



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 6 February 2015

Term 1 Week 02B

AFFIRMING ACHIEVEMENT

Pennant Hills High School Presentation Evening, held on Tuesday 16 December 2014, provided an opportunity to applaud our students for their success in all fields of endeavour. We congratulate these young people, their parents, caregivers and teachers, who have worked together to enable these achievements.

Mr Geoff Wing
Principal

Mr Brendan O'Byrne
Deputy Principal

Miss Amanda De Carli
Deputy Principal

Laurence Street, Pennant Hills NSW 2120

P: 9473 5000 F: 9473 5099

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

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



LOOKING FORWARD

Term 1 2015

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 4.00pm—6.00pm
	Tuesday	10 February	Band Performance 7.30pm
	Wednesday	11 February	School Swimming Carnival
	Thursday	12 February	SRC Induction Ceremony 9.15am
Week 4B	Monday	16 February	School Photographs
	Wednesday	18 February	HSC High Achievers Assembly 9.00am in the Main Quad
	Wednesday	18 February	Meet the Music Concert - Sydney Opera House
	Friday	20 February	Year 12 Visual Arts ArtExpress Excursion
	Friday	20 February	Year 11 Visual Arts Cockatoo Island Excursion
Week 5A	Monday	23 February	Zone Swimming Carnival
	Wednesday	25 February	Year 11 Study Smart Seminar
	Thursday	26 February	NSW All Schools Triathlon Championships
	Friday	27 February	NSW All Schools Triathlon Championships
Week 6B	Tuesday	3 March	Open Night 4.00pm—7.30pm
Week 7A	Monday	9 March	HSC Encore
	Tuesday	10 March	Year 11 and 12 Parent—Teacher Evening
	Friday	13 March	Year 11 RYDA Road Safety Education Excursion
Week 8B	Tuesday	17 March	Regional Swimming Carnival
	Wednesday	18 March	Year 12 ESL to UNSW Figtree Theatre
	Thursday	19 March	Year 7 HPV, DTP and Chicken Pox Vaccinations
Week 9A	Monday	23 March	Year 12 Half Yearly Examinations (ALL WEEK)
	Friday	27 March	CHS Swimming
	Saturday	28 March	CHS Swimming
	Sunday	29 March	CHS Swimming
Week 10B	Monday	30 March	Year 12 Half Yearly Examinations (ALL WEEK)
	Thursday	2 April	Last Day of Term 1
	Friday	3 April	PUBLIC HOLIDAY—First day of School Vacation

ASSESSMENT TASKS FOR YEAR 11 - Term 1 2015

Week 5A	Friday	27 February	Business Studies: Task 1 - In class extended response
Week 8B	Friday	20 March	Biology: Assessment Task
Week 9A	Wednesday	25 March	Physics: Assessment Task
Week 10B	Wednesday	1 April	Geography: Task 1 - Examination

ASSESSMENT TASKS FOR YEAR 12 - Term 1 2015

Week 4B	Monday	16 February	English: Vlog Assessment Task due
	Tuesday	17 February	English: Vlog Assessment Task due
Week 9A	Monday	23 March	Year 12 Half Yearly Examinations (ALL WEEK)
Week 10B	Monday	30 March	Year 12 Half Yearly Examinations (ALL WEEK - excluding Good Friday)

'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.



PRINCIPAL'S REPORT



Welcome

I extend a very warm welcome to all new students and their parents, as well as existing members of our school community. We have for the second consecutive year been overwhelmed by the large number of new enrolments. The additional numbers will give us an entitlement to relieve pressure on class sizes in Year 7 by adding another class. It will also enable us to better meet the needs of students in a number of courses in other year groups.

There have been few changes to our school staff, and the replacement of teachers who retired at the end of last year will be determined when our enrolment numbers are finalised. I seek your support as these changes to our timetable are implemented in coming weeks.

2014 HSC Results

Our Year 12 students performed very well in last year's HSC, resulting in 23 ATARs of 90 or above from a candidature of 172 students. This was a 3% increase on the previous year. Our 2014 female School Captain, Eliza, was Dux of the school, with an ATAR of 97.95.

Our students attained 76 Band 6 results, reflecting their placement in the highest category of possible results in their courses.

The following school courses had means significantly above the state means.

Chemistry	+ 4.79
Community and Family Studies	+ 8.32
Drama	+ 4.27
Earth and Environmental Science	+ 5.80
Engineering Studies	+ 5.43
English as a Second Language	+ 6.42
Food Technology	+ 7.48
French Continuers	+ 9.00
Industrial Technology	+ 11.08
Legal Studies	+ 6.35
Mathematics General	+ 7.89
PDHPE	+ 4.27
Textiles and Design	+ 6.15
Visual Arts	+ 4.69

P&C Meeting

The first P&C meeting will be held in the school Library on Tuesday 24 February 2015 commencing at 7.30 pm. I encourage all parents to attend, especially those who are new to the school.

Mrs Christensen, our Year 7 Adviser, will be present to talk about her role and the exciting academic and curriculum enrichment programs which will be available to Year 7 students in 2015.

School and P&C Contributions

The school contribution schedules are now available through the parent portal section of our school website: www.pennanthil-h.schools.nsw.edu.au

These schedules enable parents to identify what monies are owed for their child. Parents may then print the relevant contributions sheet and forward it to the school with payment for the amount owing. The schedules contain information about how general school contributions are used by the school. Invoices for all year groups will soon be mailed home to families, and will include any outstanding compulsory subject fees owing from last year. Early payment of amounts owing will allow us to place the necessary orders for equipment that will be used to support your child's learning in 2015.

Our P&C Association welcomes payment of the P&C contribution, which also assists the school to provide additional resources above what is provided through global funding sources. In addition, parents are encouraged to make **tax deductible** donations to the School Building Fund and School Library Fund. Contributions to the school's Grand Piano Fund would also be most welcome.

Regional Blues Awards Night

I was pleased to attend with our Sports organiser, Mrs Kruger, the Sydney North Sports Association Awards Night at which three of our students were recognised by the award of Sydney North Sport's highest accolade, a Blue for their outstanding contributions to sport in our region. Congratulations to Dela and Talisa, who both received Volleyball Blues, and to Tristan, who was awarded a Blue for Athletics.

It was announced on the night that Pennant Hills High School placed eighth of all schools in the Sydney North Sporting Region for 2014.

Changes to DEC Attendance Policy

The Department of Education and Communities has announced changes to the way student absences from school due to travel and family events outside of school holiday periods are treated. An exemption from attendance at school can **no longer be granted** for vacations taken outside of school holiday periods. These periods will now be counted as absence for statistical purposes. If the Principal accepts the parent's application for extended leave, a certificate of extended leave will be issued.

(Continued on page 4)

(Continued from page 3)

For all absences from school, an explanation for absence must be provided to the school **within 7 days** from the first day of any period of absence. If the Principal does not approve the leave, any resulting absence will be recorded as 'unjustified'.

Principals can now grant exemptions from attendance for students engaged in approved elite arts in addition to the existing categories of entertainment industry and elite sporting events (up to 100 days).

Principals now have the authority to:

- accept other explanations for absence and record the absence accordingly;
- decline to accept an explanation for absence and record the absence as unjustified;
- grant exemption from enrolment for students who have completed Year 9 and have the required approval to complete education in special circumstances through an apprenticeship or traineeship.

Entering School Grounds

For the safety of our students, we make every effort to minimise vehicular traffic in the school grounds. The following rules apply on all school days.

- Only staff and delivery/trade vehicles are permitted to drive or park within school grounds.
- Parents/caregivers are not to drive into the school grounds unless they are coming to collect a sick or injured child.
- Drivers are not to stop in the bus bay to drop off or collect students.

Parking is available in streets adjacent to the school. If you have an appointment or need to visit the school, please allow sufficient time to find a parking space and walk.

As many senior students arrive early for additional before-school classes, these arrangements also apply in the early morning before junior classes begin.

Upgrade of School Oval

During Term 4 last year, it was necessary to close our main oval while a major renovation was commenced. Due to the cooperation of our students during that time, the work has been completed, allowing our students and community sporting clubs access to the ground from the start of this year. I wish to thank Hornsby Shire Council for their contribution of \$55,000 towards the cost of the project.

Geoff Wing
Principal



Year Group	Year Adviser
7	Mrs Jennie Christensen
8	Miss Jackie Breden
9	Mrs Mel Frida Assistant: Mrs Sudha Saligram
10	Miss Patricia Anthony
11	Ms Kylie Blarasin Assistant: Ms Kirstie Clarke Assistant: Ms Janelle Dennis
12	Mrs Pam Leadbitter Assistant: Mr Daniel Pugliese
Head Teacher Welfare - Mrs Belinda Campbell	
School Counsellor - Mrs Lenore Grunsell	
Deputy Principal - Miss Amanda De Carli (Years 7, 9 and 11)	
Deputy Principal - Mr Brendan O'Byrne (Years 8, 10 and 12)	



KOALA PARK

An Important Message for Recent Enrolments

From time to time, students will be asked to meet in Koala Park before proceeding to an activity.

Within the Pennant Hills High School context, **Koala Park refers to the stand of eucalyptus trees located within the school grounds, behind the goal posts of the main oval, just opposite the rear of the MPC.**

(It should not be confused with the commercial operation of the same name, located on Castle Hill Road, West Pennant Hills.)

BYOD and PDHPE

During PDHPE lessons students' BYOD devices will be kept secure in the PE storeroom.



Students must bring their devices to the storeroom at the start of the lesson.

James Boyer, Head Teacher PDHPE

THANK YOU

(Following are extracts from a letter to Mr Wing from Major Warren Parkinson, Greater West Divisional Commander, The Salvation Army, in response to the Prefects' 2014 Christmas Can Appeal. Congratulations to all who supported this appeal.)

When you support the Salvation Army, you are part of something really special; a community dedicated to making a difference in the lives of those less fortunate. It is the generous support of individuals and organisations such as Pennant Hills High School that make ... the community a great place to live. Together we are able to help many of these families and individuals not only to meet essential daily needs but add a little happiness especially at this time of year.





NSW SCHOOL VACCINATION PROGRAM - 2015

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program. In 2015 the following vaccines will be offered.

YEAR 7 STUDENTS **

- **dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough))** as a single dose;
- **Varicella vaccine (chickenpox)** as a single dose; and
- **Human papillomavirus (HPV) vaccine** in a 3-dose schedule at 0, 2 and 6 months
(Students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8.)

YEARS 11-12 STUDENTS **

- **Measles-Mumps-Rubella (MMR) vaccine** as a single dose as part of a catch-up vaccination program for students who are not fully protected.

PARENT INFORMATION KITS will be sent home to parents/caregivers. To consent to the vaccination of their child, parents/caregivers are advised to:

- read all the information provided;
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive;
- return the completed consent form to their child's school; and
- ensure that their child eats breakfast on the day of the school vaccination clinic.

*** The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

Parents/caregivers who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/caregivers must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/caregivers should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

VACCINATION DATES FOR PENNANT HILLS HIGH SCHOOL

19 March 2015 and 28 May 2015

We will provide parents and caregivers with individual information as soon as possible.

Belinda Campbell, Head Teacher Welfare



Asthma
Australia

MEDICAL ALERT

Students who have been identified by their parent/caregiver as asthmatic
must carry their own reliever puffer (e.g. Ventolin) at all times.

It is the **parent/caregiver's duty of care** to ensure their child carries their puffer.



Asthma
Australia

YEAR 10, 2014 END OF YEAR ASSEMBLY



**A NEW
INITIATIVE**



OPEN NIGHT
Tuesday 3 March 2015
4.00pm—7.30pm

Pennant Hills High School
Laurence Street
Pennant Hills 2120

Phone: 02 9473 5000
Fax: 02 9473 5099

Pennant Hills High School

Responsibility Integrity Achievement



Come and See what your local school has to offer.

Pennant Hills High School is throwing open its doors and showcasing programs and activities on Tuesday 3 March 2015.

From 4.00pm to 7.30pm, students from all years will offer interactive experiences and performances, and conduct guided tours of the school, or if you prefer, you may take a self-guided tour. Information will be available about enrolment, and applicants can register for the Year 7 2016 Academically Selected Class test (application forms available on Pennant Hills High School website). Visit our Learning Hub and experience contemporary project learning.

The Principal, Geoff Wing, and students will give a presentation at 7.00pm in the school hall.

There is onsite and street parking, and refreshments will be provided.

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

Web: <http://www.pennanthil-h.schools.nsw.edu.au/>

Facebook: Pennant Hills High School Twitter: @PennantHillsHS

TESTING FOR CONSIDERATION FOR PLACEMENT IN THE ACADEMIC EXTENSION CLASS IN YEAR 7, 2016

The **Higher Ability Selection Test** (HAST) for those Year 6 students seeking placement in our academically selected class will be conducted at Pennant Hills High School from 9.00am to 12.00pm on **Friday 20 March 2015**. Application forms will be made available at Open Night and on the school's website.

Administration cost for the test is \$70.00.

Completed **applications must be returned** to Mrs Susan Le Noury at the Payments Window (*in Student Reception*) **NO LATER THAN 2.00pm** on Friday 6 March 2015. **Payment MUST accompany** application.

All applicants will be emailed an information package upon receipt of this application and payment.

SPORT SHORTS

Knock-out Sports for Term 1

Boys and girls in Years 10—12 who are interested in playing the following KO sports need to see Mrs Kruger as soon as possible: Baseball, Basketball, Cricket, Golf, Hockey, Netball, Soccer, Touch and Volleyball.

Sydney North Trials for Term 1

Students in Years 10—12 who are interested in trialling for the following Sydney North Teams need to see Mrs Kruger for a note as soon as possible: Baseball, Basketball, Hockey, Netball, Soccer, Tennis, Touch and Volleyball.

Swimming Carnival

The school swimming carnival will be held on Wednesday 11 February 2015. This is a whole school event which will take place at the new Hornsby Aquatic Centre. No classes will operate at school as students are expected to attend the carnival. Please speak to Mr Toohey or Mrs Currie for any further information.

House Captains

This year, one of the ways we are trying to build up school spirit is via the school's house system. To assist with this there are Year 11 boy and girl House Captains for each house. Keep an eye out for these enthusiastic figures at the swimming carnival.

CHS Triathlon

The CHS triathlon is taking place on 26 and 27 February 2015 at Sydney International Regatta Centre in Penrith. Entries for teams of three with a swimmer, runner and cyclist are still open, so if you are interested see Mr Boyer as soon as possible.

Grade Sport

This Thursday is the last week of summer trials for grade sport. Check the sports noticeboard to see where your sport will be trialling.

Sydney North Area Secondary School Sports Association Blue Awards Presentation Night

We would like to congratulate all students from Pennant Hills High School, including our athletes with disabilities, who contributed to the point score in grade sport, knock-out sport, swimming, athletics and cross-country carnivals in the Sydney North Region. We are very proud to announce that Pennant Hills High School was placed in the top 10 schools in a very competitive field during 2014.

The following students received a Sydney North Secondary School Sports Association Blue for outstanding achievement in sport over the past year: Tristan for Athletics, who was also the Sportsman of the Year for Pennant Hills High School during 2014; Dela for Volleyball; and Talisa for Volleyball. Well done on an outstanding effort.



Valmé Kruger
Sports Coordinator

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




SET YOURSELF UP FOR A GREAT YEAR

Make this the year that you will remember for the rest of your life as the time you really set yourself on the pathway to success. There are several sure-fire ways to make this a great year.

- 1 Build positive relationships with everyone you know** ... parents, teachers, friends ... everyone! One way of reducing your stress levels is to set out to have as many positive friendships this year as you can.
- 2 Challenge yourself.** You are much, much smarter than you know. If you practise doing your best in life you will succeed because very few people ever practise doing their best. To do your best you have to get out of the habit of predicting that things won't go well for you. If you look for what's going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.
- 3 Prepare yourself for learning.** Thinking positive isn't enough for successfully achieving goals. Implement ways to reduce distractions, at least for a few hours at a time, or learning will become a frustrating experience. Human nature is such that not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may intentionally or subconsciously distract you from your goal.
- 4 Get enough sleep.** Getting enough sleep helps you to manage stress, stay happy and also increase your marks. You need at least 8 hours and sometimes as much as 9.25 hours a night.
- 5 Eat breakfast.** A lot of people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches.
- 6 Do the most important things first.** Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, 'What is the one thing I could do this week in each subject area that would improve my results?' Then do it.
- 7 Use your time well.** Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school, you can save yourself endless hours. Some people find if they sit at the front they are less distracted. Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes on these things. It is a fair bet that these things will feature in tests and exams.
- 8 Focus and immerse yourself.** For at least some time every day, switch off all forms of technology and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms, so you need to be practiced at performing without it.
- 9 Don't try to predict the future.** Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don't spend the year thinking how awful your results could be. Just do the most important things first and do them regularly.
- 10 Be curious.** Think of someone you know who always seems to know interesting things ... weird facts, strange occurrences, funny jokes and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.
- 11 Play more.** Get active, break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy, three twenty-minute bursts of exercise a week make a massive difference to your stress levels, happiness and sleeping.
- 12 Decide to be happy.** Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you. Make the most of the moment and seize the day. Have a fantastic year.


*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*




ELIZA JANE'S SCHOOL OF DANCE
EJSD

Venue: St Agatha's Catholic Primary School
7 Trebor Road, Pennant Hills

All choreography and music is age appropriate.



0410 780 794
 elizajane@woodburyfs.com.au
 www.elizajaneschoolofdance.com.au



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THE ACTING EXPERIENCE

The Acting Experience specialises in acting classes for:

- › **CHILDREN'S DRAMA**
(for school years 4 to 6)
- › **YOUNG ADULTS**
(for High School students)

WHAT MAKES US UNIQUE?

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- › Primary School Drama Days
- › Teenage Screen Acting

FOR MORE INFORMATION:
 actingexperience.com.au
 info@actingexperience.com.au
 0457 574 662



COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

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

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.lattitude.org.au or (03) 9826 6266

Student Exchange Australia NZ www.studentexchange.org.au or 9997 0700.

World Education Program Australia (WEP) www.wep.org.au or 1300 884 733.

Australian Institute of International Understanding (AIU) www.aiiu.com.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)
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: 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 mkellahan@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 phone Nicola 0402 677 180.
Registrations at Pennant Hills Oval #1 - 14 February 2015 - 9.30am—12.00 noon.

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.gks.org.au or 9868 3289
Beginner Band starts 6.00pm on **Monday 16 February**. Marching band rehearsals start **Sunday 22 February**.

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: 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: 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

Lion's Park Tae Kwon Do and Self Defence: Pennant Hills and West Pennant Hills. Leanda Bell - 0410 316 284

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
Registration Day: 10.30am—2.30pm on Saturday 14 February 2015 at West Pennant Hills Sports Club, 103 New Line Rd

Castle Hill BMX Club: Fred Caterson Reserve, Castle Hill. **Come and try it:** 1.00pm—3.00pm Saturday 14 February
Bring your bike, helmet, gloves, long sleeved shirt and pants. Facebook: [facebook.com/castlehillbmx](https://www.facebook.com/castlehillbmx)
President: Michael 0404 093 303. Email: castlehillbmx@hotmail.com

COMMUNITY NOTICES AND CONTACTS

HELPERS NEEDED

Foster families needed: Department of Family and Community Services - 8303 7644
Carers can be singles, couples, with or without children, and from any cultural background.

Volunteer with Easy Care Gardening: www.easycaregardening.org.au or 9983 1644 (Hornsby/Ku-ring-gai)

Bilingual Volunteers Needed: City of Sydney Meals on Wheels - For more information, phone 8512 4230.

COMMUNITY SERVICES AND SUPPORT

Free adult Literacy and Numeracy classes—Meadowbank TAFE: 9942 3572. Reading, writing and speaking.

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

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

The Kids Are All Right Website for parents of Australian teenagers.

For articles on teenagers plus a forum for parents of teens, go to www.thekidsareallright.com.au.

Tertiary Scholarships for children and grandchildren of Ex-Service Men and Women: Students selected on merit.
Information and applications: www.avcat.org.au or phone 9213 7999 or 1800 620 361 (voicemail)

Jack's Youth Café at Hornsby: 5 Jersey Street Hornsby (a short walk from the station).

After school activities for students in a safe environment, run by Fusion Sydney North. Tuesdays-Fridays 3.00pm-6.00pm.

Bringing young people, their families and communities together with hope. Phone 9477 1110.

Ability Options: a FREE service helping people with a disability into the job that's right for them.

More information: abilityoptions.org.au or contact Caroline Krix on 8811 1717 or caroline.krix@abilityoptions.org.au

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

For more information phone 8830 0768 or email abilitylinks@unitingcarens.wact.org.au

Foster Care Association NSW Inc: Providing advocacy, support and information to foster carers.
www.fcansw.org.au or phone 4987 1847

Healthy Kids FREE Parent e-zine: important nutrition information and great recipes: www.healthy-kids.com.au

Enrol to Vote: If you are an Australian citizen who is 18 years of age or older, you must vote at all elections.
Check if you're enrolled at www.votensw.info, enrol to vote at www.aec.gov.au or phone 1300 135 736

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

Interrelate family centres: 8882 7850 - Phone for details of current workshops and courses for parents.

TOUGHLOVE: 1300 856 830 - Parents helping parents to deal with problems of unacceptable adolescent behaviour.

Parenting Education for Mums, Dad and Carers: www.nscchhs.health.nsw.gov.au/caparenting
Information and education provided by NSW Health - Northern Sydney Central Coast.

Centacare Broken Bay: 9488 2523 - Advice and support for parents.

Depression Support Group: 1300 794 991.

Hornsby RSL - first Sunday of each month. Run by Association of Relative and Friends of the Mentally Ill.

Parent Line: www.parentline.org.au or 1300 1300 52 - Free professional service 24 hours every day.

Kids Helpline: 1800 55 1800 - Free confidential service 24 hours every day.

Mission Australia: Email CAFS@missionaustralia.com.au or 9482 1366 - Free counselling and support service.

Single With Children: www.singlewithchildren.com.au or 1300 300 496

Non-profit social group providing exciting activities for single parents and their children.

Sydney Single Parents: www.SydneySingleParents.org.au or 9634 7502 (Hills) or 9411 1858 (Northside)

Hills Family Centre: 8805 7288 - Workshops and courses for parents and families.

Wesley Mission Family/Youth Services (the Hills): www.wesleymission.org.au/centres/wesleydalmar/ or 8805 7288

Community Life Church Cherrybrook Life Centre: 9651 3534 - Counselling and parenting courses available.

Newcomers Club: www.sydneynewcomers.com.au - Social club for women, offering support and friendship.

NSW Health Free Dental Clinic for 12-25 year olds: 9687 2544 - High Street Youth Health Service, Harris Park.

Rotary Club of Thornleigh Farm Markets: Third Sunday of every month - 8.00am-12.00noon - car park (corner Phyllis St and Central Ave, Thornleigh)

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

Cybersmart website: www.cybersmart.gov.au - Part of the Australian Government's cybersafety program.

The Australian Childhood Vision Impairment Register: www.vifamilynetwork.org.au

Sponsored by the Royal Institute of Deaf and Blind Children, the Register collects data on Australian children with vision impairment. This data is used to improve services for children and to research eye disease and disorders of vision.

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