



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 6 November 2020

Term 4 Week 04B

Mr Ross Warren
Principal

Mr Brendan O'Byrne
Deputy Principal

Mrs Fiona Payne
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★ ★ ★ CELEBRATING OUTSTANDING ENGLISH WORKS ★ ★ ★

EXTENSION 2 HSC WORKS

1

Fragile Femininity: An exploration into Charlotte Bronte's Jane Eyre and female relationships

Madeline's critical composition analyses the classic Victorian-era novel *Jane Eyre* with a particular focus on the Jungian archetype of the mother, and the dynamics of female relationships.

Excerpt:

It is the mother who carries the child; she has had their warm presence within her for nine long months, caring for them over everything else. While fathers provide in other ways, from the moment of conception the child is inextricably linked to the mother, and a relationship of reliance is forged with this being who is to bring them into the world. The mother's prominence in the child's life – her influence – only grows through infancy and young adulthood, affecting their conscious decisions. And what of the unconscious? Many have argued that an unbreakable bond is forged in the womb

2

and crib – a bond that manifests in the adult psyche of the once child. Those important decisions of upbringing that are so often driven by instinct rather than rigour – such as whether to parent in a liberal or authoritarian fashion – have profound and sometimes deleterious consequences for both mother and child in later life. Our fascination with this connection is universal, and these consequences, as well as the relationship between mother and child more broadly, are the stalwarts of literature...From the Bible, to Shakespeare, to the Modernists, literature has long been established as a medium for humanity to explore its fascination with the archetypes of the mother and child.

Madeline



continued pages 7 – 10

Responsibility Integrity Achievement

TERM 4, 2020

Week 05A	Monday	9 November	HSC Examinations (ending Wednesday 11 November)
	Monday	9 November	Year 9 Yearly Examinations (ending Friday 13 November)
	Monday	9 November	7ENA Project - <i>High Resolves</i>
	Thursday	12 November	Year 12 Sign Out Day Room 304 9.00am-1.00pm
Week 06B	Monday	16 November	Year 9 Wellbeing Camp and Peer Support Training - Great Aussie Bush Camp (ending Wednesday)
	Tuesday	17 November	P&C Meeting - followed by the AGM 7.30pm via Zoom
Week 07A	Monday	23 November	HSC Minimum Standards - Round 2 (ending 27 November)
	Wednesday	25 November	Year 9 Peer Support Training
Week 08B	Monday	30 November	Year 7 Vaccinations
	Tuesday	1 December	Year 7 2021 Orientation Day
	Tuesday	1 December	Year 9 PASS Surf Excursion (Tuesday and Thursday)
	Tuesday	3 December	7MUSA Class Concert
Week 09A	Monday	7 December	Year 7 Swim School - Hornsby Aquatic Centre (ending Wednesday)
	Monday	7 December	Presentation Night Rehearsal for Students (Monday and Tuesday)
	Tuesday	8 December	Presentation Night 7.30pm MPC
	Thursday	10 December	Year 7 Wellbeing Incursion - <i>Boys to Men/Girl Talk</i> (and Friday)
	Thursday	10 December	Year 9 Wellbeing Incursion - <i>Smooth Sailing</i>
Week 10B	Wednesday	16 December	LAST DAY OF SCHOOL FOR STUDENTS
	Thursday	17 December	School Development Day - Staff Only (Thursday and Friday)
	Friday	18 December	HSC and ATAR Results Released 9.00am
	Friday	18 December	Year 12 End of Year Breakfast Celebration 10.00am

SCHOOL HOLIDAYS

Merry Christmas and Happy New Year

TERM 1, 2021

Week 01A	Wednesday	27 January	Term 1 2021 Resumes for Staff Only
	Thursday	28 January	School Development Day - Staff Only
	Friday	29 January	Term 1 2021 Resumes for Years 7, 11 and 12 Only
Week 02B	Monday	1 February	Term 1 2021 Resumes for Years 8, 9 and 10 (Whole School)
	Monday	1 February	Year 7 Camp - Kincumber (Monday to Wednesday)
	Sunday	7 February	Music Ensembles Camp (Sunday to Tuesday)
Week 03A	Monday	8 February	Music Ensembles Camp (Monday and Tuesday)
	Wednesday	10 February	Whole School Swimming Carnival - Hornsby Aquatic Centre
	Wednesday	10 February	Music Ensembles Camp Concert - MPC
Week 04B	Wednesday	17 February	High Achievers Assembly - 9.30am MPC

P&C MEETING DATES FOR 2020

Term 4: 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 to arrange.

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

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

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

To find our page search for:

"Pennant Hills High School"



**Like us on
Facebook**



PRINCIPAL'S REPORT

World Teachers' Day

Last Friday, Pennant Hills High School celebrated World Teachers' Day. Year 10 students from the Student Leadership Council (SLC) embraced their role of *delivery elves* whilst distributing messages of gratitude, heart-shaped post-it notes titled *We Love What You Do!* and the all important Chupa Chups to our teachers. There were also chocolates delivered to staffrooms in recognition of the superb job our teachers do.

I continue to be very proud of our dedicated and hard-working teachers as they persevere through this difficult year, with unwavering support and commitment to our students.

Once more, *Penno Pride* and *Nil Nisi Bonum* were on display for all to see.

Year 12, 2020 HSC Concludes

Next Wednesday 11 November is the final day of the 2020 HSC examination period. Our students have conducted themselves extremely well and we hope the results will reflect the hard work they have done.

Sign Out day for Year 12 will be next **Thursday 12 November** from 9.00am - 1.00pm in Room 304, where Miss Graves-Browne, Year Adviser will be waiting with information, references and a very special surprise.

Parents and Citizens AGM

Tuesday 17 November will be final P&C Meeting for 2020. The Annual General Meeting (AGM) will follow the general meeting.

This week, we received some updates to the existing guidelines for the operations of Department of Education (DoE) schools. They can be viewed through this link:

<https://education.nsw.gov.au/covid-19/advice-for-families>

I am pleased to announce that P&C meetings are now allowed to be conducted on site. Therefore, our next meeting will convene at 7.30pm in the school library instead of via a zoom link. I look forward to seeing everyone then.

Everyday Maths HUB

Last week the DoE launched their *Everyday Maths Hub* for parents and caregivers as an additional way of complimenting the already fantastic job we do with mathematics instruction across NSW.

The Hub itself is designed to be an engaging and dynamic platform for parents/caregivers of children from Kindergarten to Year 10. It aims to support the partnership between home and school and encourage family conversations about the relevance and usefulness of mathematics in everyday life.

Information about the Hub including links and videos can be found on the front page of our website under the news section or via this link:

<https://pennanthil-h.schools.nsw.gov.au/news/2020/10/maths-trains-brains-for-the-future.html>

I encourage all parents and caregivers to familiarise themselves with its contents.

Digital Devices Policy

As we continue to meet the challenges of an ever-changing technological landscape and the impact it may have on the lives of our school community, Pennant Hills High School has been reviewing its policy surrounding the use of digital devices at school.

We are continuing our consultation with students and parents/caregivers through the P&C. Once finalised, the ratified document will be available on our school website.



Schools Spectacular 2020 Remixed

Congratulations to Year 12 student Yohan who has been selected to perform in a very special virtual item for the Schools Spectacular 2020 Remix.

The item, specifically for Year 12 graduates, will unite over seventy students from NSW. The virtual recordings featuring talented Year 12 dancers, vocalists, instrumentalists, and singing performers will be mixed in preparation for the special edition of the Schools Spectacular, which will be broadcast soon. We continue to be proud of Yohan's musical achievements

Ross Warren, Principal

WARREN - THE EWE

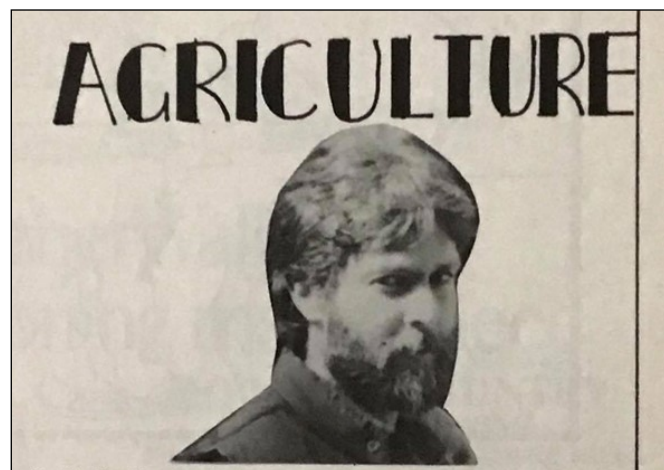
George Orwell stirs as the country went into lockdown in March of this year due to the COVID-19 pandemic which swept the world. With a little bit too much time on our hands, an ex-student of Penno High, Kerrie Courtney aka Simmons posted a Year 7E photo from 1979 tagging some of her classmates. This sparked it's own momentum which led to the formation of a private Class of '79-'84 Facebook group now boasting 80+ members. This group went on to decide they'd like to 'give back' to their beloved Penno, that served them so well all those years ago.

Why would a bunch of random 50 something year old's get together and raise money for a lamb for your school Ag plot? Because our year was the inaugural year for Agricultural Studies at Penno High of course!!! It all started in 1979 when 180 shiny new Year 7 students started.

Warren Copping (pictured) was the first Agriculture teacher at Penno High and even stayed on an extra year to see the first set of students graduate in the HSC. When the Facebook group put it to a vote on the name of the lamb it of course just had to be Warren, even though it's a ewe!

Warren has also reconnected with us in the group and was found to be an active member of the Tweed Heads Triathlon Club. He continued to be a Science/ Ag teacher for 32+ years in Kingscliff, N.S.W. and the US and in 2012 did a PhD in education.

Thank you Warren. Thank you Penno High!



Written by former student Don Coyne with the help of Marg Abbott. John Xegas came up with the idea. Roslyn Morrall provided the picture from the 1984 Yearbook.



Teaching *A Bright Future*



Thank You
to our Teachers at
Pennant Hills High School.
We Love What You Do!



Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

Further information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

Please visit the Department of Education's *Policy library*

The school leaving age:

Please visit the Department of Education's *Wellbeing and Learning* website

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512

www.dec.nsw.gov.au

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NSW Department of Education and Communities

A TRIBUTE TO DEBORAH FEILEN

In the original UK series of *The Office*, the character Tim Canterbury observes that “The people you work with are people you were just thrown together with. You don't know them, it wasn't your choice, and yet you spend more time with them than you do your friends or your family”.

Of course, the fictional Mr Canterbury knew that at times, the people we work with are much more than a random collection of individuals, and that sometimes we are lucky enough to work with someone who has truly made a difference in our own lives, and in the lives of so many in the wider school community.

Deborah Feilen is one such person. She has been an integral part of the Pennant Hills High School English faculty since 1997, joining our school after completing an Honours degree at Sydney University and previous teaching appointments in the Riverina and Southern Highlands.

Since then, she has taught English (as well as Drama and History) with distinction at all levels. One of our newer colleagues, Ms Chapman, remembers having Ms Feilen as her Extension 2 English mentor. She recalls the care and dedication Ms Feilen showed towards her while completing her major work, always encouraging her with her writing, and supporting her with an infinite reservoir of knowledge and insight.

Deborah Feilen was absolutely committed to all her students. She knew their strengths and weaknesses, and gave feedback on their writing after every lesson, dispensing guidance with an inimitable rhetorical flourish dispensed in bold, elegant calligraphy from her fountain pen.

But Ms Feilen was so much more than a teacher. She tirelessly volunteered her time for extra-curricular activities, supporting countless Drama productions and school musicals, always willing to stay late into the night to ensure that everything was as it should be. At every school sporting carnival, Ms Feilen would make certain the staff were properly catered for, and in the English staffroom, the table would always be filled with treats to make sure we all got through the day.

So while we celebrate her as a brilliant teacher and colleague, Deborah Feilen will be remembered most of all as a friend. She would never forget a birthday, would be there at Christmas to organise the Secret Santa gifts, and arrange for a card or flowers to mark every celebration. She amazed us all with her unequalled knowledge, and entertained us as a raconteur par excellence.

Ms Feilen did not like the limelight, and when she made the decision to retire, expressed the hope that she could step down with little attention or fanfare. I hope she will forgive me for not entirely complying with that request, and allow me to express my heartfelt thanks for her services to education, and deep gratitude for her friendship.

Richard Williams, Head Teacher English

EXTENSION 2 ENGLISH 2020 HSC WORKS continued from front cover

The Pennant Hills High School English faculty are delighted to bring to you excerpts from the incredible works of our Extension 2 English students of 2020. This year our students have worked in the mediums of short fiction and critical response, and have covered topics ranging from the power of storytelling, the intricacies of human psychology, and cultural and experiential influences on identity.



Zoe – Droplets in the Universe

Zoe's fictional composition explores Jungian theory of the collective unconscious as it relates to a young woman and her recollections of supernatural childhood experiences.

Excerpt:

Years beforehand, Gloria had laid down in a field gazing up at the sky, but this time, instead of fireflies, the sun streamed brightly back onto her. It was a warm day, yet Spring had only just begun so there was still a sense of chill in the air. Leisurely, she pushed herself up to a sitting position with her hands, legs stretched out, observing the other people in the park.

The interactions of children playing and people joining together provoked her memory back to the fields she would play in with her family. Though, she couldn't help but become intrusively aware of the stark differences of scenery that existed between her then home and current location. Tall buildings reached towards the sky as if in a race to uncover the secrets of space and the universe. People still bustled together on the street, but in a different manner. Politely, but without time to focus or observe one another or the everyday miracle of the atmosphere that surrounded them.

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Danielle – The Dragon's Eye

Danielle's fictional composition explores the role of fairytales as escapist literature.

Excerpt:

you step into the quaint store to shake off the beginnings of the storm. wisps of earl-grey and lavender-stained steam kiss your nose, alongside the promises of warm dumplings and fresh buns that melt the cold instantly.

a flurry of colour arrives to greet and usher you to a table by the window, where you may watch the sky's antics unfold.

the crimson streak manifests herself into a woman, with a scarlet smile and golden eyes. her soft night hair is held in place by ornate stones you cannot recognise, and she is wrapped in a cheongsam of a thousand scales, each in various places along the spectrum from flame to flint.

"huan ying, nin hao." whether the words are familiar or not, you understand perfectly. welcome, hello. in fact, all around, flurries of colour shift between figures and tongues, and the room swells with the pleasant chaos of life. "wo shi wei ting." my name is wei ting.

you glance at the menu she has placed in front of you, expecting to see dozens of options across the page. but the words do not appear as words at all, crawling about as scribbles and murmurs instead.

you turn to wei ting with a helpless expression, to which she gives a light laugh. look again.

you oblige, bringing your attention back to the illegible inscriptions. this time, amongst the scrawls, you spot one clear title: the dragon's eye.

when you repeat the mysterious choice of brew back to her, she lights up.

this is your first time? she asks.

you nod with a smile.

jotting down your order, wei ting reassures you with another excited grin as she disappears, shifting back into a crimson flurry, into the kitchen.

Meena – Mor lam

Meena's fictional composition explores the effect of parental absence on the left behind child of Thailand.

Excerpt:

The hot season. I have dreaded this time of year the most, ever since I was the age of fifteen, but how could I avoid it? It was certain to come. Just like how the sun is expected to rise every morning and set in the evening. It was inevitable. Sixteen years have now passed but I still feel the same about the heat. Hot and sticky, crowded and suffocating, it reminded me of the summers spent in that small house on the corner of the Soi, a memory which I had hoped to bury deep within me but somehow always found its way to haunt me.

It was early 1994, the streets back then were always filled by the local kids running and mucking around. Dancing to the sound of the mor lam² leaving my mother's lips, the Isan people's song playing out loud. Now, 2004, I used to miss those days, before we left for the south, so oblivious to the world around me, living every day as it came, not worrying about the struggles we had to go through, day by day only to make sure we stood a chance in this prejudiced world. I treated every day as a stepping stone, one day closer to escaping that futureless town. Sure this town had been where I spent almost two thirds of my 15 years growing up, it was all I knew, but how would I be able to succeed or thrive in this world if I could not at first escape this environment I was stuck in which was dragging me down with it?



Laura – There is a Dog Buried Here

Laura's fictional composition is interested in re-evaluating notions of sanity and exploring our fascination with the taboo and macabre.

Excerpt:

I stand and wait for the 7:15pm train alongside men and women in expensive suits. They are yelling in unison at someone over the phone. I must seem inferior to them. They must look down on me – the one who constructs

continued next page

Laura – There is a Dog Buried Here ... cont'd

the office buildings from which they sit so entitled. Stale, dusty wind gusts through the platform as the train makes its stop. There are no seats during rush hour. My feet ache from the hours of work. And yet I must stand. The faceless sitting in hollow shells stare back at me.

A mother pulls her child closer into her body.

An elderly man dips his head and smiles.

The pre-recorded voice over the loudspeaker announces it is my stop. I take the stairs, not the escalators, and avoid contact with the hand rail. My pupils dilate at the sudden change in light. It's not bright due to the sun, but from the reflection of the white clouds and sky on the city. Moving from the underground tunnels – dark and overlooked – to the bustling streets where every type of person is on display is fascinating. Stockholm is the centre of life in Sweden. Families walk hand in hand; young couples laugh; heavy metal bands hand out posters; lawyers check their watches. These people pass each other and never even notice. I wonder, do they notice me?

*The roar of a train trembles from underneath the concrete street. A shoulder collides with mine. My skin itches.
"Watch it," I snap.*



Alexandra – With Sweet Flowers

Alexandra's fictional composition subverts conventions of the Gothic genre to explore the diagnosis of hysteria in Victorian-era England and the role it played as a vessel for perpetuating misogyny.

Excerpt:

It was with fervid curiosity that I first received the case of Mrs. Catherine Whillock. I do not often burden myself with such matters as that of female delirium. They bore me. But unlike the plethora of contorted grins and beady eyes introduced to me throughout my years of study, her face— that wistful, glaring face – intrigued me.

She sat, thin and angular, shifting her feet. Her bony fingers were clasped together like the interlocked mouth of a venus fly trap, hands wringing in anxious anticipation.

Nervous.

She looked at me with a simmering intensity, her brow twitching as I stepped through the door.

Desperate.

She pursed her lips. Her eyes— those oddly familiar eyes— were misty and grey, and her head was bowed.

Miserable.

Anastasia – The World as a Dream

Anastasia's fictional composition examines the psychological phenomenon of dissociation and sleep paralysis through the story of a young girl and her fascination with lucid dreaming.

Excerpt:

It was the middle of summer and the world radiated its sickness, the grass as yellow as the sun that scorched down upon it, begging for water. It was only noon but it felt as though weeks had passed since I first started standing at this register. I looked around the shop and pondered upon the dead faces with their uninterested eyes fixated on nothing, everyone also seemingly in their own world, taking themselves to places they would rather be. Life was boring, plain and simple, and nothing reminded me more of this than the sound of a thud that brought me back to life.

"Hey, how are you today." I ask with the same stale tone I use with every customer.

"Yeah, good thanks." He replies with the same banal tone.

And with that, the drop of silence falls on us and I dream of anywhere but here.



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EXTENSION 2 ENGLISH 2020 HSC WORKS continued from previous page



Iris – Rabee's Story

Iris' fictional composition explores the liminal time between childhood and adulthood through the story of a young boy and his experiences of life, loss, family and culture.

Excerpt:

Rabee and his mother were in the courtyard. It was a warm day, and spring was on its way. The air danced swiftly, its restless breath flushing Rabee's small cheeks. The brown-grey buildings of Aleppo looked down on them, or what was left of them did. The sky – a cloud of never-ending ash with patches of blue and white in between – matched the dusty streets where people walked occasionally, here and there, but always in a hurry. It was as if they had somewhere to go, somewhere to be, despite the fact that those who had somewhere to go had already gone there long before. Rabee watched the jasmine flowers, only recently bloomed, swinging from the trees.

"What story?" he asked.

His mother did not answer, pulling up a rusty chair opposite him. She poured tea into her intricate, orange patterned china mug.

"It was a cool winter's night around this time of year," she began. "I had felt you coming all day, but you were stubborn," she smiled. "When I first saw you, Rabee – what joy my heart felt! You took a long time, but it was worth it. You met everyone: your father, grandfather, grandmother. You met your brother, Adeem, for the first time. Even back then you two were arguing."

Well done to all of our Extension 2 students. We are so proud of your dedication and your achievements throughout the course.

Rosie Bell and Eliza Morton, Teachers

2020 AUSTRALIAN GEOGRAPHY COMPETITION

Congratulations to the following students who were awarded certificates from the HSIE faculty for their participation in the 2020 Australia Geography Competition.

Year 11

Manaala – High Distinction

Riley – High Distinction

Joshua

Svetlana

Eamon – Distinction

Year 10

Hamish – High Distinction

Year 9

Elliot – Distinction

Grace

Year 8

George

Scott

Wynnie

Year 7

Aidan



AUSTRALIAN GEOGRAPHY COMPETITION



*** STELLAR PERFORMANCES ***

Congratulations to Year 9 student Caitlyn and Year 10 student Ella on their selection to the U18 Girls NSW Basketball Squad.

We wish them good luck in the next phase of the process as they strive to compete at the 2021 U18 Australian Junior Championships scheduled for April next year in Victoria.



Caitlyn



Ella



Empowered: Innovative Ideas for Supporting Senior High School Students and their Families



A series of webinars aimed at supporting senior high school students and their parents/carers through to the HSC and beyond.

Tuesday 10 November, 7pm-8:30pm
HSC (Hopeful, Strong, Confident): Supporting Young People through the HSC Years.
Presented by Relationships Australia
[Click here to book](#)

Tuesday 17 November, 7pm-8:30pm
Rituals for Change and Resilience.
Learn how to develop meaningful rituals to help us connect with others, embrace our humanity and make sense of these challenging times together.
Presented by Dr Monty Badami.
[Click here to book](#)

Tuesday 24 November, 7pm-8:30pm
Beyond Your ATAR: Explore the Possibilities.
Presented by Your Compass
[Click here to book](#)

Thursday 26 November, 6:30pm-8:30pm
Korean HSC Webinar for Students and Families.
Learn about HSC course selection and ATAR scores, as well as identifying and managing study stress.
Presented in partnership with Relationships Australia
[Click here to book](#)

For more information, contact Sue Downing at Hornsby Shire Council on 9847 6889
hornsby.nsw.gov.au/community/services/youth



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Tues-Sat 10am-4pm

20 George St, HORNSBY
(next to railway overpass)

Need support? Call 13 11 14 (24/7)

www.lifeline2h.org.au

Free online presentation for parents and supervisors of learner drivers

TIME: 6:00pm to 7:30pm,

DATE: Thursday 26th November 2020

WHERE: Via ZOOM - registration essential

This online session will offer practical advice about:

- current driving rules and requirements for L and P platers
- how learners benefit from supervised on-road driving
- how you can help make learning to drive a safe and positive experience

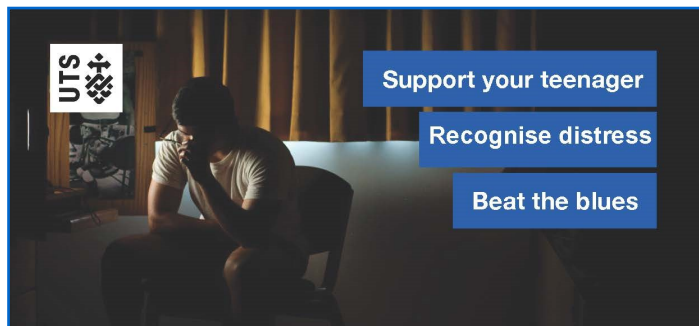
Visit <https://www.hornsby.nsw.gov.au/learnerdrivers>

for more information and to reserve your place. Or email ltipping@hornsby.nsw.gov.au or phone 9847 6856



Presented by Hornsby Shire Council in partnership with the NSW Government.





Support your teenager

Recognise distress

Beat the blues

THE KIDMAN CENTRE UTS

Free Online and Face-Face 'Taking Charge' workshop for parents: Recognising Psychological Distress in your Teenager

Are you a parent or caregiver who would like to understand the difference between 'normal' teenage emotions compared to significant psychological distress?

Teenagers are known for experiencing strong emotions and having difficulty regulating themselves. But what are signs that your teenager may be experiencing symptoms of anxiety or low mood?

To understand this, The Kidman Centre UTS is offering a FREE one-hour online or face-face workshop on Wednesday 4th November from 6-7pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will provide practical, evidence-based strategies, and cover the following:

- Understanding 'normal' teenage emotions,
- Understanding and recognising anxiety and low mood indicators,
- Parent management skills, and
- External resources to support your teenager.

Bookings are essential as numbers are limited. See the blue panel for workshop details and booking link.

Workshop and Booking Details

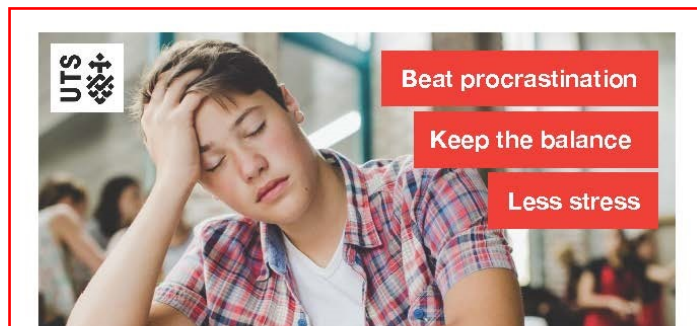
When
6:00pm to 7:00pm on Wednesday 4th November 2020

What
1-hour workshop for parents and caregivers.

Where
The Kidman Centre UTS, based at the Prince of Wales Hospital in Randwick.
Parkes Building, Level 10 East High Street entrance, Randwick (Video on how to find us) or Online (via Zoom). An email link will be sent closer to the date.

Who
Presented by Clinical Psychologist, Jennifer Hawken

Bookings essential
Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>



Beat procrastination

Keep the balance

Less stress

THE KIDMAN CENTRE UTS

Free Online and Face-to-Face workshop for high school students: Taking charge of exam stress

Are you a high school student that experience mind blanks during exams? Do you freak out before an exam? Or, do you procrastinate and avoid preparing at all for your exams?

Now is a perfect time to develop your own practical and personalised plan for how you manage exam stress.

To help you to do this, The Kidman Centre UTS (based in Randwick), is offering a FREE online and face-to-face 'Taking Charge with Teens: Managing Exam Stress' workshop on Wednesday 11th November, from 4:30pm to 5:30pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist.

Bookings are essential as numbers are limited.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will focus on practical strategies and cover the following topics:

- Identifying common sources of stress students
- The fight-or-flight response
- Understanding the symptoms of acute and chronic stress
- The three step approach to managing stress:
 1. Challenging unhelpful thinking (cognitive therapy skills)
 2. Taking action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Self-care (diet, exercise, breathing techniques, time out, sleep strategies)
- Sources of further help

Workshop and Booking Details


When
4:30pm to 5:30pm on Wednesday 11th November 2020

Where
The Kidman Centre UTS, based at the Prince of Wales Hospital Randwick.
Parkes Building, Level 10 East, High Street, Randwick (See here for a video on how to find us) or Online (via Zoom)

Who
Presented by Clinical Psychologist, Jennifer Hawken

What
1-hour workshop for high school students

Bookings essential
Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>



Improve your mindset

Manage emotions

Beat the stress

THE KIDMAN CENTRE UTS

Free Online and Face-to-Face 'Taking Charge' workshop for teens: Coming Back Stronger after COVID-19

Are you a teenager who is feeling stressed, unmotivated or ambivalent about your future?

After such a stressful and unusual year, now is the perfect time to increase your motivation, adopt healthy habits, build resilience, and create a positive mindset, so that you can come back stronger in 2021.

To help you to do this, The Kidman Centre UTS is offering a FREE online or face-to-face one-hour workshop on Wednesday 12th November, from 4:30-5:30pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will provide practical, evidence-based strategies, and cover the following:

- Understand the impact of COVID-19 on our motivation and stress levels,
- Problem-solve barriers,
- Identify and challenge unhelpful thought patterns,
- Set goals based on what is important to you and assist you to live these out, and
- Build resilience and improve your mindset.

Bookings are essential as numbers are limited. See the blue panel for workshop details and booking link.

Workshop and Booking Details


When
4:30-5:30pm on Thursday 12th November 2020

What
1-hour workshop for teenagers.

Where
The Kidman Centre UTS, based at the Prince of Wales Hospital in Randwick.
Parkes Building, Level 10 East High Street entrance, Randwick (Video on how to find us) or Online (via Zoom)

Who
Presented by Clinical Psychologist, Jennifer Hawken

Bookings essential
Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>



'sdecc'
Sydney Drug Education & Counselling Centre

Presents

Parents Prepared

Starting the conversation with young people about drugs

When: Thursday 5th November, 2020
Time: 4:30-6:00pm
Where: online via [Zoom](#)
Cost: \$10 per ticket

Presenters:
Belinda Volkov, Clinical Coordinator
Allison Bain, Counsellor

RSVP: visit <https://www.trybooking.com/BWLAL>

to register

To find out more about SDECC, visit www.sdecc.org.au

Supported by the Sydney North Health Network

COMMUNITY NOTICES AND CONTACTS

STUDENT EXCHANGE PROGRAMS

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

Southern Cross Cultural Exchange: Information sessions www.scce.com.au or 1800 500 051.

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

Student Exchange Australia NZ www.studentexchange.org.au or 9997 0700.

World Education Program Australia (WEP) www.wep.org.au or 1300 884 733 or on Facebook (wepaustralia)

Australian Institute of International Understanding (AIU) www.aiiu.com.au or 1800 174 407 - program costs apply.

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

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

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

RECREATION AND SPORTING GROUPS

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

Northern District Hockey Association: Contact 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Castle Hill BMX Club: Fred Caterson Reserve, Castle Hill. Facebook: facebook.com/castlehillbmx
President: Michael 0404 093 303. Email: castlehillbmx@hotmail.com

Hornsby Junior Touch Footy: All games played at Foxglove Oval, Mt Colah. Girls 9s-17s; Boys 9s-15s.
Information/Registration: hornsby.mytouchfooty.com

North Rocks Softball: Teeball, Modball, Softball - school terms only - 5 years to adults - social and competitive.
Information/Registration: northrockssoftball.org.au or phone: 0406 852 851.

Asquith Netball: All skill levels welcome. Information Linda Wilton 0403 214 410 or Asquithnetball@outlook.com

Pennant Hills Netball Club: pennanthillsnsw.netball.com.au

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

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.



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

DISCLAIMER

Advertisements in this newsletter are included as a community service or a source of revenue to offset newsletter production costs. They should not in any way be seen as an endorsement or recommendation by the school.