



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 23 November 2018

Term 4 Week 06A

Mr Ross Warren  
*Principal*

Laurence Street, Pennant Hills NSW 2120

P: 9473 5000 F: 9473 5099

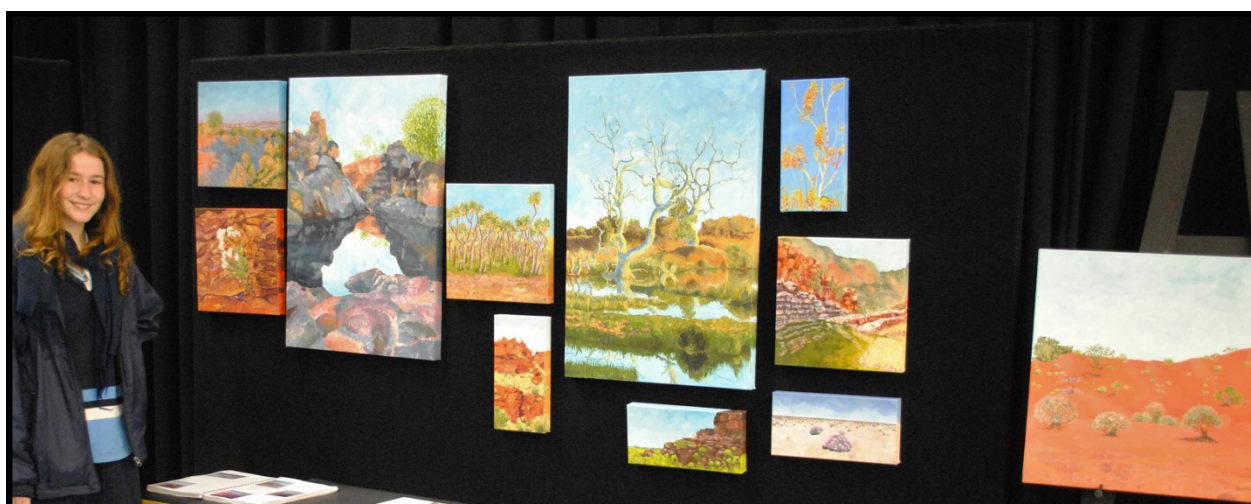
Mr Brendan O'Byrne  
*Deputy Principal*

E: pennanthil-h.school@det.nsw.edu.au

Miss Amanda De Carli  
*Deputy Principal*

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

Mr Roger Niccol  
*Deputy Principal (Relieving)*



**ARTEXPRESS NOMINEE  
BRIDIE**

**CONGRATULATIONS YEAR 12, 2018  
ARTEXPRESS AND *InTech* NOMINEES**



***InTech* NOMINEE  
PATRICK**

# TERM 4, 2018

<b>Week 07B</b>	Saturday	24 November	School Spec Secondary Choir Rehearsal Matinee/Evening Show
	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 10 Wellbeing Day
	Thursday	29 November	Year 7 Transition to Grade Sport Trial 2
	Thursday	29 November	Boys Convictions Program (ending 13 December)
	Friday	30 November	Year 9 Peer Support Training
	Friday	30 November	International Students Wellbeing Day
<b>Week 08A</b>	Sunday	2 December	Duke of Ed. Bronze Qualifying Hike (Sunday and Monday)
	Monday	3 December	School Tour for New Enrolments 8.00am
	Tuesday	4 December	<b>Year 7 2019 Orientation Day</b>
	Thursday	6 December	Year 10 Camp (Thursday and Friday)
	Thursday	6 December	Boys Convictions Program (ending 13 December)
<b>Week 09B</b>	Friday	7 December	<i>Oliver!</i> Musical Performance (Friday to Sunday)
	Monday	10 December	Year 7 Swim School (Monday to Wednesday)
	Monday	10 December	Year 10 Bronze Medallion Course (Monday to Wednesday)
	Tuesday	11 December	<b>Presentation Evening 7.30pm MPC</b>
	Thursday	13 December	Boys Convictions Program (ending 13 December)
<b>Week 10A</b>	Friday	14 December	Year 12 2018 End of Year Breakfast Celebration 10.00am
	Friday	14 December	<i>Oliver!</i> Musical Performance (Friday and Saturday)
	Monday	17 December	Year 10 First Aid Course (Monday to Wednesday)
<b>Week 10A</b>	Tuesday	18 December	Year 11 Crossroads - Vision Valley
	Wednesday	19 December	<b>Last Day of Term 4 for Students</b>
	Friday	20 December	<b>Last Day of Term 4 for Staff</b>

## 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.



## 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**

## 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](mailto:penno.pandc@gmail.com) to arrange.



## PRINCIPAL'S REPORT

### Remembrance Day at the Hornsby Cenotaph

I was very proud to stand alongside our School Captain David as we laid a wreath commemorating the fallen on the Centenary of Armistice Day, 11.00am, Sunday 11 November at Hornsby.

It was a community coming together to mark an important moment in our history and I would like to thank Mr Terry James AICM, JP, President Hornsby RSL Sub Branch and Dr Ian Getley PhD, MSc, BSc, JP, Honorary Secretary of the RSL for the invitation.



We paid tribute alongside our local members Mr Julian Leaser MP, Federal Member for Berowra and Mr Matt Kean MP, Minister for Innovation and Better Regulation, Member for Hornsby as well as other dignitaries and a number of other schools in our community.

It was fitting that Pennant Hills High School was an active contributor to such an important local community event.

### 2019 Schools Spectacular - *The Greatest*

As you read this edition of *Jumbunna*, I may well be on a train bound for Qudos Bank Arena to attend the 2019 Schools Spectacular, appropriately titled *The Greatest* as a number of our talented choir and dance students, not to mention our very own Year 10 featured artist Yohan, will be impressing the audiences with their polished performances.

I know it will be *spectacular*. Thank you to our staff who have given so much of their own time to enable our students to participate in this fantastic performance opportunity.

### Canteen Volunteers Afternoon Tea

Next Monday, we will host our first Pennant Hills High School Canteen Volunteers' Afternoon Tea.

Our aim is twofold:

First and foremost, to show our appreciation for all that our canteen staff and volunteers do for us throughout the year. They work tirelessly behind the scenes catering for our students, staff and events.

Secondly, we will be showcasing our Hospitality students, who will prepare and serve the afternoon *high tea*. This will be an invaluable experience for them and will contribute to their competencies in the course. Thank you to our Home Economics faculty for their planning and coordination.

### Final P&C Meeting for 2018

A reminder to all parents and caregivers that our final P&C meeting for this year is scheduled for

Tuesday 27 November in the school Library from 7.30pm. The AGM will also be held at this time. All parents and caregivers are encouraged to attend.

### Year 7 2019 Orientation Day

On Tuesday 4 December - Week 8, we will be welcoming our Year 7 2019 cohort to *Penno* High.

Our Year 9 Peer Support leaders, ably lead by Miss Tess Graves-Browne, Peer Support Coordinator, have been busily preparing for their duties, attending training sessions to ensure our new students have excellent support in their first term of high school.

Thank you to all our staff involved in what is one of the busiest days of our school year. I look forward to meeting with our new students and families in due course.

### *Oliver!*

Opening night for *Oliver!* is fast approaching. On a number of afternoons after school I have been serenaded by the words 'Consider yourself at home...' which feels just right!

Tickets are on sale now and selling quickly so make sure you don't miss out by booking online at [www.trybooking.com/408660](http://www.trybooking.com/408660) to secure your seats.

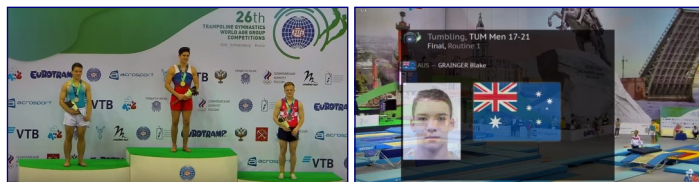
### ARTEXPRESS and InTech Nominations

Congratulations to Year 12 2018 students Bridie and Patrick on their nominations for inclusion of their HSC Major Works to ARTEXPRESS and InTech respectively.

Both exhibitions showcase the *best of the best* in their fields. Congratulations also to their hard working, dedicated teachers for their expert tuition that lead them to this honour. We wish them good luck in the next phase of this process.

### Congratulations Blake Grainger

You would all remember reading about our Year 12 2017 student Blake Grainger and his outstanding achievements in Tumbling last year. Now as an alumni, he continues to achieve great things including a Silver Medal in the recent World Age Championships in Russia as well as Sportsman of the Year 2018 and a NSWCHS Blues recipient.



We continue to be very proud of Blake's achievements.

### Upcoming Events

Year 10 Camp - 6 & 7 December

Presentation Evening - 11 December

Year 12 2018 Celebration Breakfast - 14 December

**Ross Warren**  
**Principal**



PENNANT HILLS HIGH SCHOOL'S  
PRODUCTION OF

# OLIVER!

BOOK, MUSIC & LYRICS BY  
LIONEL BART

DECEMBER 7-15

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



PENNANT HILLS HIGH SCHOOL'S  
PRODUCTION OF

# OLIVER!

BOOK, MUSIC & LYRICS BY  
LIONEL BART

DIRECTED AND PRODUCED BY COURTNEY CASSAR  
CHOREOGRAPHED AND PRODUCED BY LAURA SHELDON  
CONDUCTED BY JOHN BUCKLEY

FEATURING STUDENTS FROM  
PENNANT HILLS HIGH SCHOOL  
PENNANT HILLS PUBLIC SCHOOL  
WEST PENNANT HILLS PUBLIC SCHOOL  
CHERRYBROOK PUBLIC SCHOOL  
BEECROFT PUBLIC SCHOOL  
NORMANHURST WEST PUBLIC SCHOOL  
NORMANHURST PUBLIC SCHOOL  
THORNLEIGH WEST PUBLIC SCHOOL

ORCHESTRAL ARRANGEMENTS BY WILLIAM DAVID BROHN

BOOK TICKETS ONLINE  
**TRYBOOKING.COM/XGNS**

BY ARRANGEMENT WITH HAL LEONARD AUSTRALIA PTY LTD EXCLUSIVE  
REPRESENTATIVE OF CAMERON MACKINTOSH AND THE SOUTHBROOK GROUP



## MAD ABOUT MATHS

### Year 7 and 8 Mathematics

This year, we have been working on problem solving as a way to improve our skills when tackling those tricky exam questions. 8M1 and 8M2 have been taking part in fortnightly team problem solving sessions, where teams of four students compete to be the team to answer the most questions correctly by the end of the session. These sessions have been very rewarding and thoroughly enjoyed by all involved. We will be finishing the year off in style with a visit from Inquisitive Minds who are coming in to deliver one final enrichment session to keep our mathematical minds ticking over the Summer holidays.



8M1, 8M2 and 7MA entered into the Australasian Problem Solving Mathematical Olympiad (APSMO) this year. This contest required students to sit five tests each of which contained five super challenging problems for them to solve. The Year 7s in particular performed very well, Ryan won the top scorer in 7MA and also came in the top 10% of all participants nationwide. Sophia and Isabelle were also top 10% achievers, while Grace, Luke, Chelsea, Nicholas and Roan achieved in the top 25% of the country.

In 8M1, the joint top APSMO scorers were Alexander and Lucy, who were in the top 25% of all



participants along with Samuel, Zachary, Gabriel, Jaden, Emily and Joel. In 8M2 the top scorer, also in the top 25% of all participants, was Dana.

Naomi, Alleeza, Oliver and Nathan also achieved in the top 25% of all participants. Overall, a fantastic achievement by all students. Congratulations to these clever mathematical minds.

### Australian Mathematics Competition

This year we offered all students the chance to enter the Competition which is run by the Australian Mathematics Trust. Year 8 student Samuel not only was the best student in the school, he achieved a High Distinction Award, coming in the top 3% of all participants. We were also very proud of the following students who achieved Distinctions (top 20%): Eugene, Sophia, Isabelle, Grace, Ryan, Roan, Alexander, Gabriel, Lucy, Oliver, Nathan, Elizabeth, Ryan, Alastair, Hiroshi, Andrew and Richard.

We also had an amazing 55 students achieve Credit Awards placing them in the top 55% of all participants nationwide.

**A quote from Mr Washer:** *Know your Maths and change the M's in Mayhem to the M in STEM!*

## ARTEXPRESS AND InTech NOMINATIONS - continued from front cover page

Congratulations to Year 12 2018 student Bridie Stanfield on being pre-selected for ARTEXPRESS 2019. Bridie's paintings titled *Memories of the Australian Landscape* have been nominated for consideration for inclusion in this prestigious exhibition which compiles the best HSC Body of Works together for display. We eagerly await the final decision and wish Bridie the best of luck.

**Janelle Dennis, Head Teacher CAPA**

Congratulations to Year 12 2018 student Patrick Sindler on his nomination for inclusion in InTech 2019. If selected, his *Storage Unit* will be included in the popular exhibition alongside the other top HSC Industrial Arts - Woodwork Major Works. We wish Patrick all the best for a favourable result.

**Brad Wilson, Head Teacher Industrial Arts (Relieving)**

## A WORD FROM COMPUTING STUDIES

### 2018 The Bebras Australia Computation Thinking Challenge.

Last term, 51 Pennant Hills High School students were entered into The Bebras Australia Computational Thinking Challenge. This challenge started in Australia in 2014 through the CSIRO Education & Outreach Program, Digital Careers. The Bebras Challenge has now almost 60 countries with over 1.6 million students participating.

The Challenge consists of 15 problems to be solved. These are presented under three levels of difficulty – Easy, Medium, Hard – each consisting of 5 questions. The questions get progressively more difficult as students advance upwards through the school system.

Our 51 entrants did very well this year, achieving 2 distinctions, 6 credits and 21 merits.

The standout performers this year were Year 9 students Sonia and Ryan who received Distinctions. Dylan, Riley, Emma, Simran, Eamon and Anshrika also went well, each receiving a Credit. Congratulations to all the students that entered.

How would you do? Try one of the questions from this year's Year 9 + 10 Challenge. Good luck.

## Book-sharing club

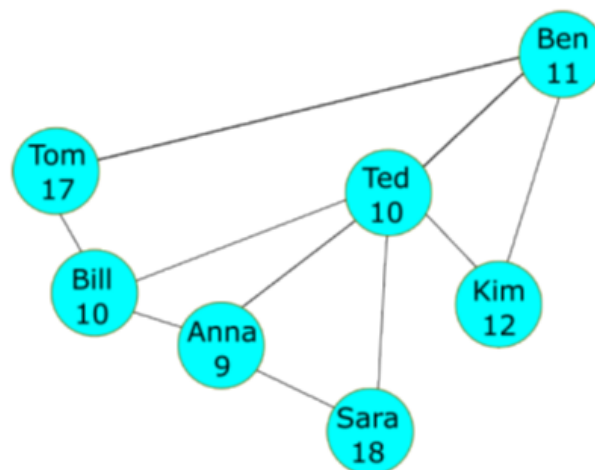
Year 3+4:      Year 9+10: A  
Year 5+6:      Year 11+12:  
Year 7+8:



This diagram shows the relationship between 7 students in a book-sharing club. Their names and ages are also shown.

The club has some regulations for members:

*When you receive a book you read it (if you haven't already done so) and then pass it to the youngest friend who has not read it yet. If, however, all your friends have read the book then you should pass it to the friend who first gave it to you.*



Now Ben has read a new book and wants to share it with his friends.

### Question:

Who will read the book last?

Tom    Sara    Bill    or    Kim

**Lawrence Huang, Computer Teacher**

## SPORTS SHORTS...

### Grade Sport Finals - Results

Spring Finals were held last week. 8 *Penno* teams qualified and 5 teams were victorious. They were: Girls and Boys Mixed Volleyball A and B; Open Boys Basketball A; Open Mixed Basketball A; and Open Boys Handball A.

The following teams finished second in the competition: Open Girls Soccer 7's A; Junior League 7's A; and Open Boys Speedaway A. Congratulations to all students and coaches for an amazing result.

**Valmé Kruger, Sport Coordinator**



## INVICTUS GAMES

Whether you witnessed it live or from the comfort of your living room, the 2018 Invictus Games were the absolute epitome of courage, mateship and resilience. Founded by His Royal Highness The Duke of Sussex, the Invictus Games are open to competitors from all branches of the regular or reserve Armed Forces of participating nations who have become wounded, injured or ill during, or as a direct consequence of, their service.

Seventy Year 9 Physical Activity and Sports Studies (PASS) students had the privilege of attending the day session of the Athletics Competition at Sydney Olympic Park, Homebush. They were able to witness athletes of all abilities participate, including those competing in wheelchairs, with prostheses or under the guidance of a sighted person. The atmosphere was nothing short of amazing and our students certainly got in the spirit of the Games even featuring on the giant screen dancing!

In the words of Prince Harry himself *"You will watch performances which you wouldn't see at any other sporting event. You will witness servicemen and women dig deep to give their very best, but also lift each other up and encourage their competition to cross the finish line"*.

It was a privilege to watch what was nothing short of inspiring and moving.

**Charlene Stewart, PDHPE Teacher**



### Managing Your Mood Skills Groups for Adolescents

Are you struggling with distressing feelings and thoughts?

Are you experiencing symptoms of anxiety and depression?

Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?

Lifeline is offering 16-week psychological skills groups which will cover the following key components:

- **Mindfulness skills** – to stay focused on the present moment
- **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- **Interpersonal Effectiveness skills** – for assertive communication and building relationships



\* Groups will break for the school holidays and recommence in Term 2.

**Who can attend?** If you live or attend school in Northern Sydney or the Northern Beaches, are between 14 and 18 years old, and have mild to moderate mental health concerns you are eligible to attend.

**How much does the group cost?** FREE but you will require a referral from your GP to attend. (Form found here: [sydneynorthhealthnetwork.org.au/mentalhealthtrriage](http://sydneynorthhealthnetwork.org.au/mentalhealthtrriage))

**To register your interest:** please talk to your GP, or contact the Group Coordinator on 8287 1158 or [PHNgroups.coordinator@lifelineh2h.org.au](mailto:PHNgroups.coordinator@lifelineh2h.org.au)

#### 2019 Managing Your Mood Terms 1 + 2

Thursdays, 21 February- 20 June, 4-6pm at KYDS Lindfield

Mondays, 18 February- 24 June, 4-6pm at KYDS Hornsby

All potential participants must have a referral before a place can be confirmed.



Groups facilitated by

Funding for groups is provided by  
Sydney North Primary Health Network



Groups coordinated by

## MM Fundraiser and Public Launch



A great night of music and dancing to classic Aussie Rock to raise funds and celebrate the public launch of Mentoring Men.

The vision for Mentoring Men is for:

***"Supporting men in their life journey"***

Entertainment will be provided by the awesome eight member band Ministry of Rock who play the Aussie rock hits from the 70s, 80s and 90s.

**Date:** Fri 23rd Nov from 7:30 pm - 11:00 pm

**Venue:** Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills NSW 2120

**Tickets:** \$20 adults and \$10 for students and under 18s (tables of 10) available through:

<https://events.humanitix.com.au/mentoring-men-fundraiser-and-public-launch>

Full menu dinner & drinks available at the venue.

**Tickets strictly limited so book now!!**

For more information call Ian Westmoreland on 0400 606 768

## 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 their puffer.



**Asthma  
Australia**



**Asthma  
Australia**





## Bon Jour! From the Support Unit



Last week, students in the Special Education Unit were able to indulge in a French dessert called *Canon de D'artagnan*.

This special dish, renowned the world over, has come a long way since its origins in World War I. Our students not only benefited from learning vocabulary and phrases in French during the cooking lesson under the instructions of the two professional chefs, they also gained an appreciation for the famous gastronomy, which France is a major influence of worldwide.

The cooking incursion provided students with an invaluable and authentic experience of the French culture and cuisine and most importantly emphasised the importance of working collaboratively within a team. Students learnt to decorate their dishes with the fresh berries and cream sauce and at the conclusion of the lesson, enjoyed their delicious French food with a big happy smile. What a talent!

Special mention to Year 7 student Chris (left) for his excellent French speaking skills.

**Phuong Nguyen, French Teacher**





# MARTIAL ARTS


*will change your child!*



**Great Exercise / Fun / Coordination**  
**Highly Qualified & Motivated Instructors**  
**Programs to fit all families and schedules**  
**Personal Attention**

**FREE NEW MEMBER PACK**  
**VALUED AT**  
**OVER \$150!**

**Hill District Martial Arts**  
**Unit 5, 252 New Line Road • Dural NSW**  
**www.hillstk.com.au • 0456 226 849**



## CHERRYBROOK MUSIC

Music Lessons Include:

Guitar, piano, vocals (singing), violin, drums, saxophone, flute, clarinet, bass guitar, ukulele, songwriting, electronic music, band ensembles holiday programs and more.

**FREE TRIAL LESSON!**

ALL AGES WELCOME

CONTACT US:  
 PHONE: 0412 519 037  
 EMAIL: BRADLEIGHF@GMAIL.COM  
 WEBSITE: CHERRYBROOKMUSIC.COM.AU



In support of:  
**Normanhurst Scout Group**



**Tommy Dean**  
 - Sydney & Melbourne International Comedy Festival  
 - Host of 'Thank God it's Friday' - ABC Radio  
 - Spicks and Specks, Good News Week, Rove Live, Q and A, Gruen Planet, Gruen Transfer and Tractor Monkeys  
 "a consummate master of timing" - Australian Stage  
 "Tommy Dean is Awesome" - Foxtel



**Seamus McAlary**  
 - Sydney & Melbourne International Comedy Festival  
 - Writer - 'Good News Week' and 'You're Skitting Me'  
 - One of Sydney's most sort after Emcees  
 "An astute and insightful writer... His material is superb" - The Daily Telegraph



**Andrew Paskin**  
 - Sydney Comedy Festival 2018  
 - Sydney Fringe Festival (Sold Out)  
 - Writer for Comedy Central Roasts of Justin Bieber & Bruce Willis  
 "An absurd fusion of old school jocularly and modern day wisecracking witticisms." - Mick Meredith



**Mitch Garling**  
 - Sydney & Melbourne International Comedy Festivals  
 - The Checkout - ABC  
 - NSW RAW Comedy Finalist  
 - One of Sydney Comedy Festival's Best Emerging Comedians 2017  
 "Must See" - Sydney Morning Herald

Friday 23 November 2018  
 Doors: 7pm / Show: 8pm  
 Magpies Waitara  
 11-37 Alexandria Parade, Waitara

**BOOK NOW!**

Tickets \$35 at [comedyforacause.net/NSG](http://comedyforacause.net/NSG)  
 \$400 of lucky door prizes!  
 (15+ only)



## Rotary Club of Beecroft Carols

Monday 10th December 2018

Beecroft Village Green, 6.30pm

Bring the family along and join us for a wonderful evening of Christmas Carols

Kids dress up as Santa's Angels and Elves (Under 8's)  
 Join us for dance, singing and face painting with Groovy Suzy while waiting for Santa to arrive.

Our bucket brigade this year will be donated to Taldumande Youth Services - helping vulnerable Sydney kids

Scouts Sausage Sizzle, Soft Drinks, Coffee, Ice Cream and more



# 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](mailto:info@nsyo.org.au) apply online at [www.nsyo.org.au](http://www.nsyo.org.au)

**International Day off People with Disability:** Picnic in the Park at Blacktown Showground, Entry via Richmond Road Wednesday 5 December 10.00am-2.00pm. Free event with BBQ, entertainment and lots of activities including a silent disco, art in the park and much more. Information phone 1300 372 121 or email [customerconnections@dsa.org.au](mailto:customerconnections@dsa.org.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](http://www.rotaryyouthexchange.net.au)

**Southern Cross Cultural Exchange:** Information sessions [www.scce.com.au](http://www.scce.com.au) or 1800 500 051.

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

**Student Exchange Australia NZ** [www.studentexchange.org.au](http://www.studentexchange.org.au) or 9997 0700.

**World Education Program Australia (WEP)** [www.wep.org.au](http://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](http://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](http://www.lionsclubs.org.au/ye)

**STS Student Exchange** [www.sts-education.com.au](http://www.sts-education.com.au) or 1800 263 964

**AFS Intercultural Programs Australia** [www.afs.org.au](http://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](mailto:odnc_registration@yahoo.com.au) or 0412 561 114.

**Northern District Hockey Association:** [www.ndhockey.com.au](http://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](http://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 [mekellahan@nswrugby.com.au](mailto:mekellahan@nswrugby.com.au) or phone 9323 3407.

**Hills Hawks Softball:** All ages 4-adult welcome - [www.hillshawks.softball.org.au](http://www.hillshawks.softball.org.au) or phone Hazel - 0414 474 461

**Pennant Hills District Cricket Club: (15 years and over)** [pennanthillscricket.com.au](http://pennanthillscricket.com.au)

Registration enquiries: [penno.juniors@gmail.com](mailto:penno.juniors@gmail.com) or SMS 0450 226 158.

**North Sydney Girls Cricket Association:** [www.nsgca.nsw.cricket.com.au/](http://www.nsgca.nsw.cricket.com.au/)

**Pennant Hills Cherrybrook Rugby League Club:** [www.pennostags.com](http://www.pennostags.com). All ages.

**Beecroft Cherrybrook Junior Rugby Union Club:** [www.beecroftjuniors.com.au](http://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](http://www.dbsw.org.au) or [sydneyzodiacs@yahoo.com.au](mailto:sydneyzodiacs@yahoo.com.au) or 0410 655 764

**Epping RSL Golden Kangaroos Marching Band:** [www.gks.org.au](http://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](http://www.hdlac.org.au)

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

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

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

**West Pennant Hills Netball:** [www.westpennanthills.netball.asn.au/](http://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](http://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](mailto: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](http://hornsby.mytouchfooty.com)

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

**Asquith Netball:** All skill levels welcome. Information Linda Wilton 0403 214 410 or [Asquithnetball@outlook.com](mailto:Asquithnetball@outlook.com)

**Pennant Hills Netball Club:** [pennanthillsnsw.netball.com.au](http://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](http://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](mailto: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](http://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](http://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](http://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](http://abilityoptions.org.au) or contact Caroline Krix on 8811 1717 or [caroline.krix@abilityoptions.org.au](mailto: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](mailto:abilitylinks@unitingcarenswwact.org.au)

**Foster Care Association NSW:** Advocacy, support and information for foster carers. [www.fcansw.org.au](http://www.fcansw.org.au) or 4987 1847

**Healthy Kids FREE Parent e-zine:** important nutrition information and great recipes: [www.healthy-kids.com.au](http://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](http://www.votensw.info), enrol to vote at [www.aec.gov.au](http://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](http://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](http://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](http://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](http://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/](http://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](http://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](http://www.cybersmart.gov.au) - Part of the Australian Government's cybersafety program.

**The Australian Childhood Vision Impairment Register:** [www.vifamilynetwork.org.au](http://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](mailto: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](http://www.ourspace.org.au) or 9874 7458.

**St Vincent de Paul Society:** Interest free loans to low income families for essential household items. Phone 9477 5010

## DISCLAIMER

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

