



# JUMBUNNA

Fortnightly Newsletter of  
Pennant Hills High School

Friday 21 February 2020

Term 1 Week 04A

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Principal

Mr Brendan O'Byrne  
Deputy Principal

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## PENNANT HILLS HIGH SCHOOL



**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**



## PROUDLY INVITES YEAR 7, 2021



**PENNANT HILLS HIGH SCHOOL**

**责任 诚信 成就**

**2020年 开放夜**  
**3月3日 4pm - 6pm**

演出活动 茶点招待 学校导览  
互动体验 注册信息提供

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## TO OUR INTERACTIVE AND INFORMATIVE 2020 OPEN NIGHT CELEBRATION

# TERM 1, 2020

<b>Week 05B</b>	Monday	24 February	Zone Swimming Carnival - Homebush
	Wednesday	26 February	NSW All Schools Triathlon Individual Championships
	Thursday	27 February	NSW All Schools Triathlon Team Championships
	Friday	28 February	<b>WHOLE SCHOOL MAIN PHOTO DAY</b>
<b>Week 06A</b>	Tuesday	3 March	Year 10 PASS Excursion - Thornleigh Golf Club
	Tuesday	3 March	<b>Open Day 4.00pm-6.00pm</b>
	Thursday	5 March	Year 12 2019 High Achievers Assembly 6.30pm Common Room
	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
<b>Week 07B</b>	Tuesday	10 March	<i>Matilda</i> Musical Matinee Performance
	Wednesday	11 March	Year 11 and 12 Parent Teacher Interviews
	Thursday	12 March	Meet the Music Sydney Town Hall 7.00pm
	Friday	13 March	Year 11 SLR Practical Excursion - Hornsby Aquatic Centre
	Friday	13 March	Year 7 2021 HAST Test Applications Close 2.00pm
	Friday	13 March	<i>Matilda</i> Musical Evening Performance
	Saturday	14 March	<i>Matilda</i> Musical Evening Performance - Final Night
<b>Week 08A</b>	Monday	16 March	Year 12 HSC Encore Excursion - City Recital Hall (Monday/Tuesday)
	Tuesday	17 March	P&C Meeting 7.30pm Library
	Wednesday	18 March	<b>Whole School Cross-Country Carnival</b>
	Thursday	19 March	Year 11 Study Skills Seminar - MPC
	Friday	20 March	Year 10 HSIE Excursions: History - Sydney Jewish Museum & Geography - Rumbalara Environmental Education Centre
<b>Week 09B</b>	Monday	23 March	Year 8 Wellbeing Incursion - <i>The Flipside</i> Positive Relationships
	Tuesday	24 March	Sydney North Area Swimming Carnival - Sydney Olympic Park
	Wednesday	25 March	<b>Whole School Cross-Country Carnival Back-up Date</b>
	Friday	27 March	Year 9S2 - Science and Engineering Challenge, Homebush
	Friday	27 March	Year 10 Wellbeing Incursion - Risks and Relationships
<b>Week 10A</b>	Tuesday	31 March	Year 7 2021 High Potential and Gifted Class Placement Test (HAST)
	Wednesday	1 April	NSWCHS Swimming Carnival (Wednesday to Friday)
<b>Week 11B</b>	Thursday	9 April	<b>LAST DAY OF SCHOOL FOR TERM 1</b>
	Friday	10 April	GOOD FRIDAY PUBLIC HOLIDAY

## SCHOOL HOLIDAYS

**Staff Return Monday 27 April 2020**

**Students Return Tuesday 28 April 2020**

<b>Week 01A</b>	Monday	27 April	School Development Day - Staff Only
	Tuesday	28 April	<b>Students Return to School for Term 2</b>
	Wednesday	29 April	<b>Year 7 Muogamurra Excursion (Wednesday to Friday)</b>
<b>Week 02B</b>	Monday	4 May	Year 7 Vaccinations
	Monday	4 May	Year 9 HSIE Excursions: Geography - Barangaroo & History - Manly Quarantine Station
	Wednesday	6 May	Year 8 Wellbeing Incursion - Maintaining Positive Relationships
	Wednesday	6 May	Years 7 and 8 Parent Teacher Interviews
	Friday	8 May	All Schools Swimming Carnival

## P&C MEETING DATES FOR 2020

**Term 1:** 18 February, 17 March **Term 2:** 19 May, 16 June

**Term 3:** 18 August, 15 September **Term 4:** 20 October, 17 November - followed by AGM

**7.30pm in the School Library**

All parents and caregivers are most welcome to attend these meetings, which provide the wider school community with a forum for discussion as we work together with staff to sustain and further develop the best possible learning environment for our students.

The discussions are complemented by presentations from staff, focusing on various aspects of education and, in particular, what is on offer at Pennant Hills High School.

If any parents or caregivers would like to receive the agenda and minutes of the meetings, please email [penno.pandc@gmail.com](mailto:penno.pandc@gmail.com) to arrange.



## PRINCIPAL'S REPORT

A sincere thank you to our entire school community for your patience, understanding and cooperation during the power outage last week. There are again some families without power after the storm this week and our thoughts are with them at this frustrating time.

The storm and subsequent outage had significant impact on our scheduled operations including Music Camp and the High Achievers' Assembly which have both been rescheduled as follows:

- High Achiever's Assembly - Thursday 5 March 2020 commencing 6.30pm in the Common Room; and
- Music Camp - Sunday 31 May to Tuesday 2 June 2020. Music Camp Concert date TBA.

These events are an important part of our *Penno* culture and essential to our program. We are extremely pleased to be able to reorganise them to fit into our very busy school calendar.

### Annual Swimming Carnival

Given the disruption to the two days prior to the carnival - namely the power outage, the whole school event was executed seamlessly, with an atmosphere that can only be described as electric (excuse the pun).

The day was filled with intense competition, lots of comradery and fun. Of course an event of this enormity requires a huge amount of organisation and the very difficult circumstances in the lead up did not make any difference to the hardworking and aptly able PDHPE team, lead by Mr Damien Schmitt, Sport Coordinator (Relieving) and Mr Nicholas Stamatis, PDHPE Teacher who relocated to Pennant Hills Primary School to work on the program and fine tune the proceedings before the day.

Thank you to all staff for the support they provided, the students who were involved in keeping the statistics up to date and our School Administrative Staff for their assistance in the process.

Once again the staff relay team returned to the podium and reign supreme as Gold Medallists in 2020. I wish the students well for their attempt to win the trophy in 2021.

### Welcome BBQ

The Welcome BBQ on Tuesday evening was a fantastic success. Feedback received from families was that it was a wonderful opportunity to put a face to the names of our fabulous teaching staff who too, were pleased to meet our Year 7 cohort together with new families to the school this year. The afternoon was a wonderful way to have an informal chat while sharing a delicious sausage sandwich perfectly cooked by members of our Student Leadership Council (SLC). I envisage extremely productive relationships to follow. Thank you to Mr Ashley Symons, Year 7 Adviser for his coordination of the afternoon, Mr Ross Banyai and Ms Eliza

Morton, SLC Coordinators for organising the student helpers, the large number of staff who attended the afternoon, our School Administrative Staff for their assistance, the Canteen for organising the catering and Mr David Rothery, General Assistant (Relieving) for ensuring that Pennant Hills High School continues to be presented in such a positive light. We are very fortunate to have such dedicated people adding that extra touch of finesse to our ventures.

### New Staff Photo

In the last edition of *Jumbunna*, I introduced our new staff to the community. Thanks to Mrs Lauren Erickson, Visual Arts Teacher and Photography Club Coordinator, I am able to include a picture (please see page 8) for our families to identify with them.

### P&C Meeting

Our meeting for 2020 was held in the Library this week. Mr Symons, Year 7 Adviser attended to introduce himself and give feedback regarding his new cohort and their first few weeks of high school. The great news was that our youngest students have settled in extremely well to *Penno*. There was a large contingent of new parents at our meeting and I look forward to continuing productive partnerships throughout 2020 and beyond.

### School Contributions

Please be aware that School Contributions will be due later this term. An itemised statement of Course Fees, Elective Contributions and the Voluntary General Contribution will be emailed to all families through *SchoolBytes*.

Contributions are necessary for student electives to continue in their current format, while the Voluntary General Contribution provides for a variety of student programs to support student learning.

Please note the P&C Contribution is also included in these schedules. The P&C do not engage in significant fundraising activities. It was decided by the parent body that the best way to support resources for students was via a voluntary levy rather than having numerous, laborious activities which all had varying degrees of success. This policy has served the P&C very well and I would ask you to continue to support this practice.

We are very fortunate and grateful for the strong support our parents/caregivers and community give us. The education of our students continues to benefit from their generosity.

### Upcoming Events

School Photo Day – Friday 28 February 2020. Full School uniform is imperative;

Open Night - Tuesday 3 March 2020 from 4pm-6.00pm; and

*Matilda* The Musical - 6 - 14 March. Tickets on sale now through Trybooking at:

<https://www.trybooking.com/book/event?eid=545819&>

**Ross Warren**  
**Principal**



# PENNANT HILLS HIGH SCHOOL UNIFORM INFORMATION

As proud students of Pennant Hills High School, we expect that you will wear our uniform correctly and completely.

## Where to buy uniform:

- The Uniform Shop is located in the MPC (hall) at school. Opening hours are:  
Mondays 10.00am-2.00pm; and  
Fridays 8.00am-12.00pm during the school term.
- The school clothing pool is open from 8.30am - 1.30pm every day during the school term and has a limited range of used uniform items for sale.

Donations of freshly laundered uniform items in good condition are always welcome.



## ACCEPTABLE school shoes:



## ALL these styles are UNACCEPTABLE:



### From *School Uniforms in NSW Government Schools (2004)*:

*Under the Occupational Health and Safety Act 2000 (WHS Act) the Department of Education must ensure that students are not exposed to risks to their health or safety while they are on Departmental premises.*

At Pennant Hills High School, this means wearing enclosed leather footwear.

*continued next page*

## General Uniform Rules

Summer Uniform – to be worn during Terms 1 and 4  
Winter Uniform – to be worn during Terms 2 and 3

### Shoes:

**ONLY BLACK LACE-UP LEATHER** shoes in the traditional school style. **NOT** ballet flats, Mary Jane style shoes, 'Rabens', boots, desert boots or jogging shoes (on sport days jogging shoes with all leather uppers are acceptable in practical classes). This is a requirement in the interest of safety.

### Jumper:

Navy with one red stripe and one white stripe around cuffs and V neck.

A 'sloppy joe' with school emblem may be worn instead.

Navy shower-proof jacket with school crest, sold by the school.

Navy with school crest, sold by the school (optional)

Wristwatch and/or one flat ring.

One pair of small sleepers or small stud earrings.

**NO** other jewellery. These restrictions are in the interest of safety.

Navy with school emblem (sold by school) can be worn in PE also.

School scarf, sold by the school.

Special items of uniform purchased by previous Year 12 groups as commemorative wear are **NOT** acceptable uniform for students of other Year groups.

Leggings may **NOT** be worn at any time.

Long-sleeved undershirts are not to be worn under short-sleeved shirts.

## BOYS UNIFORM

### JUNIOR:

#### Shirt:

White school shirt with school crest on the pocket  
Short sleeves (summer)  
Long sleeves (winter)

#### ONLY:

plain white T-shirts may be worn under school shirt (must be short sleeved if worn with short-sleeved school shirt).

#### Shorts:

**ONLY** grey polycotton; **NOT** Designer shorts, elasticised, 'Yakka', 'Rugger' or 'King Gee' brands or cord drawn

#### Trousers:

**ONLY** mid-grey (college grey) worsted; **NOT** Designer trousers

#### Socks:

Short grey, with bands of school colours on top; not short anklets

#### School tie:

Junior navy with red and white stripes (Terms 2 and 3 only)

#### PE/Sport:

Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy joe, white sports socks (not short anklets), sports shoes eg cross trainers or runners.

### SENIOR:

#### Shirt:

White school shirt with school crest on pocket  
Short sleeves (summer)  
Long sleeves (winter)  
**ONLY** plain white T-shirts may be worn under school shirt (must be short sleeved if worn with short-sleeved school shirt).

#### Shorts:

**ONLY** navy blue polycotton; **NOT** Designer shorts, elasticised, 'Yakka', 'Rugger' or 'King Gee' brand or cord drawn

#### Trousers:

**ONLY** Mid-grey (college grey) worsted; **NOT** Designer trousers

#### Socks:

White; no logos, stripes or other design; not short anklets

#### School tie:

Pale blue with school crest (Terms 1, 2, 3 and 4)

#### PE/Sport:

Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy joe, white sports socks (not short anklets), sports shoes eg cross trainers or runners.

## GIRLS UNIFORM

### JUNIOR:

#### Dress:

Summer: Blue patterned polycotton dress with dropped waist, pleated skirt, Peter Pan collar with white trim, short sleeves with white trim.  
Winter: Navy serge tunic, white blouse.

#### Blouse:

Summer: White short sleeve.  
Winter: White long sleeve with peaked collar.

(NB: Plain white T-shirt or skivvy may be worn under white shirt in winter only).

#### Shorts:

Navy shorts (2 styles available).

#### Socks:

**ONLY** Short white socks (no anklets).

#### Tights:

Black stockings are only to be worn with winter uniform.

#### Slacks:

**ONLY** Plain navy (option for winter).

No designer or 'King Gee' brands.

#### Hat:

School cap, sold by the School.

#### PE/Sport:

Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy joe, white sports socks (not short anklets), sports shoes eg cross trainers or runners.

Leggings may **NOT** be worn.

Hair ribbons / headbands: **ONLY** in School colours (navy, sky blue, red or white)

### SENIOR:

#### Dress:

Summer: Pale blue A-line dress with white and navy collar and tie

Winter: Navy/red check serge tunic, pale blue blouse

#### Blouse:

Summer: Pale blue short sleeve.  
Winter: Pale blue long sleeve.

Plain white T-shirt or skivvy may be worn under winter shirt only.

#### Shorts:

Navy shorts (2 styles available).

#### Socks:

**ONLY** Short white socks (no anklets).

#### Tights:

Black stockings are only to be worn with winter uniform.

#### Slacks:

**ONLY** Plain navy (option for winter). Blouses must remain tucked in.

No designer or 'King Gee' brands.

#### Hat:

School cap, sold by the School.

#### PE/Sport:

Red PHHS polo shirt, navy PHHS shorts or navy PHHS track pants, navy PHHS sloppy joe, white sports socks (not short anklets), sports shoes eg cross trainers or runners.

Leggings may **NOT** be worn.

Hair ribbons / headbands: **ONLY** in School colours (navy, sky blue, red or white).

### Formal Summer Uniform

#### Junior Girls

Dress Summer Blue & White	\$69.00
Blouse S/S White	\$33.00
Shorts Navy	\$35.00

#### Senior Girls

Dress Summer Sky Blue	\$69.00
Blouse S/S Sky	\$33.00
Shorts Navy	\$35.00

#### Junior Boys

Shirt S/S White	\$33.00
Shorts Grey	\$35.00

#### Senior Boys

Shirt S/S White	\$33.00
Shorts Navy	\$35.00

### Accessories

Cap Sport	\$15.00
Grey Crew Sock w/ Stripe (1pk)	\$9.00
White Turn Down Sock (3pk)	\$9.95
White Quarter Crew Sock (3pk)	\$9.95
Scarf	\$17.50
Sports Bag	\$8.00

### Sports Uniform

Polo Sport S/S Red & Navy	\$39.00
Short Sport Navy	\$29.00
Pants Track Navy	\$38.00

### Formal Winter Uniform

#### Junior Girls

Tunic Winter Navy	\$75.00
Blouse L/S White	\$24.95
Pants Navy	\$40.00
Black Tights	\$8.50

#### Senior Girls

Tunic Winter Navy & Red	\$75.00
Blouse L/S Sky	\$24.95
Pants Navy	\$40.00
Black Tights	\$8.50

#### Junior Boys

Shirt L/S White	\$35.00
Trousers Grey	\$40.00
Tie Navy/Red/White	\$20.00

#### Senior Boys

Shirt L/S White	\$35.00
Trousers Navy	\$40.00
Tie Sky Blue	\$25.00

#### Unisex Uniform

Jumper V-Neck Fleecy Navy	\$35.00
Jacket Spray Navy	\$75.00
Pullover Knit Poly/Cotton Navy	\$55.00
Blazer Navy	\$120.00



**The School Locker Pennant Hills High School**

Laurence St, Pennant Hills, NSW, 2120  
02 8796 2100  
PennantHS@theschoollocker.com.au

Prices effective 1 December 2019. Prices are subject to change.  
Finance options available. Please see in-store for details.

**[www.theschoollocker.com.au](http://www.theschoollocker.com.au)**



## STUDY SKILLS TIP: TOP TIPS FOR A NEW YEAR

With the beginning of the new year, it's always a great time to reassess your academic approach. The key to making the most of this opportunity is focusing on the things which will bring the biggest return.

### 1. Simplify Your Organization System

Every student has an organization system. True, the definition of "organization" may be looser for some students than others, but everyone has a way they stay organized (or attempt to). Maybe you're the "Type-A" student and you have a clearly defined system.

You'll know that you're "Type-A" by the file folders you both own and use, the folded socks in your drawer, and all the lists by which you keep track of important information. You probably have a calendar, a planner, and you know exactly which clothing is clean and which is dirty.

But not everyone fits in such a naturally organized world. These students can be called "Type-B."

If you're a "Type-B" student, you're not alone, but organization probably requires more effort. "Type-B" students tend to prefer "piling systems" to filing cabinets. Calendars often seem like too much work, so they'd rather just put everything in their backpacks and find it later. Students on the far end of the "Type-B" universe may even find themselves sorting laundry via the "smell check" method.

Regardless of whether you are a Type A or B student, though, one of the biggest difference-makers this year is your organization system. Few things will save time and improve academic performance the way an effective organization system will.

A great organization system has at its centre one goal: replace your brain.

The more organized you are, the less you have to think. Your organization system should be simple enough that you don't have to make any decisions about where you put new assignments, where to find completed assignments, or what to do with graded assignments. You shouldn't have to go through a mental checklist every time you study because your organization system does it for you.

The fewer decisions you need to make, the more your thoughts and energy can focus on things that matter. Consider these four questions to determine how simple your organization system is right now:

- Do you have good systems in place to manage and organize both the paper and digital resources for school?
- Do you have a system to make sure that all assignments and due dates are marked on your calendar / planner?
- Do you have a system to focus on what needs to be done today and not just what's due tomorrow?

When you can answer each of these four questions without thinking, you'll know that your organization system is simple enough to be a major asset this year.

### 2. Break the "Cram Cycle" Before it Starts

By the end of the semester, students often find themselves overloaded and overwhelmed, having to rely on cramming for final exams to get through to the break. They are exhausted and in survival mode. Thriving academically no longer matters. All that matters is the break at the end.

If you've ever felt this way, you've experienced what we call the "Cram Cycle." Students get busy during the semester, which leads to exhaustion. When you're exhausted, the only thing you want to do is zone out for a bit. After an afternoon of zoning, students are forced to put all their effort into completing assignments that are due tomorrow. We call this "cramming." As students work on only that which is due tomorrow, long-term assignments pile up and create even more busyness, which leads to exhaustion, and the "Cram Cycle" begins to accelerate. Most students only get out of the "Cram Cycle" when the semester ends.

But this year can be different. If you want to stay out of this dreaded cycle, commit yourself to doing some independent learning at least five days a week, even when you don't have anything due the next day. Use every day as a review day, spreading out your study sessions for big tests and projects across multiple days instead of letting them pile up. This approach takes more effort initially to create these habits, but you'll reap the benefits when you're free of the "Cram Cycle" and the stress that follows it come finals season.

### 3. Supercharge Retention with Scientifically-verified Study Strategies

Everyone knows that taking notes is a good idea. Reading your textbooks seem like a great thing to do. And you've probably learned that it's best to have a consistent place to study, one which is quiet, clean, and comfortable enough (but not TOO comfortable). But what are the strategies that have been scientifically-verified to boost your retention?

One of the best things you can do is to take a break in the middle of your study sessions. In one study psychologists wanted to find out whether there was any difference in "spacing" a study session (this means to take a break in the middle) or "massing" instead (which means that you hammer it out all at once).

The researchers took two randomly-chosen, equal groups of students, gave them the same amount of study time, gave them the same material, and tested them on the material afterward. The only difference was that one group took a short break in the middle and the other group didn't. The results were incredible.

The group that studied with "spacing" did 50% better than the group that studied with "massing." That means in the same amount of study time, you could potentially boost your retention by 50% by just taking a ten-minute break.

*Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au). Our school's access details are:*

Our school's subscription details to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) are:

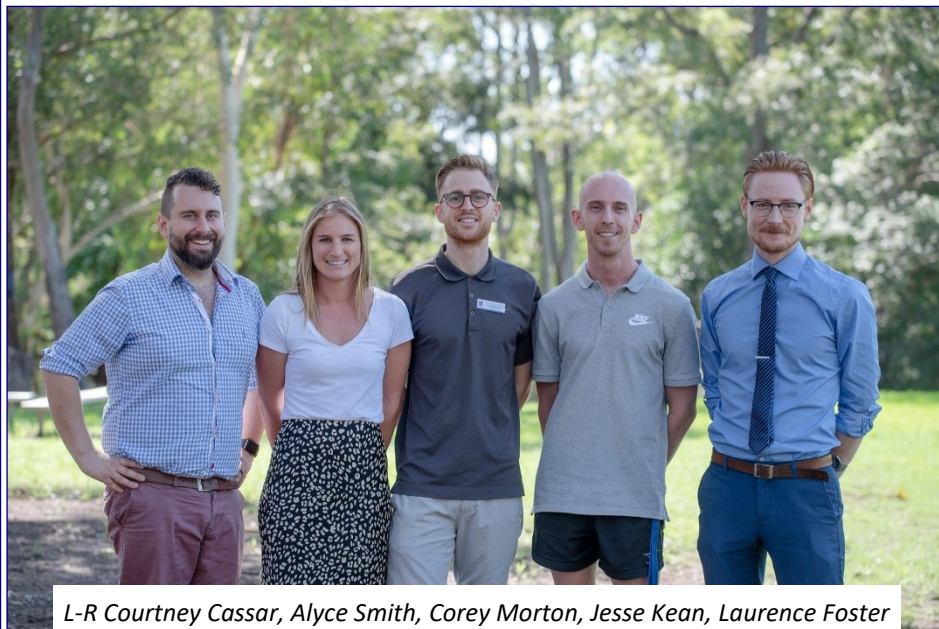
Username: pennanthillshs

Password: 77success

**Belinda Campbell**

**Head Teacher Student Wellbeing**

## PENNANT HILLS HIGH SCHOOL 2020 NEW TEACHERS



L-R Courtney Cassar, Alyce Smith, Corey Morton, Jesse Kean, Laurence Foster



Eileen Clements



Caroline Osborn

### USYD STEM ENRICHMENT DAY

Recently, The University of Sydney held a STEM Teacher Enrichment Academy. The two day conference was attended by a newly formed STEM HUB team - a group of enthusiastic teachers from 4 schools, primary and secondary, who are passionate about Science, Technology, Engineering and Mathematics (STEM) education.

During the conference, teachers participated in exemplar STEM based learning activities that can be adapted to our classrooms. Activities included the designing of a flat pack cardboard chair for emergency situations and designing a wind powered vehicle. A large amount of time was spent on project centred learning strategies to support future focused learning and on developing STEM rubrics for use across Stages 3 and 4.

The entire team worked very well together and teachers will attend each others' schools to understand the different learning environments for which we will plan. Time was also spent on investigating each other's curriculum and how learning is organised in their Stages. The team agreed that communication would be through the google suite and created shared drives for document creation, collaboration and sharing, a team room in hangouts for communications and a google classroom. Meetings will be in person or digitally using the zoom conferencing application.

The STEM Hub team will meet again in Week 6 to expand on ideas and ensure that projects are sustainable and fit into the curriculum therefore being able to be taught year after year rather than being an "add on". We look forward to hearing about their progress in due course.



### PEER TUTOR LITERACY PROGRAM

The Program runs before school and is coordinated by Ms Kristine King, Learning and Support Teacher.

This is the fourth year that the program has been running at our school.

Selected Year 10 students tutor Year 7 and 8 students who need additional assistance in literacy, reinforcing core subject areas focusing on comprehension & writing skills. Ms King also uses high interest, lower literacy texts in the form of short stories to promote reading for enjoyment in addition to improving accuracy & fluency.

Tutoring in other subjects is also available where needed.

This Peer Tutoring Literacy Program is another example of the quality teaching and learning at Pennant Hills High School.

### DRAMA ENSEMBLE PROGRAM

Students interested in auditioning for the NSW Public Schools Weekly Drama Ensemble program, can check all the information at The Arts Unit website.

Audition dates are throughout Term 1 and all weekly ensembles run in Terms 2 and 3 on Wednesdays after school in Lewisham.

Devise an original ensemble drama piece for the State Drama Festival, improve your drama skills and make friends from all different public schools NSW.

Contact The Arts Unit for more information: <https://www.artsunit.nsw.edu.au/drama/weekly-ensembles>

Students interested in auditioning for the school holiday ensembles in September, auditions open in June. Please see the website above.



## A RECAP OF CAPA AND WHAT'S ON IN 2020

The Creative and Performing Arts (CAPA) Faculty had a very positive 2019, with students involved in an extensive range of curricula and co-curricular activities that showcased their talents and interests.

### Congratulations!

2019 Higher School Certificate (HSC) Visual Arts student Dylan not only had his drawings selected for *ARTEXPRESS*, he was also the recipient of the prestigious "Julian Ashton Art School Summer School Scholarship" Award which was presented to him at the Official Opening of *ARTEXPRESS 2020* earlier this month.



We are very proud of Dylan's efforts and also acknowledge that this is the third time that a student from Pennant Hills High School has received this award, with Benjamin Spencer and Christy Chan receiving the award in 2014 and 2015 respectively.

### CAPA HSC Results 2019

Overall, the CAPA Faculty had very pleasing HSC results last year. Visual Arts had 78.25% of the cohort receive a Band 5 or Band 6, two students had their Body of Works nominated for *ARTEXPRESS*, one of which was selected for *ARTEXPRESS 2020*, now showing at the Art Gallery of NSW. In the Music 1 course, 50% of the cohort received a Band 5, which is above the State Average.

The depth and breadth of our Stage 6 CAPA programming and the support that our students enjoy from their dedicated Music and Visual Arts teachers in 2019 must be acknowledged alongside the talent and commitment of our 2019 HSC CAPA candidature. Well done to all!

### CAPA 2020

This year, students will have the opportunity to participate in an extensive range of activities offered by the CAPA Faculty.

Excursions and events for **Drama** include the recent Year 11 and 12 visit to *OnStage 2020*. Year 12 Drama students also have the opportunity to attend the Belvoir Theatre as a one year subscription. The Drama Ensemble will run again this year and various festivals, showcases and a Year 11 Production are all scheduled in our calendar.

The **Music** Faculty has encouraged their student musicians to subscribe to *Meet the Music* for the 2020 season. 30 students and parents/caregivers will regularly attending these evenings. Last night we were thrilled to see David Johnson, Class of 2013 playing trumpet with the Sydney Symphony Orchestra. An outstanding honour and recognition for years of hard work. Senior students will attend *Encore* in March and Year 7 Music together with Stage 5 Elective students, will have an African Drumming incursion in Semester 1.

Unfortunately our **Music Camp**, incorporating Concert Band 1, Concert Band 2, Junior Stage Band, Big Band, the String Ensemble and the School Choir, was postponed recently due to extreme weather conditions and consequent damage caused by the wind and rain.

The camp has now been rescheduled to run from Sunday 31 May to Tuesday 2 June and we look forward to attending with all 117 students as before.

Crusaders at Galston have been very accommodating in helping us to renegotiate this new date. Thank you to Mrs Coomber, Music Ensembles Director for the many hours spent in coordinating Music Camp thus far. Thank you also to Mrs Bassett and Mrs Sheppard, Band Administrators who have been attending to the copious amounts of paperwork required for such an enormous event, and Ms Van Ede who so ably handled the communication issues on the Sunday when we had to make hasty new arrangements.

The **School Choir**, with Ms Kelly, Director practices each Tuesday morning in Room 321A starting at 7.20am. They had a very successful 2019 and we look forward to another exciting year ahead. Inquiries to Mrs Coomber or myself.

The **Music Festival** will be held in the MPC in Term 2 on Wednesday 17 June 2020. This is an event where our bands perform along with local Primary School Bands.

Year 12 **Visual Arts** students will be attending *ARTEXPRESS* later this month to see exemplar 2019 HSC Body of Works. Year 10 are scheduled to attend the *Archibald Exhibition* early in Term 3, and Year 9 and the Stage 5 Photography and Digital Media students will both make exciting artworks derived from mid-year excursions, possibly to the Botanical Gardens in Sydney and Barangaroo respectively.

The Visual Arts Faculty will once again run the **Pennant Hills High School Photography Club**. The Club gives students who are interested in photography the opportunity to gain a deeper understanding and appreciation of taking a photograph. It is a closed online Club formed through the Pennant Hills High School Facebook page called "*Pennant Hills High School Photography Club*". Links to interesting and relevant articles will be posted as well as opportunities for students to post work and get constructive feedback.

The group will be monitored by Mrs Lauren Erickson, Visual Arts Teacher who is also the Administrator and applications to join the group must be approved by the student's parent/caregiver and the Visual Arts Faculty. Approximately three themes will be allocated over the year and each student can submit a photograph, or series of photographs, related to the theme. Using Pennant Hills High School's Facebook Page, the themed images will be uploaded. The most amount of "likes" will win a prize. After each theme, an enlargement of the winning image will be on display at school and award given at assembly. There will also be an award chosen by the Visual Arts Faculty. Interested parents can join the Photography Club if they wish. Information regarding the start of Photography Club 2020 will be announced soon.

The CAPA Faculty will hold the **CAPA Festival** in Term 3 Week 5 from 18-21 August. Mark this week on your calendar as an exciting opportunity to experience Drama, Music and Visual Arts at its best!

We are looking forward to working with our Creative and Performing Arts students throughout 2020 and wish all of our students a positive and inspiring start to the academic year.

**Janelle Dennis, Head Teacher CAPA**





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## School Travel Advice

For trip planning visit [www.transportnsw.info](http://www.transportnsw.info) or call 131 500.  
For current Hillsbus school and route services visit [www.odbus.com.au](http://www.odbus.com.au) or call 02 8889 7000.  
Conditions of Carriage: Students must have a valid Opal card and must tap on and off every trip. Further details about the SSTs are available at: [www.transportnsw.info](http://www.transportnsw.info)  
Key:  
L> Bus turns left, R> Bus turns right

Bell Times  
Morning: 08:55  
Afternoon: 15:20  
Effective 02/03/2020

## PENNANT HILLS HS

### MORNING BUSES

Route	Time	Bus Route
639	07:08	EX NEICH BEF BOUNDARY via Pitt Town, R>Kenthurst (07:23), R>Old Northern, Oakhill College (07:40). Transfer to Route 3160 (due 07:55, see below)
3160	07:10	EX ANNANGROVE OLD PITT TOWN & TERRY RDS via Old Pitt Town, L>Nelson, turns at Blind, Nelson, Mason, L>Terry, L>Allan, L>Windsor, L>Nelson, R>Hynds, R> Nelson & Edwards Bus Bay (07:23), L>Nelson, R>Edwards, L>Annangrove, R>Kenthurst, R>Old Northern, Round Corner (07:45), Old Northern, Oakhill College (07:55) then via L>Old Northern, L>Castle Hill, L>County, L>Treetops, R>David, Oakhill Shops (08:05), return David, L>Woodgrove, R>County, L>John, R>Franklin, L>Neale, R>Edward Bennett, L>Castle Hill, L>Pennant Hills, Thompsons Corner (08:21) L>Boundary, R>Bellamy, L>Laurence to school
603	07:12	EX KELLYVILLE STATION via Samanatha Riley, L>Glenhaven, R>Mills, L>Carinda, L>Glenhaven, R>Old Glenhaven, L>Glenhaven R>Evans, L>Grange, R>Greenbank, via Greenbank Loop, R>Linkslay, R>Ridgecrop, L>Gilbert, R>Old Northern to Castle Hill Interchange (08:03). Transfer to Route 3184 (due 08:17, see below)
625	07:15	EX PARRAMATTA INTERCHANGE via Route 625 to Pennant Hills Station. Transfer to Route 600 to opposite school
638	07:27	EX BEROWRA WATERS via Bay, R>Arcadia, L>Galston, Galston HS (07:58). Transfer to Route 2037 to Pennant Hills Station
2037	07:31	EX GLENORIE, OLD NORTHERN AFTER TIMARU ST via Old Northern, L>Mid Dural, L>Galston, Galston HS (07:58), Galston, L>Old Northern, L>New Line, L>Victoria, R>Loftus, L>Pennant Hills, L>Yarrara to opp Pennant Hills Station (08:37), L>Ramsey, L>Bellamy, R>Laurence to bus bay
626	07:41	EX CHERRYBROOK STATION via Bradfield, L>Franklin, L>John, R>County, L>New Line, R>Purchase, R>Shepherds, L>Kenburn, L>Macquarie, R>Francis Greenway, R>Boundary, L>New Line, L>Victoria, R>Boundary, L>Pennant Hills, L>Railway to Pennant Hills Station.
635	07:41	EX CHERRYBROOK STATION via Bradfield, L>Castle Hill, R>Coonara, Highs, Blacks, return Blacks, R>Taylor, L>Aiken, L>Oratava, R>Dehlsen, L>Salina, L>Aiken, R>Pennant Hills, L>Copeland, L>Cardinal, R>Hannah, R>Wongala to Beecroft Station (08:13).
633	07:46	EX CASTLE HILL INTERCHANGE STAND A via L>Old Northern, R>Castle Hill, L>Bradfield, R>Franklin, L>Castle Hill, L>New Line, R>Victoria, R>Boundary, L>Pennant Hills, L>Railway to Pennant Hills Station
3151	08:00	EX HIGHS RD OPP HOOP PINE via Highs, R>Highs, Blacks to Terminus, returns Blacks, Highs, R>Taylor, L>Aiken, L>Pennant Hills, L>Yarrara (08:20), L>Ramsay, L>Bellamy, R>Laurence to school.
3178	08:04	EX HIGHS RD OPP HOOP PINE via Highs, Taylor, L>Aiken, L>Oratava, R>Dehlsen, L>Salina, L>Aiken, L>Pennant Hills, L>Yarrara (08:33), L>Ramsay, L>Bellamy, R>Laurence to school.
3184	08:17	EX CASTLE HILL INTERCHANGE STAND A via L>Old Northern, R>Castle Hill, L>Pennant Hills, L>Yarrara, L>Ramsay, L>Bellamy, R>Laurence to school



## School Travel Advice

Route	Time	Bus Route
3134	08:26	EX CASTLE HILL RD & EDWARD BENNETT DR via R>Edward Bennett, L>Neale, R>Franklin, L>John, R>County, R>New Line, L>Boundary to school Boundary Rd entrance
3152	08:27	EX THE CRESCENT & PENNANT HILLS RD via Pennant Hills, L>The Crescent, L>Britannia, R>Kurrajong, L>Cobbadah into Blackbutt, L>Kurrajong, R>Britannia, R>The Crescent, L>Pennant Hills, R>Trebor, L>Weemala, L>Ramsay, L>Bellamy, R>Laurence to school.

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





## BE INFORMED

### Body Confident Children & Teens

#### Information for Parents

**Body image** is consistently reported as one of the top three concerns for young people. With society's increasing obsession with appearance and diet it can be difficult for parents to know how to support positive body image.

The Butterfly Foundation is Australia's leading not-for-profit for eating disorders and body image. This seminar aims to empower parents so they feel better equipped to help their child develop and maintain body confidence through their child and adolescent years.

#### Topics covered include:

- Background on body image and importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk' and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- Please note, this session does not cover dealing with fussy eaters

**Date:** 31 March 2020

**Venue:** West Pennant Hills Public School Hall

**Time:** 6.30pm – 8.00pm

**To RSVP:** [Please RSVP to westpenhil-p.school@det.nsw.edu.au](mailto:Please RSVP to westpenhil-p.school@det.nsw.edu.au)

[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)



## 2020 Annual Giant Book Sale



**Rotary**  
West Pennant Hills and  
Cherrybrook



RING OUR HOTLINE

FOR DETAILS OF A CONVENIENT DROP OFF POINT

**0468 330 667**

email: [wphc.rotary.booksale@gmail.com](mailto:wphc.rotary.booksale@gmail.com)

Proceeds will go to local Rotary charities  
Donations will go to Coonabarabran Rotary  
drought relief program

**We are looking for donations of books in good condition, original CDs, DVDs, records & sheet music**

Donations accepted up to 5pm Monday 9th March  
We really appreciate all the support that you give us with these donations.

THANK YOU!

Please Note: We are unable to accept text books, encyclopedias, dictionaries, damaged or dirty books, magazines, coffee table books, Readers Digest & condensed books



Uniting Church  
134 New Line Road  
Cherrybrook

**Friday 13th March  
9am To 5pm**

**Saturday 14th March  
9am To 5pm**

**Sunday 15th March  
11am To 2pm  
CLEARANCE SALE**

We appreciate the support of our Gold sponsors



THE YOUTH MENTORING FOUNDATION

# RAISE YOUR HAND TO MENTOR

Helping to empower young people to become more resilient, capable and connected by delivering best practice mentoring programs in schools across Australia

**raise.org.au**

## Safer Drivers Course

For Learner Drivers

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](http://www.saferdrivers.org.au)  
Call us on 9625 9111 or drop into your local club to find out more



# COMMUNITY NOTICES AND CONTACTS

## COMING EVENTS

**West Pennant Hills Cherrybrook Football Club - Girls Come and Play Football/Soccer:** Teams from U6 to U18 plus a 'Mums' team! Play on Sundays. Call Connie Wheeler on 0427 560 497 or email WPHFCWomens@outlook

## STUDENT EXCHANGE PROGRAMS

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

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

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

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

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

**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://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@lifelineh2h.org.au](mailto:admin@lifelineh2h.org.au)

## COMMUNITY SERVICES AND SUPPORT

**Free adult Literacy and Numeracy classes - Meadowbank TAFE:** 9942 3572. Reading, writing and speaking.

**Free English courses for adult migrants - [www.ames.edu.au](http://www.ames.edu.au):** Classes at Hornsby, Chatswood and Eastwood.

**English Classes -** Wednesday evenings from 7.00pm - 9.00pm during school terms. Cost \$3.00 per week.  
West Pennant Hills Community Church, 41 - 43 Eaton Road, West Pennant Hills. Information and to register: 9872 4200.

**The Kids Are All Right Website** for parents of Australian teenagers. Go to [www.thekidsareallright.com.au](http://www.thekidsareallright.com.au).

**Tertiary Scholarships for children and grandchildren of Ex-Service Men and Women:** Students selected on merit.  
Information and applications: [www.avcat.org.au](http://www.avcat.org.au) or phone 9213 7999 or 1800 620 361 (voicemail)

**Jack's Youth Café at Hornsby** (run by Fusion Sydney North): 5 Jersey Street Hornsby (a short walk from the station).  
After school activities for students in a safe environment, Tuesdays - Fridays 3.00pm - 6.00pm. Phone: 9477 1110.

**Ability Options:** a FREE service helping people with a disability into the job that's right for them.  
**More information:** [abilityoptions.org.au](http://abilityoptions.org.au) or contact Caroline Krix on 8811 1717 or [caroline.krix@abilityoptions.org.au](mailto:caroline.krix@abilityoptions.org.au)

**Ability Links:** supporting people with a disability, their families and carers to achieve their goals in life.  
For more information phone 8830 0768 or email [abilitylinks@unitingcarenswwact.org.au](mailto:abilitylinks@unitingcarenswwact.org.au)

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

**Healthy Kids FREE Parent e-zine:** important nutrition information and great recipes: [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

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

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

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

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

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

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

**Parent Line:** [www.parentline.org.au](http://www.parentline.org.au) or 1300 1300 52 - Free professional service 24 hours every day.

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

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

**Single With Children:** [www.singlewithchildren.com.au](http://www.singlewithchildren.com.au) or 1300 300 496  
Non-profit social group providing exciting activities for single parents and their children.

**Sydney Single Parents:** [www.SydneySingleParents.org.au](http://www.SydneySingleParents.org.au) or 9634 7502 (Hills) or 9411 1858 (Northside)

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

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

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

**Newcomers Club:** [www.sydneynewcomers.com.au](http://www.sydneynewcomers.com.au) - Social club for women, offering support and friendship.

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

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

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

**Cybersmart website:** [www.cybersmart.gov.au](http://www.cybersmart.gov.au) - Part of the Australian Government's cybersafety program.

**The Australian Childhood Vision Impairment Register:** [www.vifamilynetwork.org.au](http://www.vifamilynetwork.org.au)  
The Register collects and uses data to improve services for children and to research eye disease and disorders of vision.

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

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