



JUMBUNNA

Fortnightly Newsletter of Pennant Hills High School

Wednesday 19 December 2018

Term 4 Week 10A

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)



TERM 4, 2018

SCHOOL HOLIDAYS

Merry Christmas and Happy New Year

Week 01B	Tuesday	29 January	School Resumes for STAFF ONLY
	Wednesday	30 January	School Resumes for Years 7, 11 and 12 and Year 10 Peer Support Students (for the morning session only)
	Thursday	31 January	School Resumes for Years 8, 9 and 10 (whole Grade)
Week 02A	Tuesday	5 February	Year 7 Camp (Tuesday and Wednesday)
	Sunday	10 February	Music Camp (Sunday to Tuesday)
Week 03B	Monday	11 February	Music Camp (Monday and Tuesday)
	Tuesday	12 February	Year 7 Welcome BBQ
	Wednesday	13 February	Who School Swimming Carnival - Hornsby Aquatic Centre
	Wednesday	13 February	Music Camp Concert
	Thursday	14 February	Higher Achievers Assembly
Week 04A	Monday	18 February	Year 12 HSC Encore Evening - Sydney Opera House
	Thursday	21 February	Meet the Music - Sydney Opera House
	Friday	22 February	Year 7 Vaccinations
	Friday	22 February	Year 11 and 12 ARTEXPRESS Excursion

P&C MEETING DATES FOR 2019

Term 1: 26 February, 26 March

Term 2: 28 May, 25 June

Term 3: 23 July (TBC), 27 August, 24 September (TBC)

Term 4: 26 October, 26 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.

To all our students and their families

Merry Christmas

and

Happy New Year

*We look forward to another great year
of teaching and learning in 2019.*

From the Staff of Pennant Hills High School



PRINCIPAL'S REPORT

Vale Pamela Leadbitter

It was with deep sadness that we learnt of the passing of one of our loved and treasured colleagues, Mrs Pamela Leadbitter.



Mrs Leadbitter started at *Penno* in 1998 and in her twenty years of service as an English teacher, made an enormously positive impact on countless students in her care. Her love of literature and language was evident in her classroom practice, encouraging students to use language clearly and purposefully in their writing. She taught all levels of English in her career and was also an experienced marker of the Higher School Certificate.

In addition to her valued work in the English faculty, Mrs Leadbitter also contributed widely and generously to the school as a whole. She served as a Year Adviser twice and was a passionate debating coordinator - achieving unprecedented success guiding a number of groups through to the regional finals and beyond.

Mrs Leadbitter will be missed by all, particularly those in the English faculty who will long remember her infectious sense of humour, passion for her beloved St. George Dragons and her dedication to her students.

Oliver!

Wow what a show! I have been so proud to present our school musical *Oliver!* which was a collaboration of our own students and children from seven of our local partner primary schools to make up the enormous cast. Each performance was absolutely spectacular and thoroughly enjoyed by the enthusiastic and appreciative audience. My great thanks to our Director and Producer Mr Courtney Cassar, Choreographer and Producer Ms Laura Sheldon and Musical Director Mr John Buckley. In addition, my huge appreciation to Mrs Eileen Clements, Mrs Carol Coomber, Ms Amy Crilley, Mrs Kay De Sacadura, Mrs Lauren Erickson, Ms Deborah Feilen, Mrs Marnie Finch, Ms Ashleigh Greer, Mrs Bernadette Jebbink, Ms Emma Keegan, Mrs Janette Louis, Ms Eliza-Jane Morton, Mr Chris Nugent, Mr Damien Schmitt, Mr Travis Williams and Mr Bob Williams for the sensational contribution they made to bring this show together. In addition to all these people are a huge cast and crew that should be congratulated on the way they worked together. All shows ran smoothly, synchronised to perfection like the planets had aligned for us...

...Or so I thought ("I'm reviewing the situation...") until the very last show on Saturday evening, which was so abruptly interrupted by the force of Mother Nature and had to be cancelled. But not to be upstaged, our Director and crew managed to get a couple of generators for the next day ("Who will buy this wonderful morning...") so that the *show could go on*. The unscheduled matinee on Sunday was a great success and testament to the unbreakable spirit at Pennant Hills High School. My huge appreciation to the cast, crew and families for their support and tenacity under such testing circumstances. ("Consider yourself one of the family..."). A fantastic way to bring the year to a close.

Higher School Certificate (HSC) Results

Congratulations to Year 12 2018 on their excellent HSC results. We had 82 Band 6s and a number of students were pre-offered places to their University degree of choice.

In particular, congratulations to the following students: Dongchan and Liam who were listed on the NSW Educational Standards Authority (NESA) All Rounders List as students who scored straight Band 6 results; Aryan who was placed on the NESA Top Achiever List for finishing 4th in the State in Hindi; and Patrick who was also placed on the NESA Top Achiever List for finishing 5th in the State in Industrial Technology - Timber.

Staff Retirements and Departures

At the end of every year, there are always a number of staff movements. This year, we will farewell several long-serving staff members who are retiring; Mrs Jennifer Christensen (Maths) Mr Robert Crosbie (Industrial Arts), Mr Mark Harvey (PDHPE), Mrs Trudi Heath (Home Economics) and Mr Phillip Longhurst (Agriculture/Science). In addition, we also farewell Mrs Rosemary Jones, Head Teacher Home Economics, who will begin Long Service Leave next year before her retirement and Mr James Boyer, Head Teacher PDHPE who was successful at merit selection and will take up a position in the State Office of the Department of Education (DoE). Mrs Michelle Zahra, School Counsellor, is moving to Cherrybrook Public School as their full time Counsellor and Ms Kirstie Clarke (CAPA) will commence 12 months leave.

Farewell to a number of temporary teachers who have been with us for a significant period this year: Ms Emma Keegan, Ms Hannah King, Ms Gina Kalisperis, Ms Rebekah Ford, Mrs Suzanne Szecsodi and Mr James Kross. Mrs Kylie Spencer (Student Learning Support Officer) is moving onto new challenges in 2019 and Mrs Eileen Clements, Teacher Special Education Unit is taking up a position at Rouse Hill High School. Each of these staff members will be greatly missed, and I wish them all well for the future.

Whilst not leaving *Penno*, Mr Roger Niccol, Deputy Principal (Relieving) will return to his substantive role of Head Teacher HSIE after fulfilling the role of Deputy Principal for 2018. Mr Niccol has done an outstanding job in what we all know has been an extremely difficult year. He is an advocate for our students, whilst holding them to high standards and striving for the best outcomes. Mr Niccol is supportive of staff in all interactions, is calm under pressure and relied on for his sage advice. Thankfully, he will continue to take care of our students and staff in the new year. Thank you Mr Niccol.

Presentation Evening

Our annual Presentation Evening was a great success, well attended by families, staff and a myriad of special guests including our Guest Speaker Ms Amanda Ortlepp, who encouraged students to follow their passions, wherever they may lead!

Congratulations to the award recipients who were so deserving of recognition for their hard work and diligence. The organisation was seamless, the musical items impressive and the general feel of the evening was positive and celebratory.

Thank you to the team who coordinated the event, on their calm and approachable manner, making sure the ceremony stood with the formality and importance that it deserves. They personified attention to detail, commitment and dedication. Thank you to Mrs Kruger who began the task and continued to assist from her accident bed, Mr Symons who took up the mantle, Ms Dennis, Mrs Jebbink, Mrs Bain and Mrs Finch without who this evening would not have happened. My great thanks.

A Safe and Happy Holiday

2018 has been a year of great achievement, magnificent community spirit and good will, outstanding resilience and a unique fellowship, commitment and care for one another - which we are all so very proud of here at Pennant Hills High School. I wish you all a safe and happy Christmas and new year break and look forward to welcoming you all back in 2019.

Staff return Tuesday 29 January 2019; Years 7, 11, 12 and Year 10 Peer Support Leaders return Wednesday 30 January 2019; and Years 8, 9 and 10 (whole grade) return Thursday 31 January 2019.

Ross Warren, Principal





Oliver! Oliver! Oliver!



Oliver! Oliver! Oliver!





Oliver! Oliver! Oliver!



Oliver! Oliver! Oliver!



WHAT BOOKS WILL I NEED IN 2019?

Year 7, 2019 can get all books they need by purchasing a book pack from the school canteen.

Years 8, 9 and 10

<i>English</i>	156 page exercise book or A4 book
<i>Maths</i>	Casio FX82AU Plus II Calculator and 120 page A4 lined or grid book
<i>Science</i>	240 page A4 book
<i>History</i>	120 page exercise book or A4 book
<i>Agriculture</i>	180 page exercise book
<i>Geography</i>	120 page A4 book
<i>Commerce</i>	120 page A4 book
<i>Languages (Chinese, French, Japanese)</i>	240 page exercise book
<i>Visual Arts</i>	Process Diary (see your teacher)
<i>Computing</i>	All work is done online.
<i>PDHPE (Year 7 and 8)</i>	48 page exercise book
<i>PDHPE (Year 9 and 10)</i>	48 page exercise book
<i>Physical Activity and Sports Studies (Years 9 and 10)</i>	A4 loose-leaf folder
<i>Graphics Technology</i>	Display Folder
<i>Music</i>	A4 loose-leaf folder
<i>Drama</i>	64 page exercise book or A4 book

Years 11 and 12

<i>English</i>	A4 loose-leaf folder
<i>Maths</i>	A4 lined or grid book
<i>Science (Biology, Chemistry, Physics, Senior Science, Earth and Environmental Science)</i>	Practical - 240 page A4 bound ruled book Notes - A4 loose-leaf folder or 240 page exercise book
<i>Drama</i>	A4 loose-leaf folder or book 2X A4 Process Diaries
<i>Agriculture</i>	A4 loose-leaf folder or 240 page exercise book
<i>Business Studies</i>	A4 loose-leaf folder or book
<i>Economics</i>	A4 loose-leaf folder or book
<i>Geography</i>	A4 loose-leaf folder or book
<i>Legal Studies</i>	A4 loose-leaf folder or book
<i>Modern History</i>	A4 loose-leaf folder or book
<i>Ancient History</i>	A4 loose-leaf folder or book
<i>History Extension</i>	A4 loose-leaf folder or book
<i>Society and Culture</i>	A4 loose-leaf folder or book
<i>CAFS</i>	A4 loose-leaf folder or book
<i>Food Technology</i>	A4 loose-leaf folder or book
<i>Hospitality</i>	A4 loose-leaf folder or book
<i>Textiles and Design</i>	A4 loose-leaf folder or book
<i>All Languages (Chinese, French, Japanese)</i>	A4 loose-leaf folder or book
<i>PDHPE</i>	BYOD (preferred), A4 loose-leaf folder
<i>Sports, Leisure and Recreation (SLR)</i>	A4 loose-leaf folder or book
<i>Visual Arts</i>	A4 Process Diary
<i>Music</i>	A4 loose-leaf folder
<i>Engineering Studies</i>	A4 loose-leaf folder or book
<i>Industrial Technology</i>	A4 loose-leaf folder or book + Display folder

PLEASE NOTE, NO '5 SUBJECT' EXERCISE BOOKS ARE TO BE BOUGHT.

EACH SUBJECT REQUIRES ITS OWN SEPARATE BOOK.

STUDY SKILLS TIP FOR DECEMBER - TIME TO REFLECT: STEPS TO SUCCESS

With the end of the year fast approaching, take the time to ask yourself these questions:

- How well did I do this year at school?
- Did my particular style of thinking or approach produce more or less learning than I had expected?
- What could I have done differently?

What might I change to help me improve next year?

Take a piece of paper and write down the top 5 changes you want to make in your approach to school next year. Do it now because you will forget what you did in the new year. That way you can review your list before you start school again next year.

If you need a bit more help identifying what you could do to improve, work carefully through the next section. The following is adapted from the 'Becoming a Senior Student' unit on:

www.studyskillshandbook.com.au, but is suitable for students at all levels.

Moving Your Results to the Next Level

Level 1: Do you have the basics under control?

It is pretty hard to get decent marks if you aren't doing at least the three 'E's on Level 1:

- ENROLMENT: coming to school every day, attending every lesson.
- EQUIPMENT: coming to class with textbooks, writing paper, pens.

ENGAGEMENT: working in the classroom, trying your best, doing what you are asked to do.

Level 2: Do you have everything set up for learning?

Got the basics under control and ready to move your results to this next level?

Then this is what you need to do next:

- COMPLETING SET HOMEWORK: Your teachers are giving you this work for a reason! To help you understand the subject better. It makes sense to put a bit of effort in to do this work.
- PARTICIPATING IN CLASS / ASKING FOR HELP: By participating it helps you understand better in class which means less work to do at home. It is also important to ask for help from your teachers if you do not understand something.

HOME STUDY ENVIRONMENT / ORGANISING RESOURCES: It is important you can find everything you need when you need it. Consider how you have set up your workspace, how you manage all the paper and all of the digital resources you receive in the senior years.

Level 3: Do you study and manage your workload effectively?

Now that you have got things set up, time to make your life easier, and your study more effective, with the techniques on this next level.

- PREPARING FOR ASSESSMENTS: Are you?
- Using a Term Planner or Term Calendar so you can clearly see when assessments are due.
- Using a Diary to help plan for assessments - make a plan of work and keep track of what you have done.
- WORKING EFFICIENTLY AT HOME: Are you?
- Working in half hour blocks with no distractions.
- Making a study plan or study timetable.
- Making a plan each afternoon before you leave school.
- Using software such as 'Self-Control' and 'Freedom' to manage distractions
- Separating school work and personal time.
- Allocating set times to schoolwork.
- USING THE 1,2,3 STUDY METHOD: Are you?
- Avoiding just reading your notes over and over.

Avoiding leaving study until the last minute.

Instead, this is how you study in the senior years:

1. MAKE STUDY NOTES
2. LEARN THE NOTES BY TESTING YOURSELF ON THEM
3. DO LOTS OF QUESTIONS TO PRACTISE YOUR SKILLS.

Level 4: Do you want to get the best results you are capable of?

So you have decided to go all out and aim for great marks. Well done you! The nice thing about school is that it rewards hard work and effort, you don't have to be a genius, you just have to get stuck into it. If you are ready to move your results to the next level, here are your next steps.

continued next page

STUDY SKILLS TIP FOR DECEMBER *continued from previous page*

MAKING STUDY NOTES EARLY:

Don't wait until exam time. Make your study notes as you go, often at the end of a topic or section or every few weeks.

File away your study notes when complete so they are ready for exams.

Try advanced forms of note-making.

USING A WIDE VARIETY OF STUDY TECHNIQUES:

The more different ways you interact with the information you are trying to learn the better chance you have of retaining this info.

Explore which study techniques are most suited to your style of learning.

AIM FOR 2-3 HOURS OF SCHOOLWORK PER NIGHT (FOR SENIORS):

Do homework first.

Then work on assessments.

If you still have time, continue with work on study notes.

If notes are up-to-date, think what else you could do to improve your understanding of the subject, study guides, practice papers, revision books, practice essays.

Learn more about all these topics by working through the relevant units of work on:

www.studyskillshandbook.com.au

The holidays are also a perfect time to stretch your brain. The best thing you can do for your brain is to try something new, this will build new neural pathways in your brain. So these holidays, try at least one thing you have never done before, Sudoku, start learning a new language, try a new sport, take up a new hobby, even brushing your teeth with the opposite hand can have a beneficial effect on the brain! Visit www.studyskillshandbook.com.au to learn more about the brain in the Your Brain and Memory unit.

Our school's subscription details to this site are -

User name: pennanthillshs

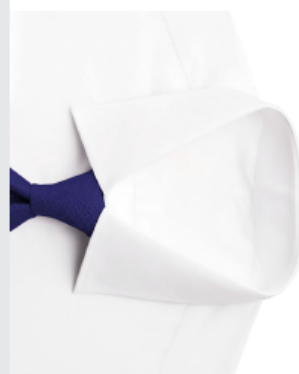
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Belinda Campbell, Head Teacher Student Wellbeing

The School Locker

Our goal is to provide great shopping experiences for families and our retail stores are centered around a single great idea: one store with everything you need for school.

Working in partnership with your school.



The School Locker is proud to partner with
Pennant Hills High School

Pennant Hills High School Uniform Shop

Address: Laurence Street
Pennant Hills NSW 2120

Uniform Shop Operator: Suzanne Haskins

Trading Hours During School Term:

Monday: 10:00am - 2:00pm

Friday: 8:00am - 12:00pm

Extended trading hours during back to school.

Contact: PennantHillsHS@theschoollocker.com.au

Extended Trading Hours:

Tuesday 4th December 2018 8am - 12pm

Monday 21st January 2019 8am - 4pm

Tuesday 22nd January 2019 8am - 4pm

Wednesday 23rd January 2019 8am - 4pm

Thursday 24th January 2019 8am - 4pm

Tuesday 29th January 2019 8am - 4pm

Wednesday 30th January 2019 8am - 12pm

The Pennant Hills High School uniform range is available online at:
www.theschoollocker.com.au

Payment options

The School Locker accepts cash, EFTPOS, Visa, MasterCard and American Express.

Online ordering

Products are available for purchase online at our website: www.theschoollocker.com.au. From our website you may choose to have your order shipped to you, or you may collect your order from the campus store.

Bring your own Device (BYOD)

School approved BYOD models are available for purchase online at our website: www.theschoollocker.com.au

School shoes

Great quality school shoes are available at Pennant Hills High School uniform shop and online - in styles that have been approved by the school.

The School Locker recommends that school shoes are fitted several weeks before the school year commences. It is important to allow enough time for your child to wear in, and feel comfortable in, their new school shoes before the first day of school.

Everything for school in one store:
uniforms, footwear, technology, music, sport and stationery!

A wide range of technology devices, musical instruments, sports equipment and stationery is also available for purchase from the retail store in Liverpool and online.

Address: The School Locker

The Grove Homemaker Centre,
2-18 Orange Grove Road
Liverpool NSW 2170

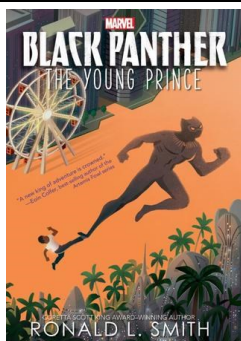
Telephone: 02 8796 2100

website www.theschoollocker.com.au
phone 1800 826 155
email service@theschoollocker.com.au

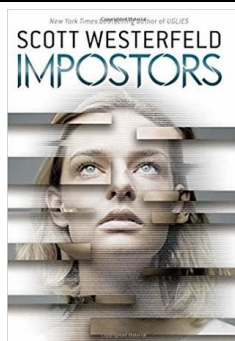
the
School
Locker

TERM 4 IN THE LIBRARY

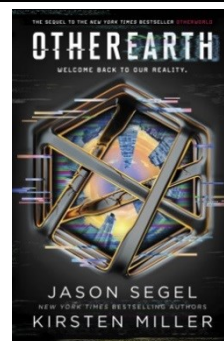
What's new?



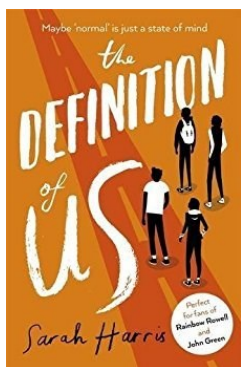
#Superheroes
#Mystery
#Graphic novels



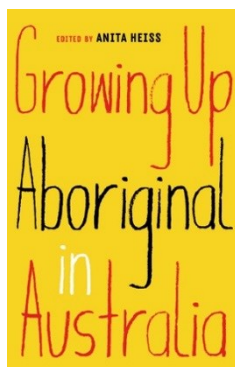
#twins
#FamilyRelations
#soldiers



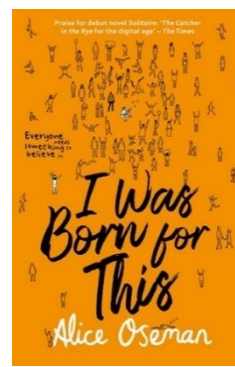
#VirtualReality
#ComputerGames
#MissingPersons



#MentalHealth
#MissingPersons
#Psychotherapy



#AboriginalPeoples
#EthnicRelations
#Autobiographies



#ComingOfAge
#Bands
#PersonalIdentity

Puzzling Teamwork

Have some free time? Wander in to the library and join in our puzzling quests. All welcome!



Holiday Reading

Don't forget to keep up your holiday reading. There will be plenty of great new books to keep you occupied in 2019!

Happy holidays!

Merise Feneley, Teacher Librarian (Relieving)


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 WEBSITE: CHERRYBROOKMUSIC.COM.AU



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Phone: 8998 5400
 Email: hornsbytoip@pcycnsw.org.au

PCYC SAFER DRIVERS COURSE FOR LEARNER DRIVERS

LEARNER DRIVERS WHO COMPLETE THE COURSE WILL RECEIVE 20 HOURS OFF THEIR LOG BOOK.

Book online at www.safedriver.org.au

NEXT COURSE:
 DATE: 13 December 2018 or 17 January 2019
 TIME: 17 Jan - 9:30am-12:30pm
 LOCATION: 1 Park Lane, Waitara NSW 2077

ALL PARTICIPANTS MUST:

- Hold a valid NSW Learner Licence
- Be under 25 years of age
- Have completed 50 logbook hours (or actual on road experience and not credits gained under the 3 for 1 professional instruction scheme)

20 hours Off Your Log Book



Master Security Lic No: 408949295

Interested in an Apprenticeship in 2019

Buffalo Locksmiths and Security, based in Ryde, operates 24/7 covering an extensive range of locksmithing and security issues.

Buffalo does more than cutting keys, we also install locks, safes, CCTV, cabling, automotive keys, lockouts....

Visit www.buffalolocksmiths.com.au to see the wide range of skills you will learn

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 ABN: 98 105 124 829
 (P) 02 9809 0294 (F) 02 9807 1380

Master Lic. 408949295 Master locksmiths Assoc. num. 5787

COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Benevolent Society Disability Services: Christmas is a busy time of the year and the disability services team is committed to providing support over the Christmas break. Open everyday except the public holidays. Information email customercare@benevolent.org.au or phone 1800 236 762.

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 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.dbsnw.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.taiko.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@unitingcarens.wact.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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