



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 6 July 2018

Term 2 Week 10A

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)

CONGRATULATIONS YOHAN ON YOUR SELECTION AS A FEATURED ARTIST IN THE 2018 SCHOOLS SPECTACULAR "THE GREATEST"



SCHOOL HOLIDAYS
Staff Return Monday 23 July 2018
Students Return Tuesday 24 July 2018

TERM 3, 2018

Week 01B	Monday	23 July	STAFF RETURN FOR TERM 3 Junior State Music Camp (Monday to Friday) Duke of Ed Bronze Meeting Year 9 and 10 Parent-Teacher Interviews Year 10 Subject Selection Information Evening 2018-19 SLC Induction Ceremony 9.10am NSWCHS Cross-Country Carnival Eastern Creek
	Monday	23 July	
	Monday	23 July	
	Wednesday	25 July	
	Wednesday	25 July	
	Friday	27 July	
Week 02A	Monday	30 July	Sydney North Athletics Carnival Homebush (Monday & Tuesday) HSC Music Practical Examinations (Tuesday & Wednesday) Half Day Photos - Sport and Extra-Curricular Year 11 Vaccinations
	Tuesday	31 July	
	Thursday	2 August	
	Friday	3 August	
Week 03B	Monday	6 August	HSC Trial Examinations (2 weeks ending Friday 17 August) Years 7-10 Australian Mathematics Competition
	Thursday	9 August	
Week 04A	Monday	13 August	HSC Trial Examinations (ending Friday 17 August) Year 11 Crossroads Seminar - Small Group Seminars Year 7 Gala Day Duke of Ed Bronze Practice Hike (Sunday and Monday)
	Monday	13 August	
	Wednesday	15 August	
	Sunday	19 August	
Week 05B	Monday	20 August	Duke of Ed Bronze Practice Hike CAPA Festival (ending Friday 24 August) Meet the Music at the Sydney Opera House HSC Composition Recording Music
	Monday	20 August	
	Wednesday	22 August	
	Sunday	26 August	
Week 06A	Monday	27 August	HSC Drama Performance Examinations (August 27 to 8 Sept) Year 7 Gala Day - backup date
	Wednesday	29 August	

P&C MEETING DATES FOR 2018

Term 3: 24 July, 28 August, 18 September

Term 4: 23 October, 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.

UNIFORM SHOP

The Uniform Shop will be closed during the school holidays. It will reopen on Monday 23 July (Staff Development Day) from 10.00am - 2.00pm as per normal.

The Uniform Shop is located in the MPC (school hall). Families can attend the shop when open or order online at:

PennantHillsHS@theschoollocker.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

PRINCIPAL'S REPORT



Farewell Lyndall Chamberlain and Deb Murray

It is with some sadness that we say a fond farewell to these two extremely committed and dedicated women who have served the students, staff and families of Pennant Hills High School collectively for over 50 years.

Lyndall and Deb started their time at Pennant Hills High School together and have decided that the time is right to retire together. Deb and Lyndall have a long association with the school. They have worked with four different Principals, numerous appointments of staff and served over 30 000 students.

They have been critical in supporting a myriad of student led initiatives and were instrumental in the success of programs that our previous SRC and now SLC run for the benefit of the student body. Their expertise in catering events outside normal school hours has ensured the success of our Presentation evenings, Graduation ceremonies, Meet the Teacher evenings, High Achievers' assemblies and the huge number of sausage sizzles they have co-ordinated. Their commitment and dedication to providing an engaging and happy environment for all our students over the last 27 years is certainly worth celebrating and more importantly, expressing our great gratitude.

Additionally, Deb and Lyndall have worked extremely carefully to ensure that each and every volunteer that comes into our canteen has the best experience they can provide and in doing so, have made a number of lifelong friends. I know that they would wish to pass on their great gratitude to the volunteers they have worked alongside all these years.

Lyndall and Deb have worked in great partnership with our P&C as well as with the school. We all wish them extremely well as they pursue the next phase of their life adventures and we look forward to hearing their many stories.

As the custodian who currently works with them as Principal, I would like to pass on my sincere thanks for all they have done in making Pennant Hills High School "Nothing but the best."

*Butter chicken pies, beef or curry?
Sauce with that? I know, you're in a hurry!
Chocolate milk – is that small or large?
It has to be more than five dollars, if the card you want to charge.*

*Zooper Doopers, ghost drops, fairy floss, green – not sour!
It's Friday lunchtime – why can't it be at least an hour!
Coconut sorbet in a real shell – so classy and cool
Hurry up and eat it, you'll soon be sitting on a science stool!*

*Caesar wrap, pink donut and honey-soy chips
A rainbow roller, four Minties – that's about it
Our Year 11 helpers we admire and so need
Turn up and serve – then you we will feed!*

*All you beautiful students, both present and past
We have served and fed, mostly between class!
We wish you a life of happiness and success
And your future lives will all be blessed.*

Thank you wonderful Penno students, I am going to miss your sweet smiling faces – please say hi in the street!

School Leadership Team

At the end of Spirit Week last week we congratulated the new incoming Executive Student Leadership Team that will take up their roles in Term 3. The induction ceremony will be held early next Term and I will write more about our new team then. I would also like to congratulate the outstanding efforts of the outgoing leadership team for the huge contribution they have made to Pennant Hills High School in 2017-2018. Congratulations to our new team of prefects - what an outstanding group of students. I look forward to working closely with our new team over the coming year, they are an extraordinary team capable of extraordinary things.

Year 9 &10 Parent Teacher evening and Subject Selection Information Evening:

The 2018 Year 9 and 10 parent teacher evening will be held on Wednesday 25 July 2018. The information evening, regarding Year 10 into Year 11 subject selection will begin from 6.30pm in the MPC. All parents and students in Year 10 are asked to attend this event to ensure they are aware of the process that is followed to allocate students to subjects. Parents will be given advice on subject requirements and have the opportunity to ask questions about course selection for the 2019/20 academic years.

School Holidays

As this is the last *Jumbunna* for Term 2, it is timely to remind parents that the mid-year school holidays commence at 3.20pm on Friday 6 July and continue until **Tuesday 24 July**, when all students are to return to school. Staff will be involved in a School Development Day on Monday 23 July. This is a pupil-free day and parents should ensure any supervision arrangements necessary for their children are in place for this day. As students return on **Tuesday 24 July, I remind all of them that we start Term 3 on Week B.**

I wish everyone a safe and happy break and I look forward to a productive Term 3.

Ross Warren,
Principal

FACULTY AWARDS

Congratulations to the following students who received awards in PDHPE, HSIE and CAPA subjects:

PDHPE Subject Awards

- Year 7 **Outstanding Achievement:** Sarah, Cayla, Leandro, Sophie, and Caitlyn; **Consistent Effort:** Aliya;
- Year 8 **Outstanding Achievement:** Oliver, Harrison, Ashlin, Alice, Erin and Williams;
- Year 9 **Outstanding Achievement:** Elizabeth, Madisson, Alodie, Alastair, Jessica and Will; **Consistent Effort:** David, Michael and Ryleigh;
- Year 10 **Outstanding Achievement:** Jessica, William, Tarsha, Cameron, Connor and Erin; **Consistent Effort:** Sean, Owen, Matthew and Megan;
- Year 11 **Outstanding Achievement:** Emily, Emily and Henry; **Consistent Effort:** Harry; and
- Year 12 **Outstanding Achievement:** Liam and Jayden

HSIE Subject Awards

- Year 7 **High Achievement:** Cayla, Abigail, Maeve, Sebastian and Gianna; **Consistent Effort:** Lachlan;
- Year 8 **High Achievement:** Sienna; **Consistent Effort:** Harriet, Joshua, Jay and Alice; **Improvement:** Jacob;
- Year 9 **High Achievement:** Rya , Alex, Benjamin, Alodie and Christina; **Consistent Effort:** Trent and Alodie;
- Year 10 **High Achievement:** Antonia; **Consistent Effort:** Luna

CAPA Subject Awards

- Year 7 **High Achievement:** Sophia, Isabelle, Maeve, Ella, Keisha, Sydney, Abigail, Claire, Riya, Sebastian, Gabriel, Anna, Regan, Aima, Alex and Ashlyn;
- Year 9 **High Achievement:** Simran, Sophie, Brook, Hiroshi, Megan and Evelyn;
- Year 10 **High Achievement:** Aleysia and Meena, Daniel, Alexandra and Emily;
- Year 11 **High Achievement:** Olivia, Alex, April, Matthew, Kean and Shannon;
- Year 12 **High Achievement:** Leah, George, Alistair, Tabitha, Sam, Tom, Jade, Veronica, Sofie, Svetlana and Charles.



Music recipients



Drama recipients



Visual Arts recipients

OFFICE HOURS AND PAYMENT TIMES

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

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

2018 University of NSW Programming Competition

On Friday 16th June 2018, eight Pennant Hills High School students competed in the University of NSW Programming Competition (*UNSW ProgComp*). The UNSW ProgComp is the largest high school programming competition in Australia, with teams from every state and territory competing. Teams usually include three students, who share a computer and attempt to solve as many of the programming tasks as possible, using any programming language(s).

This year Joshua, Daniel, Sacha, Liam, Shaan, Jason, Kevin and Adam represented Pennant Hills High School in this competition. The students had to attempt as many of the six difficult problems as possible over a two hour period. The seven best schools qualify for the final to be held at the University of NSW.

We eagerly look forward to seeing how our teams went in this year's competition.



Late breaking news.....The results of the competition saw two of our programming teams receiving credit awards and the other team received a participation award. The teams finished 44th (Year 11), 80th (Year 12) and 186th (Year 10) out of 203 schools. Congratulations to all three teams as it was their the first attempt at this competition.

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BYOD and PDHPE

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

Students must bring their devices to the storeroom at the start of the lesson.

James Boyer , Head Teacher PDHPE



SPORTS SHORTS...

Open's Knockout Girls Netball - K.Tibbotts

Congratulations to the Open Girls' Knockout Netball team who have progressed to the fourth round and will be playing Cheltenham Girls High School on Friday 6 July.

Worlds Summer Olympic Games for Athletics - V.Kruger

Congratulations to Sara Kely who has been selected to represent Australia in Athletics at the 2019 Special Olympics World Summer Games in Abu Dhabi from March 8 to 21, 2019. We wish Sara good luck in her preparation in for the games.

Zone Cross Country Carnival - M.Harvey/J.Williams

The Zone Cross Country Carnival took place during week 5 of this term and Pennant Hills High School placed third overall. We were lucky to have five winning teams, which consisted of the Under 14 Boys, Under 16 Boys, Under 17 Girls, Under 17 Boys and the Under 18 Boys. Additionally, we had 15 age champions consisting of eight first places, four second and three third places. Congratulations to all on this terrific result. Medals will be presented to all the Age Champions by Mr. Harvey and Mr. Williams.

Sydney North Cross Country Carnival - M.Harvey/J.Williams

We would like to congratulate Will who came first in the 16 years boys' category at the Sydney North Cross Country Carnival. Congratulations to the 11 students who came under the first eight place getters at the Regional Cross Country Championships and who will now progress to the NSWCHS Cross Country Carnival at Eastern Creek next term. They are:

NAME	YEAR	PLACE
Will	Year 10	1st
Matthew	Year 12	2nd
Sam	Year 12	2nd
Nicholas	Year 12	5th
Liam	Year 12	5th
Ella	Year 12	6th
Ashlin	Year 8	8th
Will	Year 8	10th
Sara	Year 11	Para-Athlete
Shana	Year 8	Para-Athlete
Darcy	Year 7	Para-Athlete

NSW CHS Cross Country Carnival - M.Harvey/J.Williams

The NSW CHS Cross Country Carnival will take place at Eastern Creek on Friday 27 July, 2018. We have 11 students who are competing at this carnival and we would like to wish them good luck in the upcoming carnival. Congratulations for making it this far! They are as above.

Zone Athletics Carnival - V.Kruger

The Zone Athletics Carnival was held at Homebush on Wednesday 13 June. Our school was placed third overall! In total we had 14 age champions, consisting of four 1st places, six 2nd places and four 3rd places. Congratulations to all age champions on these tremendous results. We would also like to congratulate everyone who participated on the day for their contributions. Medals to Age Champions will be handed out in Term 3.

Sydney North Athletics Carnival- V.Kruger

The Sydney North Athletics Carnival will be held on 30 and 31 July in Term 3. Our school will have 44 athletes competing. If you are competing but have not returned your note, please see Mrs. Kruger as soon as possible to discuss. Congratulations to all athletes for their success so far and good luck to all competitors for July.

Quote of the day:

If it doesn't challenge you, it won't change you – *Fred DeVito*

Valmé Kruger,
Sport Coordinator

3 July 2018

**Confirmation of arrangements for a student to carry their own asthma reliever
medication to and at school**

Dear Parents/Carers

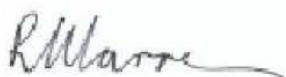
This letter is to advise you that students who suffer from asthma are requested to carry **their own** asthma reliever medication. For asthma reliever medication your child should carry it with a copy of their *Asthma Action Plan*.

Please ensure the medication that your child carries themselves is within the expiry date and clearly labelled with their name.

Please keep the school informed if your child's health condition and/or treatments change.

The school will continue to work with you to support your child in managing their health condition.

Yours sincerely



Ross Warren



2018 HILLS RELAY FOR LIFE



Celebrating those who have survived, and remembering loved ones lost to cancer, were the major incentives for a record number of teams and participants involved in the 17th Hills Relay for Life event on Saturday 19th May and Sunday 20th May at Castle Hill Showground.

After a successful debut in 2015, Pennant Hills High School entered a team the *Penno Pacers*, to show our support for a cause, which is so close to so many of our hearts.

The 24hour event commenced on Saturday morning with a moving survivors and carers lap, followed by ongoing entertainment and activities on and off the track. At dusk, over 1000 people gathered for a touching Hope Candlelight Ceremony which included a special vocal performance by former student David Saunders. A silent disco and movies took place from 11pm to 6am as well as the Royal Wedding and FA Cup Final. Back by popular demand, the dog walk commenced at 7:30am on Sunday morning, followed by the Closing Ceremony.

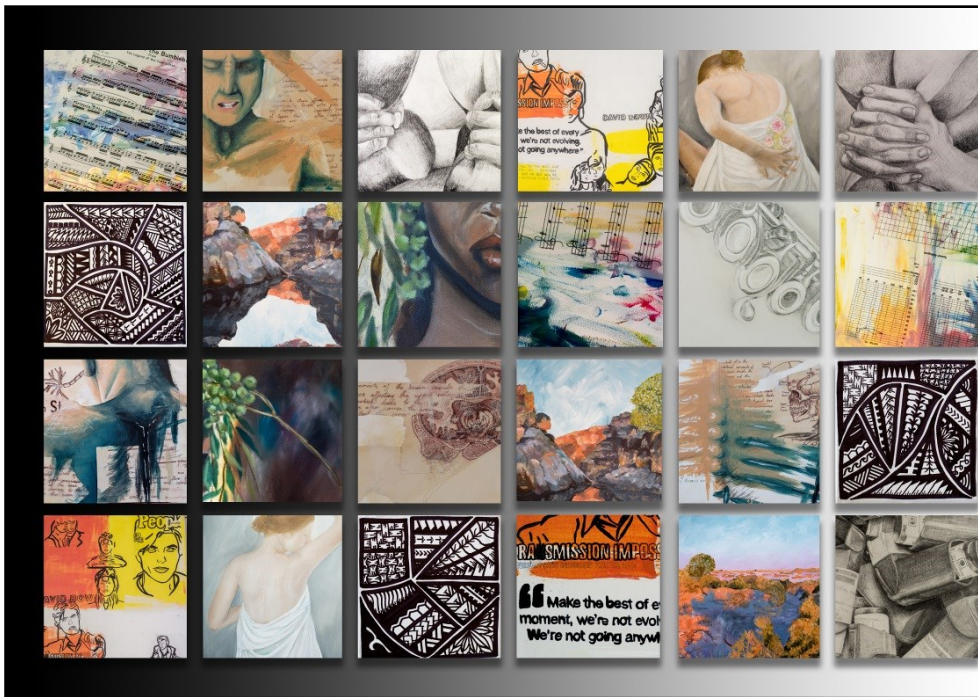
The 2018 *Penno Pacers* team was a combination of new and familiar faces of students, staff, family members and friends. Over 40 enthusiastic and devoted people who, over various stages of the weekend gave up their time, whether it be a few hours or the entire event, to walk and run over 1000 laps! Just over \$7000 was raised by the *Penno Pacers*, contributing to a grand total of \$327,000 at this local event. This money will help fund cancer research, provide practical and emotional support services for patients, carers and families in the Hills area and fund education programs on cancer prevention.



Of course, these events would not be as successful as they are without a lot of hard work behind the scenes and throughout the event. I would like to take this opportunity to thank:

- All members of the *Penno Pacers* for walking in hope for all those affected by cancer particularly year 12 students – Tabitha, Elizabeth, Sophie, Mike, Joshua, Michael, Archie, Ethan, Phillip, Isaac, Lachlan, and Sam - staff, and those who stayed overnight.
- 2017 HSC graduates John, Helen and Kalindi who returned with their big smiles and enthusiasm (and John with some sweet and savoury goodies)
- Mark Randall for delivering the marquee and barbecues on Friday afternoon and assisting setting up the *Penno* Marquee
- Colin Wright for helping set up and pack up the *Penno* Marquee and for lending his own marquee for us to use
- Ben Stewart for his assistance setting up and cooking hundreds of gözlemes
- Eileen Clements and former SASS staff member Susan Mercer for staying overnight to supervise members of our team and for their drive to raise money
- Michael and Phillip who helped serve gözlemes
- Year 12 students – Elizabeth, Mike, Sophie, Tabitha and Bek for agreeing to playing a huge role in the International Productions video of which we are eagerly awaiting its release
- Students and staff who kindly donated lemons to accompany our gözlemes
- Pizza Hut West Pennant Hills for donating dinner which Marc Clements kindly picked up for the team
- Coles West Pennant Hills for donating a gift card to purchase food for our team members
- SLC members and their very capable leaders Miss Morton and Mr Banyai, for their help with the RFL Mufti Day and cooking and selling of gözlemes which raised over \$3000!
- The P & C Committee who covered half the costs of the gözlemes for the Mufti Day
- Parents and family members who dropped off and picked up our team members at various times throughout the event
- And finally, a big thank you to all members of our school and wider community that have made donations to this worthwhile cause. Your generosity and kindness will help make a difference in the fight against cancer.

Charlene Stewart, Penno Pacers Team Captain



**Pennant Hills High School
Creative & Performing Arts Festival 2018**

Multi Purpose Centre & Drama Studio
Laurence Street, Pennant Hills 9473 5000

Tuesday 21 August, HSC Drama Family and Friends Night, Drama Studio, starting at 7.00pm

Wednesday 22 August, VA Exhibition, MPC, open 11am – 8.30pm, Official Opening at 7pm

Thursday 23 August, VA Exhibition, MPC, open 9am – 3pm

Friday 24 August, VA Exhibition, MPC, open 9am-3pm

Friday 24 August, Stage 6 Music Soiree, MPC, starting at 7.30pm

2018 SCHOOL SPECTACULAR - THE GREATEST PRE-SALE TICKET INFORMATION

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

There are four shows:


Friday 23 November 2018 -
11:00am and 7:30pm

Saturday 24 November 2018 -
1:00pm and 7:00pm.



For further ticket information, please contact Mr Richard Spiewak on 8512 1161 or at Richard.spiewak@det.nsw.edu.au.


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





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.



CARING FOR OUR STUDENTS

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

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

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

Book at www.academyofspeakers.com or Eventbrite.



Confidence Through Public Speaking – Years 7-8

This is the intermediate course that the Academy of Speakers delivers. It is designed to build confidence and self-esteem in young adolescents. The Academy of Speakers Confidence through Public Speaking program will give your child an added advantage as they embark into the early years of high school.

During this program, the students will be taught the key aspects of gaining confidence by:

- How to be assertive on stage and project their voice with confidence
- How to use their physiology and posture to feel more confident and to portray this confidence to the audience
- How to accept the fear of failure and use it productively
- How to use visualisation techniques to gain confidence and to prepare subconsciously for a delivering a memorable speech.

Practical Public Speaking Skills

Within this program the public speaking skills that they will learn include:

- How to create a eureka moment to make your speech memorable
- How to speak effectively on camera
- How to build an idea to create a captivating speech

**Saturday July
14th & Sunday
15th (9:30AM
– 3PM)**

**Presented by
Kamal
Sarma, TEDx
Presenter &
best-selling
author**

**Where:
Normanhurst
Boys High
School**



You are invited to the
**West Pennant Hills Public School
P&C Presentation with John Coutis**

Monday 6 August 6.30-7.30pm

John 'JC' Coutis is a remarkable Australian who was born with a severe physical disability in which doctors gave him little chance of survival. John has not only defied medical opinion, he has thrived and is acknowledged as one of the world's most inspirational speakers. Without the lower part of his body, John embraces a full and positive life. He rolls around on his custom skateboard and uses humour to communicate some of life's most important lessons.

While John Coutis considers himself most privileged to be able to impart his gifts and dynamic life experience to others, in turn he is widely acknowledged as one of the most inspirational speakers of his generation. His invaluable messages encompass respect for diversity, anti-bullying, inclusion, resilience, goal setting, tolerance, motivation, self-determination and courage.

We would love to extend an invitation to the families of
Pennant Hills High School.

This is a great opportunity to have a family night out with your children at a really small cost of **\$5.00 per family** that will create memories and a shared topic of conversation around some of the more difficult social issues our students face – bullying and resilience. Don't miss it!

Please RSVP to www.westpenhil-p.schools.nsw.edu.au with the number of people in the family attending. You will be charged \$5 per family group as you arrive on the evening.



2018 NORTHERN SYDNEY APPRENTICESHIP AND TRAINEESHIP EXPO

Learn how to get an apprenticeship or traineeship, interview tips, pick up job applications, learn more about the leading training organisations and find a career that excites you.

Thursday 16th August 2018
3.30 pm - 6.30 pm
The Concourse - Civic Pavilion,
409 Victoria Avenue, Chatswood

Parents and Carers Welcome.
FREE to attend.

For more information visit
facebook.com/NSEXpo2018

PRINCIPAL SPONSOR



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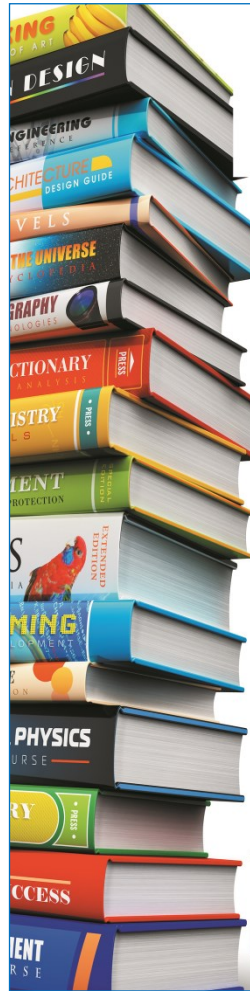
need your
**BOOKS, DVD's, CD's,
Puzzles & Records**
(no videos, cassettes, encyclopedias or textbooks)

Please drop off on
Saturday mornings from
30th June to 28th July to
Cheltenham-Beecroft Scout
& Guide Centre

or
Phone for pick up
0478 110 943

Our Book Fair
is on Saturday 4th &
Sunday 5th August 2018
9am to 3pm
at
Cheltenham-Beecroft Scout
& Guide Centre, The Crescent, Beecroft

Discover what Beecroft Rotary are doing for your
community by Liking our page at
<https://www.facebook.com/rotarybeecroft/>



PCYC | Safer Drivers Course For Learner Drivers



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YOUTH CLUBS

PCYC are an accredited provider of the Safer Drivers Course.
Guiding young people in the right direction since 1937



The Safer Drivers Course involves two modules:

Module one: A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of twelve participants and will be delivered by a facilitator.

Module two: A two-hour in-vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach. Course cost: \$140

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the course. Credits gained under the 3 for 1 scheme cannot be included.

Participants who complete the course will receive 20 hours credit recorded in their learner driver log book.

To find your closest club or book into the next available course check out our website:

www.saferdrivers.org.au

Call us on 9625 9111 or drop into your local club to find out more

PCYC [Hornsby] 1 Park Lane, Waitara, NSW 2077 Ph. 8998 5408

Registered NDIS Provider

ndis I support the

Helping young people:

- ✓ Increase awareness of:
 - ✓ Mental health issues
 - ✓ Symptoms of Anxiety and Depression
- ✓ Build resilience by:
 - ✓ Teaching self help skills
 - ✓ Showing where additional help is available
- ✓ Create self worth:
 - ✓ Teaching self awareness skills
 - ✓ Empowerment through dream building and goal setting

Participants in the Face to Face Program receive the additional benefit of spending time with our therapy dog, Angel

Program can be delivered:

- ✓ 100% on-line via a secure on-line classroom platform; or Face to Face at our office at Castle Hill

What you receive:

- ✓ 6 hours of quality teaching from a qualified and experienced counsellor
- ✓ A workbook, journal and stationery set to complete the program
- ✓ Lifelong skills manage and maintain mental and emotional health and well-being


For more information contact Wendy:

0452 117 660
wendy@amazeinlifecounseling.com.au

	Face to Face Timetable
Saturday	10:00am - 11:00am 11:30am - 12:30pm
Monday	4:00pm - 5:00pm 7:30pm - 8:30pm
Wednesday	4:00pm - 5:00pm 7:30pm - 8:30pm
Thursday	7:00pm - 8:00pm

A-Maze-In Mind

6 Week Mental Health
Awareness, Education and
Support Program



CHERRYBROOK MUSIC

Music Lessons Include:
Guitar, piano, vocals (singing), violin, drums,
saxophone, flute, clarinet, bass guitar, ukulele,
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holiday programs and more.

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EMAIL: BRADLEIGHF@GMAIL.COM
WEBSITE: CHERRYBROOKMUSIC.COM.AU

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COMP STARTS 19TH SEP

\$65

10 WEEK COMP | SHIRT INCLUDED
REGISTER ONLINE
HORNSBYTOUCH.COM.AU
REGO OPENS 6TH JULY

DIVISIONS
GIRLS 9s | 11s | 13s | 15s | 17s
BOYS 9s | 11s | 13s | 15s
FAMILY DISCOUNTS

ALL GAMES @
FOXGLOVE OVAL
WEDNESDAY
AFTERNOON

Interested in Boys 17s? Contact us at hornsbysouth@gmail.com

COMMUNITY NOTICES AND CONTACTS

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.aiiu.com.au or 1800 174 407 - program costs apply.

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

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

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

RECREATION AND SPORTING GROUPS

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

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

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

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

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

Pennant Hills District Cricket Club: (15 years and over) pennanthillscricket.com.au
Registration enquiries: penno.juniors@gmail.com or SMS 0450 226 158.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Castle Hill BMX Club: Fred Caterson Reserve, Castle Hill. Facebook: [facebook.com/castlehillbmx](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: pennanthillsnc.nsw.netball.com.au



COMMUNITY NOTICES AND CONTACTS

HELPERS NEEDED

Foster families needed: Department of Family and Community Services - 8303 7644
Carers can be singles, couples, with or without children, and from any cultural background.

Foster carers needed: Key Assets NSW, a dynamic not-for-profit foster care provider - 8336 5700
Providing high quality and innovative family placements for children and young people with varying needs.

Volunteer with Easy Care Gardening: www.easycaregardening.org.au or 9983 1644 (Hornsby/Ku-ring-gai)

Bilingual Volunteers Needed: City of Sydney Meals on Wheels - For more information, phone 8512 4230.

Lifeline Telephone Volunteers needed: It's never too late to make a difference ... or to learn new skills.
Join a team of volunteers on the crisis support line based at Gordon. Training is comprehensive and ongoing support is provided for all volunteer counsellors. More information: 9498 8805 or admin@lifeline2h.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 waitarafc@dbb.org.au

Our Space - Integrated Youth Service Hub, Eastwood: bringing together a variety of services committed to improving the wellbeing of young people aged 11-18 years. Information: www.ourspace.org.au or 9874 7458.

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

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