OPEN NIGHT
Tuesday 26 February 2013
4.30—7.30pm

Come and see what your local school has to offer.

OUTSTANDING SUCCESS IN THE HSC

Congratulations to the four students featured below, who achieved exceptional success in the 2012 HSC.

Reyland
Dux of Year 12
ATAR 98.50

Emilie
NSW All-round Achiever
Marks of 90+ in 10 units of study

Simon
Second in NSW in Industrial Technology

Matthew
First in NSW in 2 Unit Automotive School Based Apprenticeship
Welcome to the New Academic Year

I extend a very warm welcome to the new school year to all students, parents and staff. We are especially pleased to welcome our new Year 7 students and their families and the large number of new enrolments in Years 8–12 who have come from other schools or who are new to Australia. At this school, we offer a broad range of programs and curriculum enrichment activities, and I encourage all new students to become involved in what we have to offer.

Top Achievers in the 2012 HSC

Congratulations to last year’s Year 12 cohort who achieved some excellent HSC results. Three students who achieved results which placed them at or near the top of students at the 2012 Higher School Certificate deserve great praise for their outstanding achievements. Congratulations to the Dux of Year 12, Reyland, who achieved an ATAR of 98.50, which placed him near the top of the 70,000 HSC candidates.

Emilie was recognised by the NSW Board of Studies as an all-round achiever for her excellence in being awarded marks of 90 or above in all 10 units of study. It is worth noting that Pennant Hills High School is one of only 13 comprehensive, co-educational high schools in Northern Sydney Region to boast an all-round achiever.

Two of our students were placed in the top ten of their course in NSW at the HSC. These achievements resulted in Pennant Hills High School being one of 22 Northern Sydney Region schools to have a student or students named as ‘distinguished achievers’ for placing in the top group of students (usually top 10) in NSW in a course. Simon placed second in NSW in Industrial Technology, continuing the fine tradition of outstanding results in this subject. I wish to congratulate Simon’s teacher, Mr Dwight, for the great support he provided him during the HSC course. Matthew placed first in NSW in the 2 Unit Automotive School Based Apprenticeship. I know Matthew received invaluable support from our Careers Adviser, Mrs McGlade, who encouraged him throughout the course. These results were well deserved and are a true reflection of the enormous effort that each of these outstanding students applied towards their studies in 2012.

The 2012 HSC data shows that there were 49 of our students, or 33% of the cohort, who achieved a total of 86 Band 6 results (E4 in extension courses).

This was a significant increase in the number of students achieving Band 6 in the previous year. One hundred and seven students, or 70% of the cohort, achieved a total of 254 Band 5 results in 21 of 33 courses, many narrowly missing out on a Band 6 result by only one mark.

From ATAR information obtained from students (this information is not supplied to schools by UAC), we had at least 19 students who received an ATAR of 90.0 or above, which is 13% of the Year 12 cohort (a 3% increase on the previous year).

Congratulations to all of these students, and their teachers, on achieving these results.

Year 7 Orientation Camp

Year 7 students and staff had a great time getting to know each other at the orientation camp at Vision Valley this week. A feature of the 2 day camp was the way in which the new students interacted so positively with those whom they did not know. It was extremely pleasing to witness the positive contributions from our Year 11 Peer Support Leaders who gave up their valuable time to support our new students at camp. Special thanks go to Mrs Saligram for her excellent organisation and hard work to help our new students settle into the school, and to the teachers who gave up their free time to attend.

P&C Meeting

The first P&C meeting will be held on in the school Library on Tuesday 26 February 2013 commencing at 7.30 pm. I encourage all parents, especially those who are new to the school, to attend and have input into the direction the school will be taking in 2013 and beyond. Mrs Saligram, our Year 7 Adviser, will be present to talk about her role and how our new students have settled in to high school.

School and P&C Contributions

The School Contribution schedules and invoices for all year groups are being posted to all families, as well as the schedules being placed in the parent portal on our school website. This information will remain on the website, and if you choose to identify what monies are owed to the school for your child, it will be a simple process to print the relevant contributions sheet and then forward it with the amount owing to the school. The schedules also contain information about how the general school contributions are used by the school.

Unfortunately, there are still outstanding amounts from some families for last year which will be included on the current 2013 invoices.

Your early payment of amounts owing will allow us to place the necessary orders for equipment that will be used to support your child’s learning in 2013.
Staff Changes
As a result of Mr Rudd’s promotion to Principal, Mr Barrowcliff will act as Deputy Principal and Mr Boyer will relieve as Head Teacher PDHPE until a permanent Deputy Principal is appointed. Mrs Currie is currently acting in the position of Head Teacher Administration. While there have not been any new, permanent teaching appointments, we welcome a number of temporary teachers who are covering staff on extended leave during 2013.

Changes for Year 7, 2013
Year 7 students will have home rooms this year in order to make it easier for them to settle into their first year of high school. During the Christmas vacation, a great deal of work was done painting and preparing the new home rooms for the students to occupy at the start of Term 1. We have also introduced a ‘Learning Hub’, not just for Year 7 classes, but for all year groups. This facility has new, contemporary furniture and equipment, and it will be a venue for teachers who wish to teach using project based learning principles. During the latter part of last year, over 30 of our teachers undertook additional training to support their work in this new learning environment.

Geoff Wing
Principal
## FUTURE DATES

**Term 1 2013**

<table>
<thead>
<tr>
<th>Week 3A</th>
<th>Sunday</th>
<th>10 February</th>
<th>Band Camp</th>
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<tbody>
<tr>
<td></td>
<td>Monday</td>
<td>11 February</td>
<td>Band Camp</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>12 February</td>
<td>Band Camp</td>
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<td></td>
<td>Tuesday</td>
<td>12 February</td>
<td>Year 7 Parents’ Evening</td>
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<td>Tuesday</td>
<td>12 February</td>
<td>Band Camp Concert (Evening)</td>
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<td>Wednesday</td>
<td>13 February</td>
<td>SCHOOL SWIMMING CARNIVAL</td>
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<td></td>
<td>Wednesday</td>
<td>13 February</td>
<td>Year 11 Modern History Excursion</td>
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<td></td>
<td>Thursday</td>
<td>14 February</td>
<td>VACCINATIONS</td>
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<tr>
<td></td>
<td>Friday</td>
<td>15 February</td>
<td>SRC Induction 9.30am</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Week 4B</th>
<th>Tuesday</th>
<th>19 February</th>
<th>Presentation Evening for the 2012 Academic Year</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Wednesday</td>
<td>20 February</td>
<td>SCHOOL PHOTOGRAPHS</td>
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<tr>
<td></td>
<td>Thursday</td>
<td>21 February</td>
<td>CHS Triathlon</td>
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<tr>
<td></td>
<td>Friday</td>
<td>22 February</td>
<td>CHS Triathlon</td>
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<tr>
<td></td>
<td>Friday</td>
<td>22 February</td>
<td>Stage 6 Visual Arts Excursion to ARTEXPRESS</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Week 5A</th>
<th>Monday</th>
<th>25 February</th>
<th>Encore 7.00pm Sydney Opera House</th>
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<tbody>
<tr>
<td></td>
<td>Monday</td>
<td>25 February</td>
<td>Musical: All day rehearsal</td>
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<tr>
<td></td>
<td>Monday</td>
<td>25 February</td>
<td>Zone Swimming Carnival</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>26 February</td>
<td>P&amp;C Meeting 7.30pm Library</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>26 February</td>
<td>OPEN NIGHT 4.30pm—7.30pm</td>
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<tr>
<td></td>
<td>Thursday</td>
<td>28 February</td>
<td>Musical: Technical Rehearsal 3.20pm—9.00pm</td>
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<td></td>
<td>Friday</td>
<td>1 March</td>
<td>Year 7 Music Incursion Period 1</td>
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<tr>
<td></td>
<td>Friday</td>
<td>1 March</td>
<td>Musical: All day rehearsal</td>
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<td></td>
<td>Saturday</td>
<td>2 March</td>
<td>Beauty and the Beast: 7.00pm</td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>3 March</td>
<td>Beauty and the Beast: 2.00pm</td>
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<table>
<thead>
<tr>
<th>WEEK 6B</th>
<th>Tuesday</th>
<th>5 March</th>
<th>Beauty and the Beast: Primary Schools 10.00am</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Wednesday</td>
<td>6 March</td>
<td>Beauty and the Beast: 7.00pm</td>
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<tr>
<td></td>
<td>Thursday</td>
<td>7 March</td>
<td>Meet The Music Concert: 6.30pm</td>
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<tr>
<td></td>
<td>Friday</td>
<td>8 March</td>
<td>VACCINATIONS</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>8 March</td>
<td>Beauty and the Beast: 7.00pm</td>
</tr>
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### Keep our kids safe!

Park legally in school zones

- **No Parking**
  - Drivers may stop in this zone to drop off or pick up children, but note:
    - Maximum stop time is 2 minutes
    - Driver must remain in or within 3 metres of the vehicle
  - Vehicle must not be left unattended

- **No Stopping**
  - Stopping is not permitted at any time
  - Stopping is not permitted during the times shown on the sign

- **Bus Zone**
  - Stopping is not permitted during the times shown on the sign

- **Double Parking**
  - Drivers are not permitted to stop or park between the centre of the road and another vehicle that is parked at the side of the road.

If times of operation are shown on the sign, the restriction only applies during the times shown. The selected times and dates apply in school zones and are current as at 1 January 2013.

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### Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

**The next workshop in your area will be held:**

- **TIME & DATE:** 6:30pm to 8:30pm Wednesday 27 February 2013
- **VENUE:** Hornsby Central Library Meeting Room
  - 28-44 George St, Hornsby (enter via Hunter Lane)
- **BOOK NOW ON:** (02) 9847 6856

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Helping learner drivers become safe drivers

NSW GOVERNMENT
HORNSBY SHIRE COUNCIL
NSW Police Force
HORNSBY SHIRE COUNCIL

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PAGE 4
At the start of each year it is timely to remind students and their families that the school’s Welfare Team is available to offer support and guidance if needed. Please take note of the people responsible for your child’s year group, particularly their Year Adviser, so you know who to contact should the need arise.

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Year Adviser</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Mrs Sudha Saligram</td>
</tr>
<tr>
<td>8</td>
<td>Mr James Boyer</td>
</tr>
<tr>
<td>9</td>
<td>Mrs Fiona Ackerman</td>
</tr>
<tr>
<td>10</td>
<td>Mrs Pam Leadbitter</td>
</tr>
<tr>
<td>11</td>
<td>Mrs Mini Mathew</td>
</tr>
<tr>
<td>12</td>
<td>Mr Daniel Pugliese</td>
</tr>
</tbody>
</table>

**Head Teacher Welfare** - Mrs Belinda Campbell

**School Counsellor** - Mrs Lenore Grunsell

**Deputy Principal** - Mrs Jane Dennett (Years 7, 9 and 11)

**Deputy Principal (Acting)** - Mr Neil Barrowcliff (Years 8, 10 and 12)

**CORRECT SCHOOL UNIFORM**

It is good to see that the majority of students are wearing their uniform correctly. However, it is always timely to remind a few students about footwear.

**ACCEPTABLE school shoes**

**ALL these styles are UNACCEPTABLE**

*From School Uniforms in NSW Government Schools (2004):* Under the Occupational Health and Safety Act 2000 (OH&S Act) the DEC must ensure that students are not exposed to risks to their health or safety while they are on Departmental premises.

At Pennant Hills High School, this means wearing enclosed leather footwear. Please understand that failure to wear black, leather, laced shoes will mean uniform detention.
YEARS 7 CAMP

new friends

awesome

fun
challenging

exciting

great
NSW SCHOOL-BASED IMMUNISATION PROGRAM

The following information has been provided by the Northern Sydney Public Health Unit.

Each year NSW Ministry of Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school-based vaccination program.

In 2013 the following vaccines will be offered:

- **Hepatitis B vaccine** – a 2 dose course for all Year 7 students who have never received a course of Hepatitis B vaccine when they were a baby.
- **Varicella (Chickenpox) vaccine** – 1 dose for all Year 7 students who have not previously received Varicella vaccine or had chickenpox disease.
- **Diphtheria, Tetanus and Pertussis (Whooping Cough) vaccine** – a booster dose. This dose was previously recommended at 15 years of age. Your child will only be offered this vaccine in Year 7.
- **HPV (Human Papillomavirus) vaccine** – a 3 dose course. The vaccine will be offered to Year 7 male and female students and Year 9 male students as a 3 dose course over the school year. Students who commence HPV vaccination in Year 7 at school but do not complete the course may be offered catch-up doses at school in Year 8.

**Parent Information Kits** will be sent home to parents/caregivers. To consent to the vaccination of their child, parents/caregivers are advised to read all the information provided, complete the Consent Form and return it to their child’s school. Please ensure the child eats breakfast on the day of the school vaccination clinic.

Parents/caregivers who wish to withdraw their consent for any reason may do so in writing to the School Principal. The procedure for withdrawal of consent is on the NSW Ministry of Health website at www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/caregivers must record their Medicare number (all 10 digits and the eleventh number beside the child’s name) on the Consent Form, as this is required to record the student’s information on the National HPV Register and, for female students, to link to the National or State Cervical Screening Program.

A record of vaccination will be provided to each student vaccinated at the clinic. Parents/caregivers should ensure that this record is kept for future reference. **Parents/caregivers should not assume that their child has been vaccinated if they do not receive this record of vaccination.**

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Penno Prayer Meeting

Mums, dads, grandparents, please come and join us as we pray for ‘Penno’ staff and students.

1st and 3rd Friday of each month during term
8.45am–9.15am

Please meet at Public Reception.

Enquiries: Kim Allan on 0410 548 350.

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Pennant Hills High School Vaccination Clinic Visits Schedule

**Thursday 14 February 2013**
- Year 7 Girls Human Papilloma Virus (HPV) - Dose 1
- Year 7 Boys Human Papilloma Virus (HPV) - Dose 1
- Year 7 Girls and Boys Hepatitis B - Dose 1
- Year 9 Boys Human Papilloma Virus (HPV) - Dose 1

**Friday 8 March 2013**
- Year 7 Girls and Boys Diphtheria-Tetanus-Pertussis

**Thursday 11 April 2013**
- Year 7 Girls Human Papilloma Virus (HPV) - Dose 2
- Year 7 Boys Human Papilloma Virus (HPV) - Dose 2
- Year 7 Girls and Boys Chickenpox
- Year 9 Boys Human Papilloma Virus (HPV) - Dose 2

**Thursday 8 August 2013**
- Year 7 Girls Human Papilloma Virus (HPV) - Dose 3
- Year 7 Boys Human Papilloma Virus (HPV) - Dose 3
- Year 7 Girls and Boys Hepatitis B - Dose 2
- Year 9 Boys Human Papilloma Virus (HPV) - Dose 3

**Note:** Northern Sydney Public Health Unit no longer vaccinates in Year 10.

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GREAT ROBOTICS ACHIEVEMENT

Congratulations to Year 9 student, Alex, who will compete in the FIRST (For Inspiration and Recognition of Science and Technology) Robotics Competition in Hawaii in early April.

Alex is part of a team of high school students who have built and programmed a robot as part of the FIRST Program, held at Macquarie University under the guidance of Professor Heimlich, and funded by sponsors including Google. He was selected to be on the team of drivers that will compete the robot in Hawaii. If successful, they will later travel to the USA to compete in the finals.

We wish Alex and his team the best of luck and look forward to an update following the event.
2013 SUMMER GRADE SPORT CHOICES, COSTS and VENUES
14 Weeks (Term 1 and part of Term 2 - Trials, Semis and Finals included for grade sport)
Where applicable, cost will include: transport, venue, referees, umpires, singlets, jerseys.

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
<th>VENUES - BOYS/GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball - $90 A/B/Yr9/10</td>
<td>Basketball - $90 A</td>
<td>Fred Caterson / Brick Pit (Basketball)</td>
</tr>
<tr>
<td>Frisbee - $45 A/B</td>
<td>Frisbee - $45 A/B</td>
<td>Home and Away (Frisbee)</td>
</tr>
<tr>
<td>Handball - $45 A/Yr9/10</td>
<td>Handball - $45 A/Yr9/10</td>
<td>Home and Away (Handball)</td>
</tr>
<tr>
<td>Sofcrosse - $45 A</td>
<td>Sofcrosse - $45 A</td>
<td>Home and Away (Boys travel with Girls Sofcrosse)</td>
</tr>
<tr>
<td>Touch - $45 A/B</td>
<td>Touch - $45 A/B</td>
<td>Home and Away (Touch)</td>
</tr>
<tr>
<td>Volleyball - $45 A/B</td>
<td>Volleyball - $45 A/B</td>
<td>Home and Away (Volleyball)</td>
</tr>
<tr>
<td>Hockey 7s - $90 A/B</td>
<td>Soccer 7s - $45 A/B</td>
<td>Central Venue: Pennant Hills Park Turf field (Hockey)</td>
</tr>
<tr>
<td>Soccer 7s - $90 A/B</td>
<td>Mixed Squash - $90 A/B/C/D</td>
<td>Home and Away (Soccer 7's)</td>
</tr>
<tr>
<td>Mixed Squash - $90 A/B/C/D</td>
<td>Mixed Squash - $90 A/B/C/D</td>
<td>Dural Squash Courts (Squash)</td>
</tr>
<tr>
<td>Mixed T/Tennis - $45 A/B/C/D</td>
<td>Mixed T/Tennis - $45 A/B/C/D</td>
<td>Central Venue: Carlingford HS (Mixed Table Tennis)</td>
</tr>
<tr>
<td>Mixed Badminton $90 A/B/C/D</td>
<td>Mixed Badminton - $90 A/B/C/D</td>
<td>Central Venue: YMCA, Epping (Mixed Badminton)</td>
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2013 SUMMER SOCIAL SPORT CHOICES, COSTS and VENUES
14 Weeks (Term 1 and part of Term 2)

<table>
<thead>
<tr>
<th>SPORT and COST</th>
<th>VENUE</th>
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<tbody>
<tr>
<td>Yoga - $120</td>
<td>Pennant Hills High School Drama Room</td>
</tr>
<tr>
<td>Aerobics - Free</td>
<td>Fitness First</td>
</tr>
<tr>
<td>Pennant Hills Tennis - $75</td>
<td>Pennant Hills Park</td>
</tr>
<tr>
<td>Tennis Coaching - Support Unit - $120</td>
<td>Pennant Hills Park</td>
</tr>
<tr>
<td>Mixed RoboCup - Free</td>
<td>Pennant Hills High School</td>
</tr>
<tr>
<td>Mixed Martial Arts Fitness - $130</td>
<td>Pennant Hills Community Centre</td>
</tr>
<tr>
<td>Bronze Medallion Course - $90</td>
<td>Galston Pool</td>
</tr>
<tr>
<td>Grade Badminton Development Squad - $45</td>
<td>Pennant Hills High School Canteen</td>
</tr>
</tbody>
</table>

Please ensure your parents are aware of the costs associated with your choices.
Log on and make your Summer Sport Choices for 2013 now.
You will only be able to make your Summer Sport choices if you have paid your Spring Sport Fees.
If you are confused or in doubt, please liaise with Mrs Kruger in the Sports Office.

Combined High Schools Knockout Sports
Pennant Hills High School Entered for 2013
(www.sports.det.nsw.edu.au)

BOYS
AFL 15s and Under
Baseball: W J Proud Shield
Basketball 15 Years and Opens
Cricket: Alan Davidson Shield
Hockey
Soccer
Softball: Credit Union Cup
Touch
Volleyball: Steve Birt Shield
Opens Water Polo: NSW Amateur Water Polo Shield
15 Years Water Polo: Dave Woods Shield

GIRLS
Baseball
Basketball Open and 15 Years
Cricket: Marie Cornish Trophy
Hockey
Netball: Teachers Credit Union Trophy
Soccer
Opens Water Polo: Sydney University Ladies Club
15 Years Water Polo: Speedo Shield
Touch
Volleyball: Steve Birt Shield
Water Polo: Opens Sydney University Ladies Cup
Water Polo: 15 Years Speedo Shield
IMPORTANT SPORTS DATES FOR 2013

Term 1
School Swimming Carnival - 13 February - Abbotsleigh College - Week 3
CHS Triathlon 21 and 22 February - Penrith - Week 4
Zone Swimming Carnival - 25 February - Homebush - Week 5
Regional Swimming Carnival - 12 March - Homebush - Week 7
School Cross Country - 20 March - Pennant Hills HS - Week 8
School Cross Country - 27 March - Pennant Hills HS - Week 9 (Back-up)
CHS Swimming Carnival - 4, 5, 6 and 7 April - Homebush - Week 10

Term 2
Zone Cross Country Carnival - 20 May - St Ives Showground - Week 4
School Athletics Carnival - 22 May - Pennant Hills Park - Week 4
School Athletics Carnival - 29 May - Pennant Hills Park - Week 5 (Back-up)
Zone Athletics Carnival - 5 June - Homebush - Week 6
Regional Cross Country Carnival - 13 June - Homebush - Week 7

Term 3
CHS Cross Country Carnival - 19 July - Eastern Creek - Week 1
Sydney North Athletics Carnival - 22 and 23 July - Homebush - Week 2
Year 7 Gala Day - 30 August - Across the Zone - Week 7
CHS Athletics Carnival - 6, 7 and 8 September - Week 8
Year 8 Gala Day - 13 September - Across the Zone - Week 9

SCHOOL SWIMMING CARNIVAL 2013
Wednesday 13 February 2013 – Abbotsleigh College Aquatic Centre

At Pennant Hills High School the whole school usually competes at the School Swimming Carnival, but due to the change of venue from Hornsby Pool to Abbotsleigh College Aquatic Centre in recent years, the carnival will be attended by competitors only in Years 8–12 and ALL Year 7 students.

These students must complete a permission note, available from the Sports Office, to register for the School Swimming Carnival, and return it to the Sports Office by Monday 11 February 2013.

REPLACEMENT SCHOOL REPORTS
We receive many requests from parents and caregivers to produce replacement school reports for students. The reasons vary from lost originals to a need for additional reports to accompany applications for scholarships or other educational opportunities.

Please note, from Monday 11 February 2013 replacement reports will incur a charge of $5.00 per copy.

STUDENT PHOTOGRAPHS
In recent years, parents have been required to indicate on their student’s enrolment form whether or not they wish their child to be photographed at school. If you have not previously advised the school of your wishes in this regard, and particularly if you do not wish your child to be photographed or your child’s photo to be used in school publications such as Jumbunna and the Year Book, please advise Deputy Principal, Jane Dennett, in writing as soon as possible.
COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

FREE Skateboarding Workshops - sponsored by Hornsby Shire Council and Skateboarding Australia
Workshops will be held from 10.00am till midday on the following Sundays:
24 February - Berowra; 17 March - Thornleigh; 31 March - Galston; 7 April - Berowra; 26 May - Galston; 23 June - Thornleigh.
Registration on the day (parent or guardian to sign for under 18s). All participants must wear a helmet.
Information: www.hornsby.nsw.gov.au or phone Kim Harris on 9847 6531.

Youth Mentoring Training - Northern Sydney Institute of TAFE
Raise Foundation, in conjunction with TAFE Outreach NSI, is seeking responsible adults wishing to be trained as mentors to work with young people facing profound challenges in their lives. If you have a few hours to spare during the day each week, this may be an opportunity for you to volunteer. Training will be held one day per week for four weeks. Sessions commence on 25 February (Brookvale) or 26 February (Crows Nest) or 1 March (Randwick).
Information and Enquiries: www.raise.org.au or info@raise.org.au or phone 0426-9-RAISE

Ku-ring-gai Council Parent Forums - Understanding your Teenager
Adolescence 101: When to Worry - 4 March
Resilience Building 101 - 6 May
Supporting Young People with Disabilities - 24 June
Communicating with your Teenager - 5 August
Internet Safety: 101 - 14 October
Bookings Essential: youth@kmc.nsw.gov.au or 9424 0837. Information: www.kyds.org.au or 9416 9824.

Marian Street Theatre for Young People presents Imogen and the Pirates
Performances to 23 March 2013. Marian Street Theatre, 2 Marian Street, Killara. (Adult $22, Child $18, Family of 4 $68)
Bookings: www.mca.tix.com.au or 1300 306 776 (booking fees apply)

STUDENT SERVICES - Northern Sydney Region Disability Programs PARENT FORUM - Dates for 2013
Student Services has decided not to conduct a Parent Forum in Term 4 due to the many other demands placed upon parents at this time. Parent Forum meetings will continue to be held in Terms 1, 2 and 3.
Meeting dates for 2013 will be: Term 1 - Friday 5 April; Term 2 - Friday 21 June; Term 3 - Friday 13 September.

STUDENT EXCHANGE PROGRAMS

LATTITUDE AUSTRALIA - Global Volunteering and Gap Year Placements for Under-25s
www.latitude.org.au or (03) 9826 6266

Student Exchange Australia New Zealand - www.studentexchange.org.au or 9997 0700.

Southern Cross Cultural Exchange - www.scce.com.au or 1800 500 501

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

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

RECREATION AND SPORTING GROUPS

Dural Sport and Leisure Centre (A ministry of Dural Baptist Church) - www.dslc.com.au or phone 9651 2777

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

Interested in Playing Cricket? Find out more at playcricket.com.au

Pennant Hills Cherrybrook Rugby League Club - www.pennostags.com or 0418 677 511 (Ross Ruhan). All ages.

Beecroft Cherrybrook Junior Rugby Union Club - www.beecroftjuniors.com.au or 0439 904 457

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

Sydney Zodiacs Youth Dragon Boat Club – for ages 12—23 years – based at Bank Street Pyrmont.
www.dbnsw.org.au or sydneyzodiacs@yahoo.com.au or 0410 655 764

Epping RSL Golden Kangaroos Marching Band - www.goldenkangaroos.org.au or 9868 3289 (Annette)
Beginners, concert, stage and marching bands. Adults and children (all levels of experience) welcome.

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

Pennant Hills Girl Guides - 0438 284 592 (Fiona) - Meets Mondays (10-14 year olds) and Wednesdays (7-10 year olds).

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

West Pennant Hills Netball: 2013 Winter Comp Registration Saturday 2 February 2013 at West Pennant Hills Public School, Church Street between 10:30am—2:00pm. www.westpennanthills.netball.asn.au/default.asp

DISCLAIMER
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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.

- **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.

### HELP WITH ENGLISH LANGUAGE AND NUMERACY

- **Free adult literacy and numeracy classes** - Meadowbank TAFE - 9942 3572
  - Reading, writing, speaking - group classes or 1:1 tutoring. Tutors also needed.

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

### COMMUNITY SERVICES AND SUPPORT

- **Jack's Youth Café at Hornsby** - 5 Jersey Street Hornsby (a short walk from the station)
  - After school activities for students in a safe environment, run by Fusion Sydney North.
  - *Bringing young people, their families and communities together with hope.*
  - 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
  - For more information contact Caroline Krix on 8811 1717 or email caroline.krix@abilityoptions.org.au

- **Foster Care Association NSW Inc** - Providing advocacy, support and information to foster carers.
  - www.fcansw.org.au or phone 4987 1847

- **Healthy Kids FREE Parent e-zine** - important nutrition information and great recipes
  - To sign up, visit: 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

- **UnitingCare Northmead** - 8839 5107 - Workshops and counselling for parents. Phone for more information.

- **Interrelate family centres** - 8882 7850 - Phone for details of current workshops and courses for parents.

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

  - 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** - CAFS@missionaustralia.com.au or 9482 1366 - Free counselling and support service.

- **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** - 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.

- **CUSTOM-FITTED SPORTS MOUTHGUARDS** (Dr Nimesh Patel BDS MPH - 9 Hillcrest Road Pennant Hills)
  - No gap payment for private health fund members / 50% off for people with no private health fund.

- **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 - car park (corner Phyllis St and Central Ave, 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
  - Sponsored by the Royal Institute of Deaf and Blind Children, the Register collects data on Australian children with vision impairment. This data is used to improve services for children and to research eye disease and disorders of vision.