



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 27 November 2015

Term 4 Week 8B



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](mailto:pennanthil-h.school@det.nsw.edu.au)

W: [www.pennanthil-h.schools.nsw.edu.au](http://www.pennanthil-h.schools.nsw.edu.au)



**YEAR 10 - AT THE CROSSROADS: MY LIFE, MY FUTURE**



# LOOKING FORWARD

## Term 4 2015

<b>Week 9A</b>	Monday	30 November	CB2 South Coast Tour (Monday to Wednesday)
	Monday	30 November	Year 10 Work Experience (All week)
	Monday	30 November	Year 7 Swim School (All week except Thursday)
	Monday	30 November	Year 10 Bronze Medallion Course (All week except Thursday)
	Monday	30 November	SES Cadet Program (All week except Thursday)
	Wednesday	2 December	Students with Disabilities Parent/Carer Information Session
	Thursday	3 December	Year 7, 2016 Orientation Day
	Friday	4 December	Year 7, 2016 Band Auditions
<b>Week 10B</b>	Tuesday	8 December	Presentation Evening 7.30pm
	Wednesday	9 December	Big Band and Junior Stage Band End of Year Concert
	Thursday	10 December	Year 10 Mock Interviews with Rotary Club
	Friday	11 December	Year 10 Presentation 2.00pm—3.20pm
	Friday	11 December	Year 7, 2016 Band Auditions
<b>Week 11A</b>	Monday	14 December	End of Year Prefect Assembly and Concert
	Wednesday	16 December	HSC Results Released
	Wednesday	16 December	<b>LAST DAY OF SCHOOL FOR STUDENTS</b>
	Thursday	17 December	<b>School Development Days (Thursday and Friday)</b>

## SCHOOL HOLIDAYS

**Merry Christmas and Happy New Year**

## TERM 1 2016

<b>Week 1A</b>	Tuesday	26 January	<b>PUBLIC HOLIDAY</b>
	Wednesday	27 January	School Resumes for <b>Staff Only</b>
	Thursday	28 January	School resumes for students in <b>Years 7, 11 and 12</b>
	Friday	29 January	School resumes for students in <b>Years 8, 9 and 10</b>
<b>Week 2B</b>	Tuesday	2 February	Year 7 Camp (Tuesday and Wednesday)

## ASSESSMENT TASKS FOR YEAR 11 - Term 4 2015

<b>Week 9A</b>	Tuesday	1 December	PDHPE: Assessment Task
	Tuesday	1 December	Chemistry: HSC Assessment Task Periods 2 and 3 and in-class Data Processing
	Tuesday	1 December	Engineering: Hand in and in-class Civil Structures
	Wednesday	2 December	Physics: in-class Practical Task
	Wednesday	2 December	French Beginners: in-class Reading and Writing
	Wednesday	2 December	French Continuers: Reading and Responding Part A and B
	Friday	4 December	IPT: Major Project Feasibility Study
	Friday	4 December	Hospitality: Task D Practicals
<b>Week 10B</b>	Wednesday	9 December	CAFS: IRP Report and Diary

### ‘PENNO’ PRAYER MEETING

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

**2nd and 4th Friday of each month during term from 8.45am to 9.15am**

Please meet at Public Reception.

**Enquiries: Kim Allan on 0410 548 350.**

### INFORMATION MEETING FOR PARENTS OF STUDENTS WITH SPECIAL NEEDS

Parents of students with Special Needs are invited to attend a seminar to be held on Wednesday 2 December commencing at 10.00am in the school Library.

#### Presenters:

Matt Donnelly National Disability Insurance Scheme  
Eileen Lyons Transition from High School  
Wayne Lever Special Olympics  
Lenore Grunsell School Counsellor



## DEPUTY PRINCIPAL'S REPORT



### Year 10 Final Assembly

To commemorate the end of their junior schooling, the Year 10 Prefects are again collating ideas for a celebration to mark this momentous occasion.

At present, they are planning a barbecue to precede a formal assembly—an event that was very successful last year. Plans are well on the way to being finalised. The Prefects are showing great aptitude for collaborative planning and ownership of this task. I am confident they will model successful student leadership strategies and make their peers and our school very proud.

### Crossroads

This week, Year 10 have participated in the *At the Crossroads: My Life, My Future* course.

The group, accompanied by a very able and enthusiastic team of staff members, travelled to Vision Valley for three days to partake in a range of physical and mental activities—completing seminars on safe lifestyles and choices, particularly aimed at their adventurous and sometimes experimental age group. They were involved in team building and bonding activities which were obviously a lot of fun (see pictures on front cover).

On their return each day, the students universally commented on how useful and fun the events were.

### Representing Our School

As readers know, this is a topic I keep coming back to. The whole school community by now knows my views on the importance of maintaining Pennant Hills High School's excellent reputation.

There is however, another pressing issue regarding the need for students to go directly home and not loiter in public places. This is, of course, the subject of student safety. Unfortunately, school aged students can be at risk of untoward attention from certain adults within a community. Therefore it is very prudent that both the school and parent body work in unison to reduce the chance of any risky activities.

Knowing where your students are and who they are with outside of school hours is an essential element of care and must be an ongoing practice at all times.

Please contact the school if you have any concerns regarding your student's wellbeing.

### Year 8 Language Subject Selection

Year 7 students have been asked to select a language to be studied in Year 8.

To do this, students need to sign on through the portal and rank the three languages offered in order of preference. These are: Chinese, French and Japanese. Unfortunately we are not able to

guarantee that all students will get their first choice of language; however we will endeavour to satisfy their selection. Year 8, 2016 will not be doing electives as in previous years, but rather doing four taster subjects to better equip them to make informed choices for their patterns of study in Years 9 and 10. This was trialled this year and has proved to be a successful strategy.

### 'N' Awards

To ensure our 2016 HSC students fulfil the Board of Studies Teaching and Educational Standards NSW (BOSTES) requirements, we are instructed to issue, as a last resort, an 'N' (Non) award for failure to submit or adequately complete an assessment task.

Could all parents of the current Year 11 students (Year 12, 2016), please monitor your student's assessment schedule and workload? The ability to manage and distribute tasks across a period of time ensures they are properly prepared, reduces the stress of the event, and greatly helps to avoid the additional anxiety some students experience.

This is vital especially for the larger tasks such as the major works for Visual Arts, Society and Culture, Drama, Music, English Extension and TAS.

**Brendan O'Byrne**

**Deputy 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 **Tuesday 24 November till Tuesday 1 December (inclusive)**. We thank you for your understanding and cooperation.

**Janette Louis**

**School Administrative Manager**

## RECEIPTS

**Student Reception has a large number of student receipts which have not been collected.**

**Please ask your child to come and check if there are any receipts for them to collect.**

**Thank you.**

## 2014 YEARBOOK

Copies of the 2014 Yearbook are available for collection from Student Reception.

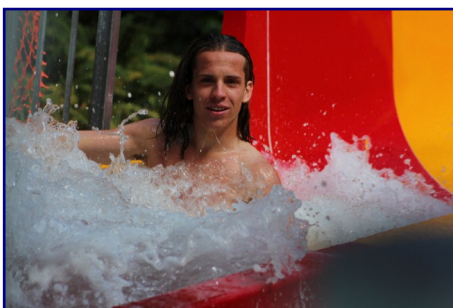


## JUMPING IN TO PDHPE

There are many exciting and valuable learning experiences occurring for students in PDHPE this term.

### Crossroads

Year 10 students have now completed the *At the Crossroads: My Life, My Future* course. This wide-ranging course specifically addressed some of the personal and social issues facing young people in schools today, and also prepared them for the transition into senior school and the challenges that lie ahead.



Last week, students participated in a Domestic Violence Seminar, conducted by the Police Youth Liaison Officers. This week they also spent three days at Vision Valley completing adventure activities such as the flying fox and high ropes course. The highlights of each day were presentations from a number of guest speakers including Brent Sanders, Norm Spalding and Alison Thomas. Students also had the opportunity to complete their Senior First Aid Certificate, White Card and Barista accreditation.

### Swim School

Next week all Year 7 students will participate in an aquatic program. The aim of the program is to improve swimming ability, and to learn survival skills and lifesaving techniques. Students attend the program over four school days on a half day rotating basis. It is always a fun and exciting week, and Year 7 students are looking forward to this valuable program. In addition to this, Year 10 PASS students will have an opportunity to participate in Bronze Medallion Training. This is a Royal Lifesaving Qualification and is a pathway to becoming a pool or surf lifesaver.

### Premier's Sporting Challenge - Sports Leadership Camp

The PDHPE Faculty is proud to announce that ten students from the Premier's Sporting Challenge Sports Leadership Team have been selected to attend the *Leading Through Change Camp* at the Milson Island Sport and Recreation Centre from 2—4 December. The students are: Raz, Charlie, Dakota, Daniel, Joy, Eleanor, Veeran, Thomsa, Hannah, and Jordan.

Students were chosen on merit, based on their experience and commitment to the Sports Leadership Program. Most of these students have been involved since Year 5. At the three day overnight camp, students will complete intensive leadership training and participate in a range of fun team building activities.

The PDHPE faculty is very proud of their achievements and we are confident in their ability to utilise the skills they will learn to support the school and local community.

**James Boyer**  
**Head Teacher PDHPE**



## CHANGING YOUR DETAILS? HELP US KEEP IN TOUCH.



Are you changing jobs, moving house, changing phone number/s (including home, work and mobile) or email address/es?

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

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

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

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

## NEWS FROM THE LIBRARY

### Premier's Reading Challenge

Congratulations to the following students from Years 7, 8 and 9 who completed the 2015 Premier's Reading Challenge: Alison, Veronica, Vithushan, Dongchan, Ishan, Natasha, Laura, Rebecca, Sean, Kayla, Natalie and Danielle.

We anticipate the certificates will arrive in time to be presented at Presentation Evening on Tuesday 8 December.

Students may **commence the 2016 Challenge now** by accessing the PRC website for the reading lists. There is no need to buy books as the library has over 800 books listed in the challenge. They are listed at *PHHS Library Enquiry at Reading Lists* through *My Library* at DET Portal or at *Library Enquiry* on the Intranet.

### Study Periods, Senior Study and the Library

Many senior students are now using these areas more often. We welcome you and look forward to a productive 12 months. To ensure your study period time is used productively, please remember the following simple procedures to ensure a quiet area in which to work—which you will need in the next 12 months.

- Senior study is for quiet, individual study;
- Do not take newspapers or other casual reading to the senior study area (unless it is for set texts in English); and
- Students are welcome to do group work in the main section of the library. Please check with Library staff if you wish to use the small group study room, laptops, Surface RTs, iPads or upstairs computers.

We are happy to help you at any time, so do not hesitate to ask.



### Year 12 Discovery Related Texts

Having trouble selecting an interesting text? There are plenty on display near the circulation desk and enquiry terminals. Students are welcome to borrow books during the holidays. There are also free booklets with online and written suggestions to help you make those important choices.

### New Resources to Enjoy for Christmas

Students are welcome to borrow books for the Christmas school holidays.

#### Fiction



#### Magazines



Best Wishes for Christmas and the New Year from the Library staff.

**Sue Whitlock**  
Librarian





## SPECIAL TIMES IN SPECIAL EDUCATION

In the Special Education Unit, we have had a few visitors recently.

### Pizza Pizzazz

Mrs Grunsell, our School Counsellor, took time out from her busy schedule to teach us how to cook pizzas. Students had to make the base, cut the toppings and assemble the pizzas ready for cooking. Once cooked in our kitchen, we all enjoyed eating our magnificent creations. The students' mature approach to the whole process ensured that a successful venture was had by all.

Congratulations on an outstanding performance and very tasty result.



### Responsible Behaviour Seminar

The Special Education Unit had a visit from the Police earlier this term. Constable Lynda Hart spoke to us about responsible behaviour in the community. The students represented Pennant Hills High School admirably and listened intently to the message from Constable Hart, which she delivers to schools in her area.



### Work Experience—and more ...

Congratulations to James who is receiving glowing reports about his work at the Op Shop.



We have had, and continue to have, many wonderful opportunities in the Special Education Unit this term.

Year 10 students have recently participated in Peer Support training and *Crossroads*, while Year 7 are looking forward to attending Swim School next week.

We are looking forward to a fun and exciting finish to the year.

**Lisa Barrowcliff**

**Head Teacher Special Education Unit (Relieving)**

## CLOTHING POOL



There are many senior school uniforms, especially girls' dresses and boys' shorts, in very good condition, available for purchase from the Clothing Pool for \$10.00 each—a significant saving.

Please see Mrs Bain in the Print Room located near Student Reception for more information.

## SEEING DOUBLE?

We sometimes have a set of twins enrolled in our school; however our Year 8 group this year is definitely an exception to the rule. There are seven sets of twins—an amazing occurrence.



## Drama Evening

On a very warm Wednesday evening, our Drama and Dance students performed for their family and friends, showcasing their talents and skills learnt and perfected throughout the year.

The evening included a fantastic introduction from Year 12 hosts Eamon and James as they concluded their ongoing film, detailing the trials and tribulations of being comperes.

There were strong monologue and group performances from Year 9 and 10 Drama students, a short film from the Drama Ensemble and some Theatresports. Students were also involved in backstage support.

The newly formed Dance class performed a short dance—a fine effort after only ten lessons together.

The CAPA Faculty are always appreciative of the support received from students, parents and the wider community, and the Drama Studio provided an intimate performance space.

Thank you to all who were involved in the evening, including:

- Tech Crew—Byron, Patrick and Oscar;
- Backstage Crew—Slade (returning after his HSC Exams) and Year 10 Drama students;
- Drama and Dance students—including Eamon and James (returning after their HSC Exams); and
- Dedicated Drama staff—Ms Hickey, Ms Crilley and Ms Feilen.

### Puppets Galore

The Drama faculty recently purchased some new puppets for their *Puppetry* Unit. Here are some examples of our recent additions being used by Year 8 students.



**Janelle Dennis**  
**Head Teacher CAPA**

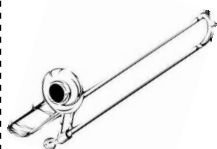


### END OF YEAR CONCERT

Pennant Hills High School's  
Big Band and Junior Stage Band  
invite all students, parents and carers to our  
End of Year Concert.

on Wednesday 9 December, 2015

at 7.00pm  
in the MPC



### 2016 SCHOOL STUDENT WELLBEING TEAM

Year Group	Year Adviser
7	Ms Elizabeth Ford
8	Mrs Jennie Christensen
9	Miss Jackie Breden
10	Mrs Mel Frida
11	Mr Daniel Pugliese
12	Ms Kylie Blarasin

**Head Teacher Student Wellbeing -**  
Mrs Belinda Campbell

**School Counsellor - Mrs Lenore Grunsell**

**Deputy Principal - Miss Amanda De Carli**  
(Years 8, 10 and 12)

**Deputy Principal - Mr Brendan O'Byrne**  
(Years 7, 9 and 11)



## SPORTS SHORTS

### Grade Sport

Finals for Grade Sport last week were a great success, although rain disrupted our chances of more premierships. Pennant Hills High School had nine teams that qualified for the finals—a great achievement. Well done to all coaches and students. We had three premiers and six runners-up. Results were as follows:

SPORT	COACHES	RESULTS
MIXED VOLLEYBALL A	C RAPER M FRIDA	PREMIERS
MIXED BASKETBALL A	M CRESPO R WILLIAMSON	PREMIERS
SPEEDAWAY BOYS A	C CASSAR P LONGHURST	PREMIERS
MIXED VOLLEYBALL B	C RAPER M FRIDA	RUNNERS-UP
INDOOR SOCCER (Boys Open A)	P KNEALE	RUNNERS-UP
INDOOR SOCCER (Boys 15's B)	B WILSON	RUNNERS-UP
BASKETBALL (Boys 15's A)	M CRESPO R WILLIAMSON	RUNNERS-UP
HANDBALL BOYS A	J BREDEN	RUNNERS-UP
SPEEDAWAY GIRLS A	C CASSAR P LONGHURST	RUNNERS-UP

Years 9—11 students must check the sports notice board for all information. In the event of wet weather or extreme hot weather, all outdoor sports will be cancelled and only indoor sports will go ahead.

### Sydney North Cricket Trials

Congratulations to Daniel and Danusha who have won selection into the Sydney North Open Boys Cricket Team. The team will be competing at the NSWCHS Carnival on the South Coast in February 2016. This is the second time for both boys and they will open the bowling together.

**Valmé Kruger**  
**Sport Coordinator**

## STUDENT ABSENCES

There are many sound reasons, including illness and family emergencies, why students may not be able to attend school on occasions.

The Department of Education requires that all valid absences be supported by written advice from a parent or caregiver within seven days of the student's return to school. We are required to record as unjustified any absence not supported by a note from a parent or caregiver.

If your child is going to be absent from school for any reason, please phone the office as soon as possible to let us know and, most importantly, follow up with a note on your student's first day back at school.

Your cooperation will assist us in encouraging appropriate patterns of student attendance.



**BLUE STAR**

BLUE STAR is a youth development and leadership program created by PCYC to assist in creating 'young leaders for tomorrow' in our local communities. The program gives practical, real-life skills that young people can apply to work and family, helping them on their way to becoming great community leaders.

**CITIZENSHIP PROGRAM**

The Blue Star Citizenship program is the first step in the leadership journey for young people at PCYC. The program introduces them to PCYC and gives them both formal and informal training opportunities. In addition to this they get the chance to meet young people from all over NSW and form friendships to last well into the future.

**WHAT'S INCLUDED:**

- Two camps at a sport and recreation-style facility
- Motivational workshops and experiential learning exercises
- Recreational activities that will challenge you in both a team environment and on an individual basis
- 20 hours of volunteering at your local PCYC
- Opportunity to complete the Duke of Edinburgh Award—Bronze level
- Facilitated learning sessions on citizenship

**COURSE FEES:**  
Blue Star Citizenship \$100  
Blue Star Leadership \$100  
Participants must be between the ages of 14 and 18

**PCYC** | POLICE CITIZENS YOUTH CLUBS  
pcycbluestar.org



**PCYC CORE VALUES**

- CITIZENSHIP** Work to achieve the best for your community
- RESPECT** Respect yourself and others
- COMMITMENT** Be determined and see things through
- INTEGRITY** Live and your values
- RESILIENCE** Look for the positives in every situation

**BLUE STAR LEADERSHIP PROGRAM**

The Blue Star Leadership program is the next stage of the program which helps young people to become young leaders within their community, and gives them the tools to develop and lead an active project at their local PCYC. The program gives them the opportunity to be a young leader at Citizenship camps in the future and experience the role of a young leader among peers.

The Leadership program supports the young person remain actively engaged with their PCYC and helps them be a role model to younger children, as well as strive for their dreams and ambitions.

**WHAT'S INCLUDED:**

- Three camps at a sport and recreation-style facility
- Recreational activities that will challenge you in both a team environment and on an individual basis
- More advanced Leadership training and mentoring
- 30 hours of volunteering at your local PCYC
- Be mentored to develop and deliver an activity project at your PCYC
- Opportunities to lead other young people at future Citizenship camps
- Feel a sense of satisfaction of having made a contribution to their local community

**PCYC YOUTH REPRESENTATIVES**

Graduates of the Blue Star Leadership program are eligible to nominate to become a PCYC Youth Representative. Youth reps are appointed for a term of 12 months and have some amazing opportunities, gaining experience in a variety of public roles, as well as representing PCYC, their family and their community at functions and conferences around the state and around the globe. The youth reps have the opportunity to provide regular feedback on current youth issues and perspectives, and recommend ways PCYC can improve its service to engage young people and address priority issues.

In this role young people have the opportunity to not only share in some amazing life experiences, but also 'give back' to their community through ongoing support of the PCYC Blue Star programs.

**WHAT'S INCLUDED:**

- Opportunity to present to the PCYC board of management on matters affecting youth
- Opportunity to represent PCYC at a variety of conferences and functions, to present on youth issues and priorities
- Represent PCYC by attending the international One Young World Summit
- Opportunities to lead other young people at the Citizenship camps

**BLUE STAR**  
pcycbluestar.org

**one**  
ONE YOUNG WORLD SUMMIT

## CARING FOR OUR STUDENTS

From time to time it will be necessary for students to leave school during the school day. Whilst these instances should be kept to an absolute minimum, we understand that at times they will be unavoidable.

**If you know in advance** that your student will need to leave school early, please send a signed note which they should present to Student Reception at the start of the school day, so a Leave Pass can be prepared. Students holding a Leave Pass are free to leave the school grounds at the designated time.

**If a student needs to leave unexpectedly during the day**, to ensure their safety and security, our staff are obliged to ask for ID from the person coming to collect them. Parents should ensure that they (or their approved representative) bring some form of photo ID if they are collecting their student without prior written advice to the school.



# In Pain?

**Don't be, when  
Chiropractic could help.**



Male and Female Chiropractors, convenient hours,  
HICAPs, Medicare, DVA and Workcover

Shop 2, 354 Pennant Hills Road, Pennant Hills.

# 9980 9000

## ALLEN & SHEPPARD

**Thinking of selling your property? I want to  
help you and Pennant Hills High School.**

As a parent of a current student at Pennant Hills  
High School, I will not only ensure you get the  
best possible result, but I will also personally  
donate **\$500** to the school if you refer a listing, or  
list and sell your property with me at  
ALLEN & SHEPPARD.

***If you would like outstanding results  
for your property, don't hesitate ...  
give me a call today!***



**Craig Taylor**  
**0414 754 563**

[craig@allenandsheppard.com.au](mailto:craig@allenandsheppard.com.au)

## **SOAMES** real estate



### **THANK YOU**

Soames Real Estate are proud to announce that,  
with the support of local property owners, they  
donated a massive **\$20,481** to Hornsby Ku-ring-gai  
Hospital. This result exceeded our goal of \$20,000  
for a new electrocardiogram for their Emergency  
Department.

We thank those property owners who kept our  
sales team busy over the course of July, August,  
September with over 670 appraisals conducted.  
We would also like to thank the local residents  
who donated personally.

**See Soames for Homes**

## **THE ACTING EXPERIENCE**

**DRAMA CLASSES  
FOR TEENAGERS  
ENROL NOW FOR  
2016!**

► **SMALL CLASS SIZES**  
► **2 HOURS EACH WEEK**

COME AND JOIN THE  
BEST EXPERIENCE FOR  
YOUNG ACTORS

*The Acting Experience* weekly drama classes are on:

- Primary Classes – Wednesdays and Saturdays
- High School Classes – Thursdays and Saturdays

### **FOR MORE INFORMATION:**

[actexp.com.au](http://actexp.com.au)  
[info@actexp.com.au](mailto:info@actexp.com.au)  
0457 574 662

Photo ©Vancouver Film School

# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

**MusicPro Free Family Concert:** Saturday 28 November at 6.00pm. Wyong Grove Theatre, Cnr North Rd and Pacific Highway, Wyong. Music for all ages - David Moyes from Air Supply, Billy Field, The Shaykes, Novakayn and more.

**St Matthew's Anglican Church Service of Remembrance:** Wednesday 2 December at 7.30pm. Cnr New Line and Castle Hill Roads, West Pennant Hills. The service is open to family and friends who have lost a child of any age. Several denominations will be represented. Supper will be served. Enquiries: 9479 3700.

**West Pennant Hills Scouts Christmas Trees:** On sale 5, 6, 12, 13 and 19 December from 8.00am—4.00pm. Mount Wilberforce Park, Cnr Castle Hill Rd and Church St, West Pennant Hills.

**The Epping Club Christmas Toy Raffle:** To support charity and community clubs. 8 December at 8.00pm.

**North Sydney Youth Orchestra Auditions:** At Beecroft on 9 December from 3.45pm. Information [info@nsyo.org.au](mailto:info@nsyo.org.au)

## STUDENT EXCHANGE PROGRAMS

**Rotary Youth Exchange:** the opportunity of a lifetime for young Australians currently in Year 9 or 10. Expand your horizons with a year on Rotary Exchange. Discover a different culture - [www.rotaryyouthexchange.net.au](http://www.rotaryyouthexchange.net.au)

**Southern Cross Cultural Exchange:** Information sessions [www.scce.com.au](http://www.scce.com.au) or 1800 500 051.

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

**Student Exchange Australia NZ** [www.studentexchange.org.au](http://www.studentexchange.org.au) or 9997 0700

**World Education Program Australia (WEP)** [www.wep.org.au](http://www.wep.org.au) or 1300 884 733.

**Australian Institute of International Understanding (AIU)** [www.aiu.om.au](http://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](http://www.lionsclubs.org.au/ye)

**STS Student Exchange** [www.sts-education.com.au](http://www.sts-education.com.au) or 1800 263 964

**AFS Intercultural Programs Australia** [www.afs.org.au](http://www.afs.org.au) or 1800 023 982

## RECREATION AND SPORTING GROUPS

**Northern District Hockey Association:** [www.ndhockey.com.au](http://www.ndhockey.com.au) or phone 0419 299 808 (Adrian) or 0438 119 729 (Robert) U5 - U9 'Minkey'. U11, U13 and U15 mixed junior comp. Play on a world class artificial turf facility at Pennant Hills Park.

**West Pennant Hills Cherrybrook Football Club:** [www.wphcfc.net.au](http://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 [mkellahan@nswrugby.com.au](mailto:mkellahan@nswrugby.com.au) or phone 9323 3407.

**Hills Hawks Softball:** All ages 4-adult welcome - [www.hillshawks.softball.org.au](http://www.hillshawks.softball.org.au) or phone Hazel - 0414 474 461

**Pennant Hills District Cricket Club: (15 years and over)** [pennanthillscricket.com.au](http://pennanthillscricket.com.au)  
Registration enquiries: [penno.juniors@gmail.com](mailto:penno.juniors@gmail.com) or SMS 0450 226 158.

**North Sydney Girls Cricket Association:** [www.nsgca.nsw.cricket.com.au/](http://www.nsgca.nsw.cricket.com.au/)

**Pennant Hills Cherrybrook Rugby League Club:** [www.pennostags.com](http://www.pennostags.com) or 0418 677 511 (Ross Ruhan). All ages.

**Beecroft Cherrybrook Junior Rugby Union Club:** [www.beecroftjuniors.com.au](http://www.beecroftjuniors.com.au) or phone Nicola 0402 677 180.

**Cherrybrook Table Tennis Club:** 0412 520 854 - Enjoy social and competition table tennis.

**Sydney Zodiacs Youth Dragon Boat Club:** [www.dbsw.org.au](http://www.dbsw.org.au) or [sydneyzodiacs@yahoo.com.au](mailto:sydneyzodiacs@yahoo.com.au) or 0410 655 764

**Epping RSL Golden Kangaroos Marching Band:** [www.gks.org.au](http://www.gks.org.au) or 9868 3289

**Northern Sydney Youth Orchestra:** for young musicians. Not-for-profit organisation. <http://www.nsyo.org.au>  
Symphony Orchestra, Wind Ensemble and Strings Orchestra. Weekly rehearsals at Beecroft on Wednesdays.

**2nd/3rd Pennant Hills Scout Group:** 0408 121 690 (Greg Smithson) - Tuesdays (7-11) and Wednesdays (10-15).

**Pennant Hills Girl Guides:** Mondays - Guides (10-14) 5.30-7.30pm; Senior Guides (14-18) 7.00-9.00pm. 0438 284 592 (Fiona)

**Hornsby District Athletics (children aged 4 - 17):** Saturday mornings at Pennant Hills Park [www.hdlac.org.au](http://www.hdlac.org.au)

**Cherrybrook Athletics Club (children aged 5 - 16):** Friday nights 5.45pm - 8.00pm [www.cherrybrookathletics.org.au](http://www.cherrybrookathletics.org.au)

**Taiko Drumming** (a blend of choreography, drumming, movement and music for everyone): [www.taikoz.com](http://www.taikoz.com)

**St Agatha's Youth Group:** for students from Years 7 to 9 - [www.stagatha.org.au](http://www.stagatha.org.au) or 0409 847 208 (Laura)

**West Pennant Hills Netball:** [www.westpennanthills.netball.asn.au/](http://www.westpennanthills.netball.asn.au/) or <http://www.facebook.com/WPHNC>  
'Netta' 7 - 9 years; Junior 10 - 15 years; Senior 16 years and above.

**Thornleigh Softball:** All games played at Galston. Contact Sharon - 0407 442 402. [www.thornleighsports.org.au/softball](http://www.thornleighsports.org.au/softball)

**Cherrybrook United Netball Club:** Games played at Pennant Hills Park. Modified 'Net Set Go' (5 - 9) Friday evenings; Juniors (10 - 15) Saturday mornings; Seniors (16 - open) Saturday afternoons. Phone Keryn on 0412 693 224

**Castle Hill BMX Club:** Fred Caterson Reserve, Castle Hill. Facebook: [facebook.com/castlehillbmx](https://facebook.com/castlehillbmx)  
President: Michael 0404 093 303. Email: [castlehillbmx@hotmail.com](mailto:castlehillbmx@hotmail.com)

**Hornsby Junior Touch Footy:** All games played at Foxglove Oval, Mt Colah. Girls 9s-17s; Boys 9s-15s.  
Information/Registration: [hornsby.mytouchfooty.com](http://hornsby.mytouchfooty.com)

**North Rocks Softball:** Teeball, Modball, Softball - school terms only - 5 years to adults - social and competitive.  
Information/Registration: [northrockssoftball.org.au](http://northrockssoftball.org.au) or phone: 0406 852 851.



# 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.

**Foster carers needed:** Key Assets NSW, a dynamic not-for-profit foster care provider - 8336 5700  
Providing high quality and innovative family placements for children and young people with varying needs.

**Volunteer with Easy Care Gardening:** [www.easycaregardening.org.au](http://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.

**Lifeline Telephone Volunteers needed:** It's never too late to make a difference ... or to learn new skills.  
Join a team of volunteers on the crisis support line based at Gordon. Training is comprehensive and ongoing support is provided for all volunteer counsellors. More information: 9498 8805 or [admin@lifelineh2h.org.au](mailto:admin@lifelineh2h.org.au)

## 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](http://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. Go to [www.thekidsareallright.com.au](http://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](http://www.avcat.org.au) or phone 9213 7999 or 1800 620 361 (voicemail)

**Jack's Youth Café at Hornsby** (run by Fusion Sydney North): 5 Jersey Street Hornsby (a short walk from the station).  
After school activities for students in a safe environment, Tuesdays - Fridays 3.00pm - 6.00pm. 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](http://abilityoptions.org.au) or contact Caroline Krix on 8811 1717 or [caroline.krix@abilityoptions.org.au](mailto: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](mailto:abilitylinks@unitingcarens.wact.org.au)

**Foster Care Association NSW Inc:** Providing advocacy, support and information to foster carers.  
[www.fcansw.org.au](http://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](http://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](http://www.votensw.info), enrol to vote at [www.aec.gov.au](http://www.aec.gov.au) or phone 1300 135 736

**Uniting Care Northmead:** 8839 5107 - Workshops and counselling for parents. Phone for more information.

**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](http://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](http://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](mailto:CAFS@missionaustralia.com.au) or 9482 1366 - Free counselling and support service.

**Single With Children:** [www.singlewithchildren.com.au](http://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](http://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/](http://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](http://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 - Phyllis St, Thornleigh

**Christ Evangelical Centre of Australia Chinese Language School:** 0410 613 814 (Jenny)

**Cybersmart website:** [www.cybersmart.gov.au](http://www.cybersmart.gov.au) - Part of the Australian Government's cybersafety program.

**The Australian Childhood Vision Impairment Register:** [www.vifamilynetwork.org.au](http://www.vifamilynetwork.org.au)  
The Register collects and uses data to improve services for children and to research eye disease and disorders of vision.

**Bedford College Play Sessions for children (0 - 5 years) and their parents/carers: Fridays 9.30am - 11.30am**  
2 Columbia Court, Baulkham Hills. Small fee includes morning tea for children and their carers. Bookings: 1300 174 174

**CatholicCare Diocese of Broken Bay:** counselling, parenting and support groups. 9488 2400 or [waitarafc@dbb.org.au](mailto:waitarafc@dbb.org.au)

**Our Space - Integrated Youth Service Hub, Eastwood:** bringing together a variety of services committed to improving the wellbeing of young people aged 11-18 years. Information: [www.ourspace.org.au](http://www.ourspace.org.au) or 9874 7458.

**St Vincent de Paul Society:** Interest free loans to low income families for essential household items. Phone 9477 5010

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