

JUMBUNNA

Fortnightly Newsletter of Pennant Hills High School

Friday 2 December 2016

Term 4 Week 8B



Mr Ross Warren *Principal*

Mr Brendan O'Byrne Deputy Principal

Miss Amanda De Carli Deputy Principal

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LOOKING FORWARD

TERM 4 2016

Week 9A	Monday	5 December	Year 7 Aquatics Program (Monday to Friday)
	Monday	5 December	Year 10 Bronze Medallion (Monday to Wednesday and Friday)
	Monday	5 December	International Students Scavenger Hunt Excursion
	Tuesday	6 December	Year 7, 2017 Orientation Day
	Wednesday	7 December	Sports Leadership Camp (Wednesday to Friday)
	Wednesday	7 December	End of Year Music Concert
	Thursday	8 December	2017 Band Auditions (Thursday and Friday)
Week 10B	Monday	12 December	Year 10 Coffee School
	Tuesday	13 December	Presentation Evening
	Tuesday	13 December	Year 10 White Card Construction Course
	Friday	16 December	LAST DAY OF SCHOOL 2016
	Friday	16 December	Year 12, 2016 ATAR Breakfast
	Friday	16 December	School Concert

SCHOOL HOLIDAYS

Merry Christmas and Happy New Year

TERM 1 2017					
Week 1B	Thursday	26 January	AUSTRALIA DAY PUBLIC HOLIDAY		
	Friday	27 January	School Resumes for STAFF ONLY		
Week 2A	Monday	30 January	School resumes for students in Years 7, 11 and 12		
	Tuesday	31 January	School resumes for students in Years 8, 9 and 10		
Week 3B	Tuesday	7 February	Year 7 Camp (Tuesday and Wednesday)		
	Sunday	12 February	Music Camp (Sunday to Tuesday)		
Week 4A	Monday	13 February	Music Camp (continues Monday and Tuesday)		
	Tuesday	14 February	Year 7 Welcome to Parents Afternoon Tea		
	Tuesday	14 February	Music Camp Concert		
	Wednesday	15 February	SWIMMING CARNIVAL WHOLE SCHOOL SPORTING EVENT		
	Thursday	16 February	2016 High Achievers Assembly		
Week 5B	Monday	20 February	SCHOOL PHOTO DAY		
	Wednesday	22 February	NSWCHS Triathlon Championships (Wednesday and Thursday)		
	Wednesday	22 February	Meet the Music		
	Friday	24 February	ARTEXPRESS at AGNSW		

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

Week 9A	Tuesday Wednesday Wednesday Thursday Friday Friday Friday Friday Friday	6 December 6 December 7 December 9 December 9 December 9 December 9 December 9 December	Business Studies: Task 1 in-class Business Report Hospitality: Hand-in and Part B practical Physics: Task 1 First-hand Investigation in-class Maths Ext. 2: Task 1 in-class test Software Development and Design: Report hand-in ESL: English speaking English Ext. 1: In-class essay Engineering Studies: Task 1 take-home CAFS: IRP Report and Diary hand-in Earth and Environmental Studies: Task 1 in class ro theory
Week 10B	Monday	12 December	Earth and Environmental Studies: Task 1 in-class re-theory
	Wednesday	14 December	Agriculture: Task 1 hand-in Plant and Animal Production
	Wednesday	14 December	English Ext. 2: In-class Viva Voice





PRINCIPAL'S REPORT

Absolutely Spectacular

For some time now we have had a sign on the front fence of our school that says - *We're a Spectacular School.* Last Friday night I learnt what that sign really meant.



The NSW Department of Education (DoE) Schools Spectacular was exactly that **SPECTACULAR**. We in the audience, were treated to multi-media presentations, an outstanding light show and pyrotechnics but the jewel in the crown was the amazing talent on display from NSW Public Schools.

The Pennant Hills High School Choir took their place amongst the 2500+ member choir that backed the Qudos Bank Arena stage, with a full symphony orchestra, Stage Band and the most amazing choreography for the entire 2500+ students! We saw the culmination of a year's preparation that was a testimony not only to great talent but also a lot of hard work.

We were entertained by the talents of more than 5000 students from more than 500 Public Schools across NSW. In fact this group of students has been recognised by the Guinness Book of World Records for the largest number of amateur performers in a single act - 5724 students to be exact.

I met with our choir prior to their entry for the performance and the excitement was palpable. There were *selfies*-a-plenty and even the opportunity for a photo with Harold the Healthy Giraffe. There was general buzz of excitement coupled with a little nervous tension around the whole precinct, as each of the performers readied themselves to enter the arena.

I would like to acknowledge the work of Mrs Carol Coomber, our hard-working Music Ensemble Coordinator and our talented Choir Director Mrs Rachel Kelly for the coordination and preparation of the repertoire our choir had to learn and perform. It spanned decades and musical genres, and it was thoroughly uplifting and enjoyable. I would also like to thank Mrs Kylie Blarasin, Mrs Eileen Clements, Ms Elizabeth Ford and Mrs Halima Heywood who attended to support our choir backstage. I was informed that Mr Wing was also in the audience - no doubt proudly looking on as our students represented our school with such finesse. The evening was confirmation of the amazing

contribution NSW Public Schools makes to this facet of the Creative and Performing Arts (CAPA).

It was a fantastic evening's entertainment and I look forward to what we have in store for 2017.

Orientation Day for Year 7, 2017

On Tuesday 6 December 2016, we host our newest cohort of students and their parents as they get a further glimpse of what Pennant Hills High School has to offer as the local comprehensive high school.

I have just been writing about our strength in the Arts and we are in fact, strong in all areas of schooling from our high academic levels, talented Industrial Arts and Home Economics faculties, Computing, Languages and high achieving sporting groups to name a few. So as we welcome our newest group of students, we hope they begin to realise that they can strive to achieve their full potential at Pennant Hills High School by seizing every opportunity that is presented to them.

Thank You to our Outgoing P&C Executive

Tuesday last week saw the last P&C Meeting for 2016. It was also the meeting at which the AGM took place.

Our outgoing Secretary Mrs Margaret Liddle deserves our utmost gratitude for the huge amount of work that she has contributed not only to the executive but to the P&C as a whole.

Mrs Penny Dean of the *Great Penno Reno I-V* fame also finishes as a parent representative this year and I would like to thank her on behalf of Pennant Hills High School for the immense work that she and her horticultural partner Mrs Margo Leggott have contributed to our school. We hope we might be able to convince her to continue on with our school as an active 'citizen' rather than current parent.

The New Uniform Shop

I am pleased to announce that the Uniform Shop tender process has concluded with *The School Locker* being the successful tender.

The shop will be located in the MPC and I hope, with our school uniform being available for purchase on site, that it will encourage families and in particular students, to ensure that close attention is paid to wearing the correct school uniform at all times.

There will be more information about The School Locker and the operating hours of the Uniform Shop as we develop our partnership. The process of appointing the provider has taken a considerable amount of time and we will be working closely with The School Locker team to ensure that we are operational as soon as possible to cater for the new year's requirements. I am very excited to welcome this new addition to our school community.

Ross Warren Principal



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END OF YEAR CONCERT

Pennant Hills High School's Concert Band 1, Concert Band 2, Big Band and Junior Stage Band



invite all students, parents and caregivers to our

End of Year Concert

on Wednesday 7 December 2016 from 7.30pm—9.00pm in the MPC



A SPECTACULAR FOUR DAYS

26 Choir students and 6 Marching Band students were performing in the Schools Spectacular 2016. This was the first year that School Spectacular was being held in the Qudos Bank Arena in Olympic Park, which meant some big changes.

The change of venue posed a transport issue, to and from Olympic Park. We went from only having to catch one train to the venue, to having four different trains to get, each way. We got a bus with our Choir and the Regional Choir, for the last three days. Buses were a much easier mode of transport but we had to meet at 6.10am, as the primary students had to start earlier.

The Qudos Bank Arena enabled Schools Spectacular to break a Guinness Book World Record. The Choir had over 2700 students and there was a total of 5322 performers. This broke the record for the largest amateur variety act.

During the four days at Schools Spectacular, many friends were made from schools all over the state of NSW. People on the bus had a great time with Regional Choir students from other schools and friends were made from as far away as Port Macquarie.

During our first dinner break, we had a surprise run-in with a familiar face, Mr Wing. We had the chance to see how he was enjoying his retirement. We were also visited by Mr Warren before we performed, for a quick chat and photo, which was photo bombed by 'Healthy Harold'.

The Millennium Marching Band provided some preshow entertainment to the masses, and performed in the interval during the show. We have six amazingly talented Penno performers in this band.

In all, it was a wonderful experience (some would say spectacular) for all who were involved. We would like to extend a special thank you to the teachers who supervised us through the whole time, Mrs Blarasin, Ms Ford, Mrs Coomber, Ms Nguyen and Mrs Heywood. Thank you, it truly was wonderful.



Rebecca, Year 9 Student

CHANGES IN THE LIBRARY

Farewell Oasis Library...

A new era will dawn on Wednesday 7 December as the Oliver Library System begins at Pennant Hills High School. This new system has been eagerly awaited by NSW Department of Education (DoE) Teacher Librarians for many years. We look forward to enjoying the many benefits that the Oliver Library System will provide for our school. Watch this youtube clip for a brief explanation about searching the library catalogue.http://bit.ly/2gNquFX

Pictured here is our 30 year old library system with 3 of our oldest books.

Popular Reads

As we gear up for the holiday season, now might be a good time to grab a book for some holiday reading. As mentioned above, *Oliver Library* will be operational next week, so why not try searching for your next enjoyable read? Our library staff is also happy to suggest great reads for you too.

Pictured are some of our new and popular reads this term.

Here's to happy holiday reading!





Merise Feneley, Teacher Librarian (Relieving)



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







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AN ACTIVE TERM IN PDHPE

Year 7 and Year 10 PASS in the Aquatics Program

In Week 9 all Year 7 students will participate in the Aquatics Program. The aim of the program is to improve swimming ability, and to learn survival skills and lifesaving techniques. Students attend the program over four school days on a half day rotating basis. It is always a fun and exciting week. Year 7 students are very much looking forward to this valuable program.

In addition to this program, Year 10 PASS students will have an opportunity to complete their Bronze Medallion Training. This is a Royal Lifesaving Qualification and is a pathway to becoming a pool or surf lifesaver. We are confident that this will be a rewarding learning experience for all involved, especially if the weather remains this hot.

Premier's Sporting Challenge (PSC)

In Week 6 this term, 25 students from the PSC Leadership Team travelled to Galston High School to participate in the Leading with Action Training Day. Students were taken through a shortened version of a Level One Coaching Course for three sports. This was conducted by professional coaches from a variety of sports including AFL, Rugby League, Football, Softball, Basketball and Netball. The students endured hot temperatures to gain practical coaching skills, which they will utilise early next year when they run the Learning to Lead Day for students from our local primary schools. Congratulations to those students involved.

The PDHPE Faculty is proud to announce that eight students from the PSC Sports Leadership Team have been selected to attend the Leading through Change Camp at the Milson Island Sport and Recreation Centre from 7—9 December. Students were chosen on merit, based on their experience and commitment to the Sports Leadership Program - most of whom have been involved since Year 5. At the three day overnight camp, students will complete intensive leadership training and participate in a range of fun team building activities. The PDHPE staff are very proud of their achievements and are confident in their ability to utilise the skills they will learn to support the school and local community. These students are (pictured below): Raz, Lewis, Tim, Amy, Joy, Eleanor, Zoe and Josh.



Crossroads Program

In previous years, December was when Year 10 Students would participate in the *Crossroads Program*. The requirements for this program have changed and it will now occur in Year 11. Students will be participating in 4 days of seminars spread throughout Year 11, with the final day being a trip to Vision Valley to participate in an exciting new adventure challenge.

More information and a permission note will be available for Year 10 students later this term.

James Boyer, Head Teacher PDHPE

ATTENDANCE NOTICE

The Department of Education (DoE) requires all absences to be explained in writing by a student's parent or caregiver. Although the *Sentral* system has the facility to reply to SMS messages, the reply does not qualify as a written response. Therefore a student must place an absence note in the *Absence Notes* box, located in Student Reception, **the first day back at school after their absence**.

The SMS system can still be used as a tool to advise the school of any concerns or discrepancies with the roll marking of that day.

An Absence Notification document can be downloaded from the schools' website for your convenience. Go to the Our School tab and then select Attendance and Absences.

Please note, the DoE's School Attendance Policy states that 'The Principal or delegate will ensure that explanations for absences are recorded within 7 days of the occurrence of the absence. Any unexplained absences from school that are unjustified for more than 7 days, will remain as a permanent record on the students attendance.'

Your cooperation in this matter is greatly appreciated.



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CATCHING UP ON VISUAL ARTS

Carpart Paintings

Year 8 Visual Arts students have completed a small canvas board painting based on carparts. They researched car artists, composition and colour schemes in their process diaries.

The class went out into the carpark with a number of digital cameras taking photographs of interesting closeup sections of cars. In the computer lab we cropped them into a square format and printed the image. The composition was sketched up in dilute paint and then painted in their chosen colour scheme on the canvas boards. They stressed the fine detail and variation of tone seen in their photograph. The artworks are on display in the foyer.



Klippel

Year 7 Visual Arts students have just finished a sculpture which was influenced by the work of *Klippel*. They made it by nailing and glueing a wide variety of different sized and shaped wooden blocks into a pleasing form on a small pedestal. Choosing three colours to paint the sculpture, they had to make as many variations of colours based on their three chosen colours. The sides of each block were painted different colours. They added a restricted pattern of lines and circles in the original colour scheme, plus gold and silver. The works are structurally sound and very pleasing to look at, and Year 7 loved the loud bang of the hammering.





Aboriginal Art

Year 7 students also created an Aboriginal inspired painting based on their journey to school. They researched colour schemes, patterns, composition and the ideas behind Aboriginal art in their process diaries. Each student sketched up their journey to school being inspired by Aboriginal art. They painted their journey onto a cardboard roll. Each completed painted roll was slid over dowel attached to a base board making them look like a collection of traditional poles. The displayed artworks in the foyer look great.



Kirstie Clark, Visual Arts Teacher

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 9.00am to 9.45am

Please meet at Public Reception.

Enquiries: Kim Allan on 0410 548 350.





CAREERS @ PHHS

UNSW Mining Engineering Scholarships Information Evening

UNSW are hosting FREE Scholarships Information Dinners where Year 12 students and their parents or teachers can find out more about 25 new Scholarships valued at \$48,000 each.

Meet with academics, current students, Alumni and industry professionals to get the dirt on Mining Engineering. Find out about entry options, campus life, study, career options and what it's really like to work in the Mining and Minerals Industry:

Parramatta - The Mantra Hotel, 12 December from 6.30pm-9.00pm;

Canberra - Crowne Plaza Hotel, 13 December from 6.30pm-9.00pm;

Bathurst - Goldfields, 14 December from 6.30pm-9.00pm; and

Newcastle - Noah's on the Beach, 15 December from 6.30pm-9.00pm

Applications close on 31 January 2017. More information at: unsw.to/mining48k

Roof Tiling Apprenticeships

Are you looking to commence a Roof Tiling Apprenticeship?

- Wanting to complete Certificate III in Roof Tiling CPC30812?
- · Are you enthusiastic and motivated self-starter?
- Do you have a genuine interest in Roof Tiling?
- Are you reliable?

• Are you able and willing to work in a fast paced environment?

Required

• Drivers licence & Car preferred unless reliable transport to Bondi Junction or Central.

White Card

• Working at Heights (Or willing to obtain)

Juniors are encouraged if applying as a 1st year apprentice. To apply for these positions please apply online at www.sarinarusso.com and submit a resume with a covering letter.

Upcoming Macquarie University Events

• Get More From Your ATAR - 16 December from 4.00pm. Students can learn more about our entry pathways and speak with staff for personalised advice.

• Undergraduate Information Evening - 5 January from 4.00pm–8.00pm. Students can get personal advice to study their degree.

Visit the <u>undergraduate events page</u> for all upcoming event information.

Ashley Symons, Careers Adviser





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SPORTS SHORTS...

Open Boys Knockout T20 Competition

The team played The King's School last week. Unfortunately our boys were defeated in a very competitive game. Thank you to Mr Toohey who managed and umpired the game and congratulations to the team who performed so well throughout this competition.

Spring Grade Sport Results

Congratulations to the 9 *Penno* teams who qualified for the Spring Grade Sport Finals. The results were as follows:

Speedaway Boys: A Team - Premiers B Team - Runners up

Touch Girls: A Team - Premiers B Team - Runners up

Badminton Mixed: Runners up (first time ever in a grand final)

Volleyball Mixed: A Team - Premiers B Team - Runners up

Futsal Boys: B Team - Premiers

European Handball: Boys A Team - Runners up Girls A Team - Runners up

More Sport News

For information regarding Grade Sport selections, Sporting *Blue* Awards and the 2017 calendar, please see page 10.

Valmé Kruger, Sport Coordinator





Letterbox Distribution for Monthly Newspaper

Would you be interested in delivering our local community newspaper – the Monthly Chronicle?

We are looking for girls and boys 12 years+ (younger if supervised by a parent) who are looking to earn some money.

Papers are delivered to your home ready for distribution. Online Maps available for areas requiring walkers.

Enquiries to: Diana Paton, email : monthlychroniclewalkers@gmail.com or text/phone 0408 011 193 or 02 9652 1193



All walkers are covered by our Workers Compensation Insurance Policy.

Pennant Hills High School

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2017 SUMMER GRADE SPORT INFORMATION

14 Weeks - Trials, Semis and Finals included for Grade Sport. Term 1 and part of Term 2, 2017.

Choosing of Sport at Pennant Hills High School

Pennant Hills High School will now be using the *School Bytes Sport Management System* to allow students in Year 8, 9 and 10 to select and manage their grade and social sport preferences online for 2017. Students can login and use the following link: https://online.schoolbytes.education/sport/

Grade Sport Summer trials were held over the past two weeks and selections have been made. Any students who were absent or missed out on the online selection of Grade Summer Sport and trial days must liaise with their coach/teacher or see me for further advice.

Criteria for Receiving a School Sporting Blue Award

Introduction - A School Blue is the highest Sporting Award issued by the school. It represents not only an outstanding achievement in one particular sport, but also an exceptional level of involvement and commitment to all aspects of school sport.

Criteria - To be considered for a School Blue award a student must have:

Been selected and played for a NSWCHS/NSW All Schools team or Sydney North Team;

Placed 1st; 2nd or 3rd in a NSWCHS Championship in an individual sport;

Placed 1st; 2nd or 3rd in a school relay team (e.g NSWCHS: Athletics; Triathlon or Cross Country); or

Placed 1st; 2nd; 3rd or 4th in the State for a Team Knockout Sport.

(Note: Relay teams are classed as team sports rather than individual sports).

Process - A panel comprising the Head Teacher PDHPE, Sports Organiser and Sports Captains will consider students for a School Blue. Successful recipients will receive their award at the annual school Presentation Night.

IMPORTANT SPORT DATES FOR 2017

TERM 1

Week 3: Wednesday 15 February - Whole School Swimming Carnival, Hornsby Pool

Week 4: Friday 20 February - Main Photo Day, Main Oval

Week 4: Wednesday 22 and Thursday 23 February - NSWCHS Triathlon

Week 5: Monday 27 February - Zone Swimming Carnival, Homebush

Week 7: Friday 17 March - Regional Swimming Carnival, Homebush

Week 8: Tuesday 21 March - School Cross-Country

Week 8: Friday 24 March - School Cross-Country Carnival (back-up date)

Week 10: Sunday 2 to Tuesday 4 April - NSWCHS Swimming Carnival, Homebush

TERM 2

Week 2: Friday 5 May - NSWCHS All Schools Swimming Carnival, Homebush

Week 5: Wednesday 24 May - Zone Cross-Country Carnival, St Ives Showground

Week 6: Wednesday 31 May - School Athletics Carnival, Pennant Hills Park

Week 7: Wednesday 7 June - School Athletics Carnival, Pennant Hills Park

Week 7: Friday 9 June - Regional Cross-Country Carnival, Gosford

Week 8: Wednesday 14 June - Zone Athletics Carnival, Homebush

TERM 3

Week 1: Friday 21 July - NSWCHS Cross-Country Carnival, Eastern Creek

Week 1: Monday 24 and Tuesday 25 July - Sydney North Athletics Carnival, Homebush

Week 4: Wednesday 9 August - Year 7 Gala Day

Week 6: Wednesday 23 August - Year 7 Gala Day (back-up date)

Week 6: Thursday 24 August - Half Day Photo Day, Main Oval

Week 8: Tuesday 5 September - Year 8 Gala Day

Week 8: Wednesday 6 to Friday 8 September - NSWCHS Athletics Carnival

Week 8: Tuesday 19 September - Year 8 Gala Day (back-up date)

Valmé Kruger, Sport Coordinator





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Pennant Hills High School

COMMUNITY NOTICES AND CONTACTS

OMING EVENTS

West Pennant Hills and West Pennant Hills Valley Scout Groups Real Christmas Tree Sales: At West Pennant Hills Park (opposite Coles) on 3, 4, 10, 11, 17 and 18 December. Come and chose your tree and support the local Scout Group. Information contact Kevin Pidd on 0408 257 498 (WPHSG) or Brad Dewhurst 0401 142 934 (WPHVSG).

St Matthews Anglican Church Service of Remembrance: At the corner New Line Road and Castle Hill Road, West Pennant Hills on Wednesday 7 December from 7.30pm. For families whose children have died or are missing. Enquiries call 9479 3700.

Turramurra High School Twilight Christmas Markets: At Maxwell Street, Turramurra on Thursday 8 December from 5.30pm—8.30pm. Stunning jewellery, handmade cards, delicious Christmas delicacies French homewares, unique gifts and more. Entry by gold coin donation. Enquiries to turramurrahighschool.com.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 (AIIU) www.aiiu.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.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 Órchestra, 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@unitingcarenswact.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.nsccahs.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 III.

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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