



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 1 May 2015

Term 2 Week 02B

ANZAC DAY

At the end of a very wet week, Friday 24 April 2015 dawned clear and dry, providing perfect conditions for the school's ANZAC Day observance. With Year 11 students, Jacqueline and Jack, presiding, the assembly fell silent as the catafalque party mounted the guard. Following the reading of *We Shall Keep the Faith*, guest speaker, Wing Commander Charlie Siedentopf delivered the commemorative address. Everyone on assembly was held spellbound as he shared intensely personal and moving stories of colleagues he had lost during military operations overseas, and how these sacrifices had impacted on him and on other serving members and their families for the rest of their lives.

Mr Geoff Wing
Principal

Mr Brendan O'Byrne
Deputy Principal

Miss Amanda De Carli
Deputy Principal

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A solemn wreath laying and reading of *The Ode*, accompanied by Declan's poignant trumpet rendition of *The Last Post* and *The Rouse* and a minute of respectful silence, completed this fitting tribute to all who have served, and those who continue to serve, our nation in the pursuit of peace and freedom.

Roger Niccol
Head Teacher History



LOOKING FORWARD

Term 2 2015

Week 3A	Tuesday	5 May	Year 7 and 8 Parent—Teacher Interviews
	Thursday	7 May	Year 11 PARTY Program
	Friday	8 May	<i>Angels in America</i> Performance

Week 4B	Monday	11 May	Zone Cross Country
	Tuesday	12 May	NAPLAN
	Wednesday	13 May	NAPLAN
	Thursday	14 May	NAPLAN
	Friday	15 May	Barista Course at The Coffee School, Haymarket

HILLS RELAY FOR LIFE — 'Penno Pacers'

Saturday 16 May—Sunday 17 May

Supporting the Cancer Council.
Walkers, supporters and sponsors welcome.
See page 6 for more information.

Week 5A	Wednesday	20 May	School Athletics Carnival (postponed from 6 May)
	Friday	22 May	Year 10 SALSA Training Day

Week 6B	Monday	25 May	Big Science Competition
	Tuesday	26 May	Year 8 Brainstorm Productions
	Wednesday	27 May	Back-up Date (2) for School Athletics Carnival
	Thursday	28 May	Year 7 Vaccinations—HPV, DTP, Chicken Pox
	Thursday	28 May	Year 11 and 12 Vaccinations—MMR Catch-up
	Friday	29 May	<i>Fearless</i> HSC Seminar
	Friday	29 May	Year 10 Agriculture to Camden EEC, Belgenny Farm
Friday	29 May	Year 10 Careers Expo	

Week 7A	Monday	1 June	Year 11 GP Visit
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Week 8B	Wednesday	10 June	Drama Festival
	Thursday	11 June	HTA Study Day
	Thursday	11 June	Regional Cross Country

Week 9A	Wednesday	17 June	Music Festival
	Friday	19 June	Year 12 Careers Expo

ASSESSMENT TASKS FOR YEAR 11 - Term 2 2015

Week 4B	Wednesday	13 May	Hospitality: Assessment Task
	Friday	15 May	Legal Studies: Task 1—Examination

Week 5A	Monday	18 May	Music 1: Topic 2 Composition and Arrangement
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Week 6B	Monday	25 May	Society and Culture: Mini Personal Interest Project—Hand in task
	Tuesday	26 May	Modern History: Historical Investigation—Research Task & Presentation
	Wednesday	27 May	Economics: Assessment Task

ASSESSMENT TASKS FOR YEAR 12 - Term 2 2015

Week 4B	Thursday	14 May	Legal Studies: Task 1—Examination
	Thursday	14 May	Modern History: Oral Presentation and Research Paper

Week 5A	Monday	18 May	Drama: Group and Individual Project (progressive and log book) due
	Tuesday	19 May	Drama: Group and Individual Project (progressive and log book) due
	Wednesday	20 May	CAFS: Assessment Task
	Friday	22 May	IPT: Major Project—Final Solution

Week 6B	Wednesday	27 May	Society and Culture: In-class Essay
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Week 7A	Monday	1 June	Construction Work Placement (ALL WEEK)
	Monday	1 June	History Extension: Major Research Project
	Tuesday	2 June	Chemistry: Assessment Task
	Friday	5 June	Mathematics 2U: Assessment Task



DEPUTY PRINCIPAL'S REPORT



How quickly the terms come and go. The holidays are over and here we are all back at school, eager to make progress. The school has made its usual settled start to Term 2, with student engagement being a very high priority. I mention the settled start, as the weather front certainly did its best to distract. Wild weather with strong wind and heavy rain for almost the entire first week certainly tested the school's patience and infrastructure. We have survived the odd roof leak and late bus. Well done to all for keeping calm and carrying on.

The ANZAC commemoration was carried out with the due respect and ceremony this solemn occasion deserves. A relevant and poignant address was delivered to the school body by guest speaker, Wing Commander Charlie Siedentopf, and very respectful support was provided by the catafalque party comprising cadets Benjamin (Guard Commander), Jadon, Lachlan and Matthew, and the flag party comprising cadets Aidan and Vithushan. Also on parade were cadets from Galston and Asquith Boys High Schools and St Leos College. Jacqueline and Jack conducted the proceedings flawlessly, and Declan delivered a moving trumpet rendition of *The Last Post* and *The Rouse*.

With the new term comes the change to winter uniform, and the discovery that your child is indeed a work in progress and has outgrown last season's clothes, especially the jumpers. Uniform, however, is a key element to the school's image and sense of pride and belonging. The overwhelming majority of our students take pride in wearing the correct uniform and we ask parents to ensure that their child leaves for school in the correct uniform. If for some reason they cannot, please write a simple note explaining the situation.

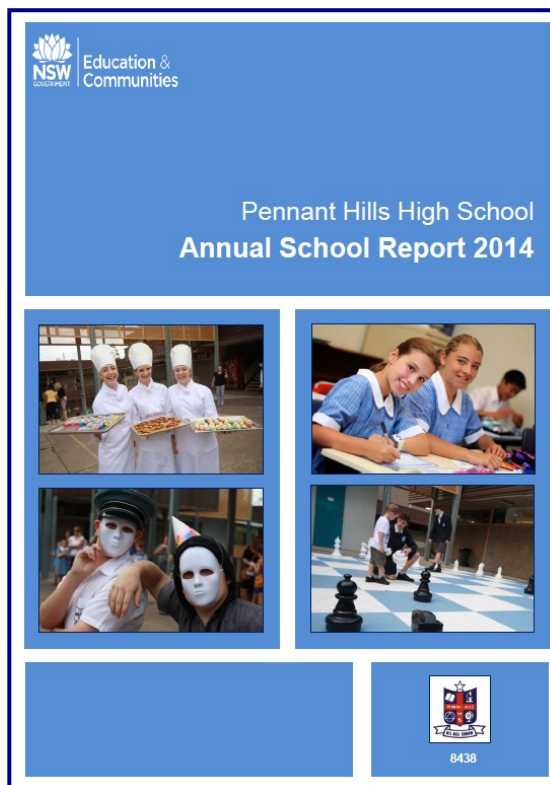
Due to various reasons we have recently welcomed a few new teachers: Tracey Tazewell and Simeon Chu (CAPA), Louise Lamelle (Special Education) and Nick Georgiou (HSIE and PE).

The school Cross Country Carnival was run last Wednesday, with a few extra challenges provided by nature. A backdrop of more torrential rain, a few obstacles provided by the trees, and a track only cleared at the last minute all added to the anticipation. I can happily report that all challenges were met and that the event was completed with the usual stoic enthusiasm typical of our community. We are very proud of our cross country prowess and look forward to success at zone level and beyond.

Brendan O'Byrne
Deputy Principal



ANNUAL SCHOOL REPORT 2014



Pennant Hills High School Annual School Report for 2014 is now available on the school's website. Any parent or community member who is unable to access the Report on the website, a printed copy may be collected from the school office.

IMPORTANT HEALTH MESSAGE FROM THE PRINCIPAL NOTIFICATION OF MEASLES AND CHICKENPOX

Some students in our school are currently receiving treatment which results in a lowered immune system, and them consequently being more prone to becoming ill from infections. As these students are not contagious but have a chronic illness, it is important that they participate actively in the day to day school program without any major limitations.

However, a major concern is that if one of these students develops measles, chickenpox or influenza, he or she could become seriously ill. I seek your cooperation in preventing this situation.

If your child has, or may have, measles or chickenpox, I would ask that you please:

- 1 Do not send them to school.
- 2 Notify me immediately.

Thank you in anticipation.

Geoff Wing, Principal

the
children's
hospital at Westmead

CAPA NEWS

Visual Arts

We farewelled Mrs Erickson in March as she left to begin 12 months of maternity leave. Her baby, a little girl named Alexa, was born on Monday 30 March, and both are doing well.

Miss Tazewell will be replacing Mrs Erickson for the duration of her leave, and we look forward to her contributions to the CAPA Faculty.

Grand Piano Fund-raising

On Saturday 28 March, a very dedicated group of parents, students and staff cooked up a storm for voters in the State Election as they attended the Polling Place in the school's MPC. Bacon and egg sandwiches, along with tasty sausage and onion sandwiches, were the order of the day, with sales raising just under \$1000 towards the purchase of our Grand Piano.



A very big thank you to Anne Bassett our Band Administrator who, as usual, went above and beyond the call of duty to make sure that the day ran smoothly; and to Carol Coomber for her time, energy and enthusiasm. Thank you to all our Music and Band parents and friends who volunteered their time on the day.

Thanks to our School Administration Staff who always support our causes with great enthusiasm and a friendly smile; and to General Assistant, Mark Randle, who assisted with preparations for the barbecue.

Janelle Dennis
Head Teacher CAPA

Student Profile: Tahnia

For two weeks during the summer holidays, I was privileged to have the opportunity to participate in a short course called *Discover Architecture*, run by the UTS Design and Architecture Faculty.

During the course I gained a range of new skills, met professional architects in the industry, viewed the city through the eyes of an architect and made some incredible new friends who happened to hold similar interests to me.

We designed our own apartment through an architect's design process, beginning with sketches and models made from paper and Styrofoam. Next, we drew our buildings on the computer using 3D programs including Rhino, Adobe Photoshop, Illustrator and InDesign. We then 3D printed and laser cut our models, and assembled them to create a tower which we presented to each other, our families, and professionals whom we met throughout the course.



Through our projects, we incorporated function, aesthetics and concept; which was challenging and fun all at once. Our interactions with industry professionals and the technology they use made it an experience like no other.

Tahnia
Year 12 Visual Arts

National Band Championships

Over the Easter weekend, eight senior music students from Pennant Hills High School competed with distinction in the National Band Championships, held at the Seymour Centre.

Castle Hill RSL Youth Wind Orchestra (YWO) won the title of Australian Open B Grade Concert Band Champions.

Congratulations to Matthew, Lachlan, Nathan, Lucas, Shannon, Stephanie and Jessica, who, along with past students Joseph and James, are all current members of YWO.



Monday brought further successes in the Solo and Ensemble section of the Championships. Jessica of Year 12 was placed first in the Under 19 flute solos, followed by Stephanie of Year 11 in second place, and Alex of Year 11 won the Under 19 baritone section.

Jessica and Stephanie were also part of the winning Under 19 quintet section, with Lachlan and Matthew's jazz quintet running a close second.

Congratulations to all these talented musicians.

Carol Coomber and Chris Nugent
Music Teachers

CAPA FESTIVAL 2015

DRAMA

Tuesday 11 August

HSC Drama

'Family and Friends Night'

Drama Studio 203

MUSIC

Wednesday 12 August

Stage 6 Soirée

MPC - 7.00pm

VISUAL ARTS

Wednesday 12 August

VA Exhibition

MPC - 11.00am–3.00pm

Thursday 13 August

VA Exhibition

MPC - 9.00am–3.00pm

Friday 14 August

VA Exhibition

MPC - 9.00am–8.30pm

Official Opening - 7.00pm

P&C Meeting Dates for 2015

26 May

23 June - 25 August - 27 October

24 November (followed by AGM)

7.30pm in the School Library

'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.

R U OK?



Congratulations to Year 11 student, Nathaniel, whose artwork (pictured below) has been selected as a winner in the R U OK? postcard competition.

In commending Nathaniel on his winning entry, competition organisers said, 'We had so many special designs but yours really communicated the power of a conversation to help a friend in need.'



R U OK?
A conversation could change a life. [ruok.org.au](http://www.ruok.org.au)

Thanks to Nathaniel

from Pennant Hills High School for this design.

In addition to a small personal reward, Nathaniel has won an R U OK? Bench, which will be presented to the school, to be used as a tool to discuss student wellbeing. It is hoped that the bench will arrive before the next R U OK? Day, to be held on 10 September 2015. The school will also receive a pack containing tips for students and staff on how to start a conversation.

A conversation could change a life.
Ask ... listen ... encourage ... follow up.
www.ruok.org.au

2015 HILLS RELAY FOR LIFE

Please join us walking
for this fantastic cause

9.30am - Saturday 16 May
to
9.30am - Sunday 17 May

Centenary of ANZAC Reserve
Wrights Road, Castle Hill

Parents, siblings and friends
are all welcome!

TO REGISTER FOR THE WALK

(\$20 per person):

www.relayforlife.org.au

- Relay for Life Registration
- Join a Team
- Team Name: **Penno Pacers**

TO MAKE A DONATION

(tax deductible):

www.relayforlife.org.au

- Relay for Life Registration
- Donate
- Search for a Team
- **Penno Pacers**



Penno Pacers Team Organiser
Charlene Stewart

charlene.wright@det.nsw.edu.au or 9473 5000

More information about the event

www.relayforlife.org.au

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For more information, contact Fiona Ackerman

Phone 9473 5000 - Email Fiona.ackerman@det.nsw.edu.au



CROSS COUNTRY CARNIVAL

Despite wild storms a week beforehand, our school Cross Country Carnival was able to proceed on Wednesday 29 April, with some minor variations to the course to ensure the safety of our competitors. Congratulations to all students who participated with great spirit and determination on the day. In particular, the 16, 17 and 18 Years age groups who competed in the rain, and our Year 12 students, many of whom have participated in this carnival since 2010. The depth and quality of runners at Pennant Hills High School is still more than evident, with close finishes in many races. Congratulations to the following students who achieved a 'Top 3' placing in their respective age groups:

	Girls	Boys
12 Years	Jessica Tabitha Kayla	Aidan Timon-Elias Matthew
13 Years	Tia Mikaela Iris	Hamish Matthew Cameron
14 Years	Eleanor Olivia Veronica	Lachlan Samuel Clyde
15 Years	Ella Jessica Louisa	Samuel Charlie Nicholas
16 Years	Amber Madison Courtney	Oliver Luke Jack
17 Years	Lucy Caitlin Hannah	Cody Benjamin Russell
18 Years	Jess Emma Narvia	Nathan Brad Zac



These events cannot eventuate without a lot of work behind the scenes. Many thanks to Mr Harvey for organising the carnival; Mr Toohey for his ongoing efforts in updating students' times on a daily basis prior to the carnival and for organising certificates for our competitors; the PDHPE staff for their enthusiastic approach during the cross country unit and on the day of the carnival; Mrs Bain for printing certificates and permission notes; and the Year 9 and 10 students for their assistance with course marshalling and results recording, which all contributed to a successful carnival.

The Kuring-gai Zone Carnival will be held on Monday 11 May 2015 at St Ives Showground. Pennant Hills High School is hoping to recapture the title of Ku-ring-gai Zone Champions this year and we wish all our competitors and team managers the best of luck.

Charlene Stewart
Cross Country Coach

CAREERS @ PENNANT HILLS HIGH

Reminder - Year 10 Work Experience Dates

Dates for Year 10 Work Experience Week have been recently changed. **Year 10 Work Experience will now be held during Early November, in Term 4.** My apologies for the change.

Your Path to Sydney University

Sydney University will be holding an information evening on Wednesday 20 May 2015, commencing at 6.00pm at Revesby Workers' Club. Professor Tyrone Carlin (Deputy Vice-Chancellor and Registrar) and other guest speakers will outline the range of courses available at Sydney University.

Places are limited, so online registration is essential: sydney.edu.au/yourpath

UMAT

Students in Years 10, 11 and 12 who are interested in studying medicine, dentistry or optometry, will need to sit the compulsory UMAT examination when applying for one of these career choices. The National Institute of Education (NIE) will be conducting UMAT preparation workshops in Sydney, Wollongong and Newcastle. For more information, visit: <http://umat.acer.edu.au> or www.nie.edu.au

UTS Bachelor of Accounting Co-Op Scholarship

The closing date for Round 1 is Friday 5 June 2015. Students need to apply online prior to the closing date: www.bachelorofaccounting.com

Applicants to the UTS BAcc course will need to ask their high school to provide them with a supporting letter which they will need to submit with their online application. Interested students are encouraged to attend the Information Evening on Tuesday 19 May, commencing at 7.30pm at UTS. Bookings required: carin.alberts@uts.edu.au

Charles Sturt University MyDay Program

Over the coming months Charles Sturt University campuses at Bathurst, Albury-Wodonga, Wagga Wagga, Dubbo, Orange and Port Macquarie will be running a series of Faculty Open Days to showcase what CSU has to offer students from around NSW. If you are interested in studying at CSU, please see me in the Careers Office for a copy of the CSU Event Calendar.

Upcoming School Lunchtime Presentations

Representatives from a number of tertiary education providers will be visiting the school during lunchtimes to inform Year 11 and 12 students of some of the options available to them. The current schedule is:

13 May	Sydney University
20 May	AIE
27 May	Avondale College
3 June	Australian Catholic University
10 June	Defence Force Recruiting
17 June	University of New South Wales
24 June	Bedford College

Ashley Symons
Careers Adviser

SO YOU WANT TO BE A TRADIE



Carpentry pre-apprenticeship course (Construction Pathways) commences 18 May 2015 at Hornsby TAFE.

Over 12 weeks (3 days per week), students gain basic skills and experience what it's like to work in the construction industry, gaining the theory needed to be ready for an apprenticeship in carpentry, electrical and other trades.

More Information

Nigel Welsh-9472 1268 or Robert Jarvie-9472 1297

KANGAROO DREAMING

All Year 7 classes visit Muogamarra Nature Reserve during Term 2 to learn about the history, culture and stories of Guringai and Dharug people and their country prior to and since European settlement.



Pictured above, Year 7 students compose prose and poetry on the Muogamarra trig station, looking west across the Hawkesbury River.

Owen Belling, Class Teacher

SPORT SHORTS

Athletics Carnival

The Annual School Athletics Carnival will now be held on **Wednesday 20 May 2015** at Pennant Hills Park, comprising a full program of track and field events. It is a normal school day, and all students are expected to attend. All students will be issued with an individual registration number for recording purposes. These will be posted outside the PE staffroom, and will also be available on the day of the carnival.

Regional Swimming

Congratulations to swimmers, Patrick (17+ Boys) and Sara (12—15 Girls AWD), on winning the Age Champion title for their respective categories at the Regional Swimming Carnival.

NSW CHS Swimming Carnival

Three of our students also performed exceptionally well at the NSW CHS Swimming Carnival. Patrick placed first the Individual Medley and fifth in the 100 metre butterfly; Sara placed fourth and eighth in her races; and Lachlan placed eighth in the 400 metre freestyle.

Valmé Kruger, Sport Coordinator

Pennant Hills High School Vaccination Clinic Schedule

- 28 May 2015 -

Year 7

Human Papillomavirus Vaccine (HPV) - Dose 2
Diphtheria-Tetanus-Pertussis

Year 8

(Catch-up) Human Papillomavirus Vaccine (HPV)

Year 12: (Catch-up) MMR

- 15 October 2015 -

Year 7

Human Papillomavirus Vaccine (HPV) - Dose 3
Chicken Pox

Year 8

(Catch-up) Human Papillomavirus Vaccine (HPV)

Year 11: (Catch-up) MMR

*** There will be NO Year 9 HPV vaccination this year.**

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?

2-HOUR CLASSES EACH WEEK

SMALL CLASS SIZES

Students at *The Acting Experience* can expect:

- ✓ Specialised curriculum
- ✓ On stage performance experience
- ✓ Increased confidence
- ✓ Enriched communication skills
- ✓ Boosted imagination
- ✓ Enhanced acting skills

The Acting Experience also runs School Holiday Workshops in:

- › Primary School Drama Days
- › Teenage Screen Acting

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HOW TO BUILD CONFIDENCE

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

Confidence is one of the most powerful, and one of the most elusive, qualities that creates success in life. Building confidence means that we develop the courage to try out new things. Unless we are exceptionally talented, most of us approach new activities with a slight apprehension, which is usually followed by bewilderment and confusion. Our first attempts may be feeble but if we persist we often gain a sense of mastery. If, however, someone rescues us when we are bewildered, we learn that someone else can do what we cannot. This is why rescuing children when they are struggling with a new activity is toxic to confidence. There are several steps to creating and building confidence.

Trust your child - Nothing builds confidence more than trust. One of the best ways of communicating your trust is to ask your child for help. Requesting assistance communicates to a child that you regard them as capable and competent. Letting your children cook with you can be a good place to start.

Live a bold and adventurous life - One of the best ways to develop confidence is to live an expansive life in which you do different things, eat new foods, go to strange places, see new shows or movies and try out things you wouldn't usually have a go at. For parents, this means encouraging adventure and teaching safety along the way. Kids are more durable than we give them credit for.

Develop a 'yes' bias - This means developing a personal motto that generally says 'why not?'. For example, if someone says, 'Let's go to France,' you try to say, 'Sure, let's find out a way we could do that.' If a child says, 'I want frog legs and ice cream for dinner,' you say, 'You find the frogs, and I'll get the ice cream.'

Trust your own intuition - If you're full of self-doubt, your kids will be too. Practise trusting your intuition and hunches and follow them wisely.

Don't fall into the avoidance trap - When you avoid something you fear, your fear grows. What is avoided looms larger and appears more daunting. What is attempted lessens in size. While it might seem like a kindness to help people opt out of things they are fearful of doing, mostly it just makes them more fearful. *It is not because things are difficult that we do not dare. It is because we do not dare that things are difficult.* (Seneca)

Follow the 80/20 rule - No-one is confident at everything all the time. We all have hesitations and setbacks. Aim to be bold and confident about 80% of the time. In many areas of life, it is the predominant pattern that counts long term.

Know that first past the post isn't always best - The person who can achieve a skill first is often not the best at that skill long-term. In fact, there are considerable advantages in being a little bit older when you start new activities.

Set probability goals - A probability goal is a challenge that includes an error margin. For example, a parent might say to a child, 'Let's see if you can throw a ball into a hoop 7 times out of 15 throws.' As a child becomes more skilful, we might then increase the challenge of the task by moving the hoop further and say, 'OK, it's harder now. Let's see if you can throw the ball into the hoop 9 times out of 20 throws.' Probability goals help us to learn how to challenge ourselves and also make it less likely that we will give up if we don't get 100% first time.

Little steps lead to giant leaps - When we focus on our strengths, we build the confidence to tackle areas where we are not so capable. Most highly skilled and confident people deliberately practise skills that they are not good at. They go out of their way to put themselves in challenging situations so they can become more skilled. For example, top golfers often put golf ball into the trickiest part of a bunker so they have to develop the skills to make those shots. People only learn to deliberately practise skills that they are not so good at when someone has clearly told them that they believe in them and that mistakes are the only way to get better at something. If we can't learn to make mistakes, we can't learn to improve. People who make no mistakes do not usually make anything.

Build a 'have-a-go' culture - People often express their insecurities by claiming that they can't do something or by comparing themselves negatively with others. For example, 'I am the world's worst dancer' or 'I'm no good at Maths.' When someone makes comments like these, acknowledge their feelings and help them to express them verbally. Ask them what makes them feel that way. Accept their fears or insecurities as genuine but don't agree with their self-assessment. For example, you might say, 'I get it that you are struggling at Maths. How can we work on it to make it easier?' Confident people make plans to improve in areas they initially find difficult.

Be on a continual treasure hunt - Devote your life towards looking for the best in yourself and in others. Focus on successes, skills and abilities. Be resolutely positive and follow the role model of Thomas Edison who, after trying 10,000 times to develop an electric light bulb said, 'I have not failed. I've found 10,000 ways that won't work.'

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Workshop for Parents and Carers of Learner Drivers: Thursday 28 May 2015 from 6.30pm—8.30pm
Presented by Hornsby Shire Council in conjunction with Roads and Maritime Service (RMS)
Hornsby Shire Council Chambers Building, 296 Peats Ferry Road, Hornsby. **Bookings essential:** 9847 6856

Murray Farm Cracker Carnival: Saturday 30 May 2015 from 2.00pm—8.00pm (Fireworks at 7.00pm)
Murray Farm Public School, Tracey Avenue, Carlingford. Gold coin donation on entry.
Rides—\$5.00 each or 5 for \$20.00 or unlimited rides armband for \$30.00.

University of Sydney 1000 Norms Project is seeking children aged 3–17 to participate in this fun and educational family activity. The program is ongoing until September 2015, but each participant is only required to attend one 2–3 hour assessment at the University of Sydney Lidcombe campus. The assessment involves basic physical tests, e.g. walking, balancing, jumping. Results will contribute to a study of how physical ability changes across the lifespan.
Information: sydney.edu.au/health-sciences/research/1000-norms.shtml or phone Marnee or Jen on 9036 7435.

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

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. **Information Night:** Wednesday 6 May.

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)
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

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.

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

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.westpennant hills.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

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://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.

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 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

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 (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 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.

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 - Phyllis St, 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
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

DISCLAIMER

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