



JUMBUNNA

Fortnightly Newsletter of
Pennant Hills High School

Friday 20 November 2020

Term 4 Week 06B

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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Responsibility Integrity Achievement

TERM 4, 2020

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 Live-streamed
	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)
	Tuesday	9 February	Year 7 Welcome BBQ 4.00pm - 6.00pm
	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
Week 05A	Monday	22 February	Zone Swimming Carnival
	Tuesday	23 February	P&C Meeting 7.30pm Library
	Wednesday	24 February	All Schools Triathlon - Individuals
	Thursday	25 February	All Schools Triathlon - Teams
	Friday	26 February	Whole School Photo Day
Week 06B	Monday	1 March	HSC Minimum Standards Testing (ending Friday)
	Tuesday	2 March	Open Night 4.00pm - 6.00pm
Week 07A	Tuesday	9 March	Year 8 Wellbeing Incursion - <i>Brainstorm Production</i>
	Wednesday	10 March	Year 11 and 12 Parent-Teacher Interviews
Week 08B	Wednesday	17 March	Whole School Cross-Country Carnival



PARENTS AND CAREGIVERS

PLEASE DO NOT DRIVE INTO SCHOOL GROUNDS

In the interests of student safety and due to the COVID-19 restrictions, parents and caregivers are not permitted to drive onto 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.

School staff and drivers of visiting commercial vehicles are reminded that all roads within the school are shared zones with a speed limit of 5kph.

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

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

NAIDOC Week

Last week, Pennant Hills High School commemorated the National Aborigines and Islanders Day Observance Committee (NAIDOC) Week with the rest of Australia.

NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

The highlight of our celebration was the assembly, when Year 11 student Mirrin, a proud young Anaiwan woman and Year 10 student Rachel, a proud young indigenous woman, led the school in the *Acknowledgement of Country* that was even more special and significant than it usually is.

This was followed by our School Captains Sonya and Hiroshi reading excerpts from Charles Smith's *The Lone Pine*:

The number of Aboriginal and Torres Strait Islanders who served with Australian forces in the first world war is estimated to be in the range of 1,000-1,200. Despite rules against their enrolment, over 3000 Aboriginal and Torres Strait Islander men and women are known to have enlisted in World War II.

They were not recognised as Australian citizens.

One of these soldiers, Benjamin Charles Smith, collected a pinecone at Gallipoli in 1915 and sent one to his mother. This is the story."

The Captains went on to explain their motivation for using this text and its close link to Australia's involvement in World War I. I encourage all readers of *Jumbunna* to seek out the text. It is extremely compelling and meaningful.

Remembrance Day - Lest We Forget

On the 11th hour of the 11th day of the 11th month we began our Remembrance Day ceremony. Congratulations and thank you to: Year 9 student Caleb who led the school with a magnificent rendition of the Last Post, the customary minute's silence and Reveille; and Year 10 students Eve and Ashlin who read extremely well.

Although conducted online, the formality and solemnity of the ceremony was still maintained. Remembrance Day is a time for serious contemplation and reflection for those who fought and died in the line of duty to keep us free. A very important day in our history.

Year 9 Camp

Our Year 9 campers returned on Wednesday afternoon, having braved the Leap of Faith, ascended the climbing wall, *rafted up* in canoes and hit the bulls-eye during Archery.

By all reports, our students were outstanding ambassadors for *Penno* and were committed to stepping outside of their comfort zones whilst having fun at the same time.

Congratulations and thank you to their enthusiastic and hard-working Year Adviser Ms Ashleigh Greer who organised a fabulous camp, giving her cohort the opportunity to learn outside their regular classroom environment and experience learning in a whole new domain.

Thank you to the staff who attended the three day camp in support of our students: Mr O'Byrne, Deputy Principal; Mrs Frida, Head Teacher Science; Miss Graves-Browne, Year 12 Adviser; Ms Ford, Year 11 Adviser, Mr Rump, Mr Schmitt and Ms Van Ede, Teachers; and Mrs Maxwell and Mr Turton, School Learning Support Officers. A great time was had by all.

Student Leadership Council (SLC) Initiatives

Students in the SLC have been working hard under challenging circumstances this year. Today, they organised a multi-day to raise funds for the World Wildlife Fund's Koalas Forever Appeal. The proceeds will help build the Koala corridor as a result of the 2019-2020 bushfires.

The SLC have also started a drive for donations to the Salvation Army's Christmas *Hamper of Hope* Appeal. The hampers are distributed to families within our community who are less fortunate than us and in need of support at this very special time of year.

Non-perishable goods and toys are being collected in year groups, with the cohort who donates the most receiving a prize.

The collection will run until the end of Week 9, Friday 11 December. It is a pleasure to work with students whose focus is on the wellbeing of our entire community and spreading the joy of giving at Christmas time.

Vaping

Recently in the press, there have been reports about the prevalence of vaping among teens. At Pennant Hills High School (PHHS) the safety of our students is our priority. Therefore, it is important that we as a community, understand what this new-fashioned yet age-old problem is about.

Whilst the long-term effects of vaping are not yet clear, there is strong evidence to suggest e-cigarettes are not without risk. Some of the information at hand includes the presence of a number of hazardous substances, notably formaldehyde, acetaldehyde and acrolein, which are known to cause cancer. However, the ingredients can vary from one product to another. Vapes can also contain nicotine and other illicit substances, although it is illegal to sell these in NSW.

Vapes can vary in their appearance and are often mistaken for other items such as pens, memory sticks and cigarettes themselves. Smoking on school premises, including school buildings, gardens, sports fields and carparks is prohibited. We ask parents and caregivers to be proactive in having conversations with their children about the risks associated with vaping.

For more information please copy the following link from the NSW Health website into your browser:

<https://www.health.nsw.gov.au/tobacco/Pages/electronic-cigarettes.aspx>

We thank you for your assistance and continued vigilance.

Parents and Citizens Meeting and AGM

Last Tuesday, the final meeting of the P&C was held in the library. Fortunately, with the recent easing of restrictions, we were able to get together face-to-face, instead of via zoom.

Following the regular meeting, was the AGM. Thank you to the outgoing Executive Committee for their commitment and devotion to improving our school for our students and staff in 2020.

Congratulations to the newly elected P&C Executive Committee for 2021:

President:	Mr Tony Vink
Secretary:	Mrs Linda Van Meygaarden
Vice Presidents:	Ms Kerry Hoffman and Mrs Victoria Wensley
Treasurer:	Mr Peter Fullerton
Canteen:	Mrs Jo Jennis

I look forward to working with the committee in 2021.

2020 Presentation Night

Preparations for the awards night is well underway, with our committee working tirelessly to coordinate the most important and prestigious formal event of our school year.

Unfortunately, the restrictions that recently eased some activities did not apply to our ceremony. Therefore we are still not able to host parents and caregivers on site. A live-stream of the event has been organised. The link will be emailed to all families closer to the date.

Invitations are in the process of being emailed as grade results come to hand. Please RSVP for the students attending to enable the organisation process to be completed efficiently.

Ross Warren, Principal



STUDY SKILLS HANDBOOK NEWSLETTER TIP FOR NOVEMBER

When a student says that they have a bad memory, it usually means that actually they do not encode the information they are trying to remember into their memory in an effective way.

Memory is really a 'process' as opposed to a 'thing' in your head that you are born with.

Rather than 'improving your memory', you want to improve the process of memory creation to ensure memory retrieval goes smoothly! The reason why many students do not retain what they are learning is that the way they study only gets the information as far as their short term memory, and then before long it is forgotten instead of being encoded into long term memory.

The first stage for students in improving their retention of information is to try and find ways to make what they are learning INTERESTING to themselves, EMOTIONAL, ENJOYABLE and if they can't do this then at least create the firm INTENTION to remember the information. It is all about their approach to what they are learning.

The next step in memory creation is the encoding process. To improve in this area, students need to improve:

- CONCENTRATION AND FOCUS (making notes about what they are learning, studying using techniques that suit their learning style, studying when they are most alert)
- ORGANISATION OF MATERIAL (making brain friendly notes: lists, highlighting, categories, grouping, graphics)
- MAKING ASSOCIATIONS AND LINKS between the new material and previously learned material.

Next stage in the memory process is facilitating the storage of memories. Students can improve the way memories are stored by ensuring they BREAK THEIR STUDY BLOCKS UP with at least a few minutes break every half hour (giving the brain a chance to encode and file that chunk of content) and CHUNK DOWN the information to be learnt into manageable chunks. Getting enough SLEEP is also essential as fundamental memory processes take place during sleep. The other thing that is really important in this stage is REPETITION AND REGULAR REVIEW. Each time a review takes place the brain fires all the neurons connected to that memory and the more often that happens the stronger the connections between the neurons and the more intense and powerful the memory that is created.

So in summary, the top three things to improve the process of creating powerful memories are:
i) focus, positive attitude and intention to remember are essential (reading something half-heartedly while bored pretty much guarantees it won't be retained)
ii) an active approach to learning where students are 'doing' (making notes, testing themselves using a wide range of study techniques) rather than just 'reading'
iii) repetition and constant review of the material over a period of time.

To learn more about the brain and memory and advanced memory techniques visit the Brain and Memory unit on www.studyskillshandbook.com.au (click on the For Students tab).

Our school's subscription details are -

Username: pennanthillshs

Password: 77success

Belinda Campbell, Head Teacher Student Wellbeing

*** STELLAR PERFORMANCES ***



Congratulations to Year 10 student Anna on throwing 13.48m in the U18 Women's Club Championships for Athletics, which was National Qualifying and World Ranking.

We wish her good luck in the next competition.



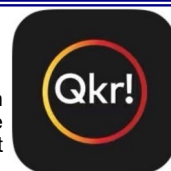
MEDICAL ALERT

Students who have been identified by their parent/caregiver as asthmatic

must carry their own reliever puffer (e.g. Ventolin) at all times.



CANTEEN NEWS ONLINE ORDERING



Pennant Hills High School Canteen accepts 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



The School Locker is proud to be working in partnership with Pennant Hills High School

Pennant Hills High School Uniform Shop

We aim to provide your school community with excellent service, quality products and a wider product range than you would usually expect to find in a school uniform shop.

Trading Hours During School Term

Monday 10:00am - 2:00pm
Friday 8:00am - 12:00pm

Uniform Shop Details

Laurence Street, Pennant Hills
Contact: Suzanne Haskins
Email: PennantHillsHS@theschoollocker.com.au



Shop online at theschoollocker.com.au

Products are available for purchase online from The School Locker website. You can choose to have your order shipped directly to you or you can collect it from the school uniform shop during trading hours.

Extended Trading Hours by Appointment

The following trading hours are by appointment only. Please use this link to book your appointment.

schoolinterviews.com.au/code?code=yf9sz

Saturday 28th November 2020	8:00am - 12:00pm
Saturday 5th December 2020	8:00am - 12:00pm
Wednesday 20th January 2021	10:00am - 2:00pm
Thursday 21st January 2021	10:00am - 2:00pm
Friday 22nd January 2021	10:00am - 2:00pm
Saturday 23rd January 2021	8:00am - 12:00pm
Monday 25th January 2021	8:00am - 12:00pm & 1:00pm - 4:00pm
Wednesday 27th January 2021	8:00am - 12:00pm
Thursday 28th January 2021	8:00am - 12:00pm

Join The School Locker Student Advantage Program to access special pricing and generate revenue for your school with every purchase you make in any of our stores. Set up your membership online at theschoollocker.com.au/customer/account/



unlock their potential.

Pennant Hills High School Uniform Price List

Trading Hours
Monday 10:00am – 2:00pm
Friday 8:00am – 12:00pm

Girls Formal Uniform

Summer Junior Year 7 - Year 10

Dress Blue/White	\$69.00
Blouse Short Sleeve White	\$33.00
Shorts Formal Navy	\$35.00
Socks White (3pk)	\$11.95

Summer Senior Year 11 - Year 12

Dress Sky Blue	\$69.00
Blouse Short Sleeve Sky	\$33.00
Shorts Formal Navy	\$35.00
Skirt Navy Check	\$50.00
Socks White (3pk)	\$11.95

Winter Junior Year 7 - Year 10

Tunic Navy	\$75.00
Blouse Long Sleeve White	\$24.95
Pants Formal Navy	\$50.00
Tights Black	\$8.50

Winter Senior Year 11 - Year 12

Tunic Navy Check	\$75.00
Blouse Long Sleeve Sky	\$29.00
Pants Formal Navy	\$50.00
Tights Black	\$8.50

Winter Uniform

Jumper Fleece Navy	\$35.00
Jacket Microfibre Navy	\$75.00
Jumper Knit Navy	\$55.00
Blazer Navy	\$120.00
Scarf Navy	\$17.50

Boys Formal Uniform

Summer Junior Year 7 - Year 10

Shirt Short Sleeve White	\$33.00
Shorts Formal Grey	\$35.00
Socks Grey with Stripe	\$9.00

Summer Senior Year 11 - Year 12

Shirt Short Sleeve White	\$33.00
Shorts Formal Navy	\$35.00
Socks White (3pk)	\$11.95

Winter Junior Year 7 - Year 10

Shirt Long Sleeve White	\$35.00
Trousers Formal Grey	\$40.00
Tie Navy/Red/White	\$20.00
Socks Grey with Stripe	\$9.00

Winter Senior Year 11 - Year 12

Shirt Long Sleeve White	\$35.00
Trousers Formal Navy	\$40.00
Tie Sky Blue	\$25.00
Socks White (3pk)	\$11.95

Sports Uniform

Polo Red/Navy	\$39.00
Shorts Navy	\$29.00
Track Pants Navy	\$38.00
Socks White (3pk)	\$11.95

Accessories

Cap Navy	\$15.00
Sports Bag Navy	\$8.00

UNIFORMS

FOOTWEAR

STATIONERY

TECHNOLOGY

SPORT

MUSIC

**The School Locker Uniform Shop
Pennant Hills High School**

Laurence St, Pennant Hills
Email: PennantHillsHS@theschoollocker.com.au

Prices effective 1st January 2020. Prices are subject to change.

theschoollocker.com.au

Pennant Hills High School
Laurence Street
PENNANT HILLS NSW 2120

20 November 2020
Supporter Number: 3685835

Dear Pennant Hills High School,

Thank you so much for your kind and generous donation. It really is a very special gift.

As you may know, from the moment someone hears those life-changing words "You have blood cancer" their whole world is turned upside-down.

Your donation positively impacts Australians living with blood cancer at that most difficult, vulnerable and frightening time. Your support reaches out to them and their family when they need it most by providing free education, counselling and accommodation.

You have given people living with blood cancer someone to turn to, someone to advocate on their behalf and someone to make sure they have access to the best treatments.

You have also empowered them to live well after their diagnosis, giving them access to information they can trust, emotional support and help adjusting to life with blood cancer.

Your support means their world can start to turn right-side up again.

The Leukaemia Foundation's big goal is to make sure zero lives are lost to blood cancer by 2035. It will take a mighty effort but with your help, nothing is impossible. Your gift helps accelerate medical research, vital to improving treatments and finding a cure.

You have truly made a difference to people's lives. That's a very special gift indeed.

From families across Australia living with blood cancer today...

Thank you.



Alex Struthers
Acting Chief Executive Officer

BYOD and PDHPE



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

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

Valmé Kruger,, Head Teacher PDHPE



HAMPER FOR HOPE

Christmas is meant to be a time of celebration and joy, but if times are tough it can be challenging and isolating.

Every year, local Salvation Army centres and churches give hope to individuals and families in need by providing food hampers and gift assistance.

Now, more than ever, we need to come together to support our community.

During Weeks 6 - 9 of this term, the Student Leadership Council (SLC) will be collecting non-perishable donations.

Please drop off your items in the boxes under the Christmas tree located in Student Reception. Each grade has an individual box labelled for their donations. There will be an inter-school competition running for the grade that donates the most!

Watch the notices for updates...

Here are some items you might like to donate this Christmas.

Christmas items

- Puddings, cakes, mince pies, shortbread
- Long-life cream, custard
- Snacks (biscuits, chips, chocolates, lollies)
- Table décor (bonbons, decorations, tablecloths, napkins)

Tinned foods

(Ring-pull tins only, please)

- Fruits in juice
- Vegetables
- Soups
- Meats or fish
- Meals (baked beans, spaghetti)

Meal bases

- Pasta and pasta sauces
- Rice
- Curry and stir-fry sauces
- Meal kits (Mexican, Asian)

Other

- Cereal
- Spreads
- Savoury biscuits
- Packet of jelly
- Liquid gravy
- Sugar
- Tea, coffee, hot chocolate
- Long-life milk or juices
- Iced tea
- Baby food

Additional grocery items

- Personal toiletries (soap, shampoo, toothpaste, hairbrush, toilet paper)
- Cleaning products (multipurpose cleaner, dish detergent, washing powder)
- Baby care (nappies, baby wipes)

For further information please get in touch with your regional Salvos representative.



Service of Remembrance

for families whose children have died or are missing

Tuesday 1 December 7:30pm

St Matthews Anglican Church

In person: cnr New Line and Castle Hill Roads, West Pennant Hills

Online: www.stmatts.org.au/events/remem

This service, open to families (and friends) who've lost a child (of any age), seeks to ease that pain a little by offering a means of acknowledging and remembering a deeply loved and missed family member.

With a brief message from Rev. Peter Jensen

Our desire is to have the children of each one of you recognised. For details on how and any extra COVID requirements please check our website.

DRAMA WORKSHOPS

NORTH RYDE, HORNSBY, BELROSE, GORDON, KILLARA AND CHATSWOOD



BOOK NOW

WWW.MSTYP.ORG.AU

DECEMBER AND JANUARY

WE TAKE CREATIVE KIDS VOUCHERS

MSTYP MARIAN ST
THEATRE
FOR YOUNG
PEOPLE

USED CLOTHING POOL

Do you have used school uniforms in good condition at home that are no longer needed?

Stock is limited. Donations of all Summer uniforms, both Junior and Senior in good condition are needed

The Used Clothing Pool is open between 8.00am and 3.45pm on school days. Please contact the school on 9473 5000 to arrange for a time as per social distancing arrangements.





Support your teenager
Manage emotions
Beat the blues

THE KILMER CENTRE UTS

Free Online and Face-to-Face 'Taking Charge' workshop for parents: Helping your teen manage their emotions using Cognitive Behavioural Therapy (CBT) techniques

Are you a parent or caregiver who would like to learn practical, evidence-based skills to help your adolescent manage their emotions?

After such a stressful and unusual year, now is the perfect time to learn more about some of the emotional challenges your teenager may be facing and learn practical strategies to support them through this time.

To help you to do this, The Kilmer Centre UTS is offering a FREE (see below) online and face-to-face workshop on 10th November and December 3rd from 6pm to 7pm.

The workshop will be run by Clinical Psychologist, Jennifer Hawkes.

The Kilmer 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.

Workshop and Booking Details

When
6:00pm to 7:00pm on Thursday 10th November 2020 and 6:00pm to 7:00pm Thursday 3rd December 2020

What
Three workshop for parents and caregivers.

Where
The Kilmer Centre UTS, based at the Prince of Wales Hospital Randwick, Parkes Building Level 13 East, High Street, Randwick. See below for a video on how to find us.

Who
Delivered by Jennifer Hawkes, an experienced Clinical Psychologist.

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

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

- Understanding the 'emotional world' of teenagers
- What CBT techniques are and how to use them to manage low mood and anxiety
- Problem solving and taking positive actions
- Identifying and challenging unhelpful thinking
- The importance of self-care

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



Support your teenager
Care for yourself
Model resilience

THE KILMER CENTRE UTS

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

Are you a parent or caregiver that wants to support both your teenager and yourself, during this life-changing time?

After such a stressful and unusual year, now is the time to learn how to identify psychological distress in your teenager, learn practical parenting skills to support your teenager, look after yourself, and create a positive mindset. So, that both you and your teenager can come back stronger in 2021.

To help you to do this, The Kilmer Centre UTS is offering a FREE (see below) online and face-to-face workshop on Wednesday 25th November, from 6:30pm.

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

The Kilmer 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.

Workshop and Booking Details

When
6:30pm on Wednesday 25th November 2020

What
Three workshop for parents and caregivers.

Where
The Kilmer Centre UTS, based at the Prince of Wales Hospital Randwick, Parkes Building Level 13 East High Street Randwick. See below for a video on how to find us.

Who
Presented by Clinical Psychologist, Jennifer Hawkes

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

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

- Understand the impact of COVID-19 on an individual and stress levels
- Understand the signs that your adolescent might require additional support
- Identify and challenge unhelpful thought patterns
- Model and build resilience
- Self-care skills, and
- Improve your mindset

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



Supporting your teenager
Keeping the balance
Less stress

THE KILMER CENTRE UTS

Free Online and Face-to-Face 'Taking Charge' workshop for parents: Helping your teen manage exam stress

Does your adolescent procrastinate before exams? Do they have trouble sleeping the night before an exam? Or, do they complain of tired blanks during their exams?

Now is a perfect time to develop your own practical and personalised plan to better manage both their stress, and your own!

To help you to do this, The Kilmer Centre UTS (based in Randwick), is offering a FREE (see below) online and face-to-face 'Helping your teen manage exam stress' workshop on Wednesday 2nd December, from 6pm to 7pm.

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

The Kilmer 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.

Workshop and Booking Details

When
6:00pm to 7:00pm on Wednesday 2nd December 2020

What
Three workshop for parents and caregivers of high school students

Where
The Kilmer Centre UTS, based at the Prince of Wales Hospital Randwick, Parkes Building Level 13 East High Street, Randwick. See below for a video on how to find us.

Who
Presented by Clinical Psychologist, Jennifer Hawkes

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

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

- Identifying common sources of stress for students and their parents/caregivers
- Understanding the symptoms of acute and chronic stress
- A three step approach to managing stress
- Communicating effectively with your teen: understanding what they need and how best to support them
- Managing expectations
- Keeping 'the balance'
- Taking a 'team approach'

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



A PAUL DILLON ONLINE PRESENTATION

PARENTS, TEENAGERS, PARTIES, ALCOHOL AND OTHER DRUGS: WHAT'S HAPPENING NOW AND WHAT CAN WE EXPECT IN A POST COVID WORLD?

Thursday 19 November 6:30 - 7:30pm
FREE - Registrations Essential

This online presentation will look at the latest data on alcohol and other drug (AOD) use of Australian secondary school students and discuss the impact of COVID-19 restrictions on teens and socialising and what effect the pandemic lockdown may have had on teen AOD use.

THE FAMILY SUPPORT NETWORK

CDAT
North Shore
We're stronger together

[HTTPS://PARENTING-ALCOHOL-DRUGS-PAUL-DILLON.EVENTBRITE.COM.AU](https://parenting-alcohol-drugs-paul-dillon.eventbrite.com.au)

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.latitude.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.om.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

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Responsibility
Integrity
Achievement