



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 25 September 2020

Term 3 Week 10B

Mr Ross Warren
Principal

Laurence Street, Pennant Hills NSW 2120

Mr Brendan O'Byrne
Deputy Principal

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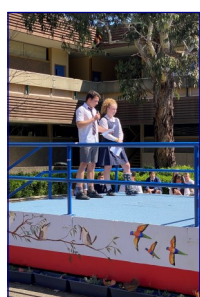
Mrs Fiona Payne
Deputy Principal

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GOODBYE AND GOOD LUCK YEAR 12



Responsibility Integrity Achievement

TERM 3, 2020

SCHOOL HOLIDAYS

Staff and Students Return Monday 12 October 2020

TERM 4, 2020

Week 01A	Monday Tuesday	12 October 13 October	STUDENTS AND STAFF RETURN TO SCHOOL FOR TERM 4 Year 11 HSC Introduction Session - Period 3
Week 02B	Tuesday Tuesday	20 October 20 October	HSC Examinations (4 weeks ending 11 November) P&C Meeting 7.30pm via Zoom
Week 03A	Monday Monday Monday Thursday	26 October 26 October 26 October 29 October	HSC Examinations (ending 11 November) Year 7 Yearly Examinations (2 weeks ending 6 November) Year 8 Yearly Examinations (ending Friday 30 October) Year 9 Wellbeing Incursion - Smooth Sailing
Week 04B	Monday Monday Monday Monday	2 November 2 November 2 November 2 November	HSC Examinations (ending 11 November) Year 7 Yearly Examinations (2 weeks ending 6 November) Year 8 VALID Testing (ending Friday 6 November) Year 10 Yearly Examinations (ending 6 November)
Week 05A	Monday Monday Monday Thursday	9 November 9 November 9 November 12 November	HSC Examinations (ending Wednesday 11 November) Year 9 Yearly Examinations (ending Friday 13 November) <i>High Resolves - 7ENA Project</i> Year 12 Sign Out Day Room 304 9.00am-1.00pm
Week 06B	Tuesday Thursday	17 November 19 November	P&C Meeting 7.30pm via Zoom Year 7 Transition to Grade Sport for 2021
Week 07A	Monday Wednesday Thursday	23 November 25 November 26 November	HSC Minimum Standards - Round 2 (ending 27 November) Year 9 Peer Support Training Year 7 Transition to Grade Sport for 2021
Week 08B	Monday Wednesday	30 November 2 December	Year 7 Vaccinations End of Year Concert - Back-up Date

P&C MEETING DATES FOR 2020

Term 4: 20 October, 17 November - followed by AGM

7.30pm via Zoom

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.



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.



PARENTS AND CAREGIVERS



**PLEASE DO NOT
DRIVE INTO
SCHOOL GROUNDS**

In the interests of student safety, parents and caregivers are **not permitted** to drive into school grounds at any time, including before or after school, to drop off or collect students, or to attend meetings with staff.

The only exceptions to this are when either you or your passenger has a disability or if you are picking up a sick or injured student.

Please note, all visitors must sign in at Public Reception immediately upon entering school grounds.

This is a Health and Safety directive and assists us with monitoring the whereabouts of our guests should an emergency arise.

**STUDENT SAFETY is up to ALL OF US
THANK YOU FOR PLAYING YOUR PART**



PRINCIPAL'S REPORT

As Term 3 draws to a close, I continue to learn many great lessons from the community of Pennant Hills High School.

On Tuesday evening, we held the annual Year 12 Graduation Ceremony, one of my favourite events in the school calendar.

Of course this year it was significantly different, due to the COVID-19 restrictions currently in place. However, amidst the limitations, our staff at Pennant Hills High School rose to the occasion to ensure our Year 12 cohort received a special and memorable send off.

The ceremony was live-streamed for families and friends. Nearly 220 feeds were recorded, with some family members as far away as London joining in our celebration. Feedback from students, parents and caregivers, and even grandparents has been extremely overwhelming, with a long list of compliments describing the night as outstanding, spectacular and emotional, to name a few.

There were many people responsible for the seamless execution. Thank you to:

- Ms Graves-Browne, Year Adviser for overseeing the ceremony. The care she has taken of this cohort was apparent by the countless times she was acknowledged and thanked during the night. Year 12 were obviously very grateful for all her efforts;
- Mrs Louis, School Administrative Manager and her staff for their planning and coordination of the event. From the programs, certificates and cupcakes, to setting up the stage and assisting with the decorations, the team worked tirelessly to ensure the evening was a success;
- Mr Randle, General Assistant for setting and packing up the MPC as well as managing the student technical support crew and assisting the live-stream team on site;
- Miss Dennis, Head Teacher CAPA for her expert coordination of the proceedings on stage;
- Ms Breden, Head Teacher Home Economics (Relieving) who worked closely with the whole team, including students, ensuring we all knew where to be and when to be there!;
- Ms Van Ede, Visual Arts Teacher and official photographer, for capturing the event on camera;
- the decorating team made up of Mrs Frida, Head Teacher Science, Ms Feneley, Teacher Librarian and Ms Heywood, Science Teacher for the flower wall and balloon arch. Many photos were taken in front of both adding a fun atmosphere to the formal celebrations;
- Mr Minton, Head Teacher Special Education Faculty and his staff;
- Mrs Coomber, Music Ensembles Director for organising the musical items; and
- all staff who attended on the night.

An excerpt from my address has been included on page 4 of this newsletter

On Wednesday, we conducted the final roll call for Year 12 as they attended their last whole school assembly. In keeping with the traditions and customs of Pennant Hills High School, they were farewelled by two representatives from each grade. Students spoke of the excellent example Year 12 had set for them and it was clear that

Year 12 have had a significant impact on the whole school and will be missed by all.

This week has seen a mixture of emotions. Throughout the ceremonies and traditions, one thing has stood out above all, the close bond between our staff and students. In challenging circumstances, all credit is given to Pennant Hills High School for their resilience and commitment to the task. *Penno Pride* at its best.

HSC Examinations

We wish Year 12 a very fruitful 'stuvac' period as they prepare for the Higher School Certificate (HSC) examinations in Week 2 of next term. We are confident they will continue their focus on the *end game*.

A reminder that Year 12 will return in full school Summer uniform for normal timetabled lessons in Week 1 of Term 4. Students will receive one additional week of face-to-face tuition to make up some of the time lost during lockdown earlier this year.

HSC examinations commence Tuesday 20 October 2020, with the first English examination. NSW Educational Standards Authority (NESA) requires students to arrive at school by 9.40am, being 20 minutes prior to the start of the exam. Students will be directed by NESA invigilators upon arrival.

ENCORE Congratulations

Yesterday, we received exciting news that Yohan, Year 12 Music student has been nominated for inclusion to *ENCORE*, a program of outstanding performances and compositions by students from the HSC examinations.

Congratulations Yohan and best wishes for the selection process.

NSW Premier's Message

Last week, the Premier of NSW Ms Gladys Berejiklian sent a video message to Year 12 students across the state, sincerely wishing them well and complimenting them on the strength they have shown throughout the year. Once again it is obvious that our entire extended community is mindful of the challenges our students have faced and proud of how they have handled themselves.

Year 11 Yearly Examinations

Congratulations to Year 11 on the completion of their yearly exams. When they return for Term 4 they commence their first term of preparation for the HSC.

Happy Holidays

Thank you to our school community for their hard work and support throughout this term. There have been numerous correspondence with changes to schedules and as always, our school has adapted quickly and efficiently.

I wish all students, families and staff a safe, restful and rejuvenating break. I hope everyone is able to recharge, enjoy the warmer weather, perhaps sit down with a good book and spend some time with those who are near and dear.

Both staff and students return on Monday 12 October for another busy term.

A reminder that **full school Summer uniform** is to be worn in Term 4. Uniform requirements and standards can be viewed on pages 5, 6 and 7 of this newsletter.

The School Locker will be open during the second week of the school holidays on Thursday 8 October from 10.00am - 2.00pm.

Ross Warren, Principal

EXCERPTS FROM MR WARREN'S YEAR 12 GRADUATION SPEECH

This is one of my favourite school events – the annual Year 12 Graduation Ceremony. It means something to all partners of this school – students, parents and teachers. It's a time to reminisce, to grapple with a whole lot of contradictory emotions – excitement, trepidation, happiness, sadness, anticipation, reflection – and it's a time to join together for a lot of mutual back-slapping.

With that at the forefront of my mind I would like to pay a huge tribute to the parents, family members and friends who unfortunately are unable to sit with us in the audience tonight. Your presence albeit online means so much to our students; your work behind the scenes in supporting, counselling, massaging, persuading and feeding is very much appreciated – if not now, certainly in the foreseeable future. The HSC is one of the most arduous challenges in life – and parents you are at the front line. So relax and enjoy, the journey is nearly over! As I think about parents, sons and daughters, I am also mindful of those who are not here this evening, our thoughts continue to be with their families and friends.

Year 12, I would like to join you in thanking your teachers who continue to work hard to provide you with the skills to approach the HSC exams with confidence and more importantly to walk with your heads held high as mature young adults who will exit our school for the last time to take on the challenges of what some of us might call real life. I believe that more than this, when it comes to the crunch in life, you will all realise that the key to success in life beyond the HSC, and amplified at *Penno*, is to always maintain positive relationships with those who are important to you.

There will be many fond farewells this evening. This is not just the end of six years at Penno, it's the end of schooling as you have known it from primary years to now. You've had thirteen years of life in a small, tight-knit community. You may not have read Robert Fulgham's (Fullgum's) essay: *"All I Ever Really Needed to Know I Learned in Kindergarten"*. It is worth a read. Fulgham says in part:

"Most of what I really needed to know about how to live, and what to do, and how to be, I learned in kindergarten."

"Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say sorry when you hurt others. Wash your hands before you eat. Flush. Warm biscuits and cold milk are good for you. Learn some, think some, and draw, paint, sing, dance, play and work some every day. Take a nap every afternoon to relax the mind and body. When you cross the road, watch for traffic, hold hands and stick together. Be aware of wonder."

Year 12, many of you have applied Fulgham's philosophy to the letter of the law:

Some of you have napped – in fact until very very late in the morning.

Encouragingly, there has been a lot of playing

Friendships and social relationships have an important place in a school like ours where we are trying to develop the whole self.

I am glad that you have embraced washing your hands before you eat in these unprecedented times....who knew there could be so many different varieties of hand sanitiser?

You have definitely been learning, thinking, and self-reflecting and with the major works I have been privileged to see this year you have drawn, painted, sung, played, performed, chiselled, sanded and "worked some" every day.

Cleaning up your own mess or putting things back where you found them – Mmmm..... Not so sure about this one

In and around, share everything, hold hands, stick together and play fair Year 12 you make me proud because as a group I can confidently say that you are totally and completely inclusive of all and happy to see others achieve. It is one of your cohort's outstanding characteristics.

Fulgham's thoughts speak of fundamental values so critical to all of us no matter our age, gender or life experiences. Sharing, sticking together, supporting one another, playing fair, putting order in your life, saying sorry when you're in the wrong, and striking a balance between work, study and social lives – all of these have made sense and continue to make sense in an extraordinary year. Of course, there is obvious difference between now and when you were in kindergarten. The times you now live in are highly public and therefore highly scrutinized. I can think of no other generation who has been more analysed. You are public property and publicly accountable. It has partly to do with the technology of your times – your world is a cyber, open book with few secrets. The notion of privacy has changed. Sharing may well be desirable in Fulgham's world, but sharing on cyber space means you are held to account in an instant, judgments are made quickly of you, and reputations are won - and lost - in seconds. You have much with which to contend.

Leadership Matters

You have seen over the course of this year, in the face of great adversity a great variety of leadership styles...you will all have reflected and formed opinions on where there has been strength of resolve, wise decision making or otherwise and made judgments about the quality of those leaders. Based on your reflection of what makes great leadership and as you leave our school gates I believe you all have the mind, character and skills that will create a positive sphere of influence in whichever future environment you find yourselves. In all these examples I hope that you have arrived at the conclusion that it is your character, your values, your beliefs – who you are as a human being – that count far more than any leadership position...

Philanthropic efforts are important

Without donations from people like John D. Rockefeller and Johns Hopkins, "things could have been much worse" in 1918. These donors helped create public-health and education systems that played a role in the medicine and science fields as we know them today. You might say that as you leave the gates of *Penno* in 2020 you don't have the resources to make those sort of significant financial acts of philanthropy. I suggest to you that philanthropy is actually about more than that. For me philanthropy can be summed up in the giving of time, talent and perhaps treasure. Year 12 you all certainly have the first two of these in abundance and I hope you will be able to make outstanding use of them. The donation of your time and talent to causes that you are passionate about will make a positive difference to our community.

Be dynamic and work together

Year 12, you are our tomorrow. It is here now for you. Your experience with and taste for technology and your appetite for change may be foreign to some of us from other generations. However, change is good and persistent change demands that your skills are of a different order – problem solving, flexibility, calm under pressure, risk taking, and ordering competing priorities. Now there is a life-long challenge – figuring out what matters from what does not and placing what matters first. Year 12 you are well placed to meet this challenge.

Finally, work hard. It will give your life meaning and complement the good relationships you need to pursue. Indolence or indifference leads to a passionless life. And that sounds empty to me. Find your passion, work hard and go for it. You will be a better person for it.

So, yes graduation continues to be important to me. In what so many have referred to as unprecedented and extraordinary times **I present to you the Class of 2020, a class that is truly unprecedented and extraordinary.** I celebrate the unique, indelible impact Year 12 make and will continue to make in our community.

Congratulations to the Class of 2020!



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.

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.

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

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

Jewellery: 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.

Hat/Cap: Navy with school emblem (sold by school) can be worn in PE also.

Scarf: School scarf, sold by the school.

Other: 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.
- Skirts:** All Season skirt is available to wear with the pale blue short sleeve and long sleeve blouses.
- 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).

CANTEEN NEWS - ONLINE ORDERING

Pennant Hills High School Canteen is very happy to advise that we are now accepting lunch orders online. All you need to do is download the app *Qkr! by MasterCard*, set up a profile and start ordering.

Lunch orders can be placed daily no later than 9.15am or for your convenience you can order up to 2 weeks in advance. You pay online via the *Qkr! by MasterCard* app and your child can then collect their lunch from the dedicated lunch order window.

The advantages of using *Qkr! by MasterCard* are: your child is guaranteed to receive their choice of lunch and no long queues to wait in.

If you have ordered and you know your child or the student who ordered will be sick and not in on the day, just call the canteen on 9473 5020 by 9.30am, let us know and we can hold the order over until the student returns.

We are very proud of our menu and its compliance with the NSW Government Healthy Canteen Strategy. We really look forward to making lunch times easier for our students and receiving your online orders soon.





THE SPECIAL EDUCATION FACULTY



BUILDS A HERB GARDEN TO CELEBRATE SPRING



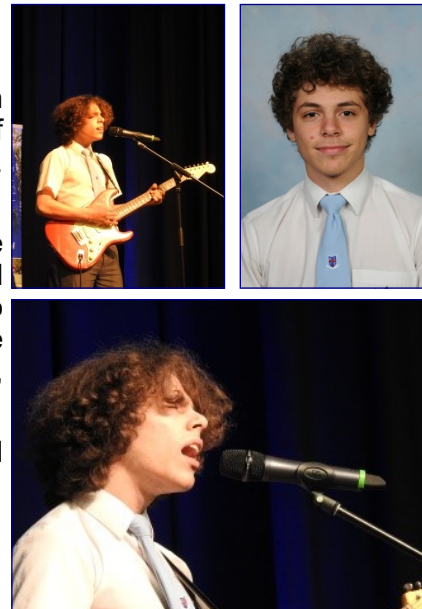
FABULOUS HSC MUSIC NEWS

Congratulations to HSC Music 2 and Music Extension student Yohan, on being nominated for possible inclusion in ENCORE, a selection of performances and compositions from Higher School Certificate students. ENCORE will be held early in 2021, with details pending.

This is an outstanding effort from a very talented musician and we congratulate Yohan and his teacher, Mrs Coomber, on this wonderful acknowledgement of excellence. Congratulations also to Mr Fowler, who worked with Yohan this year. Yohan is an exceptional musician and the school has been privileged to hear him perform on numerous occasions, most recently at our Year 12 Graduation Ceremony on Tuesday evening.

Good luck to Yohan as he progresses through the nomination process and for the future!

Janelle Dennis
Head Teacher Creative and Performing Arts



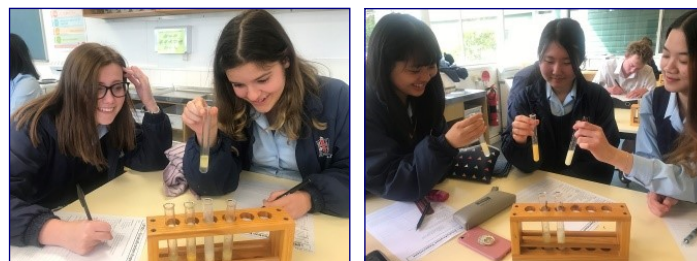
TERM 3 IN HOME ECONOMICS

In Food Technology you see students cooking. But, we see:

- Literacy eg. reading
- Numeracy eg. measuring
- Science
- Following directions
- Collaborating
- Problem solving

Lessons that taste good and last a lifetime!

Year 7 Food Technology measuring ingredients to prepare Banana and Choc Chip Muffins.



Year 11 Food Technology investigating the substances necessary for the production of an emulsion.



Jackie Breden
Head Teacher Home Economics (Relieving)

POSITION VACANT

Canteen Assistant (Casual)



The Pennant Hills High School P & C Association is seeking a casual canteen assistant to commence in Term 4, 2020.

The canteen operates 5 days per week between the hours of 8.00am and 2.30pm. The successful applicant must be available every Friday of term and have the flexibility to be called in at short notice to cover staff absences when required.

Duties include food preparation, basic cleaning tasks, taking deliveries of stock and customer service.

The successful applicant should have:

- * Experience in food preparation and hygiene practices
- * Excellent interpersonal and communication skills
- * A customer focus approach
- * Demonstrated ability to work as a team member
- * Demonstrated punctuality and reliability
- * A friendly disposition and enjoy working with children

Qualifications in food safety and handling are desirable.

Successful applicants must also have a current Working With Children Check (WWCC) or be eligible to obtain one. Casual award wages apply.

Please email your resumé and availability with a covering letter to phscanteen@gmail.com

Applications close on Wednesday 7 October 2020 at 5.00pm.

HORNSBY ONLINE SUPPORT GROUP

Supporting Complex Learners and their Families



DID YOU KNOW?

Parents of children with complex learning needs benefit from connecting with other parents who have similar experiences and feel less isolated as a result.

Together we can create a safe space to share the triumphs and challenges of parenting our children, teens and young adults.

In this group we are going to:

1. Meet with and connect with other parents
2. Learn, laugh, live life better together!
3. Hear from guest speakers on relevant topics

When:
Wednesday during school term

Time:
1-2 PM

Where:
Online via Zoom

Cost:
FREE!

Contact:
Helen Tozer
0422 019 401
helen@rns.org.au

Relationships Australia
NEW SOUTH WALES



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& Justice

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Hurry offers end 12th July 2020.

*Terms and conditions apply. See <https://www.entertainment.com.au/promotions>



Connect. Collaborate. Celebrate.



SOCIAL INCLUSION WEEK PHOTOGRAPHY EXHIBITION

You are invited to participate in Hornsby Shire Council's Social Inclusion Week photography exhibition. The exhibition will showcase your photos and your stories highlighting what it means to be part of the community.

Be Inspired by the theme - Connect. Collaborate. Celebrate.

Send us your images (2MB max per image) with a short 30 word description by 15 October to have the opportunity to be part of the exhibition and win one of five \$100 gift vouchers.

The photography exhibition will be held online during Social Inclusion Week: 19-30 November 2020

For more information please visit the website: hornsby.nsw.gov.au/connect
Contact Jian Zhao on 9847 6994 or jzhao@hornsby.nsw.gov.au

For more information visit
hornsby.nsw.gov.au



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.



SIS30315 Certificate III in Fitness

Units of Competence

Core Units

SISFIT001	Provide health screening and fitness orientation
SISFIT002	Recognise and apply exercise considerations for specific populations
SISFIT003	Instruct fitness programs
SISFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFIT005	Provide healthy eating information
SISFIT014	Instruct exercise to older clients
SISFIT015	Provide quality service
SISFIT025	Maintain equipment for activities
SISFIT026	Work effectively in sport, fitness and recreation environments
Electives	
SISFIT006	Conduct fitness assessments
HLTAID009	Provide first aid
BSBRSK401	Identify risk and apply risk management processes
HLTWHS001	Participate in workplace health and safety
SISFCAC006	Facilitate groups
SISFIT025	Recognise the dangers of providing nutrition advice to clients
SISFIT026	Support healthy eating through the Eat for Health Program

SIS40215 Certificate IV in Fitness

Units of Competence

Core Units

SISFIT019	Instruct exercise to young people aged 15 to 17 years
SISFIT015	Collaborate with medical and allied health professionals in a fitness context
SISFIT016	Provide motivation to positively influence exercise behaviour
SISFIT017	Instruct long-term exercise programs
SISFIT018	Promote functional movement capacity
SISFIT019	Incorporate exercise science principles into fitness programming
SISFIT020	Instruct exercise programs for body composition goals
SISFIT021	Instruct personal training programs
SISFIT022	Instruct group personal training programs
SISFIT025	Recognise the dangers of providing nutrition advice to clients
SISFIT026	Support healthy eating through the Eat for Health Program
SISFCAC006	Conduct sustainable work practices in open spaces
Electives	
BSBSME403	Market the small business
BSBSME404	Undertake small business planning
BSBSME405	Monitor and manage small business operations
BSBSME406	Manage small business finances
SISFIT011	Instruct approved community fitness programs
SISFIT012	Instruct strength and conditioning techniques
BSBSME401	Identify risk and apply risk management processes
SISFCAC006	Facilitate groups



ATC Australian Training Company
RTO 5673

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Certificate III & IV in Fitness

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training@austrg.com.au
(02) 9704 1550



CASTLE HILL SOFTBALL CLUB



Registrations now open!

castlehill.softball.org.au
castlehillsoftball@yahoo.com.au

Find us on Facebook and Instagram!
[@castlehillsoftball](https://www.facebook.com/castlehillsoftball)

Family friendly club with teams for girls, boys, men and women ages 3 and above!



fusion
SYDNEY NORTH

Youth School Holiday Program Spring 2020



Monday 28th Sept.
9:15am - 4:30pm
First Aid Course
Cost: \$85



Tuesday 29th - Wednesday 30th
10am - 3:00pm
Song Writing Workshop
Cost: \$20

Bookings are ESSENTIAL
Ph: 94771110
e: sydneynorth@fusion.org.au
Online Bookings:
BOOK HERE
(sydneynorth.fusion.org.au/youth-work)

Thursday 1st Oct.
10am - 2:30pm
Bushwalking (Blue Gum Loop Walk)
Cost: \$5



Friday 2nd Oct.
12:00pm - 3:30pm
Pizza & Movie (Disney's Live Action Mulan)
\$10



Due to COVID restrictions, minimum & maximum numbers exist for each activity. Bookings are essential. Drop off and Pick up address for each day is Fusion Community Centre - 5 Jersey Street, Hornsby.

COMMUNITY NOTICES AND CONTACTS

HELPERS NEEDED

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

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

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

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

Lifeline Telephone Volunteers needed: It's never too late to make a difference ... or to learn new skills.
Join a team of volunteers on the crisis support line based at Gordon. Training is comprehensive and ongoing support is provided for all volunteer counsellors. More information: 9498 8805 or admin@lifelineh2h.org.au

COMMUNITY SERVICES AND SUPPORT

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

Free English courses for adult migrants - www.ames.edu.au: Classes at Hornsby, Chatswood and Eastwood.

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

The Kids Are All Right Website for parents of Australian teenagers. Go to www.thekidsareallright.com.au.

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

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

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

Ability Links: supporting people with a disability, their families and carers to achieve their goals in life.
For more information phone 8830 0768 or email abilitylinks@unitingcarenswwact.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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