



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 20 December 2019

Term 4 Week 108B

## The Staff of Pennant Hills High School



wish all our students and their families

## Merry Christmas and Happy New Year

We look forward to another great year of teaching and learning in 2020.

Mr Ross Warren  
Principal

Mr Brendan O'Byrne  
Deputy Principal

Mrs Fiona Payne  
Deputy Principal

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## SCHOOL HOLIDAYS

Merry Christmas and Happy New Year

### TERM 1, 2020

<b>Week 01B</b>	Monday	27 January	<b>AUSTRALIA DAY PUBLIC HOLIDAY</b>
	Tuesday	28 January	School Resumes for <b>STAFF ONLY</b>
	Wednesday	29 January	School Resumes for <b>Years 7, 11 and 12</b> (whole grades) <b>with Year 10 Peer Support Leaders</b> (for the morning session only)
	Thursday	30 January	School Resumes for <b>Years 8, 9 and 10</b> (whole grade)
<b>Week 02A</b>	Tuesday	4 February	Year 7 Camp (Tuesday and Wednesday)
	Sunday	9 February	School Music Camp (Sunday to Tuesday)
<b>Week 03B</b>	Monday	10 February	School Music Camp (Sunday to Tuesday)
	Tuesday	11 February	Year 7 Welcome to Families BBQ 4.00pm-6.00pm
	Wednesday	12 February	Whole School Swimming Carnival - Hornsby Aquatic Centre
	Wednesday	12 February	School Music Camp Concert 7.30pm
	Thursday	13 February	Year 12 2019 High Achievers Assembly
<b>Week 04A</b>	Thursday	20 February	Meet the Music Sydney Town Hall 7.00pm
	Friday	21 February	Year 11 and 12 Excursion to ARTEXPRESS
<b>Week 05B</b>	Monday	24 February	Zone Swimming Carnival - Homebush
	Friday	28 February	<b>WHOLE SCHOOL MAIN PHOTO DAY</b>
<b>Week 06A</b>	Tuesday	3 March	Open Day 4.00pm-6.00pm
	Friday	6 March	<i>Matilda</i> Musical Matinee and Evening Performance
	Saturday	7 March	<i>Matilda</i> Musical Evening Performance
	Sunday	8 March	<i>Matilda</i> Musical Matinee Performance



**PENNANT HILLS HIGH SCHOOL**  
RESPONSIBILITY INTEGRITY ACHIEVEMENT

**OPEN NIGHT 2020**

**March 3rd 4pm - 6pm**

PERFORMANCES REFRESHMENTS GUIDED TOURS  
INTERACTIVE EXPERIENCES ENROLMENT INFORMATION

**LAURENCE STREET PENNANT HILLS**  
**9473 5000 pennanthil-h.schools.nsw.edu.au**







## PRINCIPAL'S REPORT

### Presentation Evening

Last Tuesday, we hosted our annual Presentation Evening. It is the highlight of our school year, celebrating our academic and sporting achievements together with the special awards outside of these spheres.

We were joined by 22 members of our community including: Mr Mark Anderson, Director Educational Leadership; local members Mr Matt Kean, MP, Member for Hornsby, Minister for Energy and Environment, Mr Julian Leaser, MP, Federal Member for Berowra and our Mayor Mr Phillip Ruddock. We also welcomed back Dr Alison Attenborough from the Class of 2005 as our guest speaker.

On the night, we celebrated the great virtues of our comprehensiveness and our sense of belonging – who we are, what we value, what our priorities are, and what we have achieved together.

Our students were rightfully celebrated for their dedication, efforts, civic mindedness, determination, creativity, talents and attainments - they are an inspiration to all and our future! As I said on the night, *"sit back, marvel at their potential, feel proud that they belong to us and that they are part of our community. I'm sure you wouldn't have it any other way."* Congratulations to all award recipients.

Of course an event of this scale requires an enormous amount of planning and organisation. Thank you to the committee lead by Mrs Kruger, Head Teacher PDHPE, who, together with Mr Symons, Careers Adviser, Mrs Bain and Mrs Finch, School Administrative Officers, and Mr Randle, General Assistant ensured the evening was a complete success. Thank you to Ms Dennis, Head Teacher CAPA and Mrs Jebbink, Head Teacher Secondary Studies for their expertise on the frontline - rehearsing and coordinating the awards on stage before and during the night. Thank you to Concert Band 1, ably conducted by Mr Buckley, Band Director, who, together with Year 11 student and 2019 Schools Spectacular featured artist Yohan, provided the superb musical entertainment for the evening. Thank you to our students on the rehearsal crew, technical crew and ushers, who worked before and during the event and to our teaching and administrative staff whose involvement was essential for success.

### End Of Year Music Concert

The following evening, we hosted our annual End of Year Music Concert. It was a spectacular array of musical genres which were thoroughly enjoyed by the appreciative audience.

Thank you to Mr Buckley and Mr Loughnan, Band Directors for the huge amount of work they did in preparing our musicians for this performance. Thank you to Mrs Coomber, Music Ensembles Director and Mrs Bassett, Music Ensembles Administrator for once again putting on a wonderful show.

It is an opportune time to acknowledge and thank

Mr Buckley, Mr Loughnan and our Choir Director Ms Kelly for the work they have done all year in extending our extra curricula music programs and working tirelessly to provide performance opportunities for our students. Our Music Ensembles program is well-renowned and second to none.

### HSC Results and ATARS

Congratulations to the Class of 2019 on their excellent Higher School Certificate (HSC) results. We have had 50 Band 6/E4 results and a number of students who have already been pre-offered places to their University of choice. At our Celebration Breakfast this week, we welcomed back our Year 12 2019 cohort who shared stories of their HSC experiences and ATAR scores whilst visiting with teachers and enjoying a sausage sizzle happily prepared by Mr Niccol, Head Teacher HSIE and his team of staff helpers. At present, we have 20 ATAR ranks above 90.00 - an outstanding result.

### Farewell of Staff Members

This week, we farewelled Mrs Cassandra Bernie, Teacher Special Education Faculty who has transferred to the Umina Campus of Brisbane Waters Secondary College. Mrs Bernie has given twelve years of wonderful service to students as both classroom teacher and Relieving Head Teacher. She has made an outstanding contribution to Pennant Hills High School. Her students and the entire school community have benefited enormously from Mrs Bernie's contribution and we thank her for all that she has done - she will be missed.

Farewell and thank you to our 2019 casual teachers: Mr Choo, Ms Dona, Miss Green, Ms Hong, Mr Moore, Mr O'Brien, Mr Piao, Ms Span, Mr Sutton and Mr J Williams for their loyal and valuable service to our school community. Each of these individuals will be greatly missed and we wish them well for the future.

### Happy Holidays

As the school year comes to an end, I wish you all a very Merry Christmas, a Happy New Year and a safe and rejuvenating Summer holiday break.

Our thoughts are with those less fortunate than ourselves - drought affected communities and those in the bushfire zones. We wish them all the best as they enter the height of the Summer season.

I reiterate what I said at Presentation Evening, that *"It is a privilege to continue to build our sense of belonging with the parent body and the huge contribution that you all make to our fabulous school."* Thank you to our school community for the partnership you continue to build with us. Your ongoing support is very much appreciated.

### School Resumes for 2020

Staff return: Tuesday 28 January 2020;  
Years 7, 11 & 12 together with Year 10 Peer Support Leaders (morning session only) return: Wednesday 29 January 2020; and  
Years 8, 9 & 10 (whole grade) return: Thursday 30 January 2020.

**Ross Warren, Principal**



## WHAT BOOKS WILL I NEED IN 2020?

**Year 7, 2020** 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 2 X 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>	3 x 96 page exercise books
<i>Hospitality</i>	A4 loose-leaf folder or book
<i>Textiles and Design</i>	3 x 96 page exercise books
<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.**

## ASTHMA - BACK TO SCHOOL

The start of the school year can be busy enough without the added concern about your child's asthma striking them in the classroom or playground. But that's just the time when kids are most at risk of asthma flare-ups, with a spike in asthma attacks and hospitalisation seen during the first few weeks of the school term every year.

When children return to classrooms, factors such as stress, a change of environment or allergens and less strict asthma management over the holidays can trigger asthma. A new set of classmates can also bring a new batch of cold and flu bugs, which are often the culprits behind asthma flare-ups.

### What can you do?

Reduce the chances of this happening for your child by following these simple steps.

- Have an up-to-date written asthma action plan prepared by your doctor
- Ensure your child gets back into their asthma routine before the school year starts, including taking preventer medications every day if prescribed
- Ask your pharmacist to check that your child is using their puffer properly (if they're old enough to use it by themselves) or visit the Asthma Foundation How-to Video library on inhaler use
- Have a check-up before the school year ramps up or sports lessons start to make sure things are going as well as can be
- **Pack a spare reliever puffer and spacer** in your child's school bag, checking that the puffer isn't empty or out of date.

Taking these preventative measures before and during the first few weeks of school can go a long way to helping keep your child well and out of hospital.

### Back to school checklist

To help your kids enjoy a happy and healthy start to the school year, Asthma Australia have also put together a handy back to school checklist which you can download from their website:

<https://www.nationalasthma.org.au>

## STUDY SKILLS HANDBOOK PREPARING FOR THE YEAR AHEAD

Rest, relaxation, and time with family and friends is the main goal for students over the end of year holidays.

However there are some things that students might like to consider doing, perhaps towards the end of the holidays, that will make their school year ahead much easier, particularly senior students.

- Organise and rearrange your room and study space to make it a more effective learning area.
- Sort out all of your materials for school, decide what to keep and how to organise your work and if you can improve your filing systems.
- Set up term planners for the year so you can map out your due dates when the year starts.
- Set up a study timetable for the year so you have clear times allocated to complete your schoolwork during the week.
- Think about building your skills in any areas of weakness or any areas you'd like to develop new skills in like touch typing.
- If you can find out any of the novels you will be studying in the coming year, read them over the holidays.
- For senior students consider downloading the syllabus documents for the subjects you will be studying.

Of course we also want students to refresh their mind and body, catch up on their sleep and take the time to focus on enjoying a healthy lifestyle.

You can learn more about how to be a more effective student at:

[www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) by logging in with these details:

Username:pennanthillshs

Password:77success

**Belinda Campbell**  
**Head Teacher Student Wellbeing**

## RAISE FOUNDATION - MENTORING OPPORTUNITY

Could you, or someone you know, volunteer your time to mentor in a local high school in 2020?

Raise Foundation, a not-for-profit mentoring organisation, is recruiting volunteers from our local community to consider become a mentor for students in our school, and other local high schools.

The programs run from March through to September for two hours per week. Raise provides free mentor training and organises connection with the younger generation. Raise measures the impact of its mentoring programs and statistically significant outcomes include increased confidence and resilience, ability to set goals, coping skills, hope for the future and asking trusted adults for help.

Head to [www.raise.org.au/volunteer](http://www.raise.org.au/volunteer) to sign up or get more information.





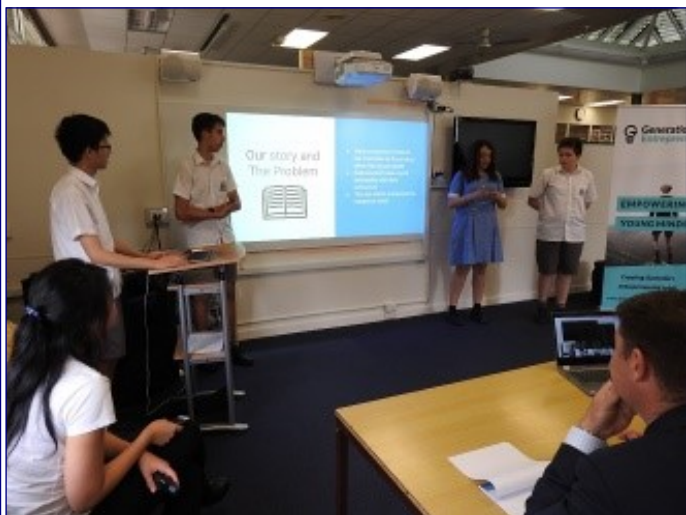


## A PRESENTATION NIGHT TO REMEMBER





## iENTREPRENEUR



In Week 7, a group of Year 9 and 10 STEM and Commerce students participated in a workshop on Enterprise Education.

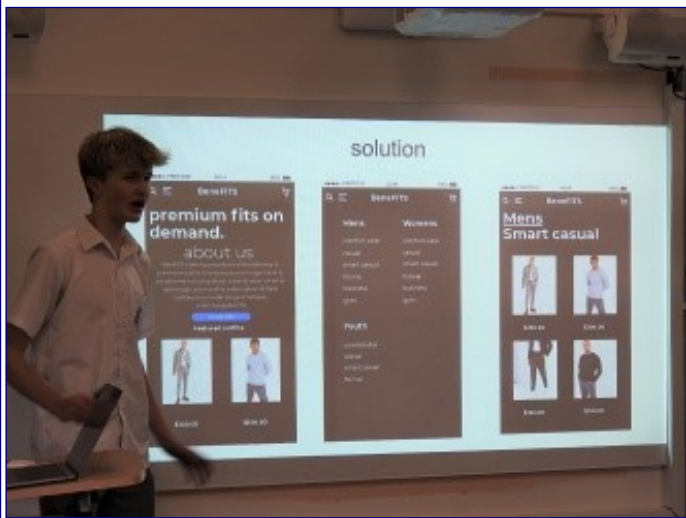
The two day iEntrepreneur program encouraged teams of students to create opportunities to learn by planning and collaborating together. Students gained experience in the values and benefits of entrepreneurial learning, design thinking, risk taking and innovation. They will develop entrepreneurial skills and an entrepreneurial mindset.

In teams, students had to develop a product that solved a problem that was relevant to them. The teams then learnt what was needed to take that product to market and create a small business.

In the final session, teams pitched their ideas and products to a team of judges. All teams had extremely creative products that acted as solutions to different problems including a company that supplies outfits for work and play to business people helping them cut down on time when selecting what to wear, a customer feedback system, an emergency response app to help people take control of emergency situations and an app to help teens deal with feelings and anxiety. The winning team created a small turbine system to be installed in household water pipes so every time you use the tap the turbines will create electricity to be stored in household batteries.

A fantastic two days, well done to all students who participated.

**Brad Wilson, Head Teacher Industrial Arts**



## END OF YEAR CONCERT



## BRONZE MEDALLION

Last week, students in Year 10 PASS were given the opportunity to obtain their Bronze Medallion Certificate. This was held over 2 days at the Hornsby Aquatic and Leisure Centre.

It was great to see so many students from the Year 10 PASS classes get involved with this and build on their own personal skills and qualifications.

It was a tough couple of days with students being required to complete a 400m swim within 13 minutes, perform specific assessments in and out of the water and learn quite specific life preservation techniques. Well done to all students involved.

Thank you to Mr Schmitt and Miss Smith for implementing the program.

## THE UNIFORM SHOP SCHOOL HOLIDAY OPENING HOURS

The Uniform Shop will be open on the following days during the school holidays in January 2020:

**Wednesday 22 January: 8.00am - 12.00pm**

**Thursday 23 January: 12.00pm - 4.00pm**

**Friday 24 January: 8.00am - 12.00pm**

**Tuesday 27 January: 8.00am - 4.00pm**

**Wednesday 29 January: 8.00am-12.00pm**

Normal trading hours will resume in Term 1 Week 2, 2020 ie. Mondays: 10.00am-2.00pm and Fridays: 8.00am-12.00pm.



## CANTEEN HIGH TEA THANK YOU





Did you know that Pennant Hills High School has an official Facebook Page?

Have you had the opportunity to 'like' it yet?

We will be using this page to keep our school community up-to-date with important information and all of the positive things happening in the school.

To find our page search for:  
"Pennant Hills High School"



Like us on  
**Facebook**

## SCHOOL BLAZERS WANTED

We currently have several parents seeking to purchase second-hand blazers for their students who are members of our school bands.

**Do you have a school blazer that is no longer needed?**

Our Music Ensembles Administrator Mrs Anne Bassett, would be happy to put you in touch with parents wishing to purchase a blazer.

Please contact Anne if you are able to help.  
[anne.bassett@det.nsw.edu.au](mailto:anne.bassett@det.nsw.edu.au)

PENNANT HILLS HIGH SCHOOL PRESENTS

ROALD DAHL'S

# Matilda

THE MUSICAL

MUSIC & LYRICS BY TIM MINCHIN

BOOK BY DENNIS KELLY

MARCH 6-14

BUY TICKETS

<https://www.trybooking.com/BFBLB>

## Carols by Candlelight

Friday  
20 December 2019  
5.30-7.30pm Family Festival  
7.45pm Carols by Candlelight

West Pennant Hills Public School Oval  
cnr of Church Street and Cardinal Avenue

Bring the family and join the festive activities!  
Jumping castle, carnival games, food and drink stalls,  
glow sticks, coffee cart, live camels, and heaps more!

For additional information please call 9479 3700  
[www.stmatts.org.au](http://www.stmatts.org.au)

Proudly sponsored by:

Pennant Hills Physiotherapy Centre Pennant Hills Toyota Stone Real Estate - James Rumney  
Albert & Meyer Funerals Topping Motors Pennant Hills Park Plums Thomson Stagotis Solicitors

Celebrating **25 YEARS** IN 2020

Cherrybrook United Netball Club

## PLAY NETBALL IN 2020!

Join Cherrybrook United Netball Club for the 2020 Winter season

Netta 6-9 yo  
Friday night

All games are played at Pennant Hills Park

Juniors 10-15 yo  
Saturday morning

Cadets (16/17 yo) & Seniors (+18yo)  
Saturday afternoon

Online registration opens 1st January, 2020  
JUNIOR REGISTRATIONS CLOSE FRIDAY 14th FEBRUARY, 2020  
SEASON COMMENCES 1st/2nd MAY 2020

VISIT OUR WEBSITE FOR MORE INFORMATION & FAQS  
[cherrybrooknc.nsw.netball.com.au](http://cherrybrooknc.nsw.netball.com.au)  
CHERRYBROOK UNITED NETBALL CLUB

# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

**Jazz at the Pines:** Relax with live Jazz, free tours of historic Roughley House and afternoon tea available. Bookings at [www.jazzatthepines.org.au](http://www.jazzatthepines.org.au); phone: 02 9651 4411 or email at [info@jazzatthepines.org.au](mailto:info@jazzatthepines.org.au).

**English Classes at St Marks:** Cnr Rosemount Ave and Warne St, Pennant Hills. Monday 9.30am-12.00pm during school term. Information Patricia 9880 8012 email [English@stmarks.com.au](mailto:English@stmarks.com.au) or visit [www.stmarks.com.au](http://www.stmarks.com.au)

## STUDENT EXCHANGE PROGRAMS

**Rotary Youth Exchange:** the opportunity of a lifetime for young Australians currently in Year 9 or 10. Expand your horizons with a year on Rotary Exchange. Discover a different culture - [www.rotaryyouthexchange.net.au](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.latitude.org.au](http://www.latitude.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:** Contact [juniors@ndhockey.com.au](mailto:juniors@ndhockey.com.au). U5 - U9 'Minkey'. U11, U13, U15 Mixed Junior Comp and U17. 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 [mkellahan@nswrugby.com.au](mailto:mkellahan@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.dbnsw.org.au](http://www.dbnsw.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)

**West Pennant Hills Scout Group:** Contact Kevin 0408 257 498 for Cubs (Mon), Scouts (Thurs), Venturers (Mon)

## 'PENNO' PRAYER MEETING

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

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

Please meet at Public Reception. Enquiries: Victoria Wensley on 0403 556 021



# 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@lifeline2h.org.au](mailto: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](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 [waitarafc@dbb.org.au](mailto: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](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

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