

# JUMBUNNA

# Fortnightly Newsletter of Pennant Hills High School

#### Friday 4 December 2020

Mr Ross Warren *Principal* 

Mr Brendan O'Byrne Deputy Principal

Mrs Fiona Payne Deputy Principal

#### Term 4 Week 08B

Laurence Street, Pennant Hills NSW 2120

P: 9473 5000 F: 9473 5099

E: pennanthil-h.school@det.nsw.edu.au

W: www.pennanthil-h.schools.nsw.edu.au



# YEAR 12 FORMAL - A NIGHT TO REMEMBER



# **Responsibility Integrity Achievement**

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TERM	4, 202	0	
Week 09A	Monday Monday Tuesday Thursday Thursday	7 December 8 December 10 December	Year 7 Swim School - Hornsby Aquatic Centre (ending Wednesday) Presentation Night Rehearsal for Students (Monday and Tuesday) Presentation Night 7.30pm MPC <b>Live-streamed</b> Year 7 Wellbeing Incursion - <i>Boys to Men/Girl Talk</i> (and Friday) Year 9 Wellbeing Incursion - <i>Smooth Sailing</i>
Week 10B	Wednesday Thursday Friday Friday	17 December 18 December	LAST DAY OF SCHOOL FOR STUDENTS School Development Day - Staff Only (Thursday and Friday) HSC and ATAR Results Released 9.00am Year 12 2020 End of Year Breakfast Celebration 10.00am
			SCHOOL HOLIDAYS
		Merry	Christmas and Happy New Year
TERM	1, 202	1	
Week 01A	Wednesday Wednesday		<b>Term 1 2021 Resumes for Staff Only</b> Year 7, 2022 High Performance and Gifted Class (HIPAG) Test Applications Open
	Thursday Friday	28 January 29 January	School Development Day - Staff Only Term 1 2021 Resumes for Years 7, 11 and 12 Only
Week 02B	Monday Monday Sunday	1 February 1 February 7 February	Term 1 2021 Resumes for <b>Years 8, 9 and 10 (Whole School)</b> Year 7 Camp - Kincumber (Monday to Wednesday) Music Ensembles Camp (Sunday to Tuesday)
Week 03A	Monday Monday Tuesday Wednesday Wednesday	8 February 8 February 9 February 10 February 10 February	Music Ensembles Camp (Monday and Tuesday) Full School Assemblies Year 7 Welcome BBQ 4.00pm - 6.00pm <b>Whole School Swimming Carnival - Hornsby Aquatic Centre</b> Music Ensembles Camp Concert - MPC
Week 04B	Tuesday Wednesday	16 February 17 February	Year 11 CAFS Excursion - Parramatta Mission High Achievers Assembly - 9.30am MPC
Week 05A	Monday Tuesday Wednesday Thursday Friday	22 February 23 February 24 February 25 February 26 February	Zone Swimming Carnival P&C Meeting 7.30pm Library All Schools Triathlon - Individuals All Schools Triathlon - Teams <b>Whole School Photo Day</b>
Week 06B	Monday Tuesday	1 March 2 March	HSC Minimum Standards Testing (ending Friday) Open Night 4.00pm - 6.00pm
Week 07A	Tuesday Wednesday Wednesday Friday	9 March 10 March 10 March 12 February	Year 8 Wellbeing Incursion - <i>Brainstorm Production</i> Year 11 and 12 Parent-Teacher Interviews HIPAG Applications Close Year 11 SLR Excursion - Hornsby Aquatic Centre
Week 08B	Monday Wednesday	15 March 17 March	Year 10 Wellbeing Incursion - <i>Harassment &amp; Healthy Relationships</i> 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





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#### **Orientation Day**

On Tuesday, we welcomed over 200 new students to Pennant Hills High School. There was much excitement and anticipation from the Year 7 class of 2021 as they arrived into

the MPC for the first time as a year group.

Students joined us from 24 Primary Schools. The cohort were introduced to their new Year Advisor Ms Van Ede as well as their Year 9 Peer Support Leaders.

During the course of the morning, Year 7 2021 were treated to a number of 'welcome to *Penno'* and transition activities, including a school tour and concluding with a refreshing morning tea. The day was a great way for us to introduce our new cohort to the wonderful collegial and collaborative culture we have at Pennant Hills High School.

Thank you to Year 12 student Daniel who entertained us on the piano and the Student Leadership Council (SLC) who produced and starred in an entertaining short film that showed just why our students are so proud of their high school.

Congratulations and thank you to Ms Van Ede and Mrs Payne, Deputy Principal on a well organised and coordinated day. Thank you to: our enthusiastic and friendly Peer Support Leaders for welcoming and ushering the Year 6 students before, during and after the orientation session. They were wonderful ambassadors for our school and will be outstanding support for the new cohort next year; Mrs Louis, School Administrative Manager and her fantastic administrative staff for the countless hours of preparation before, and attendance during the morning, as well as providing the delicious morning tea; our teaching staff for ensuring the day ran smoothly; Mr Randle, General Assistant for setting up and assisting throughout the event; and Mrs Jennis, Canteen Manager for coordinating and distributing the Book Packs.

We look forward to seeing them all again on their first day of high school, Friday 29 January 2021.

#### Year 12 Formal

One of the greatest highlights of Year 12 is the formal. We were all excited to be able to continue this celebratory tradition, with the easing of COVID-19 restrictions for the night. We were very grateful that Doltone House were able to host us with a dance floor... The evening was outstanding.

Students all looked fantastic, like they were ready and willing to take on all challenges that await them beyond school.

Thank you to Ms Graves-Browne for her superb execution of the huge organisational task. The information and restrictions were a *movable feast* and families were kept well-informed of the details during the lead up to the night. Ms Graves-Browne was also well supported by Mrs Payne, Deputy Principal, teaching staff who attended and administrative staff who assisted. A very special thank you to Mrs Erickson, Visual Arts Teacher for capturing the evening so magnificently with her photographic prowess. A link to the formal album was emailed to Year 12 families this week. Photos can also be viewed through the *gallery* on our school website. Thank you to all for ensuring that the unpredictable year our cohort had, ended with a *night to remember*.

On Friday 18 December 2020 - Week 10 of this term, Year 12 2020 will receive their much anticipated HSC

results and ATAR. That same morning, all students are invited to attend their final get together in our 2020 school calendar - the Celebration Breakfast, commencing at 10.00am in the *Bell Quadrangle*. Our staff will be waiting excitedly for students to arrive, share their HSC stories and discuss results.

We look forward to welcoming Year 12 2020 for one last *hoorah* before the Christmas break.

#### **Congratulations HIPAG Class of 2020**

Yesterday, 7A - the 2020 High Potential and Gifted class (HIPAG) treated staff to a Music Concert. The event was well organised with all students getting involved, not just the musicians. Thank you to Mrs Coomber, Music Teacher for coordinating the performance. The show was very entertaining.

This afternoon, Senior Executive were invited to a presentation hosted by 7A. The class was tasked with presenting a proposal on *how to increase awareness of bias and its potential impact at Pennant Hills High School*. Presentations included websites, videos, speeches and posters, and were very impressive. It was a pleasure to see the results of this project-based learning opportunity.

#### Schools Spectacular 2020

The 2020 Schools Spectacular will be a very special 'remixed' show. Tune into Channel 7 tomorrow, Saturday 5 December at 7.00pm. Our very own Yohan from Year 12, 2020 will be featured for the last time. We congratulate him on such a huge achievement in the creative and performing arts.

#### **Presentation Evening**

On Tuesday next week, we celebrate our Annual Presentation Evening, the academic highlight of our year. Unfortunately this year due to COVID-19 restrictions, we are unable to welcome parents and caregivers on site. In order to ensure our entire school community can share in the achievements of our students this year, we will be live -streaming the event.

Information together with details of the link will be emailed to all families before the night. We look forward to your attendance, albeit virtually.

#### 2020 School Fees

Thank you to the families who have paid their 2020 Voluntary School Contributions and Subject Fees.

Could those who are yet to pay, please do so as soon as possible to enable us to finalise our accounts for this year. Invoices with itemised amounts were issued in Term 1 and reminders have been emailed periodically. For more information or assistance, please contact Mrs Louis, School Administrative Manager at: pennanthilh.school@det.nsw.edu.au or telephone on 9473 5000 during school hours.

As you know these funds are critical for our school operation and without your support we would be unable to offer many of the wonderful learning experiences that students enjoy at *Penno*.

#### Ross Warren, Principal

## **OFFICE HOURS AND PAYMENT TIMES**

The school office is open from 8.00am—3.45pm Monday to Friday (excluding Public Holidays) during school term.

Payments can be made online through our school website or students only can make payments at the cashier's counter located in Student Reception from 8.15am—2.00pm on school days only.





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# WHAT BOOKS WILL I NEED IN 2021?

Year 7, 2021 can get all books they need by purchasing a book pack from the school canteen. In addition to your own device (BYOD), students are asked to bring the following:

#### Years 8, 9 and 10

English	156 page exercise book or A4 book
Maths	Casio FX82AU Plus II Calculator and 120 page A4 lined
	or grid book
Science	240 page A4 book
History	120 page exercise book or A4 book
Agriculture	180 page exercise book
Geography	120 page A4 book
Commerce	120 page A4 book
Languages (Chinese, French, Japanese)	240 page exercise book
Visual Arts	Process Diary (see your teacher)
Computing	All work is done online.
PDHPE (Year 7 and 8)	48 page exercise book
PDHPE (Year 9 and 10)	48 page exercise book
Physical Activity and Sports Studies (Years 9 and 10)	A4 loose-leaf folder
Graphics Technology	Display Folder
Music	A4 loose-leaf folder
Drama	64 page exercise book or A4 book
Photographic and Digital Media (Years 9 and 10)	Folio and folder (see your teacher)
Years 11 and 12	
English	A4 loose-leaf folder
Maths	A4 lined or grid book
Science (Biology, Chemistry, Physics, Senior Science, Ea	-
	Practical - 240 page A4 bound ruled book
	Notes - A4 loose-leaf folder or 240 page exercise book
Drama	A4 loose-leaf folder or book
	2X A4 Process Diaries
Agriculture	A4 loose-leaf folder or 240 page exercise book
Business Studies	A4 loose-leaf folder or book
Economics	A4 loose-leaf folder or book
Geography	A4 loose-leaf folder or book
Legal Studies	A4 loose-leaf folder or book
Modern History	A4 loose-leaf folder or book
Ancient History	A4 loose-leaf folder or book
History Extension	A4 loose-leaf folder or book
Society and Culture	A4 loose-leaf folder or book
CAFS	A4 loose-leaf folder or book
Food Technology	3 x 96 page exercise books
Hospitality	A4 loose-leaf folder or book
Textiles and Design	3 x 96 page exercise books
All Languages (Chinese, French, Japanese)	A4 loose-leaf folder or book
PDHPE	BYOD (preferred), A4 loose-leaf folder
Sports, Leisure and Recreation (SLR)	A4 loose-leaf folder or book
Visual Arts	A4 Process Diary
Music	A4 loose-leaf folder

PLEASE NOTE, NO '5 SUBJECT' EXERCISE BOOKS ARE TO BE BOUGHT.

## EACH SUBJECT REQUIRES ITS OWN SEPARATE BOOK.

**Engineering Studies** 

Industrial Technology



A4 loose-leaf folder or book

A4 loose-leaf folder or book + Display folder



Just when you thought it had passed you by, Schools Spectacular returns to your screens with a very special 'Remixed' show airing on **Channel 7** tomorrow, Saturday 5 December at 7:00 pm.

This special two-hour broadcast, using innovative techniques and featuring an amazing playlist, will wow audiences as we look back at many memorable acts and spectacular moments from the past four years. It's been a challenging year for students, missing out on so much, including the chance to perform live at Qudos Bank Arena. With this in mind, we've created a very special performance by our graduating Year 12s who have performed online, sharing their passions and talents and celebrating with us one last time.



Our own Year 12 student Yohan has been selected to perform in this year's show.

This is a broadcast...an experience, you will not forget! Hope you can join in the celebration!

For the latest videos, photos, news and information, visit the Schools Spectacular Facebook page: <u>https://www.facebook.com/schoolsspectacular/</u>

# CONTACTING TEACHERS AND MAKING APPOINTMENTS

A reminder to all parents and caregivers that the correct protocol for contacting teachers or Executive staff is as follows:

- telephone or email the school with your query or to request a meeting. Please include a brief description of the reason for the meet;
- make an appointment for a meeting at a mutually convenient time.

Please note, due to the management of COVID-19, parents and caregivers are not allowed on site without prior arrangement.

All visitors must sign in at Public Reception immediately upon entering school grounds.

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

Teachers will be contacted by our Administrative Staff once visitors are signed in.

Thank you for adhering to this policy.

# MEET BYABARRA JONES

Last year, we experienced the worst bushfire disaster in Australian history. These catastrophic summer bushfires impacted more than **3 billion animals** - among them over 6,000 dly perished in the flames

koalas that sadly perished in the flames.

Some of our last remaining populations are now officially extinct. Koalas were already clinging to survival before these fires. Excessive deforestation for agricultural and urban development as well as dog attacks and car strikes have pushed these Aussie icons to the brink of extinction.

#### Extinction is not an option.

Congratulations Pennant Hills High School on a successful mufti-day to raise funds for the World Wildlife Fund's Koalas Forever Appeal. The day was expertly coordinated by our Student Leadership Council (SLC) and some of the funds raised were used to *Adopt a Koala*.

In late 2017 concerned farmers from an area called Byabarra, some 50 kilometres west of Port Macquarie, found a small male koala wandering around their garden. They noticed he had "very odd eyes" and emailed photos to the Koala Hospital. Requiring treatment, their rescue team went out to get him.

Byabarra Jones on examination was found to be a young male and had suffered some sort of traumatic injury to both his eyes. The left eye had healed but was quite small and has minimal vision. The right eye had quite severe glaucoma and was very large. Jonesy underwent surgery to have the right eye removed to relieve pressure and pain.

Consequently *Byabarra Jones* does not have enough vision to allow him to survive in the wild.

#### 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





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# FAREWELL AND THANK YOU TO MR BUCKLEY

It is with a very heavy heart, that we farewell Mr John Buckley, our much revered and respected Band Director, who has conducted a variety of our School Bands since 2013.

John has worked with many of our student musicians at Pennant Hill High School over the past eight years, and has reached some fabulous heights with Concert Band 1, Concert Band 2 and the String Ensemble. These heights have included majestic musical accomplishment for the ensembles as a whole, for individual students and awards for excellence.

John's enthusiasm and commitment to excellence has allowed our Ensembles program to go from strength to strength. He has conducted, mentored and workshopped with our students at Music Camps; on Country Tours of NSW; at many festivals, concerts and a vast number community events; as well as school events including Presentation Nights, Open Nights and Orientation Days. John has also been involved in recent School Musicals. Always bringing his fine sense of humour and vast experience to his conducting, John has delighted in challenging our student musicians, whilst providing fine entertainment for audiences.

It has been a privilege and a pleasure to work with such a vibrant character of the music world and we thank John most sincerely for the time that he has spent with us. John's time at Pennant Hills High School will be remembered as a high point in our musical history. We wish him every success for his future endeavours.

Janelle Dennis, Head Teacher CAPA



Congratulations to 7MUSA and Mrs Coomber, for their fabulous Music Concert in the MPC yesterday afternoon.

It was a delight to hear the performances by the different groups and individual musicians, and very pleasing to see the whole class have such an active role in the concert: the technical support and set up; the ushering and handing out of snacks; and the '*MC* ing and musicians were all very enthusiastic.

As an audience, 7MUSA were focused and very supportive of one another. They had a great time and it was clear that they had put a lot of effort and preparation into the concert, and the staff who attended were very impressed.

Well done to all!

Janelle Dennis, Head Teacher CAPA

# **CARING FOR OUR STUDENTS**

From time to time it will be necessary for students to leave school during the school day. Whilst these instances should be kept to an absolute minimum, we understand that sometimes it will be unavoidable.

**If you know in advance** that your student will need to leave school early, please send a signed note which they should present to Student Reception at the start of the school day, so a Leave Pass can be prepared. Students holding a Leave Pass are free to leave the school grounds at the designated time.

**If a student needs to leave unexpectedly during the day**, to ensure their safety and security, our staff are obliged to ask for ID from the person coming to collect them. Parents should ensure that they (or their approved representative) bring some form of photo ID if they are collecting their student without prior written advice to the school.

# **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.

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# YEAR 9 PASS SURF SCHOOL REPORT

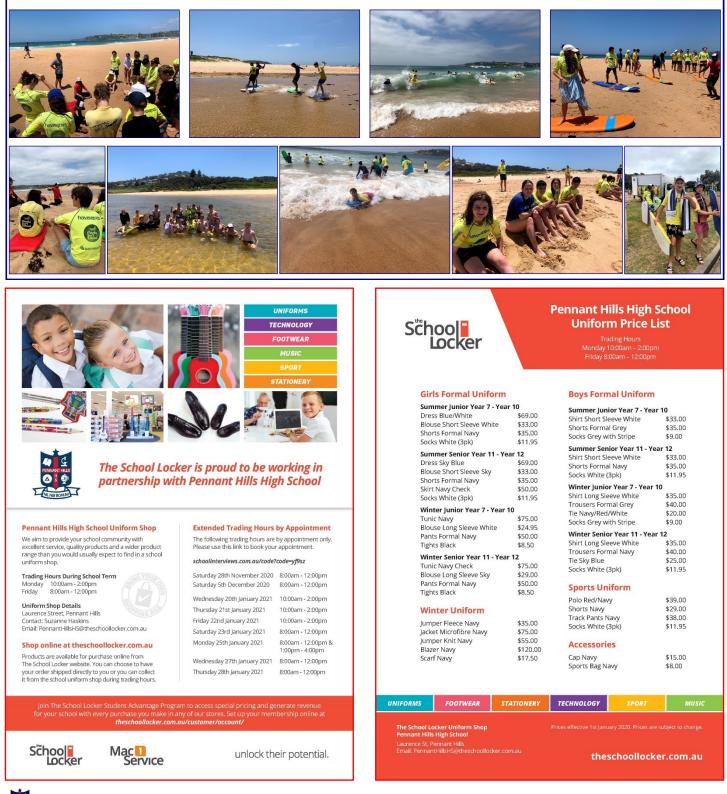
On Tuesday, Year 9 PASS students from Mr Stamatis and Mr Schmitt's Physical Activity and Sports Studies (PASS) classes attended the annual Surf School excursion at Long Reef Beach. The excursion aligns itself with the Australian Sporting Identity Unit which looks at the significance of sport and how it relates to both the ways in which sport is used to instil "traditional" values into Australian society, and the degree to which such values are embraced and cultivated.

Students were taught how to spot rips, currents and sandbanks, where the safest spots are to swim and how to keep themselves safe in the water all while identifying the advantages and disadvantages of rips. Most importantly all students had fun in and out of the water.

A big thank you to Miss Smith and Mr Schmitt, PASS Teachers for their support and all other staff who contributed to the wonderful day.

#### Nicholas Stamatis PASS Teacher

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# 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 nonperishable 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

- Other
- · Puddings, cakes, mince pies, shortbread
- Long-life cream, custard
- Snacks (biscuits, chips,
- chocolates, Iollies) 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)
   Cleaning products

#### Meal bases

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

- 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)
- (multipurpose cleaner, dish detergent, washing powder)
- Baby care (nappies, baby wipes)

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

#### **CANTEEN NEWS ONLINE ORDERING**



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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.

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.



#### **Online Conversations with Carers**

#### Are you a Carer and looking for ways to prepare for the stresses of the holiday season?

Perhaps you are providing care and support to a family member or friend living with a chronic illness, disability, frail aged, mental illness. Let's talk about how to prepare for the stresses of the holiday season.

Connect with other Carers in a positive, fun online space - make new friends, access support, information, and education. It is also a place where you can share your story, your experience and your knowledge with other carers.

#### Friday 4<sup>th</sup> of December 2020, 10:30am

Join Zoom Meeting https://zoom.us/i/91217651712?pwd=WHZnVkgwaWd4Ty9WQWIyZ0tNMmpFQT09

Meeting ID: 912 1765 1712 Passcode: 6q9y5J

Call Mary BG on 0434 323 411 to register your interest, or simply call if you have any questions

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# LIBRARY NEWS

#### Summer Reading Challenge

Sign up for our Summer Reading Challenge! Prizes will be awarded for book reviews (no more than two sentences) in the following categories:

- Funniest review
- Most informative read
- Most surprising book ("I didn't think I would enjoy this one but I did")

See Ms Feneley in the library for further details.

#### Premier's Reading Challenge (PRC)

Congratulations to our 15 PRC participants, with special mention to Heather and Asher who will be eligible for Platinum Certificates this year. The 2021 PRC challenge will open in Term 1 of next year on 1 March 2021.

#### HSC All My Own Work Program for Year 10

Students from Year 10 are currently completing the HSC All My Own Work program. These online modules are designed to reinforce students' knowledge of ethical scholarship principles and practices when locating and using information. In other words:

- not copying and pasting work from the internet
- citing sources of information in a bibliography
- using images that have a creative commons license

All Year 10 students in NSW are required to complete this program.

More information can be found on the NESA website at: <u>http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-all-my-own-work</u>

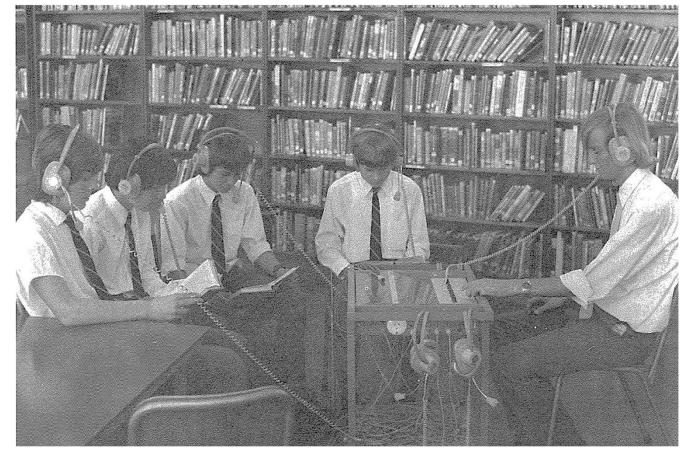


#### eBooks and audiobooks

Perfect for the holidays - download the "ePlatform" app to your phone or tablet for instant access to eBooks and audiobooks from our school library. Alternatively, you can also access them at: <u>https://phhs.eplatform.co/</u>. Students can also browse and borrow books by logging on to the DoE portal and searching the Oliver library catalogue.

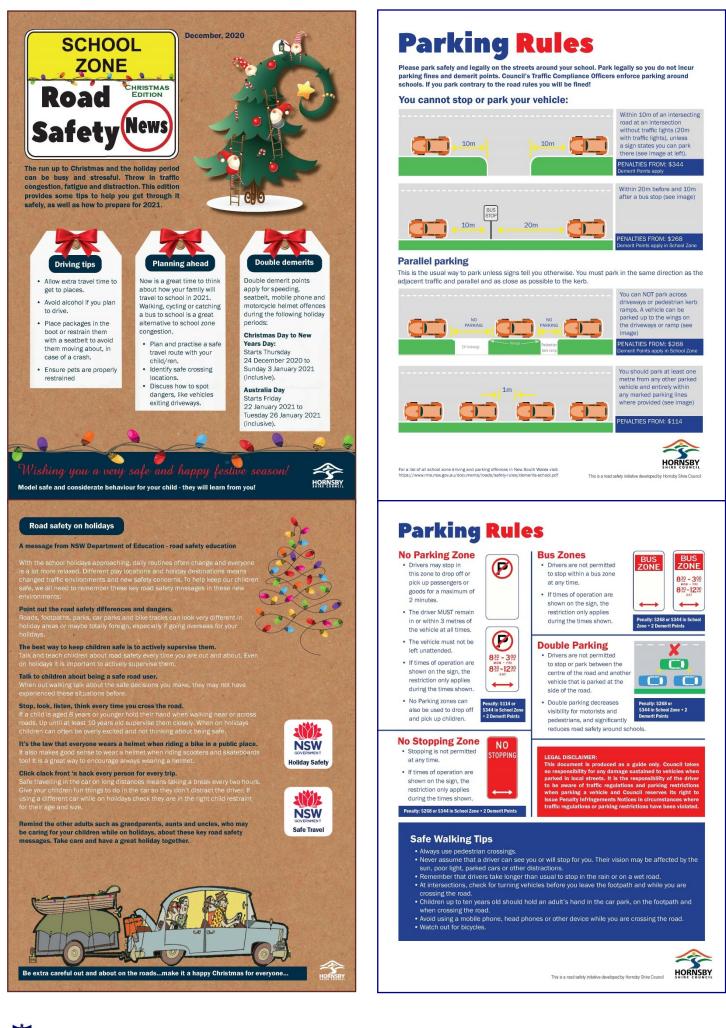
#### From the archives

So what was happening in the library in 1972? Nearly 50 years ago, Mrs Figgis was the teacher librarian. The library housed 400 cassette tapes (what are those?) and 200 reel-to-reel tapes. Take a look at the technology available to students in the 1970s (one tape played on a cassette player that everyone plugged their headphones into, called "listening posts").



Happy reading! *Merise Feneley, Teacher Librarian* 







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# 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@unitingcarenswact.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.nsccahs.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 III.

Parent Line: www.parentline.org.au or 1300 1300 52 - Free professional service 24 hours every day.

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

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

Single With Children: www.singlewithchildren.com.au or 1300 300 496

Non-profit social group providing exciting activities for single parents and their children.

Sydney Single Parents: www.SydneySingleParents.org.au or 9634 7502 (Hills) or 9411 1858 (Northside)

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

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

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

Newcomers Club: www.sydneynewcomers.com.au - Social club for women, offering support and friendship.

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

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

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

Cybersmart website: www.cybersmart.gov.au - Part of the Australian Government's cybersafety program.

The Australian Childhood Vision Impairment Register: www.vifamilynetwork.org.au The Register collects and uses data to improve services for children and to research eye disease and disorders of vision.

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

CatholicCare Diocese of Broken Bay: counselling, parenting and support groups. 9488 2400 or waitarafc@dbb.org.au

Our Space - Integrated Youth Service Hub, Eastwood: bringing together a variety of services committed to improving the wellbeing of young people aged 11–18 years. Information: www.ourspace.org.au or 9874 7458.

St Vincent de Paul Society: Interest free loans to low income families for essential household items. Phone 9477 5010

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