

JUMBUNNA

Fortnightly Newsletter of Pennant Hills High School

Friday 26 October 2018

Term 4 Week 02A

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Many Hands Make Light Work



Many Hands Make Light Work







	4, 2018		LICC Evaminations (anding Friday O Nevamber)
Week 03B	Monday Monday Thursday Friday	29 October 29 October 1 November 2 November	HSC Examinations (ending Friday 9 November) Year 8 VALID Testing (ending 9 November) Boys Convictions Program (ending 13 December) Year 11 Engineering Studies Excursion
Week 04A	Monday Monday Monday Tuesday Wednesday Wednesday Thursday Friday	5 November 5 November 5 November 6 November 7 November 7 November 8 November 9 November	HSC Examinations (ending Friday 9 November) Year 10 Yearly Examinations (2 weeks ending 16 November) Year 8 VALID Testing (ending 9 November) Year 9 Camp (ending 7 November) School Tour for New Enrolments 8.00am Meet the Music Excursion Boys Convictions Program (ending 13 December) Year 11 Textiles Workshop
Week 05B	Monday Monday Monday Tuesday Wednesday Thursday	12 November 12 November 12 November 13 November 14 November 15 November	Year 9 Yearly Examinations (2 weeks ending 23 November) Year 10 Yearly Examinations (ending 16 November) Year 11 Hospitality Work Placements (ending 16 November) Year 12 2018 Sign Out Day 9.00am - 1.00pm School Spectacular Secondary Choir Rehearsal Boys Convictions Program (ending 13 December)
Week 06A	Monday Monday Monday Wednesday Thursday Thursday Thursday Friday Friday Saturday	19 November 19 November 19 November 19 November 21 November 22 November 22 November 23 November 23 November 24 November	Year 9 Yearly Examinations (ending 23 November) Year 9 Peer Support Training Minimum Standards Testing (3 days ending 21 November) Year 10 All My Own Work (ending 23 November) School Spec Secondary Choir Rehearsal - Final Compulsory School Spec Secondary Choir Full Dress Rehearsal Compulsory Boys Convictions Program (ending 13 December) Year 7 Transition to Grade Sport Trial 1 School Spec Secondary Choir Rehearsal/Preview/Evening Show Year 10 Wellbeing Day School Spec Secondary Choir Rehearsal Matinee/Evening Show
Week 07B	Monday Monday Wednesday Wednesday Thursday Thursday Friday Sunday	26 November 26 November 28 November 28 November 29 November 29 November 30 November 2 December	Year 7 2019 Orientation Day Band Rehearsal Canteen Volunteers Thank you Afternoon Tea 3.30pm Year 9 Peer Support Training (Wednesday and Friday) Year 10 Wellbeing Day Music Ensembles End of Year Concert Year 7 Transition to Grade Sport Trial 2 Boys Convictions Program (ending 13 December) International Students Wellbeing Day Duke of Ed. Bronze Qualifying Hike (Sunday and Monday)
Week 08A	Monday Tuesday Thursday Thursday Friday	3 December 4 December 6 December 6 December 7 December	School Tour for New Enrolments 8.00am Year 7 2019 Orientation Day Year 10 Camp (Thursday and Friday) Boys Convictions Program (ending 13 December) Oliver Musical Performance (Friday to Sunday)
Week 09B	Monday Monday Tuesday Thursday Friday Friday	10 December 10 December 11 December 13 December 14 December 14 December	Year 7 Swim School (Tuesday Wednesday and Friday) Year 10 Bronze Medallion Course Presentation Evening 7.30pm MPC Boys Convictions Program (ending 13 December) Year 12 2018 End of Year Breakfast Celebration 10.00am Oliver Musical Performance (Friday and Saturday)
Week 10A	Monday Tuesday Wednesday	17 December 18 December 19 December	Year 10 First Aid Course (Monday to Wednesday) Year 11 Crossroads - Vision Valley Last Day of Term 4 for Students Last Day of Term 4 for Staff



Friday



20 December



Last Day of Term 4 for Staff



PRINCIPAL'S REPORT

New Staff

Term 4 is always an exciting one and this year's is no exception.

Congratulations to the following staff who have been appointed to us permanently from the beginning of next year:

Miss Rosie Bell - English Teacher;

Mr Lucas Ctercteko - Industrial Arts Teacher: and Miss Kate Jun – International Students Coordinator (Relieving), English/ESL Teacher. Miss Jun is also trained in Japanese and Economics.

We look forward to the wonderful contribution these teachers will continue to make to our school.

School Uniform

With the onset of warmer weather and the change to summer uniform, please take the time to acquaint yourself with the correct attire, details of which appear later in this newsletter and can be found on our website. Additionally, black leather business shoes must be worn as part of the summer uniform, principally to comply with Work, Health and Safety (WHS) requirements in practical classes.

Higher School Certificate (HSC) Commences

Our Year 12 cohort began the HSC examinations last week. We wish them all the best on this last leg of their schooling journey and have confidence that their hard work and preparations will hold them in good stead.

Year 11 HSC Preparation Evening

An information evening for Year 11 students and their families was held last week. Students have embarked on their HSC journey this term commencing the Year 12 coursework. The feedback received from staff and families was very positive the evening as informative describing reassuring. Thank you to Mrs Blarasin, Year 11 Adviser and Mrs Campbell, Head Teacher Student Wellbeing for their preparation and coordination of the event.

Oliver!

Our much anticipated school musical Oliver! will be performed later this term on 7, 8, 9 and 14 December.

Tickets are on sale now and are selling quickly with one matinee already sold out. Book online at www.trybooking.com/408660

The Great Penno Reno VII

A reminder to all students, parents/caregivers and other community members that our annual Great Penno Reno is scheduled for tomorrow. The day is spent beautifying the school grounds and enjoying a special morning tea and lunch, which are both provided. I encourage everyone to generously donate their time to this worthwhile cause - many hands do make light work! Our students and staff will benefit from the improvements made to their learning environment.

Thank you to our P&C and in particular the Great Penno Reno team for their dedication to this initiative year after year. Together, we can continue make a difference.

Athletics Congratulations

Congratulations to Year 12 student Zachary who won Gold in the Boys 17+ High Jump at the NSW All Schools Competition during the school holidays. His jump of 2 metres secured 1st place beating his own person best by 2cm.

Congratulations to Year 11 student Sara on her selection to the Australian Team to compete at the Special Olympic World Games in Abu Dhabi in March 2019.

Both Zac and Sara's Athletics achievements are outstanding and deserving of celebration. We wish them well and look forward to further reports of their sporting prowess.

Pennant Hills Public School Dance Spectacular

Last Friday I was invited to a Dance Spectacular called The Best of Broadway at Pennant Hills Public School. It was a very impressive and supremely professional production showcasing some of the potential talent that may well continue on to our school in future years. It was an enjoyable evening for all who attended.

Upcoming Events

Year 8 will participate in the state wide Science test known as VALID (Validation of Assessment for Learning and Individual Development) in Weeks 3 and 4 of this term.

Good luck to Year 10 as they commence their yearly examinations in Weeks 4 and 5.

Year 9 are attending a Wellbeing excursion at the Great Aussie Bush Camp in the Central Coast during Week 4. The camp explores the qualities required to become a Peer Support Leader, an opportunity extended to the Year 9 cohort for support of our incoming Year 7 group next year.

Ross Warren, Principal



MEDICAL ALERT

A reminder that students are strongly advised not to share food with each other to avoid any risk of allergic reactions - in particular Anaphylactic reactions.



MEDICAL ALERT



Students who have been identified by their parent/ caregiver as asthmatic

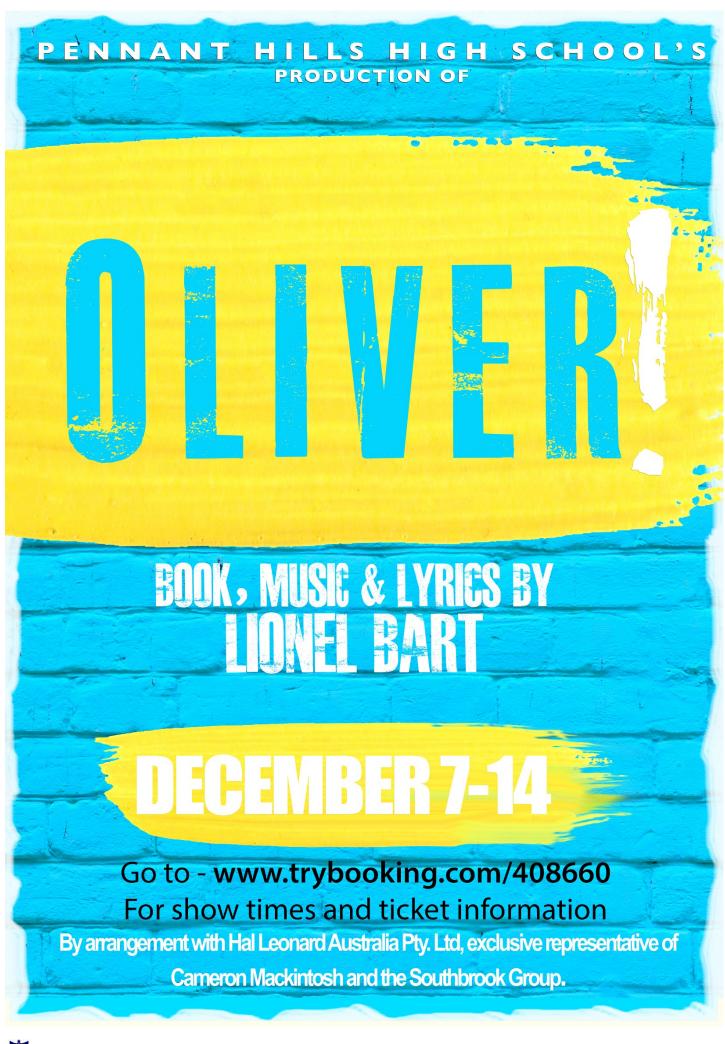
must carry their own reliever puffer (e.g. Ventolin) at all times. It is the parent/caregiver's duty of care to ensure their child carries













PENNANT HILLS HIGH SCHOOL UNIFORM RULES

As proud students of Pennant Hills High School, we expect that you will wear our uniform correctly and completely. The second-hand uniform shop, open each day at recess and lunch or on major enrolment days, has a limited range of used uniform items for sale. Donations of freshly laundered uniform items in good condition are always welcome.

When purchasing school shoes, please be aware that **ONLY black leather lace-up shoes are acceptable.** Any other advice from shoe stores is incorrect.

PENNANT HILLS HIGH SCHOOL UNIFORM RULES

ACCEPTABLE school shoes:



ALL these styles are UNACCEPTABLE:









From School Uniforms in NSW Government Schools (2004, updated 2018):

Under the Work Health and Safety Act 2011 (WHS Act) the Department of Education (DoE) must ensure that students are not exposed to risks to their health or safety while they are on Departmental premises.

At Pennant Hills High School, this means wearing enclosed leather footwear.

General Uniform Rules

Summer Uniform – to be worn during Terms 1 and 4 Winter Uniform – to be worn during Terms 2 and 3

Shoes: **ONLY BLACK LACE-UP LEATHER** shoes in the traditional school style. **NOT** ballet flats, *Mary Jane* style shoes, 'Rabens', boots, desert boots or jogging shoes (on sport days jogging shoes with all leather uppers are acceptable in practical classes). This is a requirement in the interest of safety.

Jumper: Navy with one red stripe and one white stripe around cuffs and V neck.

A 'sloppy joe' with school emblem may be worn instead.

Jacket: Navy all weather jacket with school crest, sold by the school.

Blazer: Navy with school crest, sold by the school (band, choir and prefects).

Jewellery: Wristwatch and/or one flat ring;

One pair of small sleepers or small stud earrings.

<u>No</u> other jewellery. These restrictions are in the interest of safety.

Hat/Cap: Navy with school emblem (sold by school) can be worn in PE also.

Scarf: School scarf, sold by the school.

Other: Special items of uniform purchased by previous Year 12 groups as commemorative wear are NOT acceptable uniform for students of other Year groups.

Leggings may NOT be worn at any time.

Long-sleeved undershirts are not to be worn under short-sleeved shirts.

Hoodies and/or beanies are not to be worn.

Continued next page

P&C MEETING DATES FOR 2018

Term 4: 27 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.

If any parents or caregivers would like to receive the agenda and minutes of the meetings, please email penno.pandc@gmail.com to arrange.









BOYS UNIFORM

JUNIOR

Shirt: White school shirt with school crest on the pocket. Short sleeves (summer), Long sleeves (winter). **ONLY** plain white T-shirts may be worn under school shirt (must be short sleeved if worn with short sleeved school shirt).

Shorts: ONLY grey polycotton. NOT designer shorts, elasticised, 'Yakka', 'Rugger' or 'King Gee' brands or cord drawn.

Trousers: ONLY mid-grey (college grey) worsted. NOT designer trousers.

Socks: Short grey, with bands of school colours on top; not short anklets.

School tie: Junior navy with red and white stripes (worn in Winter - Terms 2 and 3).

PE/Sport: Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy joe, white sports socks (not short anklets), sports shoes eg cross trainers or runners.

SENIOR

Shirt: White school shirt with school crest on pocket. Short sleeves (summer), Long sleeves (winter). ONLY plain white T-shirts may be worn under school shirt (must be short-sleeved if worn with short-sleeve school

Shorts: ONLY navy blue polycotton. NOT designer shorts, elasticised, 'Yakka', 'Rugger' or 'King Gee' brand or cord drawn.

Trousers: ONLY mid-grey (college grey) worsted. NOT designer trousers.

Socks: White; no logos, stripes or other design; not short anklets.

School tie:Pale blue with school crest (worn Terms 1,2,3 and 4).

PE/Sport: Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy joe, white sports socks (not short anklets), sports shoes eg cross trainers or runners.

GIRLS UNIFORM

JUNIOR

Dress: Summer: Blue patterned polycotton dress with dropped waist, pleated skirt, Peter Pan collar with white trim, short sleeves with white trim. Winter: Navy serge tunic, white blouse (white with peaked collar). Plain white T-shirt or skivvy may be worn under white shirt in winter only.

Shorts: In accordance with the DoE's School Uniform Policy the option of shorts will be available in 2019. A shirt to accompany the shorts will also be available in 2019.

Socks: ONLY short white socks (no anklets).

Tights: Black stockings are only to be worn with winter uniform.

Slacks: ONLY Plain navy (option for winter). No designer or King Gee brands. Blouses must remain tucked in.

Hat: School cap, sold by the school.

PE/Sport: Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy joe, white sports socks (not short anklets), sports shoes eg cross trainers or runners. Leggings may NOT be worn.

Hair ribbons / headbands: ONLY in school colours (navy, sky blue, red or white).

Make-up: No make-up, no nail polish.

SENIOR

Dress: Summer: Pale blue A-line dress with white and navy collar and tie. Winter: Navy/red check serge tunic, pale blue blouse. Plain white T-shirt or skivvy may be worn under winter shirt only.

Socks: ONLY short white socks (no anklets).

Tights: Black stockings are only to be worn with winter uniform.

Shorts: In accordance with the DoE's School Uniform Policy the option of shorts will be available in 2019. A shirt to accompany the shorts will also be available in 2019.

Slacks: ONLY plain navy (option for winter). No designer or 'King Gee' brands. Blouses must remain tucked

Hat: School cap, sold by the school.

PE/Sport: Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy ioe. white sports socks (not short anklets), sports shoes eg cross trainers or runners. Leggings may NOT be worn.

Hair ribbons / headbands: ONLY in school colours (navy, sky blue, red or white).

Make-up: No make-up, no nail polish.







SPORTS SHORTS...

U15 Knockout Netball

The team has progressed to the 3rd round to play Narrabeen Sports High School. Good luck to all the girls and a big thank you to Year 12 student Jessica for taking on the role as coach.

NSWCHS U15 Boys Knockout Basketball

Congratulations to the team of: Jack, Tyler, Ty, Lunna, Jack (C), Josh (C), Aaron, Joel, Richard and Julian who proceeded to the final 8 after winning the Regional NSWCHS U15 Basketball championships. The team was very ably supported by it's coaches Mr Williamson and Year 11 student Oliver.

The championships will take place from Wednesday 31 October - Thursday 1 November. We wish them all the best of luck.

NSW All Schools Athletics Championships

Earlier this month, Year 12 student Zac, Year 11 student Sara and Year 8 student Anna competed in the NSW All Schools Athletics Championships. The results are as follows:

Zac finished in 1st place winning the Gold Medal in the Boys 17+ High Jump achieving another PB by 2cm - jumping an incredible 2 metres. He will now proceed to the Nationals - an outstanding achievement; and

Anna finished in 3rd place winning the Bronze Medal in the Girls U14 Javelin. She will now proceed to the Nationals - another excellent result. Congratulations to all our competitors and good luck to Zac and Anna as the progress on to the next competition.

NSW State Special Olympics for Athletics

Congratulations to Sara who competed in the NSW State Special Olympics for Athletics over the weekend and obtained 4 Gold Medals: 100m, 200m, Long Jump and Shot Put.

Well done to Sara for her outstanding efforts. She has now gained selection to the Australian team for the Special Olympics World Summer Games in Abu Dhabi from 7-22 March 2019. Good luck Sara we look forward to hearing about your results and experiences there.

Hockey Success

Congratulations to Anna whose Hockey team placed 2nd in the NSW State championships. A great result.

Open Boys Knockout Cricket

Our team competed in the Davidson Shield last week however due to very wet weather and closed grounds, the game against Homebush Boys High School (HBHS) was called off for a second time. The result was decided with a coin toss by the convenor and HBHS will proceed through to the next level.

Valmé Kruger, Sport Coordinator

STUDY SKILLS TIP FOR OCTOBER PREPARING FOR EXAM BLOCKS

For many students, a block of examinations can be daunting. Some students have no idea where to start and what they should work on. The first thing to do if you have examinations approaching in the next few months is to find out what topics will be tested. Even a simple question to teachers can get you started such as 'are we being tested on the whole year's work or just this semester?'.

Once you know what topics will be covered, organize all of your learning materials and make sure nothing is missing and you have everything you need to review those topics. The next step is to make study notes on these topics if you haven't been doing this throughout the year (hopefully you have!).

You can visit the SUMMARISING unit on the Study Skills Handbook to learn more about making effective study notes. Next it is time to start learning the notes (testing yourself on them over and over) and doing practice questions to make sure you can apply your knowledge to different types of questions. The ACTIVE STUDYING unit will give you lots of ideas on different study techniques to help you achieve your personal academic best.

If you have a number of weeks prior to the examinations, it is a good idea to make a plan in your diary or phone or on a whiteboard of what subjects you will study when. Try and allocate each subject once or twice each week, depending on the number of examinations you have. The PREPARING FOR EXAM BLOCKS unit explains in more detail how you put together a study plan for exams.

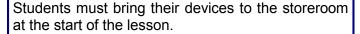
Our school's subscription details to this online study skills website for secondary school students are www.studyskillshandbook.com.au

User name: pennanthillshs Password: 77success

Belinda Campbell Head Teacher Student Wellbeing

BYOD and PDHPE

During PDHPE lessons students' BYOD devices will be kept secure in the PE storeroom.



Valmé Kruger, Head Teacher PDHPE









CATCHING UP WITH VISUAL ARTS

Artworks on Display

Congratulations to Year 11 students: Heath, Jasmine, Tasya and Jesse have had their "Appropriated Landscape" paintings, which were done last year in Visual Arts, framed for display in the school as part of the Permanent Collection. An outstanding achievement.









HSC CAPA Students

The HSC Drama students completed their Practical Examinations last term in the Drama Studio, with the Year 10 Drama students as the audience for the event. Our HSC Music students also performed last term in the MPC, with a vast network of accompanists as support.

Our Visual Arts students will have their body of works marked at the Marking Centre at Homebush later this year. We wish them all good luck in this final stage of the process.

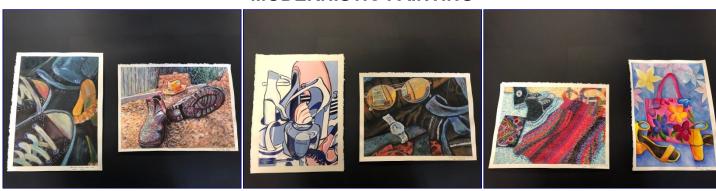
A tremendous amount of effort goes into coordinating and preparing for the HSC Practical Examinations in order to give every advantage to our CAPA student as they perform and/or submit works as part of the HSC marking process. I thank the CAPA staff for their commitment to excellence and wish our Year 12 students all the very best for their final HSC results.

Photography Club

The Photography Club will have one final theme for 2018, titled *Leading Lines*. Mrs Erickson has coordinated our student photographers throughout the year with themes including Black and White and Looking Through. Well done to all who have participated in the Photography Club this year and thank you to Mrs Erickson for supporting this initiative.

Janelle Dennis, Head Teacher CAPA

MODERNISTIC PAINTING



Year 11 have recently completed a shoes, bags and accessories Still-Life painting unit. They started by learning how still-life artworks developed from realistic representation to abstract stylised images. They had to take a series of photographs of an arrangement of objects at home, for their subject matter. Students selected the best composition to transfer as a painting. They chose a modernist painters' artwork to influence their technique, paint application and colours. Year 11 produced very engaging artworks and learnt a lot about still-life as a genre.

Janelle Dennis, Head Teacher CAPA Kirstie Clark and Kristen Van Ede. Visual Arts Teachers

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.









YEAR 8 VISUAL ARTS TASTER COURSE

Last term, Year 8 Visual Arts students explored two themes. The first one was to create an abstract sculptural form from found objects which would be assembled and then painted, to stress their chosen theme. The themes reflected a taste sensation. The students ate four flavours: *Cheese Twisties*, marshmallows, chilli chips and *Sour Patch* lollies. After this, they then recorded their thoughts on how the flavours made them feel and what colours or shapes best represented that flavour. They chose one of these flavours as the theme for their abstract sculpture. Students chose from a selection of found objects - wooden blocks, cardboard, foam pieces, matchsticks, paddlepop sticks, coffee beans, wire, string, cardboard etc and used wood glue, hot glue guns and nails to assemble the sculptures. As a sculpture is a 3D form, they had to consider construction and the textures and forms from all sides. To stress the chosen flavour, colour was painted onto the sculpture. From these photographs you can see a wide variety of successful results.



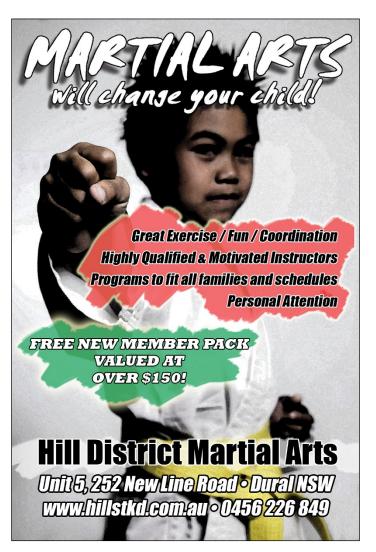
The next unit was a multi-media drawing and collage still life. Year 8 chose five still-life objects from kettles, teapots, vases, bottles and mugs, which they photographed, printed and used as a resource. They created a collaged background of coloured papers with some shapes of the objects. After this they drew on top of this base with pencil, white and black charcoal and grey pastels, stressing the light direction using a variety of tones. The works were very successful.

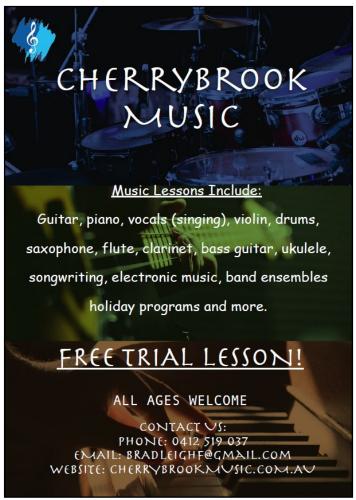














Tickets are on sale through Ticketek for the **2018 Schools Spectacular** - **The Greatest** at Qudos Bank Arena, Sydney Olympic Park.

There are four shows:

Friday 23 November 2018 - 11:00am and 7:30pm Saturday 24 November 2018 - 1:00pm and 7:00pm.

For further ticket information, please contact Mr Richard Spiewak on 8512 1161 or at:

Richard.spiewak@det.nsw.edu.au.

All families and friends are encouraged to come along to the show. Remember we have several students/groups performing in this year's show including our own Year 10 student Yohan Rad who is a featured artist.







COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

English Classes at St Marks Anglican Church, Pennant Hills: Corner Rosemount Ave and Warne St Mondays during school term. Cost \$2.00 per week. Information Patricia contact on 9980 8012 or email english@stmarks.

Australian Air League NSW Girls Group Recruiting Drive: New squadrons starting in your area recruiting now. Excitement and fun, achievement and recognition, Friendship and team spirit - plenty of challenge. Information contact Robyn McKenzie 0409 391 084 or email gexc.nswgg@airleague.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.

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 Orchestra, Wind Ensemble and Strings Orchestra. Weekly rehearsals at Beecroft on Wednesdays.

2nd/3rd Pennant Hills Scout Group: 0408 121 690 (Greg Smithson) - Tuesdays (7-11) and Wednesdays (10-15).

Pennant Hills Girl Guides: Mondays - Guides (10-14) 5.30-7.30pm; Senior Guides (14-18) 7.00-9.00pm. 0438 284 592 (Fiona)

Hornsby District Athletics (children aged 4 - 17): Saturday mornings at Pennant Hills Park www.hdlac.org.au

Cherrybrook Athletics Club (children aged 5 - 16): Friday nights 5.45pm - 8.00pm www.cherrybrookathletics.org.au

Taiko Drumming (a blend of choreography, drumming, movement and music for everyone): www.taikoz.com

St Agatha's Youth Group: for students from Years 7 to 9 - www.stagatha.org.au or 0409 847 208 (Laura)

West Pennant Hills Netball: www.westpennanthills.netball.asn.au/ or http://www.facebook.com/WPHNC 'Netta' 7 - 9 years; Junior 10 - 15 years; Senior 16 years and above.

Thornleigh Softball: All games played at Galston. Contact Sharon - 0407 442 402. www.thornleighsports.org.au/softball

Cherrybrook United Netball Club: Games played at Pennant Hills Park. Modified 'Net Set Go' (5 - 9) Friday evenings; Juniors (10 - 15) Saturday mornings; Seniors (16 - open) Saturday afternoons. Phone Keryn on 0412 693 224

Castle Hill BMX Club: Fred Caterson Reserve, Castle Hill. Facebook: facebook.com/castlehillbmx President: Michael 0404 093 303. Email: castlehillbmx@hotmail.com

Hornsby Junior Touch Footy: All games played at Foxglove Oval, Mt Colah. Girls 9s–17s; Boys 9s–15s. Information/Registration: hornsby.mytouchfooty.com

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

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

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

'PENNO' PRAYER MEETING

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

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

Please meet at Public Reception. Enquiries: Kate Colley on 0432 840 441







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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