



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 4 November 2016

Term 4 Week 4B



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

THANK YOU GREAT PENNO RENO V

For more photos and information see pages 4 & 5

LOOKING FORWARD

TERM 4 2016

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 to 7 - Transition to High School (Tuesdays for 4 weeks)
	Thursday	10 November	Boys Conviction Mentoring Program (Thursdays until Week 9)
	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)
	Friday	18 November	PSC Sports Leadership Leading with Action
Week 7A	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)
	Friday	25 November	Schools Spectacular Concert (Friday and Saturday)
Week 8B	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 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	Monday	21 November	Chemistry: Task 1 Research hand-in
	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
	Friday	25 November	Information Technology: Feasability Study hand-in
Week 8B	Monday	28 November	Chemistry: Task 1 Re/Theory in-class test
	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

P&C MEETING DATES FOR 2016

Term 4: 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.



PRINCIPAL'S REPORT

My Inaugural Great Penno Reno

Early Saturday morning last weekend, a group of highly committed parents and students got together to begin the process of the Great Penno Reno V. As I arrived there was already a hub of activity with turf ready to be laid, mulch being

piled ready to be spread, high pressure water cleaners at the ready and a some gorgeous native plants awaiting planting in their new home.

Our group of eager volunteers had already been assigned working teams and the locations in which they would be able to put their great skills to work. And work we did! In the blink of an eye, the first session was over and a message came around that morning tea was served. There was a fantastic spread of scones with jam and cream, chocolate caramel slice, fruit and the odd jelly snake to recharge the batteries. In a short time we were fed and watered and on our way again.

The lunchtime break saw a magnificent BBQ and salad spread and saw a changing of the guard in the volunteers that came to assist. Our newer members were inducted with a magnificent work ethic and much was achieved by the end of the afternoon. For those who had been working all day, the whistle that sounded signalling the end of the day, brought a welcomed *tools down* and a well-earned rest. As they all began to survey what had been achieved there was an obvious expression of our *Penno Pride* beaming on the faces of the workers under their sweaty sun hats.

The sunny Sunday morning brought sounds of birds singing, the *Dingo* piling mulch, the high pressure water cleaners priming and the cleaning equipment being brought out. A determined group of volunteers started to dig into their work (excuse the pun) and the Reno was underway again. As we came together at the close for lunch, there was great conversation about what had been achieved during the weekend (see pictures on pages 4 and 5).

Pennant Hills High School is indeed very fortunate to have such a huge group of community minded people who are willing to give so much of their time to assist in the beautification of our grounds. The pruning, mulching, cleaning and planting have all served to truly improve the learning environment that our students walk into each day. I have spoken to the student body at assembly this week to not only thank those volunteer students for their work but also to remind everyone of their responsibility to respect the work that has been done on their behalf.

I would also like to pay tribute to our hard working Parents and Citizens Association and in particular

Penny Dean and Margo Leggott for their expert organisation and commitment to a cause they are very passionate about. A big thank you also to Lyndall Chamberlain and her team for the most amazing catering. In addition to those people who are so closely linked to our school I would like to acknowledge Kennards Hire Hornsby, Bunnings Warehouse Thornleigh, Ken Coles Excavations and the Hornsby Council Community Nursery, without whom our Reno would not have been nearly as successful.

We look forward to the fruits of the Great Penno Reno VI

Ross Warren, Principal



ADOLESCENT HEALTH PROGRAM

For many years Pennant Hills High School has been involved in an Adolescent Health Program, in conjunction with The University of Sydney. The program involves several of our more senior Drama students visiting Hornsby Hospital throughout the year, using their drama skills to help with the training of Medical Students and Registrars in dealing with adolescent health issues. These students have dedicated many hours to this community service and have represented our school in a very positive manner.

Year 11 students, Eliza, Jacob and Thomas, have been involved in the program for the past two years. While Sophie and Tabitha in Year 10, were involved in the program for the first time this year. These very capable students were presented with a certificate acknowledging their efforts at the assembly this week, where Mr Warren was also presented with a crystal trophy from The University of Sydney in appreciation of the collaborative work between Sydney University and Pennant Hills High School over the 21 years that the program has run. The trophy will be proudly displayed in the cabinet located in Public Reception. It serves to acknowledge all the Drama students who have provided this community service from 1996 to 2016.

Janelle Dennis
Head Teacher CAPA

The Great Penno Reno V

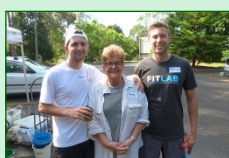
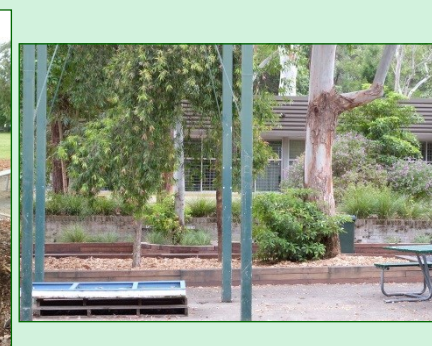


ANOTHER SUCCESSFUL RENO

Once again a huge thank you to all the families and staff who participated during the weekend Reno. It was an enormous success, with 142 volunteers helping across the two days. Many people came for more than one session, and together we once again changed and improved the aesthetic appeal of our school.

As always, a big thank you Lyndall Chamberlain our Canteen Manager and her helpers for keeping everyone well hydrated and fed.

A special mention to Kennards Hire at Hornsby who have, over the past five years, provided us with equipment at a heavily discounted price. Thank you for your generosity. Thank you also to Simone Kraszula from Bunnings Warehouse Thornleigh, David Waterhouse from Ken Coles Excavations and Ross Rapmund from the Hornsby Community Nursery for their generous support of the Reno.



The Great Penno Reno V





Cancer's
different
in a young
person's world

Buy a \$4 bandanna



Last Wednesday Year 9 at *Penno* organised Bandanna Day to raise money for *CanTeen*, an organisation who supports young people living with cancer.

Year 9 had extra incentive as Julia and Jeremy were the face of Bandanna Day 2016, with their smiling faces on the promotional posters and display boxes (see above). Many students sold bandannas and donated cakes for the cake stall to raise awareness of this worthwhile cause. A special thank you goes to; Clyde, Elinya, Rachel, Laura, April, Erin, Lachlan, Kiara, Rebecca and of course Julia and Jeremy for the enormous effort they put in to ensure the smooth running of the day.

Bandanna Day was a huge success. There was lots of colour added to our school uniforms but most importantly \$1904.00 was raised to support *CanTeen*.

Jackie Breden
Year 9 Adviser

ENGLISH FACULTY NEWS

Now that the HSC Examinations have finished, I would like to congratulate all our Year 12 students for the work they have done throughout the year. Preparing for two full examination papers in English is no easy task, but it was pleasing to see so much hard work being done in the lead up to the exams. Thanks also to the teachers who have consistently encouraged their students to prepare practice responses, and for the considerable time they spent giving feedback to anxious students.

I should particularly mention Mr Belling and Mr Kneale for taking the two Advanced English classes this year. Mr Belling received his final request for feedback by email at 10.00pm the night before the first paper, while Mr Kneale was at his desk at 5.00am on the day of the Paper 1 exam, writing out feedback for students on the Paper 2 modules. Such dedication is really above and beyond what students should expect, but it does illustrate the professional commitment of the English Faculty in helping the students achieve their best.

Good luck to all our other students as they prepare for their Yearly Examinations or final assessment tasks in English. While they shouldn't expect their teachers to be giving feedback late on the night before an exam, they should certainly try to prepare practice responses and seek feedback well in advance of any due date.

Congratulations to the following students who received an English Faculty Award recently for their outstanding work in their English classes.

Year 7:

7ENP – Alex
7ENR – Mirrin
7ENA – Ryan
7ENB – Yashman
7ENO – Molly
7ENG – Hayley

Year 8:

8ENA – Iris
8ENU – Mason
8ENS – Cassandra
8ENT – Caitlyn
8ENE – Antonia
8ENN – Megan

Year 9:

9ENB – Natasha
9ENR – Oliver
9ENO – Henry
9ENN – Dylan
9ENT – Daisy
9ENE – Cameron

Year 10:

10ENA – Nel
10ENN – Max
10ENG – Dongchan
10ENE – Ben
10ENL – Tara
10ENO – Eilis
10ENU – Hannah

Year 11:

11ENA1 – Chen Fong
11ENA2 – Rodrigo
11STD – Lani
11ENX – Kalindi
11ESL1 – Steven
11ESL2 – Lucy
11ESL3 – Nicole
11ENS2 – Jacob
11ENS3 – Chris
11ENS4 – Maddie

Year 12

12ENAA – Jamie
12ENAK – Jacquie
12ENH – Abbey
12ENW – Emma
12ENC – Connor
12ENL – Declan
12ENP – Izaack
12EXT1 – Ewen
12STD – Natasha
12ESL – Seral
12EX2 – Grace

Richard Williams
Head Teacher English

INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS)

The ICAS exams are held every year under the organisation of the University of NSW (UNSW).

This year 75 students from our school participated in the Science paper. Congratulations to all those students who put themselves out there to test their scientific thinking power. The following students received a Distinction - an outstanding result:

Year 7

Abril
Ebony

Year 8

Sean
Max
Kayla

Year 9

Natasha
Tian
Rebecca

Year 10

Liam
Veronica
Dongchan
Kiran
Eleanor
Tabitha

Sohini Bhawe
Head Teacher Science



AUSTRALIAN MATHEMATICS COMPETITION RESULTS

Congratulations to all students who entered the Australian Mathematics Competition held last term. The following students achieved a Credit, Distinction or High Distinction result:

First name	Year	Result
RILEY	7	DISTINCTION
HIROSHI	7	DISTINCTION
CHRISTINA	7	DISTINCTION
ABRIL	7	CREDIT
BRANDON	7	CREDIT
TOMMY	7	CREDIT
ALODIE	7	CREDIT
TANAY	7	CREDIT
ELIZABETH	7	CREDIT
DYLAN	7	CREDIT
ELEANOR	7	CREDIT
ISAAC	8	DISTINCTION
EMILY	8	DISTINCTION
ADAM	8	DISTINCTION
CAITLIN	8	DISTINCTION
LUKE	8	CREDIT
CHARLES	9	DISTINCTION
MAX	9	DISTINCTION
KEELEY	9	CREDIT
MAGALI	9	CREDIT
HYUN-OH	9	CREDIT
ROHAN	9	CREDIT
DONGCHAN	10	HIGH DISTINCTION
RONAN	10	DISTINCTION
SIMON	10	CREDIT
THOMAS	10	CREDIT
SOPHIE	10	CREDIT
PATRICK	10	CREDIT
ELIZABETH	10	CREDIT
XINXIANG	11	HIGH DISTINCTION
YINING	11	DISTINCTION
JUNYANG	11	DISTINCTION
SAKURA	11	CREDIT
SHIJIAN	11	CREDIT

Shaun Keegan
Head Teacher Mathematics

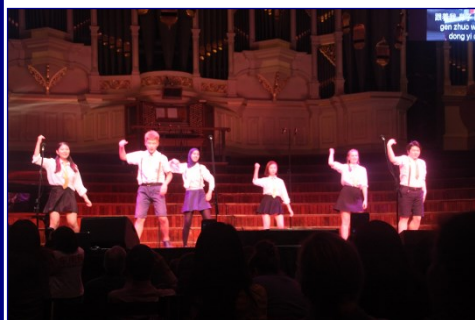


A SPECTACULAR TO REMEMBER

The 2016 Sydney Chinese Language Spectacular was held on in Week 1 of this term at Sydney Town Hall. It brought together more than 1000 Chinese Language students from primary and secondary schools in NSW to showcase their musical and artistic talents.

Our Year 10 Chinese class performed a singing and dancing show, and participated in the All School Choirs. They prepared brilliantly for the performances and did a fantastic job on stage. Congratulations to the students of 10CHI: Raz, Maxwell, Crystal, Kevin, Austin, James, Kun, Jessica, Phillip, Joy, Hayley, Glenys, Mark, Noelia, Johnny, Johnny, Jason, Haochuan, Janice and Mike.

Alva Li, Language Teacher



THE HORIZONS PROGRAM

At the end of Term 2, Bradley in Year 11 represented our school at the Horizons Program. This is an independently funded program which provides opportunities for students with an interest in the business world. Brad was the first student at Pennant Hills High School to participate in a program of this kind.

The program is essentially about experiencing aspects of the business world first hand and making connections with experts who act as mentors to the students. The following is a recount of Brad's experience in this program. We hope to offer this opportunity to another student from our school again in 2017. Any interested students should see me in the English/ HSIE staffroom to find out more about the program.

Roger Niccol, Head Teacher HSIE



My name is Brad, I'm a student in Year 11 with a great interest in the fields of Economics and Finance. During the two weeks of the winter school holidays I had the incredible opportunity to work at KPMG - one of the global 'Big Four' accounting firms. Coincidentally the company was in the midst of an office relocation. I spent the first week in the Shelly Street office and then for week two we moved next door to the brand new Barangaroo Avenue offices built for an 'agile' working environment (a structure where you can't sit in the same seat for two consecutive days). Pictured is my window seat for the day overlooking Darling Harbour in the new agile working environment.

My two weeks with KPMG was an experience that I'll never forget. Given the agile working environment, I had the chance to meet and work with dozens of accomplished professionals who were more than willing to share any advice and experience in helping me with my future. Over the course of the two weeks I had the opportunity to work in the Advisory Services sector of the firm and work on projects for clients including; BOQ, TAFE, Sydney Airport, NSW Transport, and University of Wollongong. My involvement with KPMG was facilitated through The Horizons Program, a charity helping high school students. I returned to KPMG during the recent Spring school holidays to complete the face to face aspect of the program.

Bradley, School Captain

YEAR 11 VISUAL ARTS STUDENTS WORKSHOP

Last week, Year 11 Visual Arts students attended a workshop to experiment with different art materials that might inspire them for their HSC artworks. Leisa Whiteside from S&S Wholesale came in for their practical lesson and gave the students an opportunity to work with gel monoprints, all sorts of paint mediums, a variety of dry media and lots of lovely inks. The students will use this valuable experience to help develop techniques for their Year 12 artworks. They really enjoyed the session and we look forward to seeing their artworks in 2017!

Janelle Dennis, Head Teacher CAPA

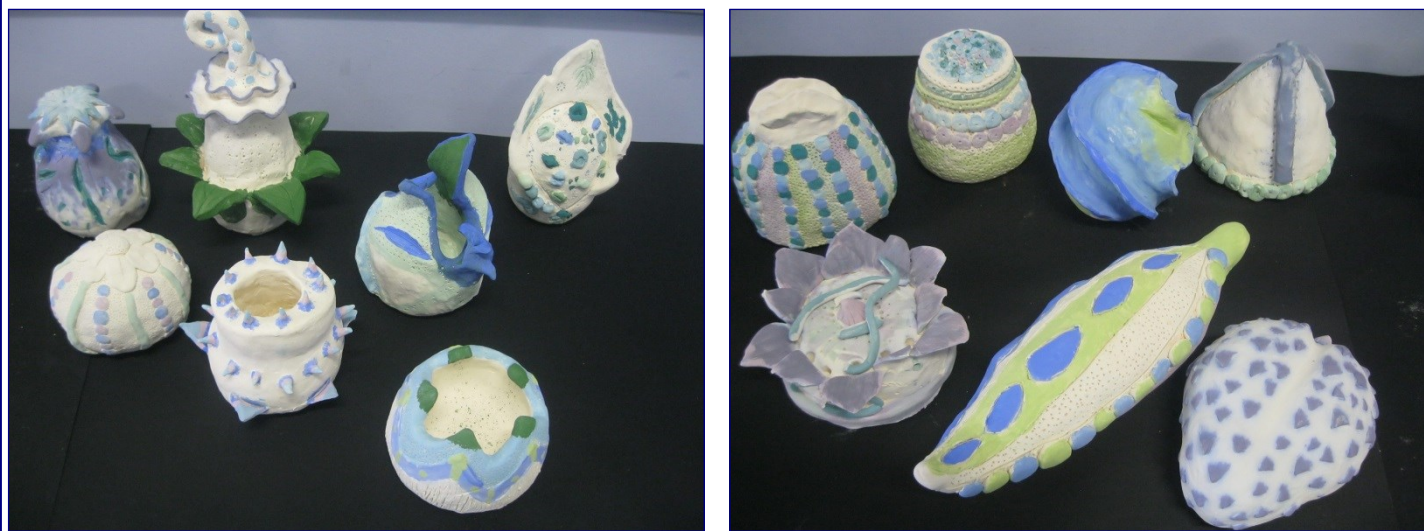


YEAR 8 VISUAL ARTS

Year 8 recently completed a Ceramic unit where they created a fantasy sealife-inspired pod. They were inspired by researching sea urchins on the internet.

They sketched their fantasy pod to clarify their ideas in their process diary. The sculpture was made by joining two pinch pots and adding the tentacles, spikes and patterns to this egg form. Before firing, they added colour with a variety of blue, green and purple underglazes to reinforce the sea theme. They created a very successful fantasy underwater sculpture series.

Kirstie Clark, Visual Arts Teacher



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

SPORTS SHORTS...

NSWCHS Athletics Championship

Congratulations to Year 8 student Kayla who placed 3rd in the 13yr Girls' Discus at the Championship, receiving a Bronze medal for her fantastic efforts.



NSW All Schools Championships

James in Year 11 placed 2nd in the 800m Para-Athletes category, receiving a Silver medal at the Championships. Congratulations on an outstanding effort James.

Open Boys Knockout Cricket - Allan Davison Shield Competition

In Week 1 this term, the team played against Killara High School. Losing the toss, the boys were sent out to bowl first, however with an attack lead by stand-out Oliver who took 2 wickets, 2 catches and made 2 run outs, Killara were all out for 110. Andrew and Luke opened the batting with a partnership of 104, with Luke hitting the winning runs to seal a comfortable win. Marvellous effort boys, well done. Good luck in the next round.

Valmé Kruger
Sport Coordinator

SAM'S AFL UMPIRING ACCOLADES

Congratulations to Sam in Year 10 for his AFL umpiring achievements. In his two years of umpiring, he has been selected for numerous representative games.



He started boundary umpiring at the beginning of the 2015 season as a means of staying fit, staying involved in AFL and earning a part-time income. In 2015 he umpired a womens representative game on the June long weekend, and did the Division 1 U19's Grand Final in the same year. During 2016 he umpired an Under 16's Giants vs Swans match at Homebush and a representative game on ANZAC Day at Picken Oval. This laid the foundation for him to be promoted to the Premier Division Grand Final at Blacktown recently.

Sam has only been umpiring for two years and he says that having played a lot of Junior AFL in South Australia has given him a good grounding for umpiring and also a genuine feel for the game. His short-term aims are to continue to improve in all aspects of umpiring, to work towards umpiring at NEAFL Level (which is the State level competition in NSW, just below AFL) and to enjoy himself along the way. Well done Sam.

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.

Ashley Symons, Careers Adviser

PCYC POLICE CITIZENS YOUTH CLUBS

SAFER DRIVERS COURSE FOR LEARNER DRIVERS

THE SAFER DRIVERS COURSE INVOLVES TWO MODULES:

MODULE ONE:
A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of 12 participants and will be delivered by a facilitator.

MODULE TWO:
A two-hour, in-vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach.

Course cost: \$140

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the course. Credits gained under the 3-for-1 scheme cannot be included.

LEARNER DRIVERS WHO COMPLETE THE COURSE WILL RECEIVE 20 HOURS OFF THEIR LOG BOOK.

ALL PARTICIPANTS MUST:

- Hold a valid NSW Learner Licence
- Be under 25 years of age
- Have completed 50 logbook hours (of actual on road experience and not credits gained under the 3 for 1 professional instruction scheme)

20 hours Off Your Log Book

ADTA SAFE DRIVERS FOR LIFE

Find us on **facebook**

CONGRATULATIONS NICHOLAS - HORNSBY ADVOCATE'S SPORTS PERSON OF THE WEEK

Nicholas, a student of Pennant Hills High School who has recently graduated from Year 12 has been featured in the *Hornsby Advocate* as their *Sports Person of the Week* for his outstanding ability in Athletics. The following is a profile on Nicholas' rise to an elite level in this highly competitive sport:

Nicholas did a few sports when he was younger – hockey, soccer, rugby league, but athletics was the one thing he loved since starting in the U6's group at Hornsby Little Athletics. He liked competing in the different events, with long jump and high jump being his favourite events from the beginning. He had coaching in these events and qualified for State competitions. He usually qualified for hurdles as well – without training in hurdles. After some time, long jump and high jump became difficult as the constant jarring affected his ankles, hampering his ability to compete.

Almost three years ago, Nicholas started to train with a great group of hurdlers and sprinters at Cherrybrook Athletics Club. The squad, comprising of State and National champions as well as many record holders, added a new and more gruelling dimension to his training, which he attends a few times every week. His coach Mick Zitz and training partners taught him the correct techniques and he improved rapidly with their guidance. Nicholas got better results with each season that followed. He is very motivated to keep improving and getting stronger and faster.

Winning State and National medals, as well as recently representing Australia in Fiji, keeps Nicholas striving to reach the elite levels of competition Athletics offers. In 2015, Nicholas competed at the NSWCHS Athletics Championship where he won Silver in the 200m and Bronze in the 100m hurdles. He also reached the finals in the 100m and 4x100m relay at the same championship. Earlier in 2015, at the Australian Junior Athletics Championships he received a Bronze medal in the 110m hurdles and at the NSW Little Athletics Championship he received a Silver medal in the same event.

Travelling interstate and overseas, and getting to meet so many different people has been very rewarding for Nicholas. He has had an opportunity to become friends with people who have the same interest and high ability in Athletics, catching up with them at the various events each season which adds to the great experience.

Nicholas goals in athletics in the future are: to win Gold at a National Athletics Championships Competition; Compete at the World Junior

Championships in Finland in 2018; and Compete at an Open International event. He loves hurdling and sprinting, and hopes to keep on improving with each season that passes.

Congratulations Nicholas on your outstanding achievements to date. We look forward to hearing about your National and hopefully International successes in the coming years.

Valmé Kruger
Sports Coordinator

Article rank | 10 Sep 2015 | Hornsby Advocate | Danielle Nicastri

Teen gets the jump on event

HURDLER BAGS MEDALS AT STATE CHAMPS

SUCCESSFUL hurdling has a lot to do with the arms, athlete Nick Thomson, 16, has said.



Nick Thomson, 16, is this week's Junior Sports Star nominee.

Nick has just come back from winning silver in the 200m sprint (23.14 seconds) and bronze in his favourite event, the 110m hurdle (14.93 seconds) representing Pennant Hills High School at the Combined High Schools State Championships held last Friday, Saturday and Sunday.

This week's Junior Sports Star nominee from Berowra also reached the finals in the 100m sprint and 4x100m relay. Personal bests were recorded in each of the events.

Earlier this year in March he won bronze at the 2015 Australian Junior Athletics Championships in the 110m hurdles and silver at the 2015 NSW Little Athletics Championships in the same event.

With those state-level results, it follows that Nick is northern Sydney's best 16-year-old athlete, named the Age Champion at 2015 Sydney North Zone Athletics Carnival.

His attention to the arms has taken him to such heights in hurdling.

"It's got a lot to do with the placing of your arms and if they're in line with your shoulders," Nick said.

To nominate someone you know for the 2015 NewsLocal Junior Sports Star visit juniorssportsstar.com.au.

Rebel is the major sponsor, 7 News the media partner and Fox Sports Pulse sponsor for the Team Spirit category.

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

'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

BE BUS AWARE

Buses can't stop quickly



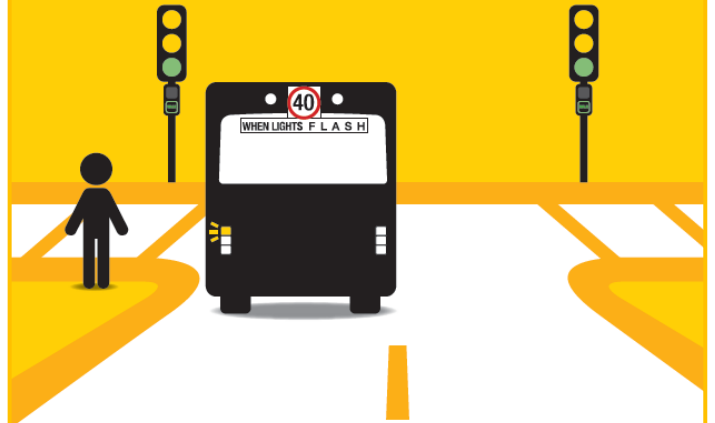
bebusaware.com.au



Transport for NSW

BE BUS AWARE

Follow the rules and cross with care



bebusaware.com.au



Transport for NSW



BE SAFE ON AND AROUND BUSES.
BE BUS AWARE!

- 1 Follow the rules and cross with care
- 2 Give way to buses
- 3 Reduce speed to 40 when lights are flashing
- 4 Plan ahead and don't rush for the bus
- 5 Bike riders take care around buses

bebusaware.com.au



Transport for NSW

BE BUS AWARE

Reduce speed to 40 when lights are flashing



bebusaware.com.au



Transport for NSW

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


MACQUARIE University

Study smarter

STUDY STRATEGIES FOR YEAR 12 AND BEYOND

For the majority of high school students, the final years at school are filled with pressures both inside and out of the classroom – and for many, learning how to study smarter is just another added challenge. We know each of your students is unique, and no single approach to study will work for everyone.

So to help your students' maximise their study efforts, we're inviting them to take part in our Study Strategies Workshop, which includes sessions with learning experts from across the University and panel discussions with current Macquarie students.

THE PROGRAM

Realising potential is about studying smarter. Our Workshop will assist your students to take charge of their learning, explain how to monitor their progress and show them how to positively modify their study habits.


Throughout the day, participants will take quizzes, take part in group discussions, brainstorm and analyse scenarios. They'll also learn what it's like to study with us and get to ask questions and chat with our current students.

TOPICS COVERED

Students will learn about effective study strategies and discover what works best for them through discussions on:


- understanding study strengths
- creating a unique and effective study schedule
- how to be an independent learner
- handling pressure and dealing with setbacks.

Participating students will also receive handouts throughout the day which can be later used as a study toolkit.



Workshop details	
When:	Tuesday November 15 2016
Who:	Students commencing Year 12
Where:	Macquarie University
Time:	9:30am – 2pm
Register:	tristan.tulloch@mq.edu.au
Cost:	Free of charge. Participants will need to bring their own morning tea and lunch.

FIND OUT MORE
Macquarie University NSW 2109 Australia
T: +61 (0) 2 9550 5890
tristan.tulloch@mq.edu.au


MACQUARIE University

CRICOS Provider 00000J





RJ PERFORMING ARTS ACADEMY

RAD Classical Ballet

Also offering weekly classes in:
Jazz
Hip Hop
Lyrical
Tap

Ages 2.5 +

The Hills Newest Boutique Ballet School **Yearly examinations with 100% pass rate**

Holiday Schools

- West Pennant Hills Valley Community Centre**
- West Pennant Hills Scout Hall**
- Oakhill Drive Public School**
- Burnside Community Centre**

Small Classes so your child receives individual attention

0404 846 964

rjpa.academy@gmail.com

www.rjperformingarts.com.au








AUDITIONS for 2017

The Northern Sydney Youth Orchestra (NSYO) is inviting musicians to audition for its 3 orchestras: Symphony Orchestra, the Wind Ensemble and the Strings Orchestra. Auditions are on **Nov 30th** from 4pm onwards. Orchestras rehearse weekly at Beecroft on Wednesdays.

We are planning a **musical tour overseas in July 2017 (Asia)**. If you play Strings, Brass or a wind instrument why not contact us?

For more details, and to find our online application form, please visit our website <http://www.nsyo.org.au> or email: info@nsyo.org.au




COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Jazz at the Pines: At Roughly House at The Pines, 656a Old Northern Rd, Dural on Sunday 20 November. Featuring the popular *Mike Hallam Hot Six* and the Model Farms High School Jazz Band commencing at 11.45am. Tables can be booked for groups and individuals or turn up on the day with your chair, picnic rug and Esky, there is plenty of room for everyone. All payments are made at the gate, \$20 Adults and \$15 Concessions. For more information and to book online visit www.jazzatthepines.org.au or email info@jazzatthepines.org.au or call Dural Information Centre on 9651 4411.

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 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

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](https://www.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@unitingcarens.wact.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

DISCLAIMER

Advertisements in this newsletter are included as a community service or a source of revenue to offset newsletter production costs. They should not in any way be seen as an endorsement or recommendation by the school.