On Monday 25 to Wednesday 27 of November, Year 10 students travelled to Vision Valley in Arcadia to participate in the Crossroads program. We partook in a range of fun activities such as canoeing, abseiling, archery, rock climbing, high ropes, the flying fox, the pool and waterslide as well as many other enjoyable activities to help us build and develop better and stronger confidence and leadership skills, as well as building teamwork amongst the groups. Each day, we also had a special guest speaker visit us in Vision Valley’s conference room.

On Monday we had ex-policeman Brent Sanders who taught us about the dangerous situations that teenagers can find themselves in and how to defuse certain problems.

On Tuesday, Reuben Mourad, a media reporter for channel Ten, came to speak to us about the dangers of social networking and how bad decisions online can affect your future career paths.

Then on Wednesday, we had the privilege of having intensive care paramedic Norm Spalding come in and address us about road safety and the dangers of speeding and drink driving. His knowledge in the field was invaluable and his speech was exceptionally moving and opened up our eyes to how bad these car accidents can be.

Overall, the three days at Crossroads were amazing, and gave us vital information that we will keep with us for the rest of our lives. We would like to thank the three speakers Brent Sanders, Rueben Mourad and Norm Spalding for coming in and talking to us. And also a huge thank you to Mr Barrowcliff for organising the program.

Hamish and Maddi
Year 10
## Term 4 2013

### WEEK 10B

<table>
<thead>
<tr>
<th>Monday</th>
<th>9 December</th>
<th>Year 8 Game On and Year 9 PASS Surf School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9 December</td>
<td>Concert Band 2 and Junior Stage Band Tour</td>
</tr>
<tr>
<td>Monday</td>
<td>9 December</td>
<td>Food Technology Excursion</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10 December</td>
<td>Concert Band 2 and Junior Stage Band Tour</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11 December</td>
<td>Concert Band 2 and Junior Stage Band Tour</td>
</tr>
<tr>
<td>Thursday</td>
<td>12 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Thursday</td>
<td>12 December</td>
<td>Concert Band 2 Tour</td>
</tr>
<tr>
<td>Thursday</td>
<td>12 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Friday</td>
<td>13 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Friday</td>
<td>13 December</td>
<td>Coffee School Barista Course</td>
</tr>
<tr>
<td>Saturday</td>
<td>14 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Sunday</td>
<td>15 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
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</table>

### WEEK 11A

<table>
<thead>
<tr>
<th>Monday</th>
<th>16 December</th>
<th>World Challenge Incursion</th>
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<tbody>
<tr>
<td>Monday</td>
<td>16 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Tuesday</td>
<td>17 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Wednesday</td>
<td>18 December</td>
<td>PRESENTATION EVENING</td>
</tr>
<tr>
<td>Wednesday</td>
<td>18 December</td>
<td>LAST DAY FOR STUDENTS</td>
</tr>
<tr>
<td>Wednesday</td>
<td>18 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Thursday</td>
<td>19 December</td>
<td>Duke of Edinburgh’s Gold Award Expedition</td>
</tr>
<tr>
<td>Thursday</td>
<td>19 December</td>
<td>SCHOOL DEVELOPMENT DAY</td>
</tr>
<tr>
<td>Friday</td>
<td>20 December</td>
<td>SCHOOL DEVELOPMENT DAY</td>
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## Term 1 2014

### WEEK 1A

<table>
<thead>
<tr>
<th>Monday</th>
<th>27 January</th>
<th>Public Holiday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>28 January</td>
<td>SchooL DEVELOPMENT DAY</td>
</tr>
<tr>
<td>Wednesday</td>
<td>29 January</td>
<td>Year 7, Year 11 and Year 12 start</td>
</tr>
<tr>
<td>Thursday</td>
<td>30 January</td>
<td>Year 8, Year 9 and Year 10 Start</td>
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</table>

### WEEK 2B

<table>
<thead>
<tr>
<th>Monday</th>
<th>3 February</th>
<th>Year 7 Camp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>4 February</td>
<td>Year 7 Camp</td>
</tr>
<tr>
<td>Friday</td>
<td>7 February</td>
<td>School Photographs</td>
</tr>
<tr>
<td>Sunday</td>
<td>9 February</td>
<td>Band Camp</td>
</tr>
</tbody>
</table>

### WEEK 3A

<table>
<thead>
<tr>
<th>Monday</th>
<th>10 February</th>
<th>Band Camp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>11 February</td>
<td>Year 7 Parents’ Evening 4-6pm</td>
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<tr>
<td>Tuesday</td>
<td>11 February</td>
<td>Band Camp</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11 February</td>
<td>Band Camp Concert 7:30pm MPC</td>
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<tr>
<td>Wednesday</td>
<td>12 February</td>
<td>School Swimming Carnival—Abbotsleigh School</td>
</tr>
<tr>
<td>Friday</td>
<td>14 February</td>
<td>SRC Leadership Day</td>
</tr>
</tbody>
</table>

### WEEK 4B

| Wednesday | 19 February | HSC 2013 Achievers’ Assembly |

### WEEK 5A

| Tuesday | 25 February | P&C Meeting 7:30pm Library |
| Thursday| 27 February | Meet the Music |
It is always with a great sense of pride and satisfaction that I reflect at this time of the year on the many and varied achievements of our students and school community. This year has again been marked by success across all areas of school life. The levels of student participation, cooperation and achievement have been tremendous. I would like to thank all of the staff, students and parents for their hard work which has made 2013 another highly successful year at our school.

Farewell to staff
Mr Greig Tardiani, Head Teacher Computing Studies, has been appointed to the position of Head Teacher, TAS, at Macarthur Girls High School for 2014. Mr Tardiani came to Pennant Hills High School in October 1994 and during his time here, Greig has overseen many major changes in the way technology has been used in classrooms and administration throughout the school. In fact, prior to new network technology being introduced in government schools, Greig ensured that our school led other schools by installing much of the computer server infrastructure and network cabling in staffrooms and classrooms to establish the school computer network. Since that time, he has used his excellent understanding and skills to switch us to a windows-based network operating system, again ensuring we were at the forefront of technology in NSW. As well as pioneering the Stage 6 HSC Software Design and Development course, where his students have consistently gained band 6 results, Greig has encouraged and supported staff to engage with the world of digital information and communication technology.

He has led many computing initiatives at our school which have involved complex technical expertise and training of staff. Over the past ten years, Greig has taught numerous students the intricacies of robotics, supporting school teams to win NSW and Australian titles, as well as competing at the world titles in Atlanta. On behalf of the school community, I wish Greig well for his new position and thank him for his contribution to Pennant Hills High School during the past 20 years.

Ms Rita Taylor recently informed me of her intention to retire from teaching at the end of 2013. Since her arrival at PHHS in 1986, Rita has been a member of the English/History/Drama department, prior to the recent creation of the CAPA faculty. Since 2008, she has taught Ancient History at stage 6 level and junior History. In recent years, she pursued her love of archaeology and participated in excavations in Jordan. Over the past 27 years, Rita has consistently been involved in school drama and musical productions, supporting the cast and crew in areas such as makeup, wardrobe and front of house. Rita has also taken a number of grade sporting teams, coaching and training students, mainly in netball and volleyball.

Her commitment to her teaching colleagues and the teaching profession as a whole led Rita to serve for many years as the school’s NSW Teachers’ Federation representative. Her work here involved many extra hours representing her colleagues at a school level and at meetings on weekends and during holidays. This work has helped contribute to improved conditions for both students and staff at this school. From the time that I arrived at PHHS, Rita and I have worked collegially to consider appropriate ways to address changes to Departmental policies and procedures that would impact on teaching and learning at our school. I have great respect, gratitude and admiration for Rita for her efforts in working with me on workplace matters in a such an open, professional and common sense way. On behalf of the school community, I thank Rita for her contribution to our school and wish her many happy, healthy and fulfilling years in retirement.

Uniform requirements
The upcoming Christmas holiday period is a perfect opportunity for families to purchase uniform items that are required for the 2014 school year. It is essential that only approved items are purchased. I urge parents to consult our school website to ensure that students conform with the correct uniform requirements. Your cooperation in this important matter will be appreciated and will avoid sanctions being imposed for those students who do not comply.

Best wishes
On behalf of the staff of Pennant Hills High School, may I extend our best wishes to you and your family for a very merry Christmas and a happy, safe and enjoyable vacation. We look forward to seeing you at the start of the 2014 school year.

Geoff Wing
Principal

CONGRATULATIONS
Callum of Year 12 2013 has just returned on his voyage on the Young Endeavour and was the recipient of the Order of Australia Association Medallion which was awarded to him at the end of the voyage. Well done.

Gold Award
Congratulations to Pennant Hills High School on the result it achieved in the 2013 NSW Premier’s School Sport Challenge.
WHAT BOOKS WILL I NEED IN 2014?

Year 7 can get all books they need by purchasing a book pack from the school canteen.

Years 8, 9 and 10

- **English**: 156 page exercise book or A4 book
- **Maths**: 240 page grid book
- **Science**: 240 page A4 book
- **History**: 96 page exercise book or A4 book
- **Agriculture**: 180 page exercise book
- **Geography**: 180 page exercise book
- **Commerce**: 180 page exercise book
- **Languages (French, Japanese, Mandarin)**: 240 page exercise book
- **Visual Arts**: Process Diary (see your teacher)
- **Computing**: A4 loose-leaf folder
  (optional—can be done online)

**PDHPE (Year 7 and 8)**: Workbook (provided during first lesson)

**PDHPE (Year 9 and 10)**: 48 page exercise book or A4 book

**Physical Activity and Sports Studies (Years 9 and 10)**: Workbook (provided during first lesson)

**Industrial Technology**: Display Folder

- **Music**: A4 loose-leaf folder
- **Drama**: 64 page exercise book or A4 book

Years 11 and 12

- **English**: A4 loose-leaf folder
- **Maths**: A4 grid book or folder
- **Science (Biology, Chemistry, Physics, Senior Science, Earth and Environmental Science)**:
  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**: A4 loose-leaf folder or book
- **Hospitality**: A4 loose-leaf folder or book
- **Textiles and Design**: A4 loose-leaf folder or book
- **All Languages**: A4 loose-leaf folder or book
- **PDHPE**: A4 loose-leaf folder
- **Visual Arts**: A4 Process Diary
- **Music**: A4 loose-leaf folder
- **Engineering Studies**: A4 loose-leaf folder or book
- **Industrial Technology**: A4 loose-leaf folder or book + Display folder

**PLEASE NOTE NO '5 SUBJECT' EXERCISE BOOKS ARE TO BE BOUGHT.**
**EACH SUBJECT REQUIRES ITS OWN SEPARATE BOOK.**
HISTORY FACULTY NEWS

Year 7 Project Based Learning

Roman Festival
The Roman Festival was held on the 15 November in The Learning Hub. Classes 7A, 7O and 7P participated in the Roman Festival with either stalls or performances. There were stalls ranging from Ancient Roman art to food stalls. The performances were entertaining with assassinations, gladiator fights and street dancers.

We enjoyed the Roman Festival because it was exciting and entertaining. We also learnt a lot about Ancient Rome as we prepared for the festival.

By Livia

The Roman Festival was a really good experience for all of Year 7. It was a fun way to learn different types of Roman traditions. My group did a Roman Circus dance.

It was fun to research different acrobatic dance moves and we got to dress up as ring leaders and dancers. We also researched how the Romans wore their hair and what clothes they wore. I would definitely do the Roman Festival again.

By Cobey

ENGLISH FACULTY NEWS

Days and days
Went passing by
This and that we planned and tried
All the teachers were surprised
To see the children work so fast
Sir and Miss were called a lot
To help the children plan their plot

Finally the show had begun
To see what work we all have done
All the stalls had lots of food
And everyone was in a great mood

Laughter and giggle had filled the room
You could hear it from the moon
Time flew by
We even saw Julius Caesar die!

By Ji Yun and Louisa

Lions Club Youth Of the Year Competition

Two of our outstanding Year 11 students recently competed in the annual Lions Club Youth of the Year at West Pennant Hills Sporting Club. Larissa spoke on the modern day perils of technology and Jemma on the nature of the universe. Although unsuccessful in advancing to the next level both students represented their school and families with panache. They were a great credit, displaying confidence and the ability to engage with their audience.
English Faculty Awards for 2014
“Meritorious Performance in English”
The following students were selected for a Faculty award as a result of their outstanding efforts in English. Many were the best performer in their class over the course of the year and should feel proud of their achievement.

Year 7
Emma
Ishan
Johann
Emma
Joshua
Phillip
Max
Daniel

Year 8
Chontelle
Georgia
Luke
Fiona
Jessica
Jacob

Year 9
Caitlin
Jenna-Leigh
Katie
Jasper
Harrison
Russell
Maddison
Michelle

Year 10
Adam
Ysobel
Gregory
Nicholas
Losalini
Erin-Holly

OFFICE NEWS
Office Hours
Pennant Hills High School office hours are from 8am-3:45pm Monday to Friday.

We will close on Friday 20 December 2013 and re open on Tuesday 28 January 2014.

Payments
Payments can be made by students before school, recess or at lunch. If you are a parent/carer and wish to make a payment you can between the hours of 8am and 2pm.

Student Absences
If your child is absent from school, upon their return we need to receive a note from the parent/carer stating the reason for the absence. We must receive this within 7 days of their return. This is a Department of Education and Communities requirement as these are official records and cannot be altered after this time.

Academic Reports
Academic Reports will be emailed for Year 7-10 next week. All emails should be completed by Wednesday evening.

This week an email and SMS was sent out to ensure we have your correct email address.

If you have changed your email address since providing it to the school, please contact the office to update your details, or change them through the Parent Portal.

Change of details
Have you changed jobs, moved house or changed phone number/s (including work and mobile) or email address/es? Please make sure your details are up to date so we can contact you with important information or when your child needs you.

Changes must include a signature from a parent or caregiver and can be made in one of two ways.

- Change of Details forms are available for collection (by students, parents or caregivers) from Student Reception.
- Log on to the parent portal to check or change your details: My Child ➔ (Student’s Name) ➔ Change Details ➔ Primary Email (eg.)

An up-to-date primary email address is very important to ensure you receive group emails, which are an increasingly important part of our communication between school and home.
THANK YOU PENNO!
The Prefects organised a fantastic Christmas Can Appeal to support the Salvation Army Food Drive, publicised with a great video, which you can see on the school’s Facebook page. Students and staff contributed a wide range of foods to help those who are doing it tough. We thank everyone who made this a success. Altogether we contributed 1,224 food items, ranging from cornflakes to pasta to chocolates. On Monday, we had this many items:

By Wednesday the pile had grown.

By Thursday, the prefects had well over a thousand items to pack up.

And the winners of the glittering prize, a month of occupying the coveted balcony spot during those long, hot assemblies in February is Year 11. Congratulations to Year 7 who came second, in a very close contest.

UNIFORM REMINDER
We wish to advise all students and families that we are a uniform school. There are sound reasons for enforcing the rule regarding footwear, and most of them are to do with student safety.

We must all work together to ensure that students come to school suitably attired. Please review this information with your child.

When purchasing school shoes, please be aware that **ONLY** black leather lace-up shoes are acceptable. Any other advice from shoe stores is incorrect.

**ACCEPTABLE** School Shoes

ALL these styles are **UNACCEPTABLE**.

UNIFORM ITEMS FOR SALE

Parents and caregivers are reminded that most school uniform items are sold at two local shops: Cherryhills (Pennant Hills) and Ragamuffins (Westleigh).

**Sports Shorts and Track Suits**
Additionally, new (unused) school sports shorts and sports track suits are sold through the office at Student Reception. Sports shorts are available in a limited size range, while track suit jackets and lined track suit pants are available in S, M, L and XL.

**Second-hand Uniform Items**
Used uniform items are available from the uniform shop which operates out of the school's print room. Currently the uniform shop has stocks of senior uniforms, knitted school jumpers, boys' grey pants and boys' and girls' long sleeved shirts, all in a range of sizes. As the stock of used uniform items is constantly changing, you are advised to phone the uniform shop to check what is available before coming in to purchase these items.

Please contact Tracey Bain on 9473 5012 for any enquiries.
MMA Fitness & Conditioning
Thursdays 7:15pm start
Boxing Pad-work
Saturdays 6:30am start

Pennant Hills Community Centre

GET YOURSELF INTO THE BEST SHAPE OF YOUR LIFE WITH THE EMA TEAM!

www.emakarate.com.au

Packemin Productions presents the classic family musical...

Annie
7-22 February 2014
TICKETS ON SALE NOW!

Amanda Musgrove
(Rosie, annie, lilla, orphan annie)
as Miss Hannigan

Rodney Dobson
(priest, uncle larry, the next king)
as Oliver O'Dowd/Wilches

Christopher Horsey
(priest, harry, bernard, charles)
as Rooster

Ph: 8839 3399
riversideparramatta.com.au
# STATIONERY SUPPLIES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Year 7 Bookpacks</td>
<td>30.00</td>
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<tr>
<td><strong>MATHEMATICS</strong></td>
<td></td>
</tr>
<tr>
<td>Compass</td>
<td>1.80</td>
</tr>
<tr>
<td>Protractor – 180 degrees</td>
<td>1.00</td>
</tr>
<tr>
<td>Protractor – 360 degrees</td>
<td>2.00</td>
</tr>
<tr>
<td>Set Square 40 degree &amp; 60 degree angles</td>
<td>1.20</td>
</tr>
<tr>
<td>96 page grid book</td>
<td>1.50</td>
</tr>
<tr>
<td>160 page grid book</td>
<td>2.50</td>
</tr>
<tr>
<td>240 page grid book</td>
<td>3.00</td>
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<tr>
<td>96 page A4 grid book</td>
<td>2.00</td>
</tr>
<tr>
<td>128 page A4 grid book</td>
<td>2.50</td>
</tr>
<tr>
<td><strong>MUSIC</strong></td>
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<tr>
<td>96 page manuscript book</td>
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<tr>
<td><strong>GENERAL</strong></td>
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<tr>
<td>Plastic ruler</td>
<td>1.50</td>
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<tr>
<td>Pens (black, red, blue) &amp; pencils</td>
<td>1.00</td>
</tr>
<tr>
<td>Erasers, metal and plastic sharpeners</td>
<td>1.00</td>
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<tr>
<td>Document Wallet</td>
<td>2.00</td>
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<tr>
<td>A4 refill sheets</td>
<td>2.00</td>
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<tr>
<td>D &amp; T Crested Display Folders</td>
<td>6.00</td>
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<tr>
<td><strong>EXERCISE BOOKS</strong></td>
<td></td>
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<tr>
<td>64 page</td>
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Pennant Hills High School Canteen

**Price List**

Effective from 1st January, 2014

**Canteen Manager:**
Lyndall Chamberlain

**Staff:**
- Kerrie Langdon
- Debbie Murray
- Lisa Said

Canteen Telephone: 9473 5020
<table>
<thead>
<tr>
<th>Sandwiches white/wholemeal</th>
<th>Cakes &amp; Biscuits</th>
<th>Milk</th>
<th>Drinks</th>
<th>Specials</th>
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</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>All cakes</td>
<td>300ml Plain Milk</td>
<td>Orchy – various flavours – 375ml</td>
<td>Monday</td>
</tr>
<tr>
<td>Cheese</td>
<td>Banana Bread</td>
<td>600ml Plain Milk</td>
<td>Water – 600ml</td>
<td>Chicken Burgers</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>Choc Chip Cookies</td>
<td>600ml Oak flavoured Milk</td>
<td>350ml</td>
<td>4.00</td>
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<tr>
<td>Ham &amp; Cheese</td>
<td>Large Muffins</td>
<td>300ml Oak flavoured Milk</td>
<td>Aloe Vera Natural Drink</td>
<td>2.50</td>
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<tr>
<td>Ham &amp; Tomato</td>
<td></td>
<td>250ml Up &amp; Go</td>
<td>Iced Tea – 500ml</td>
<td>2.50</td>
</tr>
<tr>
<td>Ham Cheese &amp; Tomato</td>
<td></td>
<td>Yahta yoghurt</td>
<td>Powerade Zero</td>
<td>3.50</td>
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<tr>
<td>Salad</td>
<td>Streets Ice Creams as displayed</td>
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<td></td>
<td></td>
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<tr>
<td>Salad &amp; Cheese</td>
<td>Frozen Fruit Tubes</td>
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<td></td>
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<tr>
<td>Chicken</td>
<td>Fruit Juice cups</td>
<td></td>
<td></td>
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<tr>
<td>Chicken, Lettuce &amp; Mayo</td>
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</tr>
<tr>
<td>Chicken &amp; Avocado</td>
<td></td>
<td></td>
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<tr>
<td>Unbuttered rolls</td>
<td></td>
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<tr>
<td>Buttered rolls</td>
<td></td>
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<tr>
<td>Seasonal Fresh Fruit – Prices as marked</td>
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<tr>
<td>Fresh Wraps</td>
<td>Hot Foods (including sauce/spoon/fork)</td>
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<tr>
<td>Salad Wraps</td>
<td>Apple Pie</td>
<td>300ml Plain Milk</td>
<td>Orchy – various flavours – 375ml</td>
<td>Tuesday</td>
</tr>
<tr>
<td>(lettuce, cheese, tomato, carrot, cucumber)</td>
<td>Balfours Meat Pies</td>
<td>600ml Plain Milk</td>
<td>Water – 600ml</td>
<td>Nachos</td>
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<tr>
<td>Caesar Chicken Salad</td>
<td>Chicken &amp; Corn rolls</td>
<td>600ml Oak flavoured Milk</td>
<td>350ml</td>
<td>4.00</td>
</tr>
<tr>
<td>(lettuce, cheese, bacon, Caesar sauce)</td>
<td>Chiko Rolls (V)</td>
<td>300ml Oak flavoured Milk</td>
<td>Aloe Vera Natural Drink</td>
<td>Sushi - Beef</td>
</tr>
<tr>
<td>Sweet Chilli Chicken and Salad</td>
<td>Cheese &amp; spinach rolls (V)</td>
<td></td>
<td>Iced Tea – 500ml</td>
<td>3.50</td>
</tr>
<tr>
<td>(lettuce, cheese, tomato, mayo, sweet chilli)</td>
<td>Curry Pies</td>
<td>300ml Oak flavoured Milk</td>
<td>Powerade Zero</td>
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<tr>
<td>Salads</td>
<td>Hot Chocolate</td>
<td>2.50</td>
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<tr>
<td>Creamy pasta salad (when available)</td>
<td>Lasagne</td>
<td>2.50</td>
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<tr>
<td>Fruit Salad (when available)</td>
<td>Mini Muffins</td>
<td>2.50</td>
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<tr>
<td>(lettuce, tomato, cucumber)</td>
<td>Noodles</td>
<td>2.50</td>
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<tr>
<td>Tabouli (when available)</td>
<td>Potato Pie</td>
<td>2.50</td>
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<tr>
<td>Salad Plates</td>
<td>Pork Riblets</td>
<td>3.50</td>
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<tr>
<td>Lettuce, carrot, beetroot, cheese, cucumber &amp; tomato</td>
<td>Sausage rolls (large)</td>
<td>3.00</td>
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<tr>
<td>6.00</td>
<td>Soup with roll (winter only)</td>
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<tr>
<td>Extra – Egg, ham, chicken, avocado</td>
<td>Travellers Pies</td>
<td>3.00</td>
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<tr>
<td>1.00ex</td>
<td>meat</td>
<td>3.50</td>
<td></td>
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<tr>
<td></td>
<td>pepper</td>
<td>3.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>cheese &amp; bacon</td>
<td>0.20</td>
<td></td>
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<tr>
<td>Daily Meal Combos – Orders Only With Choice of small Drink</td>
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<tr>
<td>Chicken Fingers in a cup</td>
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<tr>
<td>Potato Wedges</td>
<td></td>
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<td>5.50</td>
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## COMMUNITY NOTICES AND CONTACTS

### COMING EVENTS

**St Matthews Anglican Church:** together with a number of local sponsors, are hosting a Carols by Candlelight and Family Festival at West Pennant Hills Public School, Corner Church and Cardinal Ave, West Pennant Hills on 20 December 2013. 5:30pm for Family Festival and 7:45pm for Carols by Candlelight. For more information please call 9479 3700.  www.stmatts.org.au

**West Pennant Hills Netball:** 2014 Winter Competition: Registration day is Saturday 1 February at West Pennant Hills Public School, Cnr Church Street, West Pennant Hills in the school hall from 10:30am to 2:00pm. For more information visit www.westpennanthills.netball.asn.au

**Pennant Hills Football Club:** 2014 Season: Registration day will be held on Saturday 1 February 2014 at Hotel Pennant Hills from 10am-2pm. Online registration and further details can be found at www.penno.com.au


### STUDENT EXCHANGE PROGRAMS

- **LATTITUDE AUSTRALIA** - volunteering and gap year placements for U/25s  - www.latitude.org.au or (03) 9826 6266
- **Student Exchange Australia NZ** - scholarships available  - www.studentexchange.org.au or 9997 0700.
- **World Education Program Australia (WEP)** - www.wep.org.au or 1300 884 733 or email wep@wep.org.au.
- **Australian Institute of International Understanding (AIU)** - www.aiiu.org.au or 1800 174 407 - program costs apply.
- **Lions Youth Exchange Program** - for 17-21 year olds  - www.lionsclubs.org.au/eye
- **STS Student Exchange** -  - www.sts-education.com.au or 1800 263 964

### 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** – 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)
- **Northern Sydney Youth Orchestra** for young musicians. Not-for-profit organisation. http://www.nsyo.org.au
- **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:**  Ashley - 0421 558 009. www.westpennanthills.netball.asn.au/

### 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

Saturday School of Community Languages 2014: For Information about language courses, including application forms and locations please go to www.sscsl.schools.nsw.edu.au—2014 Enrolment Information. Applications for all years close on 21 February 2014. Year 7 applications must be sent as early as possible in 2014. For further information please contact Adelia Fuller, Principal—9244 5694.

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

The Kids Are All Right Website for parents of Australian teenagers. For articles on teenagers plus a forum for parents of teens, go to www.thekidsareallright.com.au. Some of the articles to view: Starting high school is tough on parents too; Essentials for working teenagers; Mentoring for teens. There are many more available.

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 - 5 Jersey Street Hornsby (a short walk from the station). After school activities for students in a safe environment, run by Fusion Sydney North. Tuesdays-Fridays 3.00pm-6.00pm. Bringing young people, their families and communities together with hope. 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: 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.


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.


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)


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.

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