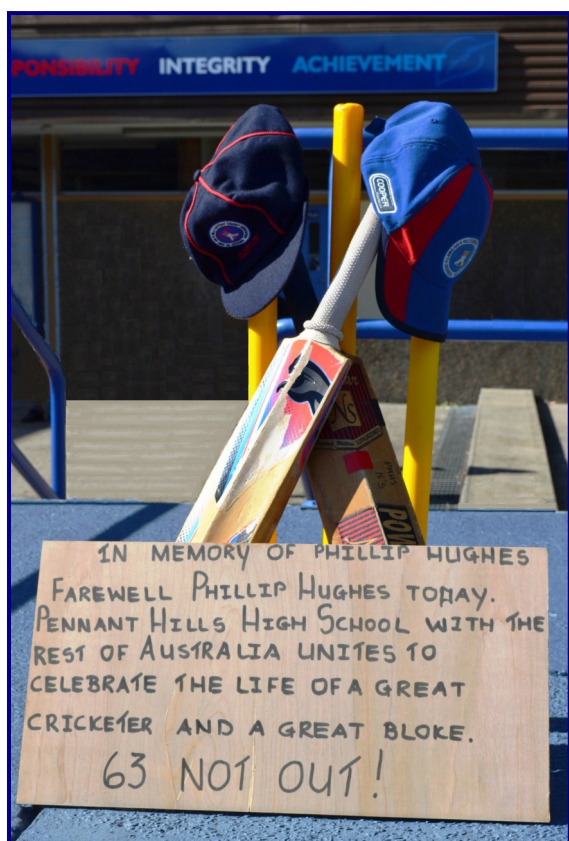
(Continued on page 4)

Our Spectacular Students at Schools Spectacular

Congratulations to Sophie Johnston, Felicity Macourt, Eamon Moses, Matthew Pines, Thomas Scammell, Breanna Wallace, Kalindi White, Tabitha White and our choir conductor, Ms Rachel Kelly, for their roles in the 3,500 strong cast of the 2014 Schools Spectacular. My wife and I were delighted to attend the Friday evening performance, proudly enjoying the range of talents of our students and staff. To have eight students and a teacher part of the production was a huge honour for our school and a true reflection of the talent on show each day at Pennant Hills High School.

Eamon Moses was a featured artist, performing solo on a number of occasions and as part of a small group of featured vocalists, in a total of eight songs. A highlight from Eamon's performances was the show's opening number, where he was one of three featured vocalists who sang the iconic *Great Southern Land*. He also co-led the 10,000 strong audience in a rousing rendition of *Come on Aussie, Come On*, which was sung in memory of cricketer Phillip Hughes.

We are very proud of all of these talented students who so proudly promoted our school.



Footnote: Congratulations to our Sport Captains for the emotional tribute they organised and displayed on our assembly dais on the day of Phillip Hughes' funeral.

My Life, My Future Conference for Year 10

Congratulations to Mr Symons and Mrs Currie who organised this conference, and to staff Ms Ferris, Mr Pugliese, Mrs Leadbitter, Mr Cassar, Mrs Heywood, Ms Dennis and Mrs Grunsell, who all very successfully presented sessions as part of this highly effective and valuable program. The final stage of the conference took place last Thursday, as students sat a 'mock' interview for a job that they were interested in pursuing once they leave school. Sixteen local members of the community, most of whom are members of the Rotary Clubs of Pennant Hills and Beecroft, gave up their time to interview many of our students. We were delighted to receive universal praise for our students from these people, who congratulated our young people on their preparation and professional approach to the interviews. More details may be found later in this edition of *Jumbunna*.

Best Wishes for the Festive Season

Students, staff and parents have again worked very hard to produce many outstanding achievements in the 2014 school year. I take this opportunity to thank everyone for their hard work and dedication during a very successful year.

On behalf of the staff of Pennant Hills High School, may I extend our best wishes to you and your family for a very merry Christmas and a happy, safe and enjoyable vacation.

Geoff Wing
Principal



WHAT BOOKS WILL I NEED IN 2015?

Year 7 can get all books they need by purchasing a book pack from the school canteen.

Years 8, 9 and 10

<i>English</i>	156 page exercise book or A4 book
<i>Maths</i>	240 page grid book
<i>Science</i>	240 page A4 book
<i>History</i>	96 page exercise book or A4 book
<i>Agriculture</i>	180 page exercise book
<i>Geography</i>	180 page exercise book
<i>Commerce</i>	180 page exercise book
<i>Languages (French, Japanese, Chinese)</i>	240 page exercise book
<i>Visual Arts</i>	Process Diary (see your teacher)
<i>Computing</i>	All work is done online.
<i>PDHPE (Year 7 and 8)</i>	Workbook (provided during first lesson)
<i>PDHPE (Year 9 and 10)</i>	48 page exercise book or A4 book
<i>Physical Activity and Sports Studies (Years 9 and 10)</i>	Workbook (provided during first lesson)
<i>Graphics Technology</i>	Display Folder
<i>Music</i>	A4 loose-leaf folder
<i>Drama</i>	64 page exercise book or A4 book

Years 11 and 12

<i>English</i>	A4 loose-leaf folder
<i>Maths</i>	A4 grid book or folder
<i>Science (Biology, Chemistry, Physics, Senior Science, Earth and Environmental Science)</i>	Practical—240 page A4 bound ruled book Notes—A4 loose-leaf folder or 240 page exercise book
<i>Drama</i>	A4 loose-leaf folder or book 2X A4 Process Diaries
<i>Agriculture</i>	A4 loose-leaf folder or 240 page exercise book
<i>Business Studies</i>	A4 loose-leaf folder or book
<i>Economics</i>	A4 loose-leaf folder or book
<i>Geography</i>	A4 loose-leaf folder or book
<i>Legal Studies</i>	A4 loose-leaf folder or book
<i>Modern History</i>	A4 loose-leaf folder or book
<i>Ancient History</i>	A4 loose-leaf folder or book
<i>History Extension</i>	A4 loose-leaf folder or book
<i>Society and Culture</i>	A4 loose-leaf folder or book
<i>CAFS</i>	A4 loose-leaf folder or book
<i>Food Technology</i>	A4 loose-leaf folder or book
<i>Hospitality</i>	A4 loose-leaf folder or book
<i>Textiles and Design</i>	A4 loose-leaf folder or book
<i>All Languages</i>	A4 loose-leaf folder or book
<i>PDHPE</i>	A4 loose-leaf folder
<i>Visual Arts</i>	A4 Process Diary
<i>Music</i>	A4 loose-leaf folder
<i>Engineering Studies</i>	A4 loose-leaf folder or book
<i>Industrial Technology</i>	A4 loose-leaf folder or book + Display folder

PLEASE NOTE, NO '5 SUBJECT' EXERCISE BOOKS ARE TO BE BOUGHT.

EACH SUBJECT REQUIRES ITS OWN SEPARATE BOOK.

M E R R Y C H R I S T M A S



H A P P Y N E W Y E A R

CREATIVE AND PERFORMING ARTS

Artexpress

Congratulations to Ben Spencer who has had his 2014 HSC Body of Work selected for Artexpress. Ben's artwork, titled *Limbo*, will be on display at the Art Gallery of NSW from mid-February 2015.

Good Luck to Two talented Musicians

Victoria Coomber and Jessica Scott of Year 11 are members of the NSW Public Schools Symphonic Wind Ensemble (SWE) which will be touring to America mid-December with the NSW Public Schools Jazz Orchestra.



Under the direction of Stephen Williams, and assisted by Jason Isaac, SWE will be touring to Los Angeles, San Diego, New York City and Chicago where they will perform at the Midwest Band Clinic.

Only four Australian groups have ever been invited to perform at the clinic, so it is a real honour for Victoria and Jess to be a part of this fine ensemble.

Jazz Bands Play it Cool

On 26 November, Pennant Hills High School's two jazz bands – Junior Stage Band and Big Band – demonstrated their musical skills in what can only be described as 'intimate mode' in the MPC.

The audience mainly comprised proud parents and family members, and the bands were positioned not far in front, but what they lacked in audience numbers they made up in jazz numbers, playing four pieces each, covering bop, pop, blues and the 'Great American Songbook'.

Junior Stage Band kicked off with the *Sesame Street Theme*, big band style, followed by a cool John Coltrane number, *Lazy Bird*. This was followed by *River City Blues* and they closed with the always rousing *Work Song*.

Big Band started with an Afro-Cuban number, *A Night in Havana* followed by Charlie 'Bird' Parker's *Ornithology*. They then performed two vocal numbers, with Eamon Moses doing his best Sinatra on *Fly Me to the Moon*, and his Dean Martin on *Ain't That a Kick in the Head*.

Both bands played superbly, and conductor Jason Isaac's penchant for putting his musicians on the spot with solos paid off handsomely. There are too many to mention them all, but Jess really shone on sax during *Ornithology* and on flute during *Fly Me to the Moon*.

Jazz on an almost-Summer's night ... warm outside, but very cool indoors.

Janelle Dennis
Head Teacher CAPA

SCHOOLS SPECTACULAR

On Friday 28 November 2014, a number of Music and Drama elective students attended the Schools Spectacular, a major annual showcase of music and dance. There were many spectacular acts to be seen, including our very own Eamon Moses who was a featured artist. He appeared on the big screens many times over and is an amazing singer and performer. Overall, there were 3500 students performing from across the state, from small bush schools through to large metropolitan schools.

This year's theme was *This is Australia* and included Australian icons such as *Great Southern Land*, *Stars* and *Under the Southern Cross*. Other students from Pennant Hills High School performing were: Breanna Wallace and Thomas Scammell in choir; Matthew Pines, Kalindi White, Tabitha White and Sophie Johnston in NSW Public Schools Millennium Marching Band; and Felicity Macourt in Schools Spectacular Orchestra.

Overall, the Schools Spectacular is an amazing show and worth seeing. We would like to take this opportunity to congratulate all of our performers.

Cobey Johnston and Sam Foord
Year 8



SPORT SHORTS

Swimming Carnival 2015

Next year, the school swimming carnival will be held in Week 3 of Term 1, on 11 February 2015. This whole-school event will take place at Hornsby Aquatic Centre. Students are reminded to return their permission notes to the payments window in Student Reception as soon as possible.

NSW CHS Triathlon

The 2015 CHS triathlon will take place on 5 and 6 March, so start thinking about a team of three athletes, with a swimmer, cyclist and runner. To help you get your training under way, please see me in the Sports Office to obtain a program for during the holidays and early next year.

End of Year Message

In the past year at Pennant Hills High School we have had some outstanding sporting achievements. This included being named, for the first time, the Sydney North Area Champion School of 2013; Regional Athletics Champion School of 2014, for the sixth time in a row; and the overall Paralympic Champion School for athletics, swimming and cross country. Our Open Boys Knockout Davidson Shield Cricket team made the final of the State cricket competition and finished second in the state.

Congratulations to everyone for a great year of sport and we look forward to continuing this trend into the future.

Valmé Kruger
Sports Coordinator

PREMIER'S SPORTING CHALLENGE

Our Year 7 students have participated strongly in the Premier's Sporting Challenge. This program is designed to engage students in sport and physical activity, and encourages them to enjoy healthier lifestyles.

Students were challenged to complete as much physical activity as they could each week for 10 weeks. The ultimate aim was to complete an hour of activity per day, which is a diamond score. They recorded this information on either a tablet App or in a logbook. A designated team captain collated scores and a team total was logged.

At the end of the challenge, each student received a certificate outlining their achievement. This was measured by the average level of physical activity recorded by their group each week. The levels that can be achieved are Bronze, Silver, Gold, and Diamond.

As a school, we were proud to receive a Gold Award in recognition of the high level of physical participation by our students.

For many of our students, the competitive aspect of this program was a distinct motivator for them to increase their activity levels.

Congratulations to all staff and students who committed to the Challenge, and to monitoring and improving their levels of physical activity.

James Boyer
Head Teacher PDHPE (Acting)

Dear Parents/Caregivers,

USE OF USBs AND OTHER PORTABLE STORAGE DEVICES

Unfortunately, students have been using USB sticks and other storage devices which contain data that is in breach of the *Acceptable Use Policy for Access to Pennant Hills High School Network and Internet Student Agreement* (the agreement).

While very convenient, portable storage devices are not an essential for lessons or learning. Commencing from Monday 15 December 2014, students who choose to use storage devices on the school's network will be deemed to have accepted the following conditions of use:

In order to protect the school's network so that everybody can profit from its smooth functioning, students' storage devices being used on our network will be subject to random checks. The devices will be checked for evidence of data which breaches the agreement.

Depending on the nature of material involved, further action may be taken on the matter, including school disciplinary action or referral to the police.

BRENDAN O'BYRNE
Deputy Principal

HISTORY TALES

History students have almost finished their final units of work for 2014. It has been a productive year, with students completing a range of learning activities.

This semester Year 7 participated in the Roman Festival and Year 8 students produced a documentary on the Vikings. Year 9 classes created a World War 1 museum exhibition and Year 10 completed a decade study on Popular Culture.



A scene from the Year 8 Viking Documentary

In the senior school, Society and Culture students are making steady progress preparing for their Personal Interest Projects. Modern History classes are studying World War 1 and refining their source analysis skills whilst Ancient History students are learning about Pompeii and Herculaneum.

Year 7 Roman Festival



Another fun filled Roman Festival was held this semester, featuring 7A, 7P and 7O History classes. Students enjoyed the culinary delights of Roman food, in addition to first class outdoor entertainment featuring the re-enactment of the death of Julius Caesar, sacrifices to the Gods, chariot racing, gladiatorial contests and slave auctions. Our indoor venue included 'Ask the Oracle', a Senate election for a candidate, a display of Roman models and the purchasing of fine hand-made arts from the jewellery and mosaic stall (with Roman money of course). Our Ancient Roman fashion parade with a modern twist provided an entertaining finish to the Festival. Despite the heat of the day, all students presented excellent and creative performances and stalls.



'We came, we saw and we conquered that Roman Festival!'

Camp Gallipoli

Next year we commemorate 100 years of ANZAC spirit. As part of this commemoration we are looking at up to 50 students attending Camp Gallipoli in Centennial Park. The Camp Gallipoli Program begins at 3.00pm on 24 April with documentaries, a Light Horse Procession and movie screening, followed by the Dawn Service at approximately 5.30am on 25 April 2015.

Students and teachers will spend the night in swags or sleeping bags and have the opportunity to support ANZAC Day as participants rather than spectators.



Camp Gallipoli has been endorsed by the head of the ANZAC Committee, the Minister for Education, the Minister for Veteran Affairs, the RSL and Legacy.

More detailed information will be provided early next year. Parents and students who are interested in finding out more about this exciting initiative are encouraged to visit the website: campgallipoli.com.au



Roger Niccol
Head Teacher History

INDUSTRIAL ARTS REPORT

InTech Nomination

Congratulations to Adrian Colautti who has had his Industrial Technology Major Project, a coffee table with lifting top, nominated for inclusion in the BOSTES Display of Outstanding HSC Projects.



Adrian working on his project during the school holidays.

The finished project on display for HSC examiners.

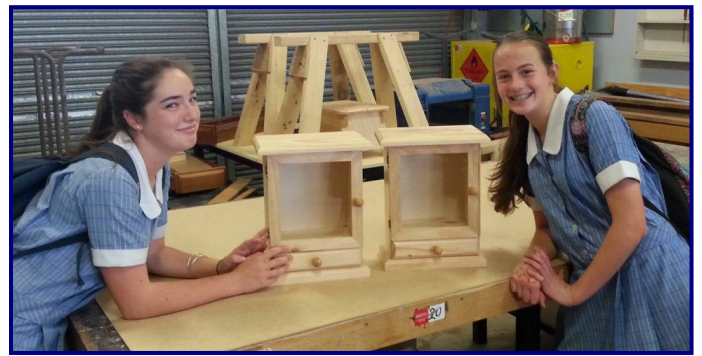
More Successful Projects

Year 10 have wrapped up the year putting the finishing touches on their pendulum clocks made from hardwoods and spray finished in nitrocellulose lacquer.



LEFT:
Jordan Davis

BELOW
Thomas Levin,
and Morgan
Armstrong



*Lizzy Page and Rosie James
with their display cabinets made in Year 8 Technology*

A Bright Future in Woodwork

Harry McInnis recently completed a year at the prestigious Sturt School for Wood in Mittagong, to which admission is very competitive. Harry placed eighth in the state in Industrial Technology in the 2011 HSC before going on to study Architecture in 2012 and 2013 prior to his year at Sturt in 2014.



The Day Bed in Jarrah that Harry completed for his HSC.



Harry with the chair and dining room cabinet he completed for the exhibition of graduating students at Sturt School for Wood



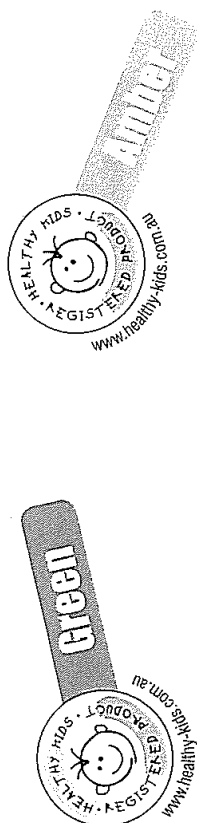
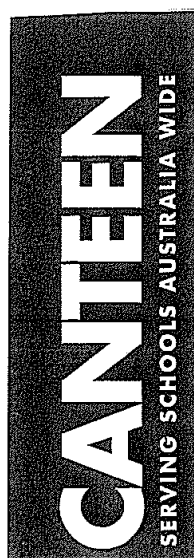
Mark Tyler , Head Teacher Industrial Arts



CANTEEN BITES

We would like to thank all our volunteer helpers and wish you a wonderful and safe Christmas. We are looking forward to seeing you all again in 2015. If you don't have your rosters for next year, please contact the Canteen on 9473 5020.

Merry Christmas from Lyndall, Kerrie, Debbie and Lisa.



Pennant Hills High School Canteen

Price List

Effective from 1st January, 2015

Canteen Manager: Lyndall Chamberlain

Staff:
Kerrie Langdon
Debbie Murray
Lisa Said

Canteen Telephone: 9473 5020

STATIONERY SUPPLIES

Year 7 Bookpacks

35.00

MATHEMATICS

- Compass 1.80
- Protractor – 180 degrees 1.00
- Protractor – 360 degrees 2.00
- Set Square 40 degree & 60 degree angles 1.20
- 96 page grid book 1.50
- 160 page grid book 2.50
- 240 page grid book 3.00
- 96 page A4 grid book 2.00
- 128 page A4 grid book 2.50

MUSIC

- 96 page manuscript book 2.60
- 48 page A4 manuscript book 2.00

GENERAL

- Plastic ruler 1.50
- Pens (black, red, blue) & pencils 1.00
- Erasers, metal and plastic sharpeners 1.00
- Document Wallet 2.00
- A4 refill sheets 2.00
- D & T Crested Display Folders 6.00

EXERCISE BOOKS

- 64 page 1.00
- 96 page 1.50
- 128 page 1.50
- 160 page 2.00
- 240 page 3.00
- 96 page A4 2.00
- 128 page A4 2.50
- 160 page A4 3.00

Canteen Price List

Effective from 1 January 2015 — Page 2

Sandwiches white/wholemeal		
Vegemite	2.00	
Cheese	3.00	
Egg & Lettuce	4.00	
Ham & Cheese	4.00	
Ham & Tomato	4.00	
Ham Cheese & Tomato	4.50	
Salad	3.50	
Salad & Cheese	4.00	
Chicken	4.00	
Chicken, Lettuce & Mayo	4.50	
Chicken & Avocado	4.50	
Unbuttered rolls	1.00	
Buttered rolls	1.00	
Seasonal Fresh Fruit – Prices as marked		
Fresh Wraps		
Salad Wraps	4.50	
(lettuce, cheese, tomato, carrot, cucumber)		
Caesar Chicken Salad	4.50	
(lettuce, cheese, bacon, Caesar sauce)		
Sweet Chilli Chicken and Salad	4.50	
(lettuce, cheese, tomato, mayo, sweet chilli)		
Aioli Wraps		
(lettuce, tomato, cucumber, roast chicken	4.50	
And Aioli mayonnaise)		
Salads		
Creamy pasta salad (when available)	3.50	
Fruit Salad (when available)	3.50	
Tabouli (when available)	3.50	
Salad Plates		
Lettuce, carrot, beetroot, cheese, cucumber & tomato	6.00	
Extra – Egg, ham, chicken, avocado	1.00ea	
Cakes & Biscuits		
All cakes	3.00	
Banana Bread	3.00	
Choc Chip Cookies	2.00	
Large Muffins	3.00	
Ice Creams		
Streets Ice Creams as displayed		
Frozen Fruit Tubes	.50	
Fruit Juice cups	.70	
Hot Foods (including sauce/spoon/fork)		
Apple Pie	3.00	
Balfours Meat Pies	3.50	
Chicken & Corn rolls	2.00	
Chicken Fingers in a cup (orders only)	3.00	
Chiko Rolls (V)	3.00	
Cheese & spinach rolls (V)	3.50	
Curry Pies	3.50	
Hot Chocolate	2.00	
Lasagne	3.50	
Noodles	3.00	
Potato Pie	3.50	
Potato Wedges (orders only)	3.50	
Pork Riblets	2.00	
Sausage rolls (large)	3.00	
Soup with roll (winter only)	3.00	
Travellers Pies . meat	3.50	
. pepper		
. cheese & bacon		
Sauce	.20	
Milk		
300ml Plain Milk	1.50	
600ml Plain Milk	2.00	
600ml Oak flavoured Milk	3.50	
300ml Oak flavoured Milk	2.00	
Vaaliala yoghurt	2.00	
Drinks		
Orchid – various flavours – 375ml	2.50	
Water – 600ml	2.50	
- 350ml	1.50	
Aloe Vera Natural Drink	2.50	
Iced Tea – 500ml	3.50	
Powerade	4.00	
Specials		
Monday	Chicken Burgers	4.00
Tuesday	Nachos	4.00
	Sushi - Beef	3.50
	- Teriyaki Chicken	
	- Tuna	
	- Crispy Chicken	
Wednesday	Char Grilled Chicken Burgers	4.00
	Sushi - Beef	3.50
	- Teriyaki Chicken	
	- Tuna	
	- Crispy Chicken	
Thursday	Pizza	3.00
Friday	Chicken Burgers	4.00

CAREERS @ PENNANT HILLS HIGH SCHOOL

Mock Interview Day

Congratulations to all our Year 10 students who participated in the Mock Interview Day on Thursday 4 December 2014. You represented the school brilliantly and left a lasting impression on the local Rotary Club members who were your interviewers.



TVET Information for 2015

All students who will be studying a TVET course at either St Leonards (see map on page 14), Meadowbank or Hornsby (see map this page) Campus in 2015 should take a look at the class timetables and enrolment procedures which are posted up in the Careers Office. It is vital that you check these details so you know when you need to attend TAFE next year.

Post-School Entry Level TAFE Courses

Hornsby TAFE is offering three post-school entry level trade courses for **all** school leavers in Semester 1, 2015. More information about each course can be found by following the link below.

Automotive

<http://www.nsi.tafensw.edu.au/Courses/CourseDetail/automotive-electrical-technology/certificate-ii/11830/S1-2015/MS>

Construction

<http://www.nsi.tafensw.edu.au/Courses/CourseDetail/construction-pathways/certificate-ii/10203/S1-2015/MS>

Electrotechnology

<http://www.nsi.tafensw.edu.au/Courses/CourseDetail/electrotechnology-career-start/certificate-ii/20214/S1-2015/MS>

If you have any questions, contact the Course Information Officer, Jane O'Rourke on 9472 1520 or email jane.orourke@tafensw.edu.au

Apprenticeship Opportunities

Any senior student interested in pursuing an apprenticeship in the careers listed below, please see me in the Careers Office as soon as possible: Bricklaying, Civil Drafting, Hydraulic Engineering, Construction, Plumbing, Landscaping, Manufacturing, Electrotechnology and Telecommunications.

Careers Advisory Service

This annual initiative gives students and their families or caregivers up to date information about the range of relevant career and study options available following the release of the HSC results by BOSTES. This year there will be a **free state-wide phone-in service**, available from 18—19 December and 22—23 December 2014 on **1300 300 687**; and a **free state-wide email service**, available from 18—23 December 2014, accessible through www.cas.det.nsw.edu.au

Both of these services are staffed by experienced Careers Advisers from government high schools who offer professional, friendly and impartial advice.

University Information Days

Major universities in Sydney will be holding their University Information Days during the first week in January. Keep an eye out for details appearing in the media and on university websites.

Merry Christmas and Happy New Year

I would like to take this opportunity to wish all the students and families of Pennant Hills High School a happy and safe holiday period. I look forward to seeing you again in 2015.

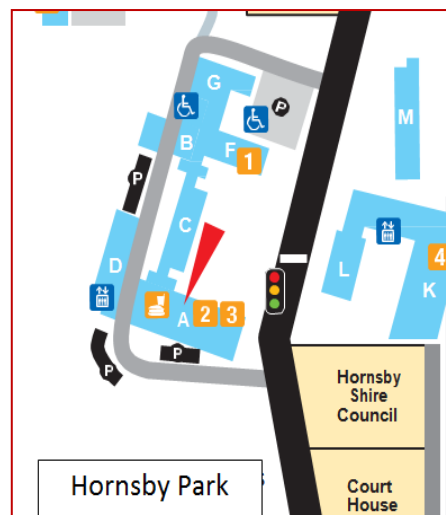
Ashley Symons
Careers Adviser

2015 TVET NEW ENROLMENT

HORNSBY CAMPUS

Library, Block A, Second Floor

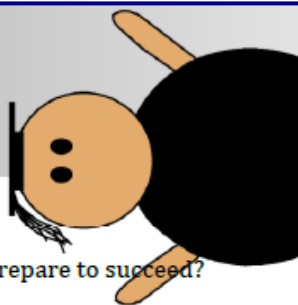
Bring a pen and know personal details. Students will be issued with TVET term dates, information about studying a TVET course at TAFE, Code of Conduct and assessment and attendance requirements. Students will then go to their study area to complete their first class, which will include further orientation and course information.



Information and Enquiries

Jenny McNamee, TAFE School Liaison Office
9472 1526, 0406 046 777 or jenny.mcnamee@tafensw.edu.au

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

2015 TVET NEW ENROLMENT

ST LEONARDS CAMPUS

213 Pacific Highway, St Leonards

Tuesday 3 February 2015 at 1.00pm

Library, Block Q, Ground Floor
(Main entrance off Westbourne Street)

Bring a pen and know personal details. Students will be issued with TVET term dates, information about studying a TVET course at TAFE, Code of Conduct and assessment and attendance requirements. Students will then go to their study area for further orientation and course information.



Information and Enquiries

Jenny McNamee, TAFE School Liaison Office
9472 1526, 0406 046 777 or jenny.mcnamee@tafensw.edu.au



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Self-development through drama.

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✉ louise.drama@gmail.com

Cherrybrook | Pennant Hills | Hornsby | Mt Colah

www.helenogrady.com.au



Sports Camps Australia

SERIOUS. FUN.

SCA Mountain Bike Camp
for boys and girls

15—17 January 2015

9.00am—3.00pm

Old Man Valley
Quarry Road, Hornsby

Cost: \$220
Mountain Bike Required

Must be able to ride unassisted

Camp Director

Michael Brown

1800 753 127

www.sportscampsaustralia.com.au/



COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Northern Sydney Youth Orchestra Auditions (Wind): Wednesday 17 December 2014 or by appointment.
Apply online at <http://www.nsyo.org.au> or email info@nsyo.org.au

St Matthew's Anglican Church Carols by Candlelight: Friday 19 December 2014 at West Pennant Hills Public School
5.30pm—7.30pm: Family Festival / 7.45pm: Carols by Candlelight. **Additional Information:** 9479 3700 or www.stmatts.org.au

Department of Sport and Recreation Kids' and Family Holiday Camps

A great range of locations and activities throughout the school holiday period.

More Information: 13 13 02 or dsr.nsw.gov.au/kidscamps or dsr.nsw.gov.au/familycamps

Youth Holiday Program for 11—18 year olds: Various dates from Monday 12 to Friday 23 January 2015

Our Space Youth Integrated Hub, 167 Shaftsbury Road, Eastwood. Bookings and payment required in advance.

Information: www.ourspace.org.au **Bookings:** 9874 7458 or theshack@theshack.org.au

School Holiday Cricket Clinic for Junior Girls: Thursday 15 and Friday 16 January 2015

9.00am—12.00 noon at Mark Taylor Oval, Waitara Avenue or Park Avenue, Waitara

Online registration available at <http://eepurl.com/83Ew5>

Enquiries: Hornsby, Ku-ring-gai and Hills District Cricket Coaches Association

- Secretary, Josh Miller: josh.673@hotmail.com or 0434 820 806

- President, Bruce Wood: bgwood@optusnet.com.au or 0412 688 629

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

Facilitated by the Northern Sydney Local Health District. **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.

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

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

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

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 boys and girls with special needs 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.

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/

2015 Winter Competition Registration: Saturday 7 February 2015 from 10.30am—1.30pm

West Pennant Hills Public School Hall. **More information:** <http://www.westpennanthills.netball.asn/default.asp>

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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