

# JUMBUNNA

Fortnightly Newsletter of Pennant Hills High School

Friday 3 November 2017

Term 4 Week 04B

Mr Ross Warren *Principal* 

Mr Brendan O'Byrne Deputy Principal

Miss Amanda De Carli Deputy Principal Laurence Street, Pennant Hills NSW 2120

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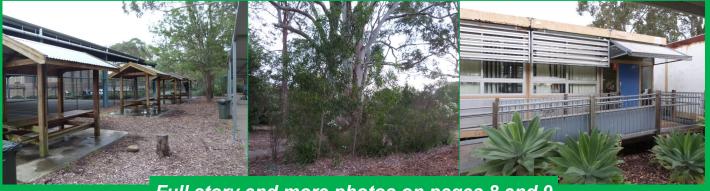
W: www.pennanthil-h.schools.nsw.edu.au



## CONGRATULATIONS ON ANOTHER SUCCESSFUL GREAT PENNO RENO



## AN AMAZING TRANSFORMATION OF OUR WONDERFUL SCHOOL GROUNDS



Full story and more photos on pages 8 and 9







## **TERM 4 2017**

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Week 05A	Monday Monday Wednesday Wednesday Wednesday Thursday Thursday Thursday	6 November 6 November 6 November 8 November 8 November 9 November 9 November 9 November	HSC Examinations (ending Tuesday 7 November) Year 7 and 10 Exams (Monday to Friday) School Spectacular Dance Ensemble Rehearsal - Support Unit Year 12 Sign Out Day 9.00am-1.00pm Year 8 VALID Science Exam Year 11 Chemistry Excursion Duke of Ed. Bronze Medallion Course School Spectacular Dance Ensemble Rehearsal - Support Unit Year 9 Boys Convictions Program (Thursdays until 7 December)
Week 06B	Monday Monday Wednesday Thursday Thursday Sunday	13 November 13 November 15 November 16 November 16 November 19 November	Year 12, 2018 Hospitality Work Placements (2 weeks) Year 10 HSC All My Own Work (Monday to Wednesday) School Spectacular Secondary Choir Rehearsal School Spectacular Dance Ensemble Rehearsal - Support Year 9 Boys Convictions Program (Thursdays until 7 December) Bronze Duke of Ed. Qualifying Hike (Sunday and Monday)
Week 07A	Tuesday Tuesday Wednesday Thursday Thursday Friday Friday Saturday	21 November 21 November 22 November 23 November 24 November 24 November 25 November	School Spectacular Dance Ensemble Rehearsal - Support Unit Year 9 Peer Support Training School Spectacular Secondary Choir Rehearsal School Spectacular Final Rehearsal and Full Dress Rehearsal Year 9 Boys Convictions Program (Thursdays until 7 December) Year 9 Peer Support Training School Spectacular Preview and Evening Performances School Spectacular Matinee and Evening Performances
Week 08B	Thursday	9 November	Year 9 Boys Convictions Program (Thursdays until 7 December)
Week 09A	Monday Monday Tuesday Wednesday Thursday Friday Friday	4 December 4 December 5 December 6 December 7 December 8 December 8 December	Duke of Ed. Bronze Medallion Course (Monday to Wednesday) Year 7 Aquatics Program (Monday to Friday except Thursday) Year 7 2018 Orientation Day Presentation Evening Year 9 Boys Convictions Program Last Day Year 11 Crossroads Day 4 - Vision Valley Duke of Ed. Bronze Medallion Course
Week 10B Week 11A	Monday Tuesday Wednesday Friday Friday Monday	11 December 12 December 13 December 15 December 15 December 18 December	Year 7 Taronga Zoo Excursion Year 1 First Aid Course End of Year Concert 7.00pm-9.00pm LAST DAY OF SCHOOL FOR STUDENTS Year 12 2017 End of Year Breakfast Celebration 10.00-11.00am School Development Day (Monday and Tuesday)
Week ITA	Monuay	To December	School Developilient Day (Monday and Tuesday)



## 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** 

## **PandC MEETING DATES FOR 2017**

Term 4: 28 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.

### '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











## PRINCIPAL'S REPORT

WOW! WOW! WOW! The Great Penno Reno VI - what a huge success.

Congratulations everyone who volunteered to improve the learning environment for all our students and staff last Saturday.

There is a comprehensive report on page 8 of this newsletter, followed by some wonderful photos of our hard-working *Reno* participants.

On behalf of the Pennant Hills High School community I have several important thank yous to make:

- Our sincere gratitude to the P&C for always ensuring that our school is well looked after and approaching events such as this, with enthusiasm:
- Thank you to our hard working coordinators Mrs Margo Leggott and Ms Penny Dean, for commitment. their determination dedication. They worked tirelessly preparing the grounds, prioritising jobs, communicating information to all families, approaching local businesses for donations and discounts for goods needed and liaising with staff. Margo and Penny expertly coordinated the many jobs to be done and ensured that the volunteers were well informed, which made for a very efficient and productive day. I remarked on the day how pleasing it was to know exactly what your tasks were and be able to take responsibility for them. It was a well oiled machine;
- Thank you to the students who worked on the day. It was lovely to see our own children taking pride in their school environment. I spoke to the student body at assembly this week to remind them to be respectful of the work that has been done on their behalf:
- Thank you to all the sponsors without whom we would not be able to achieve so much with so little. The success of the day relies on many contributions - from the labourers to donations of money, produce and equipment. They are listed at the end of my address; and
- Thank you to our wonderful Canteen Manager Lyndall Chamberlain who provided a feast for us to fortify ourselves at morning tea and a further banquet for lunch which satisfied and refuelled the crowds for the final session!

Pennant Hills High School is indeed very fortunate to have such a large group of community minded people who are willing to give so much of their time to assist in the beatification of our grounds. The pruning and mulching, the cleaning and planting, the gurnying and painting - just to name a few, have already been noticed and praised by visitors to the school this week.

#### **Welcome to the Executive Director**

Executive Directors rarely have time in their busy schedules to visit schools, so Pennant Hills High School was extremely fortunate to have Ms Cathy Brennan, Executive Director, School Performance visit our school and spend time with the staff and students of our Support Unit, to view the wonderful things going on there.

One of the highlights of her visit was to watch our students rehearsing the dance item they are performing at the 2017 Schools Spectacular on Friday 24 and Saturday 25 November.

Ms Brennan spoke highly about the obvious strength of the relationships between our students and their teachers. This was affirmation of what I have seen since arriving at *Penno*. The partnership between our staff and students continues to provide a strong foundation for a successful learning environment. Thank you to Ms Brennan for taking the time to experience what we all know to be true that we have a truly wonderful school.

### **Debating Prowess**

Once again my congratulations to our Year 8 Debating Team who defeated Willoughby Girls High School in the Regional Semi-Final.

Our team progressed to the Regional Final this week against Asquith Girls High School and were unfortunately defeated in what was a very close debate.

Thank you to Mrs Leadbitter, the coach of the debating team, for her commitment and organisation of the team that has provided our students with wonderful opportunities for learning outside of the regular classroom.

## Ross Warren, Principal

## Thank you!

The Great Penno Reno team would like to thank the generosity of the following businesses for their supply of plants, equipment and labour at special rates:

- Kennards Hornsby
- ⇒ Plants Plus at Cumberland State Forest
- Hornsby Shire Council Community Nursery (free plants!)
- ⇒ David Waterhouse & Ken Booth











## ON LINE STUDY SKILLS HANDBOOK

Our school has recently subscribed to the ELES Study Skills Handbook. This a great online resource for parents and students to address all their study skills issues and concerns as well as learn new ways to improve students' results at school. The handbook has a huge amount of information for both students and parents as well as lots of interactive activities, multimedia experiences and useful resources. The handbook can be accessed through the school website under *Calendar and Important Links* or through going to: <a href="http://www.studyskillshandbook.com.au">http://www.studyskillshandbook.com.au</a> and login as a subscriber with these details:

user name: pennanthillshs password: 77success

Please note, the above user name and password is for the use of parents and students AT OUR SCHOOL ONLY - please do not pass our school's details onto students or parents from other schools or other individuals/organisations, as this is a prosecutable breach of copyright and will also result in frequent password changes for our school.

Please also ensure you read through the terms of use the first time you access the handbook. We encourage all parents and students to take advantage of this opportunity to further develop their students' study skills abilities through this great online resource.

## Belinda Campbell, Head Teacher Wellbeing



## **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











#### STUDY SKILLS HANDBOOK NEWSLETTER ITEM FOR OCTOBER

## Critical Thinking Skills

There are many things students can do to develop their own critical thinking skills. Critical thinking is your ability to think clearly and rationally, reflecting and developing your thoughts. Sometimes we can get a bit lazy with our thinking and we only consider things at a superficial level. Here are some things you can do to enhance your critical thinking.

- CLARIFY YOUR THOUGHTS: The best way to clarify your thoughts is to try and
  explain your thinking to someone else. Even if you are talking to an imaginary
  person, you will find that explaining your thinking out loud helps you to see the flaws
  in your argument.
- 2. QUESTION ASSUMPTIONS: Don't take your thoughts for granted, every now and then think about why you believe a certain thought or how you know things to be true. Get in the habit of pausing and looking at what you are thinking and questioning what thoughts underlie your assumptions. Don't just conform and accept a view because it is the popular one, instead pause and reflect on the arguments for and against that viewpoint and the strengths of each argument.
- 3. LOOK FOR OTHER PERSPECTIVES: When you are presenting an argument, imagine yourself in a debate and think about what the opposing side might say. What would someone with a completely opposite view to you believe? Can you understand why they might think that way? Can you see some validity in their viewpoint?
- KEEP AN OPEN MIND: In order to look for other perspectives keep an open mind. If
  you immediately dismiss any thought that does not fit into the way you see the world,
  you will never be able to expand and develop your viewpoints, you will have a very
  fixed and limited view of the world.
- BE CURIOUS: Start to look outside the things you normally read and watch and think about. Learn more about things you know nothing about and were not previously interested in. Listen more to what people say, we learn so much more when we really listen rather than spend time planning what we will say next.
- MAKE INFORMED JUDGEMENTS: It is ok to not have an opinion about something because you don't have enough information yet. Avoid rushing to judgements, take your time to gather information and evidence and assess it before making a decision. Try not to let yourself be swayed by emotion as this can affect your ability to assess information intellectually.

You and your parents can learn more about thinking skills at <a href="https://www.studyskillshandbook.com.au">www.studyskillshandbook.com.au</a> by logging in with the details below and working through some of the units.

Username:pennanthillshs Password:77success

## OFFICE HOURS AND PAYMENT TIMES

The school office is open from 8.00am—3.45pm Monday to Friday (excluding Public Holidays) during school term.

The payments window is open from 8.15am—2.00pm on school days only.





















## PENNANT HILLS HIGH SCHOOL WELCOMES MS CATHERINE BRENNAN EXECUTIVE DIRECTOR, SCHOOL PERFORMANCE















## **KOALA PARK**

An Important Message for Recent Enrolments

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

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

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

## CARING FOR OUR STUDENTS

From time to time it will be necessary for students to leave school during the school day. Whilst these instances should be kept to an absolute minimum, we understand that at times they will be unavoidable.

If you know in advance that your student will need to leave school early, please send a signed note which they should present to Student Reception at the start of the school day, so a Leave Pass can be prepared. Students holding a Leave Pass are free to leave the school grounds at the designated time.

If a student needs to leave unexpectedly during the day, to ensure their safety and security, our staff are obliged to ask for ID from the person coming to collect them. Parents should ensure that they (or their approved representative) bring some form of photo ID if they are collecting their student without prior written advice to the school.







11、 | Moonlight Over the Lotus Pond 荷塘月色

SYDNEY
CHINESE
LANGUAGE
SPECTACULAR
2017

新南威尔士州学生汉语才艺汇演 A Special Concert Featuring Performances by Chinese Language Students

Cut a period of time slowly flowing, Flow into the moonlight and then slightly ripple. Playing a small lotus and smell faint smell, Beautiful sound is on my side. Fireflies light night star, Who added a dream doth for me? Open the window of your heart and look far away, Who took off the sad flower of yesterday?

I am like a fish in your pond, Just for waiting the white moonlight with you, Swim over the four seasons, the lotus is still fragrant, Waiting for you in the centre of the water. 剪一段时光霆霆流滴。 流进了月色中微微态器。 提一首多种微的唇, 美丽的喜杂液溶在我身旁。 美丽的点亮夜的星光, 谁为我添一件梦的衣裳? 推开邪麻心冒远远地望, 谁采下那一朵昨日的忧伤?

我像只鱼儿在你的荷塘, 只为和你守候那般白月光, 游过了四季, 荷花依然香, 等你宛在水中央。



## A SPECTACULAR TO REMEMBER

The 2017 Sydney Chinese Language Spectacular was held last week at Sydney Town Hall. It brought together more than 800 Chinese Language students from 36 primary and secondary schools in NSW to showcase their musical and artistic talents.

Our Year 9 Chinese students proudly represented our school and performed a singing and dancing show – *Moonlight Over the Lotus Pond*. They prepared brilliantly for the performances and did a fantastic job on stage. Congratulations to the students of 9CHIN: *Dancers* - Zoe, Antonia, Angela, Jessie, Tia and Ella; and *Singers* - Yesa, Ryan, Alex, Lawrence, Lam, Mason, Sung Yun, Rebecca, Andy, Tian, Tony, Grace, Jonathan, Yun Xiang and Luci (Year 7).

## Alva Li and Danni Lamb, Language Teachers















## GREAT PENNO RENO VI

Last Saturday at 7.00am, after some welcome rain, the Great Penno Reno VI got underway! We had 102 participants who gave us 381 man hours' of enthusiastic effort.

Here is what we achieved:

- The Bus Bay and verge area were rejuvenated by gernying ground and brick wall, mowing, whipper snippering and weeding and mulching behind the wall. This gave the public areas at the entrance of the school, a much needed spruce up.
- The timber seats surrounding the garden in the Main Quad were sanded and painted a treatment for which they were well overdue. This area was also meticulously weeded and cleaned. Even the hedges were clipped.
- A new garden was created with 100 birds nest ferns and cliveas, underneath the Oak tree at the front of the MPC. Another highly visible, public area.
- Planted a new Buxus hedge with 130 plants around the Memorial Garden and fastidious weeding in this area which will come alive after the top dressing of the internal grass area.
- Infill planting and mulching of the Red Mahogany garden at the top Boundary Rd walkway path and the Sydney Blue Gum garden, plus the newly cleared area around the Angophora and along the fence line behind the townhouses. This area has not been worked on in any of the 6 Great Penno Reno's and now looks like a park you would love to spend time in!



- COLA and dry creek bed were given special attention by the volunteers who worked in this area. A lot of time and care was taken to remove the stubborn weeds and dead foliage in this area.
- New lines were marked in the COLA for basketball, netball and volleyball courts, plus some internal painting in the Admin reception.
- The raised garden in the Bell Quad was cleared of weeds and sticks and new lomandras were planted to complete the border of this garden bed. All beds were remulched, which was a huge job well done!
- The afternoon crew got in and weeded all the existing garden beds from the Laurence St entrance all the way to the COLA.
- The top Boundary Rd path was gernied, along with the water tank and demountables, which were then given a mini makeover with tender loving paint! What a difference!



Thank you to Louise Briske for welcoming all our volunteers and keeping an eye on everything from the registration desk. Also, a huge thank you to Lyndall Chamberlain, Canteen Manager for preparing and serving an amazing spread for morning tea and lunch! It's a highlight of the day to sit and chat over food, and meet new friends.

Well done to Team Great Penno Reno VI and thank you to all those who came along, as well those who contributed financially. There are many costs associated with holding a Great Penno Reno, and the school community has helped during the year by holding a cake stall and BBQ on Election Day together with individual contributions.

During the year, we get together for regular light gardening mornings to keep our grounds well maintained. We will let everyone know when these are happening through school emails, *Jumbunna* and our Facebook page. Everyone is welcome to come along.





















A reminder to all Year 12 students, parents and caregivers that Pathways 2 Uni provide FREE professional, transparent and unbiased student counselling and advice to help guide them through range of pathway program options universities and colleges.

The service is FREE to all Australian and International students.

Contact through the website pathways2uni.com.au or visit in person the Sydney CBD office any time from now until March next year.

#### Beecroft Long Day and Early Learning Centre

23a Wongala Crescent Phone 99802244

#### Traineeship Certificate 3 in Children's Services

Our centre currently has 2 positions available for a 12 month full-time traineeship in children's services commencing either late 2017 or early 2018. The position will suit either a current year 12 or a year 11 student.

The Certificate 3 in the first stage of the 2 year Diploma in Children's services, which upon completion can be further progressed into the Bachelor of Education with approximately a 1 year credit towards this degree.

Beecroft Long Day Care is a small family owned business, located opposite Beecroft Station.

Should you be interested in applying please send your resume to admin@just4kidsbeecroft.com.au or should you require any further information please contact Gregg Dwyer on 9980 2244.

Hornsby Child and Youth Mental Health Service (CYMHS)



### Parenting Through the Ups and Downs of Adolescence

TERM FOUR: Thursday November 16th 2017 6pm-7.30pm

A seminar for parents of high school students discussing:

- Ways that adolescents may behave when experiencing intense emotions
- Responding to self-harm behaviour
- Parent strategies and tips to help parents remain calm and be a resource for their adolescent



- To register please call CYMHS on 9485 6155
- VENUE: Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave. Please allow enough time for parking and arrive 10 minutes before the registered start time.
- · Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local
- The cost of the seminar is \$10. There will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.

## Turramurra HIGH SCHOOL

## Wellbeing Expo -Wednesday 22nd November 5:00-6:30pm

Turramurra High School invites all local students, parents and community members to attend the Turramurra High School Wellbeing Expo. This free event will showcase a range of organisations and services that support the wellbeing needs of young people in our area.

The event includes a special presentation for parents of senior students from all schools:

#### 'Parenting through the HSC' - 5:30-6:15pm

Lucy Dahill— Youth worker, public health advocate, experienced HSC parent



22 Nov, 5:00pm-6:30pm Turramurra High School Maxwell Street South Turramurra 9449 4233



## Monday 6th November and

Wednesday 8<sup>th</sup> November, 2017

Experience a morning at Studio ARTES 33 Jersey Street HORNSBY

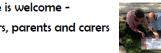
10am - 11.30am

Visual Art Music & Dancing Life Skills

Morning Tea Information about Studio ARTES

Everyone is welcome students, teachers, parents and carers





Please RSVP to

Lynne Slevin on 9482 5266 or lynne.slevin@studioartes.org.au By Wednesday 1st November, 2017





























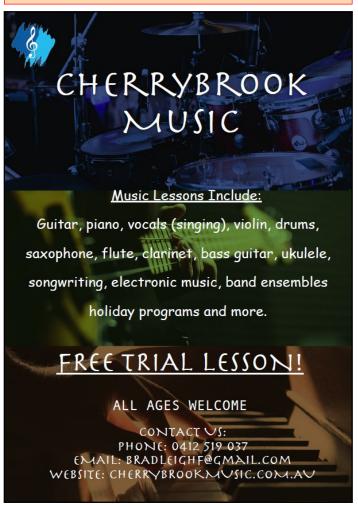




## Taichi Qigong Reiki Centre

Suite 3, 43A Florence Street, Hornsby, NSW 2077 Phone: 0490 327 566, Email: tqrc108@gmail.com Website: www.taichiqiqonqreikicentre.com.au





## COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

**Local Op Shop Supports** *The Good Samaritan Foundation*: Josephine's Emporium located above the hairdressing salon at 8D Station Street, Thornleigh is open Thursdays - Saturdays from 10.00am-4.00pm. A not-for-profit shop that sells a wonderful collection of womens and girls clothing, accessories and jewellery to support families in crisis. Information phone 0432 160 322 or 9484 0252.

**Street by Street Project:** A project for people to share experiences and help one another in your neighbourhood. Contact irene@streetbystreet.org.au or 0413 706 233 or visit www.streetbystreet.org.au.

Class of '87 Reunion: On Saturday 25 November at the Harbour View Hotel in the Bridge Function Room from 3.30pm -midnight cost \$50.00. Contact Emma Ryan at emmaj314@gmail.com for more information and payment instructions.

### 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.

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

Australian Institute of International Understanding (AllU) 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

Pennant Hills Netball Club: pennanthillsnc.nsw.netball.com.au









## **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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