



JUMBUNNA

Fortnightly Newsletter of Pennant Hills High School

Friday 9 November 2018

Term 4 Week 04A

Mr Ross Warren
Principal

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Mr Brendan O'Byrne
Deputy Principal

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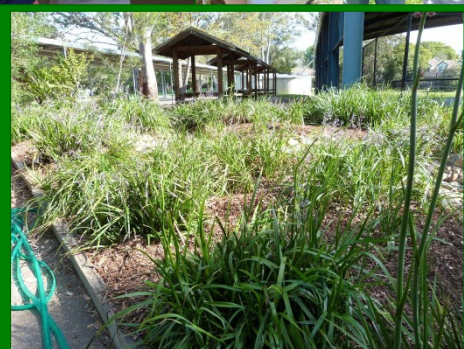
Miss Amanda De Carli
Deputy Principal

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

Mr Roger Niccol
Deputy Principal (Relieving)



Thank you GPR Volunteers ... Many Hands Made Light Work



TERM 4, 2018

Week 05B	Monday	12 November	Year 9 Yearly Examinations (2 weeks ending 23 November)
	Monday	12 November	Year 10 Yearly Examinations
	Monday	12 November	Year 11 Hospitality Work Placements (ending 18 November)
	Tuesday	13 November	Year 12 2018 Sign Out Day 9.00am - 1.00pm
	Wednesday	14 November	School Spectacular Secondary Choir Rehearsal
	Thursday	15 November	Boys Convictions Program (ending 13 December)
Week 06A	Monday	19 November	Year 9 Yearly Examinations (ending 23 November)
	Monday	19 November	Year 9 Peer Support Training
	Monday	19 November	Minimum Standards Testing (3 days ending 21 November)
	Monday	19 November	Year 10 All My Own Work (ending 23 November)
	Wednesday	21 November	School Spec Secondary Choir Rehearsal - Final Compulsory
	Thursday	22 November	School Spec Secondary Choir Full Dress Rehearsal Compulsory
	Thursday	22 November	Boys Convictions Program (ending 13 December)
	Thursday	22 November	Year 7 Transition to Grade Sport Trial 1
	Friday	23 November	School Spec Secondary Choir Rehearsal/Preview/Evening Show
	Friday	23 November	Year 10 Wellbeing Day
	Saturday	24 November	School Spec Secondary Choir Rehearsal Matinee/Evening Show
Week 07B	Monday	26 November	Year 7 2019 Orientation Day Band Rehearsal
	Monday	26 November	Canteen Volunteers Thank You Afternoon Tea 3.30pm
	Wednesday	28 November	Year 9 Peer Support Training (Wednesday and Friday)
	Wednesday	28 November	Year 10 Wellbeing Day
	Wednesday	28 November	Music Ensembles End of Year Concert
	Thursday	29 November	Year 7 Transition to Grade Sport Trial 2
	Thursday	29 November	Boys Convictions Program (ending 13 December)
	Friday	30 November	International Students Wellbeing Day
	Sunday	2 December	Duke of Ed. Bronze Qualifying Hike (Sunday and Monday)
Week 08A	Monday	3 December	School Tour for New Enrolments 8.00am
	Tuesday	4 December	Year 7 2019 Orientation Day
	Thursday	6 December	Year 10 Camp (Thursday and Friday)
	Thursday	6 December	Boys Convictions Program (ending 13 December)
	Friday	7 December	<i>Oliver!</i> Musical Performance (Friday to Sunday)
Week 09B	Monday	10 December	Year 7 Swim School (Tuesday/Wednesday/Friday)
	Monday	10 December	Year 10 Bronze Medallion Course (Tuesday/Wednesday/Friday)
	Tuesday	11 December	Presentation Evening 7.30pm MPC
	Thursday	13 December	Boys Convictions Program (ending 13 December)
	Friday	14 December	Year 12 2018 End of Year Breakfast Celebration 10.00am
	Friday	14 December	<i>Oliver!</i> Musical Performance (Friday and Saturday)
Week 10A	Monday	17 December	Year 10 First Aid Course (Monday to Wednesday)
	Tuesday	18 December	Year 11 Crossroads - Vision Valley
	Wednesday	19 December	Last Day of Term 4 for Students
	Friday	20 December	Last Day of Term 4 for Staff

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.

PRINCIPAL'S REPORT

Centenary of Armistice Day

Remembrance Day is of special significance to all Australians. It commemorates the loss of Australian lives in all wars, conflicts and peace operations.



From 2014 - 2018, Australia is commemorating the Anzac Centenary, marking 100 years since our nation's involvement in the World War I.

This week, as part of our commemoration, we welcomed some important visitors to our assembly who presented a special gift to our school;

The subject of the gift was Lance Corporal Thomas John Bicknell, a member of the 14 and 15A Platoon in the 2/30th. Battalion A.I.F. in World War II. Lance Corporal Bicknell was represented at our ceremony by his daughter Mrs Lynda Ralph, son-in-law Mr Brian Ralph, grandson and former *Penno* student Mr Tim Ralph together with two members of the 2/30th. Battalion A.I.F. Association; Mr John Lonie and Mr Vic Hooper.

Year 11 student and School Vice Captain Matthew, gave an impressive address. He spoke of the significance of commemorating Remembrance Day, his great-grandfathers' connection to *The Great War*, present day conflicts and even the importance of the Invictus Games, recently held in Sydney.

Mr Brian Ralph spoke about the history of the 2/30th. Battalion A.I.F. and Lance Corporal Bicknell's experience of war on the Malay Peninsula, Singapore and as a Japanese Prisoner Of War put to work on the Thai Burma railway.

Mr Tim Ralph presented our school with 5 books outlining military history including the history of the 2/30th. Battalion A.I.F.



Our students were clearly engaged by the proceedings and the connection to Pennant Hills High School. It brought *home* the importance of the ceremony and highlighted the sacrifice that so many made for us all. *Lest We Forget...*

Thank you to Ms Ford, Head Teacher HSIE (Relieving) and Mr Niccol, Deputy Principal (Relieving) for their coordination of the ceremony. Thank you also to Mrs Tubb, Mathematics Teacher for her rendition of *When the Battle's O'er* brilliantly played on the bagpipes during the entrance procession of the official party.

Our School Captain David and I will be representing Pennant Hills High School at the Hornsby RSL Sub Branch's Remembrance Day ceremony on Sunday - an honour I am very much looking forward to.

The Great Penno Reno (GPR)

Thank you! Thank you! Thank you! Wow - what a difference a Saturday makes with over 75 amazingly hard working volunteers - parents, families, students, staff and past students, some fantastic organisation and a magnificent feast to sustain us all through the day.

I have received many positive comments from our own community and visitors alike this week, proving the many benefits of a tidy and well-kept school - both aesthetically and academically.

A very special thank you to Margo and Penny who have continued to provide the leadership and management of the GPR for a seventh year. Their passion, dedication and vision has been an inspiration to us all.

Thank you to our fabulous Canteen staff who organised the tasty feasts for us during the day.

Thank you to all our sponsors in particular Thornleigh Bunnings for the support they gave in providing materials and tools.

2018 Schools Spectacular - The Greatest

Students from Public Schools across the state are frantically rehearsing for their part in the show and *Penno* is no exception. We are excited about our Choir and Dance Ensemble who will once again perform as part of the Combined Choir and D'Arts Dance Troupe respectively.

This year, we are also thrilled for our Year 10 student Yohan - who is a featured artist.

Performance dates are Friday 23 November and Saturday 24 November 2018. Tickets are available through Ticketek.

Year 9 Camp

The Year 9 camp was a great success. Students and staff stepped outside their *comfort zone* to participate in activities that pushed them to new limits. By all reports, there was probably not quite the amount of sleeping that might be recommended by some adolescent specialists, however I'm sure an early night when they returned was the best remedy for their tired bodies.

Thank you to Ms Ford, Head Teacher HSIE (Relieving) and Mr Toohey, Year Adviser (Relieving) for their coordination and to the group of dedicated and enthusiastic teachers who generously gave of their own time to provide this wonderful opportunity for our Year 9 students.

Year 12 2018 HSC

As the HSC examinations come to an end, I have seen many relieved, happy faces around the school.

Congratulations to our 2018 Year 12 cohort on their focus and commitment to their studies. We look forward to seeing them all at the Breakfast Celebration on Friday 14 December from 10.00am-11.00am to hear about their stories and experiences during this final stage.

A reminder that the Year 12 Sign-out Day is scheduled for next Tuesday 13 November from 9.00am-1.00pm.

Oliver!

Tickets to our school musical *Oliver!* are selling fast. Book online at www.trybooking.com/408660 to secure your seats.

Upcoming Events

Year 9 and 10 yearly examinations;
Year 9 Peer Support Leader Training;
Year 10 All My Own Work (AMOW) requirements for progression into Year 11.

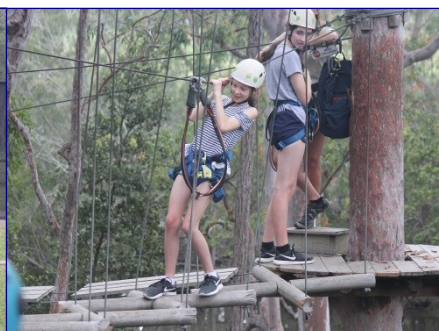
Ross Warren
Principal

Lest We Forget





YEAR 9 AT THE GREAT AUSSIE BUSH CAMP



PENNANT HILLS HIGH SCHOOL'S
PRODUCTION OF

OLIVER!

BOOK, MUSIC & LYRICS BY
LIONEL BART

DECEMBER 7-14

Go to - www.trybooking.com/408660

For show times and ticket information

By arrangement with Hal Leonard Australia Pty. Ltd, exclusive representative of
Cameron Mackintosh and the Southbrook Group.



School Travel Advice

For trip planning visit www.transportnsw.info or call 131 500.
For current Hillsbus school and route services visit www.cdcbus.com.au or call 02 8889 7000.
Conditions of Carriage: Students must have a valid Opal card, term pass or pay a cash fare. Students must tap on and off every trip. Further details about the SSTs are available at: www.transportnsw.info
Key:
L> Bus turns left; R> Bus turns right

PENNANT HILLS HS

Effective 12/11/2018

Bell Times
Morning: 08:55
Afternoon: 15:20

MORNING BUSES

Route	Time	Bus Route
603	07:00	EX ROUSE HILL TOWN CENTRE via R>Windsor, R>Commercial, R>Withers, R>Hezlett, L>Samantha Riley, R>Mills, L>Carinda, R>Glenhaven, R>Evans, L>Grange, R>Greenbank, Greenbank Dr Loop, R>Linksley, L>Ridgecrop, L>Gilbert, R>Old Northern, Oakhill College (07:43).
639	07:08	EX NEICH BEF BOUNDARY via Pitt Town, R>Kenthurst (07:23), R>Old Northern, Oakhill College (07:40).
3160	07:10	EX ANNANGROVE OLD PITT TOWN & TERRY RDS via Old Pitt Town, L>Nelson, turns at Blind, Nelson, Mason, L>Terry, L>Allan, L>Windsor, L>Nelson, L>Hynds, R>Nelson & Edwards Bus Bay (07:23), L>Nelson, R>Edwards, L>Annangrove, R>Kenthurst, R>Old Northern, Round Corner (07:45), Old Northern, Oakhill College (07:55) then via L>Old Northern, L>Castle Hill, L>County, L>Treetops, R>David, Oakhill Shops (08:05), return David, L>Woodgrove, R>County, L>John, R>Franklin, L>Neale, R>Edward Bennett, L>Castle Hill, L>Pennant Hills, Thompsons Corner (08:21) L>Boundary, R>Bellamy, L>Laurence to school
625	07:15	EX PARRAMATTA INTERCHANGE via Route 625 to Pennant Hills Station. Transfer to Route M60 service to opposite school
638	07:27	EX BEROWRA WATERS via Bay, R>Arcadia, L>Galston, Galston HS (07:58).
626	07:28	EX JAMES HENTY AFTER NEW LINE RD via James Henty, R>Thomas Wilkinson, R>Jenner, L>New Line, L>Purchase, R>Shepherds, L>Kenburn, L>Macquarie, R>Francis Greenway, R>Boundary, L>New Line, L>Victoria, R>Boundary, L>Pennant Hills, L>Railway to Pennant Hills Station
2037	07:31	EX GLENORIE, OLD NORTHERN AFTER TIMARU ST via Old Northern, L>Mid Dural, L>Galston, Galston HS (07:58), Galston, L>Old Northern, L>New Line, L>Victoria, R>Loftus, L>Pennant Hills, L>Yarrara to opp Pennant Hills Station (08:37), L>Ramsey, L>Bellamy, R>Laurence to bus bay
3151	07:56	EX HIGHS RD OPP HOOP PINE via Highs, Blacks, Blacks Rd Terminus (08:01), via Blacks, Highs, R>Taylor, L>Aiken, L>Pennant Hills, L>Yarrara, L>Ramsey, L>Bellamy, R>Laurence to school.
3178	07:58	EX HIGHS RD OPP HOOP PINE via Highs, Taylor, L>Aiken, L>Oratava, R>Dehlsen, L>Salina, L>Aiken, L>Pennant Hills, L>Yarrara, L>Ramsey, L>Bellamy, R>Laurence to school
633	08:11	EX CASTLE TOWERS via Old Castle Hill, R>McMullen, L>Old Northern, R>Castle Hill, R>Highs, L>Coonara, R>Castle Hill, L>Pennant Hills to Pennant Hills Station
3184	08:17	EX CASTLE TOWERS via Old Castle Hill, R>McMullen, L>Old Northern, R>Castle Hill, L>Pennant Hills, L>Yarrara, L>Ramsey, L>Bellamy, R>Laurence to school
3134	08:26	EX CASTLE HILL RD & EDWARD BENNETT DR via R>Edward Bennett, L>Neale, R>Franklin, L>John, R>County, R>New Line, L>Boundary to school Boundary Rd entrance



School Travel Advice

Route	Time	Bus Route
3152	08:27	EX THE CRESCENT & PENNANT HILLS RD via Pennant Hills, L>The Crescent, L>Britannia, R>Kurrajong, L>Cobbadah into Blackbutt, L>Kurrajong, R>Britannia, R>The Crescent, L>Pennant Hills, R>Trebora, R>Weemala, L>Ramsay, L>Bellamy, R>Laurence to school.

AFTERNOON BUSES

Route	Time	Bus Route
3527	15:25	TO OAKHILL COLLEGE via Laurence, R>Bellamy, R>Boundary, L>Cedarwood, R>New Line, R>Boundary, L>Francis Greenway, R>Macquarie, R>Shepherds, L>Purchase, R>Hancock, R>Purchase, R>New Line, L>Hastings, L>Old Northern to Oakhill College (16:00).
3531	15:25	TO DAVID RD, DURAL, GALSTON & BERRILLE via Laurence, R>Bellamy, L>Boundary, R>Pennant Hills, R>Castle Hill, R>Edward Bennett, L>Neale, R>Franklin, L>John, R>County, L>Woodgrove, R>David to Oakhill Shops (15:52), return David, L>Treetops, R>County, R>Castle Hill, R>Old Northern to opposite Oakhill College (16:03), Old Northern, Round Corner (16:09) Old Northern, R>Galston, Galston Shops (16:19), L>Arcadia, Bay to Chilcott Rd to Berrille
3528	15:26	TO JAMES HENTY DR via Laurence, R>Bellamy, L>Boundary, R>Victoria, R>New Line, R>Boundary, L>Francis Greenway, L>Macquarie, R>Kenburn, R>Shepherds, L>Purchase, L>New Line, R>County, R>Woodgrove, R>David, R>David, James Henty, R>Jenner, R>Thomas Wilkinson, L>James Henty, R>New Line to Dural Bus Depot
625	15:28	EX PENNANT HILLS STATION TO PARRAMATTA via Railway, R>Pennant Hills, L>Church, L>Victoria, R>Wilke, Smith, Station, R>Arayle to Parramatta Interchange
2626	15:30	EX BOUNDARY RD TO PENNANT HILLS STATION & BLACKBUTT LOOP via Boundary L>Pennant Hills, L>Railway to Pennant Hills Station, return Railway, The Crescent, Britannia, L>Kurrajong, Blackbutt to Kurrajong
3606	15:30	TO CASTLE HILL via COONARA via Laurence, R>Bellamy, L>Boundary, R>Pennant Hills, R>Castle Hill, L>Coonara, R>Highs, R>Daveney Way, L>Salisbury Downs, L>Glenhope, L>Castle Hill, L>Old Northern, Terminus, R>Crane, R>Old Castle Hill to Castle Towers
3518	15:38	TO WEST PENNANT HILLS VALLEY VIA ORATAVA AVE & BLACKS RD via Laurence, R>Bellamy, L>Boundary, R>Pennant Hills, R>Aiken, R>Salina, R>Dehlsen, L>Oratava, R>Aiken, R>Taylors, L>Highs, Blacks, Blacks Rd Terminus (16:01), return Blacks, Highs to Castle Hill Rd
3612	15:38	TO CHERRYBROOK via R>Laurence, R>Bellamy, R>Boundary, R>Francis Greenway, R>Macquarie, R>Shepherds, L>Purchase, L>New Line to Victoria
3631	15:55	EX OPPOSITE OAKHILL COLLEGE via Old Northern, Round Corner (16:03), Bus continues as Route 639 via L>Kenthurst, Pitt Town & Porters (16:11), L>Pitt Town to Marayya
3509	15:57	EX OAKHILL COLLEGE TO GLENHAVEN via Old Northern, L>Gilbert, R>1st Ridgecrop, Knightsbridge Shops, (16:07), Ridgecrop, R>Linkley, L>Greenbank, Greenbank Dr Loop, L>Grange, R>Evans, L>Glenhaven, L>Carinda, R>Mills, L>Glenhaven to Bannerman Rd Terminus (16:22)
641	16:03	EX ROUND CORNER via Old Northern, L>Kenthurst, L>Annangrove, L>Windsor to Rouse Hill Town Centre
3548	16:14	EX CASTLE TOWERS STAND B TO FAIRWAY DR, BALMORAL RD & ARNOLD AVE via Old Castle Hill Rd, L>Pennant, R>Showground, L>Windsor, R>Norwest, R>Solent, R>Fairway, L>Severn Vale, L>Balmoral, R>Pellizzer, R>Florence, L>Hector, L>Memorial, R>McGausland, L>Arnold, R>Gainsford, L>Sam Riley, L>Tway to Riley Tway

PENNANT HILLS



HIGH SCHOOL

ABSENCE NOTIFICATION

My child _____ of Year/Class _____

Was/will be (delete as appropriate) absent from school on _____

The absence was because of:

☐

Sickness (please explain below)

☐

Family reasons (please explain below)

☐

Religious celebration

☐

Other reason (please explain below)

Note: Please attach medical certificates or other verification of absence as appropriate.

Parent Name (Please Print) Parent Signature Date

STUDY SKILLS TIP FOR NOVEMBER PREPARING FOR SENIOR STUDIES

As many senior students prepare to leave school at the end of this year and embark on further education or a new career, a whole batch of students are preparing to join the ranks of the Senior students next year.

As students approach the senior years, they are expected to start taking more responsibility for their own learning. For many students part of this is a realisation that they need to do their schoolwork for their own sake, to keep options open for their own future – so they start to work for themselves, not just because their teacher or parent says they have to. Other students come to realise that, in order to cope with the increased workload in the senior years, they need to work more efficiently at home and in the classroom, small changes like changing who students sit next to can make a big difference to how much work is completed in class.

So for students who are commencing their senior studies next year, the final term this year is important in taking stock of your approach to school and your studies. Do you work well in the classroom? Who do you sit next to? What are your listening and research skills like? Do you have systems in place to manage your homework and assignments? Do you know how to study effectively and have you tried different study techniques?

It seems many students think they will wake up Day 1 of their senior studies and suddenly have become a 'super student' overnight. This does not happen! Habits take at least a month to change – sometimes longer if they are deeply ingrained.

So for those students commencing their senior studies next year, use the last weeks of school this year to:

- reflect on how you approach your studies. What do you do well, and what do you need to work on changing? Perhaps choose the top 5 areas to work on and write these on a card and place it somewhere at home where you will see it regularly and be reminded; and
- complete as many units as you can of www.studyskillshandbook.com.au. This site can help you work out where your areas of weakness are and teach you new skills to try in these areas. In particular, 'Becoming a Senior Student'. There is a great quiz in this unit that helps you see how ready you are for senior studies. This is also a great way to work out where your areas of weakness lie.

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

SPORTS SHORTS...

U15 NSWCHS Boys Knockout Basketball

The team battled it out in the final 8 of the State Championships Basketball Tournament at the Scholastic Sports Stadium, Terrigal.

Congratulations to the boys; Jack, Tyler, Ty, Lunna, Jack, Josh, Aaron, Joel, Richard and Julian for placing 5th in the State, an outstanding achievement and a first for a boys basketball team at Pennant Hills High School.

Congratulations and thank you to their coach Mr Williamson and assistant coach Year 11 student Oliver.

Valmé Kruger
Sport Coordinator

USED CLOTHING POOL

Do you have used school uniforms in good condition at home that are no longer needed by your child/ren?

Donations of all summer uniforms, both Junior and Senior, or any other freshly laundered uniform items in good condition would be very welcome.

Items for the Used Clothing Pool may be handed in at the school office between 8.00am and 3.45pm on school days.



TO ALL OUR *Great Penno Reno*
VOLUNTEERS..... YOU HAVE MADE A REAL
DIFFERENCE TO OUR SCHOOL GROUNDS AND
WE THANK YOU SINCERELY!

Follow us on Facebook..... photos to come!

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SCHOOLS SPECTACULAR

THE GREATEST 2018

QUDOS BANK ARENA FRI 23 & SAT 24 NOVEMBER

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.

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 who is a featured artist.



SENSORY CONCERTS

SENSORY CONCERTS

11 NOVEMBER 2018

- 10am – Kensington Park Community Centre, Hall 1
- 2pm & 3.15pm – Drummoine Oval New Pavillion

PERFORMERS

Merida Delbridge - violin • Teije Hylkema - cello • Grace Kim - piano

Find us on Facebook www.facebook.com/sensoryconcerts/

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

North Sydney Youth Orchestra: Inviting musicians to join its Symphony Orchestra, Wind Ensemble and String Orchestra. Rehearse at the Beecroft Presbyterian Church Hall, Mary Street, Beecroft on Wednesdays. Auditioning new members for 2019 to go on a European tour in 2020. Auditions held 5 and 12 December from 4.00pm-6.00pm. Information contact info@nsyo.org.au apply online at www.nsyo.org.au

Jazz at The Pines: Sunday 18 November at Roughly House at The Pines, 656a Old Northern Rd, Dural 12.30pm-4.00pm. Bring a picnic lunch, afternoon tea available. Information email info@jazzatthepines.org.au or 9651 4411

STUDENT EXCHANGE PROGRAMS

Rotary Youth Exchange: the opportunity of a lifetime for young Australians currently in Year 9 or 10. Expand your horizons with a year on Rotary Exchange. Discover a different culture - www.rotaryyouthexchange.net.au

Southern Cross Cultural Exchange: Information sessions www.scce.com.au or 1800 500 051.

LATTITUDE AUSTRALIA Volunteering and gap year placements for U/25s - www.lattitude.org.au or (03) 9826 6266

Student Exchange Australia NZ www.studentexchange.org.au or 9997 0700.

World Education Program Australia (WEP) www.wep.org.au or 1300 884 733 or on Facebook ([wepaustralia](https://www.facebook.com/wepaustralia))

Australian Institute of International Understanding (AIU) www.aiu.om.au or 1800 174 407 - program costs apply.

Lions Youth Exchange Program for 17-21 year olds - www.lionsclubs.org.au/ye

STS Student Exchange www.sts-education.com.au or 1800 263 964

AFS Intercultural Programs Australia www.afs.org.au or 1800 023 982

RECREATION AND SPORTING GROUPS

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

Northern District Hockey Association: www.ndhockey.com.au or phone 0419 299 808 (Adrian) or 0438 119 729 (Robert). U5 - U9 'Minkey'. U11, U13 and U15 mixed junior comp. Play on a world class artificial turf facility at Pennant Hills Park.

West Pennant Hills Cherrybrook Football Club: www.wphcfc.net.au

Rugby Connect - Trytons: is a Rugby Union program developed for boys and girls with special needs between the ages of 5-17 years. The season is run by Sydney Junior Rugby with the assistance of the Australian Rugby Union and NSW Rugby. Contact Matt Kellahan mckellahan@nswrugby.com.au or phone 9323 3407.

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

Pennant Hills District Cricket Club: (15 years and over) pennanthillscricket.com.au

Registration enquiries: penno.juniors@gmail.com or SMS 0450 226 158.

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

Pennant Hills Cherrybrook Rugby League Club: www.pennostags.com. All ages.

Beecroft Cherrybrook Junior Rugby Union Club: www.beecroftjuniors.com.au or phone Nicola 0402 677 180.

Cherrybrook Table Tennis Club: 0412 520 854 - Enjoy social and competition table tennis.

Sydney Zodiacs Youth Dragon Boat Club: www.dbsw.org.au or sydneyzodiacs@yahoo.com.au or 0410 655 764

Epping RSL Golden Kangaroos Marching Band: www.gks.org.au or 9868 3289

Northern Sydney Youth Orchestra: for young musicians. Not-for-profit organisation. <http://www.nsyo.org.au> Symphony Orchestra, Wind Ensemble and Strings Orchestra. Weekly rehearsals at Beecroft on Wednesdays.

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

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

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

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

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

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

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

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

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

Castle Hill BMX Club: Fred Caterson Reserve, Castle Hill. Facebook: [facebook.com/castlehillbmx](https://www.facebook.com/castlehillbmx)
President: Michael 0404 093 303. Email: castlehillbmx@hotmail.com

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

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

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

Pennant Hills Netball Club: pennanthillsnsw.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@unitingcarenswwact.org.au

Foster Care Association NSW: Advocacy, support and information for foster carers. www.fcansw.org.au or 4987 1847

Healthy Kids FREE Parent e-zine: important nutrition information and great recipes: www.healthy-kids.com.au

Enrol to Vote: If you are an Australian citizen who is 18 years of age or older, you must vote at all elections.
Check if you're enrolled at www.votensw.info, enrol to vote at www.aec.gov.au or phone 1300 135 736

Uniting Care Northmead: 8839 5107 - Workshops and counselling for parents. Phone for more information.

TOUGHLOVE: 1300 856 830 - Parents helping parents to deal with problems of unacceptable adolescent behaviour.

Parenting Education for Mums, Dad and Carers: www.nscchhs.health.nsw.gov.au/caparenting
Information and education provided by NSW Health - Northern Sydney Central Coast.

Centacare Broken Bay: 9488 2523 - Advice and support for parents.

Depression Support Group: 1300 794 991.
Hornsby RSL - first Sunday of each month. Run by Association of Relative and Friends of the Mentally Ill.

Parent Line: www.parentline.org.au or 1300 1300 52 - Free professional service 24 hours every day.

Kids Helpline: 1800 55 1800 - Free confidential service 24 hours every day.

Mission Australia: 9480 2500 - Free case management and counselling support for young people and families.

Single With Children: www.singlewithchildren.com.au or 1300 300 496
Non-profit social group providing exciting activities for single parents and their children.

Sydney Single Parents: www.SydneySingleParents.org.au or 9634 7502 (Hills) or 9411 1858 (Northside)

Hills Family Centre: 8805 7288 - Workshops and courses for parents and families.

Wesley Mission Family/Youth Services (the Hills): www.wesleymission.org.au/centres/wesleydalmar/ or 8805 7288

Community Life Church Cherrybrook Life Centre: 9651 3534 - Counselling and parenting courses available.

Newcomers Club: www.sydneynewcomers.com.au - Social club for women, offering support and friendship.

NSW Health Free Dental Clinic for 12-25 year olds: 9687 2544 - High Street Youth Health Service, Harris Park.

Rotary Club of Thornleigh Farm Markets: Third Sunday of every month - 8.00am - 12.00noon - Phyllis St, Thornleigh

Christ Evangelical Centre of Australia Chinese Language School: 0410 613 814 (Jenny)

Cybersmart website: www.cybersmart.gov.au - Part of the Australian Government's cybersafety program.

The Australian Childhood Vision Impairment Register: www.vifamilynetwork.org.au
The Register collects and uses data to improve services for children and to research eye disease and disorders of vision.

Bedford College Play Sessions for children (0 - 5 years) and their parents/carers: Fridays 9.30am - 11.30am at
2 Columbia Court, Baulkham Hills. Small fee includes morning tea for children and their carers. Bookings: 1300 174 174

CatholicCare Diocese of Broken Bay: counselling, parenting and support groups. 9488 2400 or waitarafo@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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