



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 21 October 2016

Term 4 Week 2B



PENNANT HILLS HIGH SCHOOL
RESPONSIBILITY INTEGRITY ACHIEVEMENT

50
Years of Excellence



Mr Ross Warren
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 4 2016

Week 3A	Monday	24 October	HSC EXAMS CONTINUE (ending Friday 4 November)
	Tuesday	25 October	P&C Meeting 7.30pm
	Thursday	27 October	Boys Conviction Mentoring Program (Thursdays ending Week 9)
	Thursday	27 October	Year 12 Visual Arts S&S Demonstration
	Sunday	30 October	Duke of Edinburgh Bronze Qualifying Hike (Sunday and Monday)
Week 4B	Monday	31 October	HSC EXAMS CONTINUE (ending Friday 4 November)
	Monday	31 October	Year 7 and 8 Yearly Exams (Monday to Friday)
	Thursday	4 November	PSC Sports Leadership Leading with Action
Week 5A	Monday	7 November	Year 9 and 10 Yearly Exams (Monday to Friday)
	Monday	7 November	Year 12 Sign Out
	Monday	7 November	Year 8 Science <i>VALID</i> Test
	Tuesday	8 November	Year 6 - Transition to High School (Tuesdays for 4 weeks)
	Friday	11 November	Meet the Music Excursion
Week 6B	Monday	14 November	HSC All My Own Work (Monday to Wednesday)
	Monday	14 November	Year 11 Construction Work Placement (Monday to Friday)
	Monday	14 November	Orientation Day Combined Choir Rehearsal
	Tuesday	15 November	Year 9 Incursion - Sleep for Better Health
	Wednesday	16 November	School Spectacular Choir Rehearsal
	Wednesday	16 November	Meet the Music (Wednesday and Thursday)
	Thursday	17 November	Meet the Music
Week 7A	Friday	18 November	PSC Sports Leadership Leading with Action
	Monday	21 November	Year 11 Hospitality Work Placement (Monday to Friday)
	Monday	21 November	Orientation Day Band Rehearsal
	Monday	21 November	Youth Mental Health First Aid Course (Monday and Tuesday)
	Tuesday	22 November	P&C Meeting 7.30pm
	Wednesday	23 November	School Spectacular Choir Rehearsal (Wednesday to Friday)
	Wednesday	23 November	Drama Festival
	Wednesday	23 November	Year 10 Peer Support Training (Wednesday and Friday)
Week 8B	Friday	25 November	Schools Spectacular Concert (Friday and Saturday)
	Monday	28 November	Year 10 Work Experience (Monday to Friday)
	Tuesday	29 November	Year 9 Incursion - Sleep for Better Health
	Wednesday	30 November	Big Band Biennale
	Thursday	1 December	Year 11 ANSTO Chemistry Excursion
	Friday	2 December	Year 8 Science Excursion - Australian Museum

ASSESSMENT TASKS AND TESTS FOR YEAR 12, 2017 - Term 4, 2016

Week 3A	Monday	24 October	Visual Arts: <i>Gallery Hop</i> Case Study hand-in
	Monday	24 October	CAFS: Plan - IRP
Week 4B	Wednesday	2 November	Modern History: In-class Task 1; A Source Based Study
Week 5A	Wednesday	9 November	Society & Culture: Task 1; Take home assignment
	Friday	11 November	Construction: Cluster C hand-in
Week 6B	Tuesday	15 November	Ancient History: In-class Task 1; Core Study
	Tuesday	15 November	Food Technology: Food Issues hand-in
	Wednesday	16 November	Food Technology: Food Issues Essay
	Friday	18 November	Music I: In-class Research and Presentation
	Friday	18 November	Music II: In-class Elective
Week 7A	Tuesday	22 November	Maths Ext. 1: Task 1 in-class test
	Wednesday	23 November	Biology: Task 1 in-class First Hand Inv
	Friday	25 November	Industrial Technology: Hand-in Task 1 Project Planning
Week 8B	Monday	28 November	PDHPE: Core 2 Factors Affecting Performances hand-in
	Tuesday	29 November	Maths General 1: Hand-in Assignment
	Tuesday	29 November	Maths General 2: Hand-in Assignment: In-class test
	Tuesday	29 November	Mathematics: In-class test
	Tuesday	29 November	Hospitality: Hand-in Cluster D, Part A
	Wednesday	30 November	Chemistry: Task 1 Re/Theory in-class test



PRINCIPAL'S REPORT

Traditionally Term IV is always an exciting one and this year will be no exception. We started with the Induction Ceremony for our new Student Leadership Council (SLC).

This saw the amalgamation of the Prefect Body with the Student Representative Council under a rather large umbrella. The opportunity for mentoring and development of student leadership skills by students for students has been embraced with vigour by the Student Leadership Executive and I am looking forward to them having an extremely successful year in 2016-2017. It was a pleasure to see the huge support that the inductees' families provided in attending the ceremony and once again demonstrates the great connection and partnership that exists between home and school.

I would also like to pay tribute to and pass on my congratulations and heartfelt thanks to the 2016 Student Leadership Team. Even in the short time I have known them, they demonstrated how loyal, committed and dedicated they were - working tirelessly to improve the reputation of Pennant Hills High School. Indeed I can safely say that they have forged a path for our incoming Student Leadership Council to not just follow but also further develop with their own new signatures.

I am looking forward to our new SLC working to strengthen the long and proud tradition of providing support to both their school and our local community. They will be charged with successfully implementing changes to structures within the school from a student perspective, as well as being the sounding board when students' views on issues relating to their school are required.

I wish that many more people could have sat on the Executive Selection Panel with me as we listened to the pride with which the students who were inducted into Executive positions today, spoke about their school. The desire to serve and give back to our school was a very humbling thing for a new Principal to listen to and a credit to each and every one of them. All of the students demonstrated heightened levels of commitment, care and compassion for others and the responsibility that comes with decision-making that has the potential to impact on so many.

I know that the SLC will be ably led by Ms Greer and Ms Ford, both of whom commit a tremendous amount of time and energy into ensuring that student ideas and initiatives will not only come to fruition but are successful in achieving what students set out to do.

Chinese Language Spectacular

I had the great pleasure of attending the Chinese Language Spectacular at the Sydney Town Hall prepared and presented by the Confucius Institute from UNSW and the NSW Chinese Language Teachers Association. Pennant Hills High School was proudly represented by our Chinese language students performing in both the mixed massed choir and an individual dance item. It was a pleasure to see students working in Chinese Language, alongside their peers from many other schools. Thank you to Ms Alva Li and Ms Danni Lamb for accompanying these students and providing such a fantastic opportunity to broaden their experience of the Chinese language.

Supporting our Partner Primary School

Last Friday, Pennant Hills Public School invited me to their annual Dance Spectacular called *The Evolution of Art – Wherefore Art Thou*. It was a very impressive and professional production, and it was a joy to be an audience member. It certainly showcased some of the potential talent that may well continue on to be students at Pennant Hills High School in future years.

The Great Penno Reno

It's on again - the fantastic weekend organised and run by our dedicated P&C that changes the face of our school. I have heard many good things about the enthusiasm and high level of productivity this weekend brings, and I am looking forward to working with our Community for the benefit of us all.

If you have not already registered, please contact the P&C via email or phone to add your name to this very worthwhile cause. For more information and the registration form visit the school website.

A Term for Academic Focus

Finally, I spoke with all students during the assembly last week, advising them to focus on the significant assessment tasks that are coming up in the not too distant future. In particular, Yearly Exams for Years 7—10 will take place in Weeks 4 and 5 and HSC Assessment Tasks for our Year 11 students will continue throughout the term. I remind all students of the need to prepare well and do their best work as we move through the final Term for 2016.

Ross Warren
Principal

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



**It's that time of the year again -
The Great Penno Reno V
is almost here ...**

Preparations are well underway for the next action-packed and fun-filled weekend. This is a fantastic opportunity to get together with other parents, students and staff to further enhance our great learning environment.

Saturday 29 October and Sunday 30 November 2016 (end of Week 3)
More information, Participation and Donation Forms can be found on our School Website

Email: greatpennoreno@gmail.com
Facebook: The Great Penno Reno



CHANGES TO PAYMENT OPTIONS

Following a recent review of the Payment Card Industry Data Security Standards, Credit Card details can no longer be recorded in writing for the purpose of processing monies to pay school accounts, excursions or miscellaneous items. Please read the information below which outlines all methods of payment accepted at the school.

PENNANT HILLS HIGH SCHOOL PAYMENT OPTIONS

Students, parents and caregivers have several options for making payments at Pennant Hills High School.

1. Payments can be made online to the school for amounts owing for students, via a secure payment page hosted by Westpac. Items that can be paid include: Voluntary School Contributions, Subject Contributions, Excursions, Sales to Students and Creative and Practical Arts (CAPA) activities (these include Band, Drama and Dance). There is also a category called **Other** - this is to cover items not covered in the previous headings and can be used to make a complete payment of a school invoice.

Payments can be made using either a Visa or MasterCard credit or debit card. The payment page can be accessed from the **Home** page of the schools website by selecting **\$ Make a payment (located along the line underneath the main photos - next to the Contact Us tab)**.

When you select the **\$ Make a payment** tab on school website you must enter:

- the students name;
- Year group (eg. Year 10);
- reference or invoice number;
- date of birth;
- Payer details (name, phone number and email address);
- Payment Options (make a selection);
- Amount; and
- Visa or MasterCard credit or debit card details.

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school. You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

2. Payments can be made in person by cash, cheque or EFTPOS (Mastercard/VISA or debit accounts) at the Cashier's Window located in Student Reception between 8.15am and 2.00pm Monday to Friday.

For any enquiries regarding payments, please contact Mrs Janette Louis, School Administrative Manager on 9473 5000.



Payment Details

Fields marked with an asterisk (*) are mandatory.

The process for making a payment is as follows:

1. Fill out all the required fields on this page.
2. Fill out credit card payment details on the next page.
3. Review and confirm your payment details on the confirmation page.
4. Review your payment receipt and optionally print it, or send it as an email.

• Student Details

- Student Registration Number
If this 9 digit number is on the Statement issued by the school it will be to the left of the student's name.
- * Given Name
- * Surname
- Class or Year
- Ref. or Invoice Number
This number may be on the top of the invoice or statement issued by the school. It may have the heading Ref:
- * Date of Birth (dd/mm/yyyy)
e.g. 31/01/1980.
Required if only one of 'Class or Year' or 'Invoice Number' are filled.

• Payer Details

- * Full Name
- * Contact Phone Number
e.g. 0249512345 or (02)49512345
- * Contact Email Address

• Payment Options

- Please select which items you would like to make a payment or donation for:
 - ☐ Voluntary School Contributions
 - ☐ Subject Contributions
 - ☐ Excursions
 - ☐ Sport
 - ☐ Creative and Practical Arts
 - ☐ Sales to Students
 - ☐ Other
- Total Payment Amount \$

Click **Next** to proceed to the payment page where you can enter credit card details for your payment.

[Next](#)[Cancel](#)



WHAT IS A SCHOOL OR CHILD/YOUTH OPAL CARD?

The School Opal card is a free travel or discounted travel Opal card to help eligible students get to and from school. It is only valid for approved travel on school days between your home and school with restricted hours, on the mode(s) of travel specified in the original application.

For travel outside of school, for personal travel or if ineligible for a School Opal card, students should use a Child/Youth Opal card or a Concession Fare Opal card (for children aged 4-15 (inclusive) or for students 16 years

or older who hold a NSW/ACT Senior Secondary School Concession Card). The card must have sufficient balance on it for the intended travel.



Tap on and off, every time to validate your trip.

At the start of each trip, tap on by placing your Opal card on an Opal card reader located at the entrance of the bus.

At the end of the trip, tap off by placing your Opal card on an Opal reader again.

Opal card holders **must always tap on and off for each trip and each transport mode** used during their journey.

If an error message displays when tapping on or off, students must take a note of the error code and contact Opal Customer Care for assistance.

No tap on and off, no bus services

Although some might have a free pass, **all students must tap on and tap off**, so we understand customer travel patterns and can adjust the services provided if necessary.

If students do not tap on and off, services may be withdrawn due to the lack of recorded patronage, or redirected to other schools where the demand is higher.

Any lost, stolen, faulty or damaged Opal cards must be **reported online immediately**. While waiting for a replacement card, students must use a Child/Youth Opal card to travel.

Your Opal Customer Care Useful Contacts

Call 13 67 25 (13 OPAL) or visit opal.com.au (**24 hours, 7 days**):

Access Opal School or Opal Child/Youth eligibility criteria,

Apply for an Opal card,

Register a Child/Youth Opal card, view balance or top-up credit,

Report an Opal card error message when tapping on/off,

Update a student profile if details have changed (e.g.: school, home address),

Report a lost/stolen, faulty or damaged Opal card,

Order a replacement Opal card.

Alternative contacts:

National Relay Service (NRS) 133 677 – for deaf, hearing or speech impaired customers,

Translating and Interpreting Service (TIS) 131 450 – for non-English Speaker.

BRONZE AWARD RECIPIENTS

Congratulations to the following students who have achieved the prestigious honour of receiving a Bronze Award. To achieve the Bronze Award, these students have received five Year Adviser Awards and 25 Merit Awards. Well done to (from left to right):

Year 10 students: Daniel, Claire, Rebeka and Bridie; and Year 12 student Tessa.



REMINDER

HSC ALL MY OWN WORK

Week 6, Term 4, 2016 (14, 15 and 16 November)

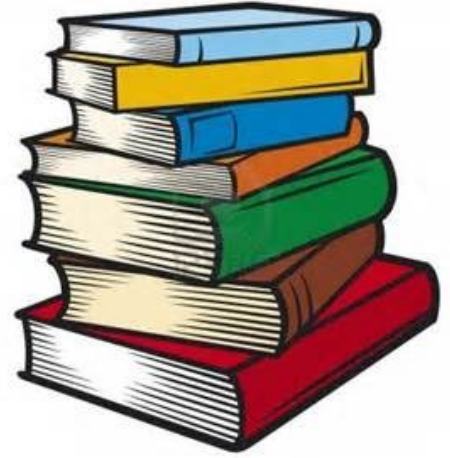
In designated classes at school.

Five modules to read.
Five quizzes to complete.

A student must achieve not less than 80% on each quiz.

COMPULSORY FOR ALL YEAR 10 STUDENTS

Students who know they will not be present on these days must see Ms Feneley in the library as soon as possible.



SCHOOL BLAZERS WANTED

We currently have several parents seeking to purchase second-hand blazers for their children who are members of our school bands. **Do you have a school blazer that your child no longer needs?** Our Band Assistant Anne Bassett, would be happy to put you in touch with parents wishing to purchase a blazer.

Please contact Anne if you are able to help.
anne.bassett@det.nsw.edu.au



HSC Supported Study 2017

TAFE NSW - St Leonards Campus - The Learning Centre

Our Learning Centre provides study guidance for HSC students in a supportive and professional environment.

Students will have access to current and qualified HSC teachers and a wide range of supportive learning materials.

Subject areas include:

- * Mathematics - General Maths, Mathematics and Extension 1
- * Science including Biology, Chemistry and Physics
- * English - Standard, Advanced and Extension 1
- * HSIE subjects including History, CAFS, Business Studies, Geography, Economics and Society & Culture.

Opening Hours
HSC teachers will be available between 4pm and 7pm Monday to Thursday during school terms.

Cost for full year enrolment
ONLY \$113 per year

Location
TAFE NSW - St Leonards Campus. P Block, Level 4 Room P435



For more information contact:
Anne Martin
Head Teacher, Foundation Skills
P: 9942 0742
E: anne.martin2@tafnsw.edu.au

Call 131 674 Visit nsi.edu.au
St Leonards



"Focus Sydney on Disability"!

Please join the FOA and NOVA Transition/ School Leaver Employment Support teams for a film screening and info session with plenty of ability! We will be showcasing some amazing short films and documentaries as well as providing information on how students with a disability can make the transition from school to employment.

DATES: 20/21/24/25/26/27 October, 2016

VENUES: 20th - Penrith RSL
21st - Richmond Club
24th - Parramatta Novotel
25th - Campbelltown Catholic Club
26th - Cronulla Rydges
27th - Hornsby RSL

TIME: 10am -11.30am

RSVP: By 14th October to Donna on (02) 8886 5802 or events@novaeemployment.com.au
(Morning Tea and refreshments provided)
These are **free** events but strictly RSVP.
Please note any access requirements when you RSVP

www.transition.com.au www.focusonability.com.au

'PENNO' PRAYER MEETING

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

1st, 3rd and 5th Friday of each month during term from 9.00am to 9.45am

Please meet at Public Reception.

Enquiries: Kim Allan on 0410 548 350

NEWS FROM THE CREATIVE AND PERFORMING ARTS FACULTY (CAPA)

CAPA and the HSC

The CAPA Faculty has had a busy few weeks having HSC performances marked by the HSC Markers who visited the school.

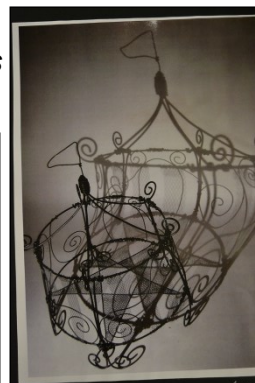
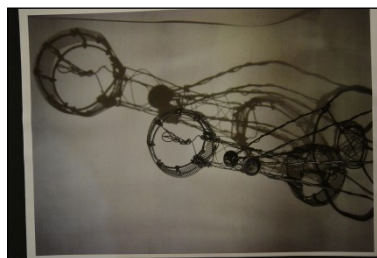
Late last term, the HSC Music 2 and Extension students performed for the HSC Markers and shortly after, the HSC Music 1 students were assessed.

The HSC Visual Arts students will have their *Body of Works* marked at the Marking Centre located at Homebush this year. This will take place mid-October.

On behalf of the CAPA staff, I wish all our HSC students good health, good preparation, good time management and good luck as they work towards completing the written component of their Music and Visual Arts courses. It has been a pleasure working with such an engaging and talented group of students!

Visual Arts on Display

The Library currently has a beautiful collection of Year 11 sculptures from their *Circus* unit on display in the glass cabinets.



CAPA Students Performing at the Seniors Community Concert

Our Year 12 CAPA musicians put on a wonderful show last term for our local senior citizens during their final week at school before beginning their HSC exams. As always, our Technical Support Crew ably coordinated technical proceedings to ensure the smooth running of the show. All of these students are to be congratulated on how well they represented our school to the wider community.

Year 12 2017 – 10% on Top Program.

Year 12, 2017 have commenced the *10% on Top* program this term.

This program, which has been running for eight years now, aims to assist and support our senior students as they progress through their HSC year.

In late-July this year, Year 11 were surveyed to ascertain their perceptions of their own study patterns and life beyond the HSC. Staff were then given a summary of the survey, and students and parents will receive a summary in an introductory letter shortly. 36 members of staff at our school have volunteered to be mentors to a group of five to six students each, throughout 2017. They will meet informally with their students, either in a group or individually, to discuss issues such as time management, stress management, coping with assessment tasks and schedules, results, meeting expectations, having realistic expectations, nutrition and health, life beyond the HSC and more.

By working more closely with our senior year group, together with the backing of parents and the wider community, we aim to give our students the best support in order to reach their potential in the HSC.

Janelle Dennis

Head Teacher CAPA

P&C MEETING DATES FOR 2016

Term 4: 25 October, 22 November - (followed by AGM) 7.30pm in the School Library

All parents and caregivers are most welcome to attend these meetings, which provide the wider school community with a forum for discussion as we work together with staff to sustain and further develop the best possible learning environment for our students.

The discussions are complemented by presentations from staff, focusing on various aspects of education and, in particular, what is on offer at Pennant Hills High School.

CAREERS @ PHHS

SES Cadet Camp

Pennant Hills High School is running its annual SES Cadet Camp this term in Week 8 from Monday 28 November – Friday 2 December, and are looking for 20 enthusiastic and motivated students to participate. We strongly recommend participation in this course as it teaches a number of very worthwhile and valued skills that can be applied in any working environment. Put your name down to participate on the sign-up sheet in the Careers Office.

Year 10 Work Experience

Will be taking place this term in Week 8 from Monday 28 November – Friday 2 December. All students are encouraged to find a place that they consider to be a likely future career for themselves to participate in some Work Experience in. This allows students to gain an insight into what is involved in the day-to-day operations of the career of their choice so they can hopefully confirm that they have chosen the right path. If students are in need of support to source a placement, they can always go to the Workplace Learning section of the school's careers website, www.phhscareers.com, where there are plenty of useful resources and tips to help them out.

Students have had the forms that are required to be filled out to approve their placements emailed to their school email accounts. They are also available at www.phhscareers.com. Please see me for more information.

Aboriginal Employment Strategy

The Aboriginal Employment Strategy Ltd (AES) is a 100% Indigenous managed, National not-for-profit recruitment company and registered Group Training Organisation. Their experience, background and expertise give them the know-how to achieve extraordinary results for our business partners and career seekers alike. The AES recognises the best start to a career is one that provides structured accredited learning alongside supportive paid work placement experience and has the following programs available:

Full-time Traineeships/Apprenticeships

Traineeships offer the opportunity to build skills, experience and confidence whilst undertaking accredited training. The duration of the full-time traineeship/apprenticeship program is from three months up to four years.

School Based Traineeships/Apprenticeships

Gives students practical work experience and skills during Year 10-12 and provides a proven head-start towards a long term career.

Contact the Aboriginal Employment Strategy on 1300 855 347 or email info@aes.org.au
Visit www.aes.org.au for more information.

Casual Workers Wanted

Michel's Patisserie café located in Thornleigh Marketplace are looking for high school students that are interested in casual or part time work immediately. Call Soudnya on 0431 160 405 for information.

Good Luck Year 12!!!

I wish you all the best for your exams and your very bright futures. It has been a true pleasure to be your Careers Adviser and you have made the last 12 months so much easier through your hard work and dedication. You all deserve to find what it is that makes you happy so I hope you keep following your heart, because it will never lead you astray!

Ashley Symons, Careers Adviser

Apprenticeships Frequently Asked Questions



Transport
State Transit

About the Apprenticeship

What apprenticeships are available?

In 2017 State Transit is offering Heavy Vehicle Mechanic Apprenticeships working on all aspects of our bus fleet maintenance and repairs.

How long is the apprenticeship for?

Apprenticeships are a contract of employment for four years although factors such as credit for prior study and competency attainment may reduce the apprenticeship term for an individual.

Who are we looking for?

We are looking for people who are passionate about mechanical work and repairs and aren't afraid to get their hands dirty! As a Heavy Vehicle Motor Mechanic Apprentice you can expect to work to tight schedules to ensure our bus fleet is fully operational, well maintained and back out on the road moving the people of Sydney to where they need to be.

We are also looking for people who love learning new things, are keen to put their newly learnt knowledge and skills into practice and are willing to commit to the demands of work, attending TAFE and completing TAFE assessments.

State Transit is a truly diverse place to work! We encourage applications from women, people with disabilities, people of Aboriginal and Torres Strait Islander heritage and people of all cultural backgrounds to apply.

Am I eligible to apply?

To be eligible to apply for an apprenticeship with State Transit you must:

- Have completed Year 10 or be turning at least 16 years of age during the first 6 months of your apprenticeship
- Be a citizen or permanent resident of Australia
- Not already hold a Motor Vehicle Tradesperson's Certificate as a Motor Mechanic
- Not have already completed a trade qualification at Certificate 3 or above in heavy or light vehicle mechanical technology or automotive mechanical diagnosis
- Agree to do a Criminal History Check

What is involved in the apprenticeship program?

Upon commencing an apprenticeship, you will enter into a Training Contract with State Transit. Your Training Contract sets out the obligations of both you (the Apprentice) and State Transit (your employer) across the four year period. Training Services NSW, within the Department of Industry, regulates the apprenticeship and traineeship system in NSW.

Your apprenticeship begins with a three day induction at our Fleet Operations & Infrastructure Division then you will transfer to your home depot to begin your on-the-job training. During the induction program you will meet your Service Manager or Leading Hand. They are some of the many supervisors and mentors you will have access to during your apprenticeship.

Are there any physical requirements?

Being a Heavy Vehicle Mechanic Apprentice can be a physically demanding job. To ensure you can meet the physical demands of the job you will undertake a medical assessment as part of the selection process.

RUGBY HONOURS FOR DANIEL

Congratulations to Daniel in Year 10 on being selected to participate in the NSWCHS Rugby Satellite Program for 2016/17.

Daniel was identified by the selectors as a player of high skill level and will be training at Waratah Headquarters in Moore Park, Sydney.



PREVENTING ANXIETY

(A contribution from Paula Sinclair, Adolescent and Family Counsellor, provided by the Head Teacher Student Wellbeing)

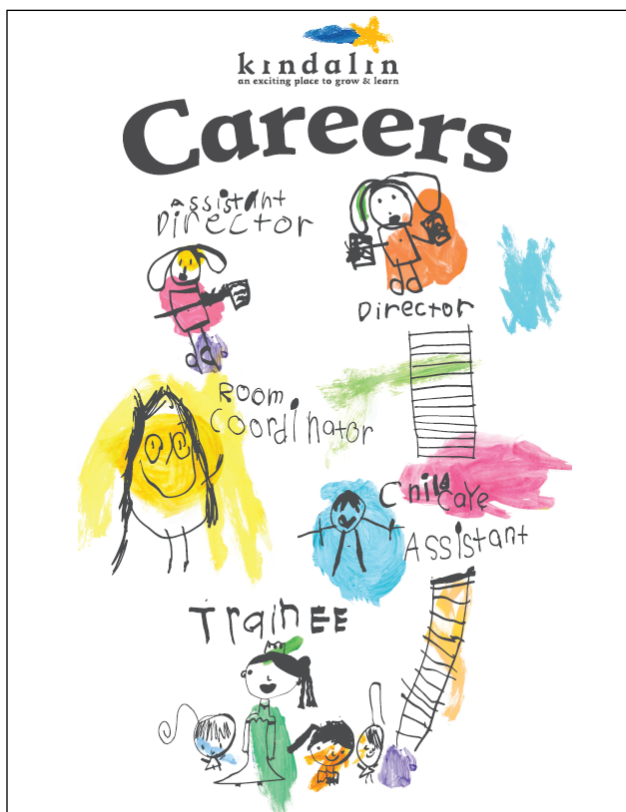
We all have normal feelings of vulnerability. However, these can escalate into anxiety when we perceive a threat as more dangerous than it actually is. Anxiety can feel really uncomfortable, affects all ages, and is surprisingly common. Fortunately, there is a lot we can do to help ourselves and others to cope with anxiety and reduce, eliminate and even prevent it paying us a visit in the first place.


Since stress is a big factor in the development of anxiety, here's a list of strategies to reduce stress and help keep anxiety at bay:

- 1 Exercise:** Top of the list because it increases the brain's feel-good chemicals (endorphins) and can help increase focus and self-confidence. Involve each member of the family in exercise by organising individual sports, classes or programs, or arranging regular family games and active outings.
- 2 Diet:** Important for both body and mind. Reducing caffeine and sugar consumption helps increase feelings of control, and a balanced diet helps your immune system fight off energy-zapping infections. Stock up on healthy, energising foods and snacks.
- 3 Relaxation:** Plays a huge role in reducing stress. Try a variety of relaxation techniques such as:
 - *Meditation* - Find a type that suits you (mindfulness, transcendental, binaural beats, or something else) and practise regularly to enhance mental and physical wellbeing and increase focus and cognitive function.
 - *Music* - Play slow, quiet music in the car and at home to slow pulse and heart rate, lower blood pressure and decrease stress hormone levels.
 - *Art* - Regular individual or family activities involving drawing, sculpture, painting or colouring encourage creative expression and promote calm.
 - *Play* - Good old-fashioned fun and games are a great distraction, and when done as a family increase togetherness and support.
- 4 Journal Writing:** Encourages self-expression which can be a soothing experience. Encourage family members to express struggles and fears in writing and without fear of judgement, criticism or punishment.
- 5 Attitude:** Model a 'cup half full' attitude, and take some time each day to focus on the things you have to be grateful for. Build a family routine where every night before dinner each family member states three things they are grateful for.
- 6 Support:** Advice, assistance, comfort and consolation can play a vital role in stress reduction. Sources of support include friends, family, pets, spiritual help and community service.


Anxiety is common and can be prevented by managing stress levels. However, if despite your best efforts you notice increased signs of anxiety (heart palpitations, sweating, shallow breathing, dry mouth, irritability, frustration, fear, excessive worry, avoidance, clinginess, a constant need for reassurance) impacting your day-to-day life, it may be time to seek professional help. A visit to your GP, calling a specialist advice line or speaking to a counsellor are all good places to start.

(This article was prepared by Paula Sinclair, an Adolescent and Family Counsellor with KYDS Youth Development Service. KYDS provides free, easily accessed confidential counselling and support for adolescents and their families in Northern Sydney, helping individuals, families and schools tackle the many problems facing young people today – www.kyds.org.au – phone 02 9416 0900.)





Trainee



Kindalin Early Childhood Learning Centres is a family owned company which has provided high quality Children's Services for over 20 years.

Working at Kindalin can offer:

- Job Security
- Opportunity
- Networking
- Promotion and Career progression

Kindalin trainees become an integral part of our Early Childhood Learning Centres, working with our Room Coordinators and Centre Directors. Kindalin traineeships can provide a great first step in a childhood education career.

Kindalin Traineeships provide you with experience working in a high quality children's service whilst studying the CHC30113 Certificate III in Early Childhood Education and Care.

For more information please visit our website and submit an application:
kindalin.com.au/careers

Castle Hill Cherrybrook Frenchs Forest Glenhaven Kellyville Kellyville Ridge West Pennant Hills

Welcome to All from 3 years

TAEKWONDO WORLD

Martial Arts for All



TKD Kids will learn

- ✓ Concentration
- ✓ Discipline
- ✓ Self Defence
- ✓ Confidence
- ✓ Bully Safety
- ✓ Respect

FREE
Uniform &
2 Weeks Training
*Conditions Apply

Start a New life with a Positive Attitude at TAEKWONDO WORLD
Anyone **from 3 years old** can learn and enjoy

5 Gladstone Rd, Castle Hill **0419 414 488**
tkdworld.com.au **8850 7771**

unwind, relax
and revive

information session
for healthy lifestyles


Come and learn the common causes of mental health problems, early signs and the strategies to deal with them. Take a little time to unwind, relax and revive and learn how to use mindfulness and relaxation to enhance your concentration, sleep and feel recharged.

Please bring along a towel or mat for relaxation activity.

When: Wednesday 26 October, 6pm-8pm
Where: Hornsby Youth and Family Community Centre
17 Muriel Street, Hornsby
Cost: Free. Bookings are essential.

Please call Jian on 9847 6994
or jzhao@hornsby.nsw.gov.au

Fiona on 9476 9715
or zhou1yan@police.nsw.gov.au



Lifeline **CMRC Community** **NEW Police Force**

For more information about local activities and events visit
hornsby.nsw.gov.au/whatson

HORNSBY SHIRE COUNCIL

COMMUNITY CONNECTIONS

COMMUNITY CONNECTIONS HOT DESK

CONNECTING COMMUNITY WITH SERVICES

A referral and Information service with a diverse range of scheduled topics and service providers.

Meet with a service provider or professional to discuss your information need, get peace of mind or find out what to do next at the Community Connections Hot Desk.

Thursdays 2pm-4pm
Hornsby Library



October 2016		
6	Ability Links	Links for people with disability and carers
13	Northside Community Forum	Carers Respite
20	Senior Rights Service	Legal: Planning head, financial support and elder abuse
27	KYDS	Counselling process and what Support Young People can get

Free 20 min appointments.
Bookings can be made at Hornsby Library Information Desk or Phone 9847 6614
Hornsby Library 28-44 George Street, Hornsby

HORNSBY SHIRE COUNCIL

ALL WELCOME! **ALL WELCOME!**

Normanhurst West Public School

FAMILY FUN DAY

Sunday 6th Nov. 10am-3pm

14 Exciting Rides

30 Market Stalls

Pony Rides

Plant Stall

Fantastic Food Stalls

Books Toys Clothes

Trash & Treasure

Entertainment for all ages

Purchase Unlimited Ride Tickets Online Now \$30.
Great value for 14 rides and 5 hours of fun!

Go to www.flexischools.com.au and search for Normanhurst West PS

Food Stalls: BBQ, Turkish, Korean, Thai, Hot Dogs, Fairy Floss, Snow Cones, Cake & Lolly Stall
Ambulance, Fire Engine, Police Displays • Showbags • Side Show Alley Games • Face Painting
Henna Tattoos • Huge Toys, Clothes & Trash & Treasure Stall

For more details and to check out the rides go to www.normanhurstwestpsandc.com.au
TSSDesigns@hotmail.com

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

English Classes at St Mark's Anglican Church: Cnr Rosemount Ave and Warne St, Pennant Hills starting Term 4, Monday 10 October 9.30am-12.00pm. Cost \$2.00 per week (includes morning Tea and free child minding for students). Information english@stmarks.com.au or call the church office on 9980 8012.

Stringfest Festival: The North Sydney Youth Orchestra (NSYO) invites students of all ages to attend a special musical event. At St Albans, 3 Pembroke St, Epping on 29—30 October from 12.00pm—5.00pm concluding with a concert on Sunday at 5.00pm. Register www.trybooking.com and search NSYO. Costs involved. Info www.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

Southern Cross Cultural Exchange: Information sessions 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. Free evening 27 March at 7.30pm.

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

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

Oakhill Drive Netball Club Players Wanted: Junior players U7/8/12's and Senior players U15/16—17/18—21's. Please contact the registrar Leanne Scowen at odnc_registration@yahoo.com.au or 0412 561 114.

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. Contact Matt Kellahan mckellahan@nswrugby.com.au or phone 9323 3407.

Hills Hawks Softball: All ages 4-adult welcome - www.hillshawks.softball.org.au or phone Hazel - 0414 474 461

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

North Sydney Girls Cricket Association: www.nsgca.nsw.cricket.com.au/

Pennant Hills Cherrybrook Rugby League Club: www.pennostags.com. 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.dbsw.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: 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

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

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
President: Michael 0404 093 303. Email: 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

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

Asquith Netball: All skill levels welcome. Information: Linda Wilton 0403 214 410 or Asquithnetball@outlook.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. 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@unitingcarenswwact.org.au

Foster Care Association NSW: Advocacy, support and information for foster carers. www.fcansw.org.au or 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: 9480 2500 - Free case management and counselling support for young people and families.

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 at
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

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 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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