CAPA FESTIVAL WEEK

Many thanks to the staff and students involved in our very successful Creative and Performing Arts (CAPA) Festival held during Week 5. Audiences and visitors were impressed by the quality and diversity of the Drama and Music performances and the Visual Arts and Photography exhibition.

We had good community support throughout the festival week and thoroughly enjoyed showcasing the talents of our CAPA students at Pennant Hills High School. Moving the Music Soirée into the MPC alongside the Visual Arts Exhibition made for a spectacular amalgamation of the arts.

Janelle Dennis
Head Teacher CAPA
### FUTURE DATES

**Term 3 2013**

<table>
<thead>
<tr>
<th>WEEK 7A</th>
<th>Sunday</th>
<th>25 August</th>
<th>NSW School Bands Festival: CB2 and Big Band</th>
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<tbody>
<tr>
<td>Monday</td>
<td>26 August</td>
<td>Snake Tails Animal Show: Years 7 and 8</td>
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<tr>
<td>Monday</td>
<td>26 August</td>
<td>Duke of Edinburgh’s Award Silver Qualifying Hike</td>
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<td>Tuesday</td>
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<tr>
<td>Tuesday</td>
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<td>HSC Music Performances</td>
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<td>Tuesday</td>
<td>27 August</td>
<td>P&amp;C Meeting: 7.30pm in the Library</td>
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<tr>
<td>Wednesday</td>
<td>28 August</td>
<td>Duke of Edinburgh’s Award Silver Qualifying Hike</td>
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<td>HSC Music Performances</td>
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<td>Wednesday</td>
<td>28 August</td>
<td>SES Cadet Graduation Ceremony during Assembly</td>
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<tr>
<td>Thursday</td>
<td>29 August</td>
<td>Half Day School Photos: Sports and Band</td>
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<tr>
<td>Friday</td>
<td>30 August</td>
<td>Prefect Induction at 9.00am</td>
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<td>Friday</td>
<td>30 August</td>
<td>Year 7 Gala Day</td>
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<tr>
<td>Friday</td>
<td>30 August</td>
<td>HSC Performances in the MPC</td>
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<thead>
<tr>
<th>WEEK 8B</th>
<th>Monday</th>
<th>2 September</th>
<th>HSC Music Practical Examinations - MPC (ALL WEEK)</th>
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<tbody>
<tr>
<td>Monday</td>
<td>26 August</td>
<td>NSW School Bands Festival: CB2 and Big Band</td>
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<td>30 August</td>
<td>Year 7 Gala Day</td>
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<td>Friday</td>
<td>30 August</td>
<td>HSC Performances in the MPC</td>
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<tr>
<td>Saturday</td>
<td>6 September</td>
<td>CHS Athletics Carnival - Day 1</td>
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<tr>
<td>Saturday</td>
<td>7 September</td>
<td>CHS Athletics Carnival - Day 2</td>
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<tr>
<td>Saturday</td>
<td>7 September</td>
<td>Federal Election in the MPC</td>
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<tr>
<td>Sunday</td>
<td>8 September</td>
<td>CHS Athletics Carnival - Day 3</td>
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<thead>
<tr>
<th>WEEK 9A</th>
<th>Monday</th>
<th>9 September</th>
<th>Year 11 Final Examinations (ALL WEEK)</th>
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<tbody>
<tr>
<td>Monday</td>
<td>9 September</td>
<td>Year 11 Final Examinations (ALL WEEK)</td>
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<tr>
<td>Friday</td>
<td>13 September</td>
<td>Year 8 GALA DAY</td>
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<tr>
<td>Friday</td>
<td>13 September</td>
<td>HSC Performances in the MPC</td>
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<table>
<thead>
<tr>
<th>WEEK 10B</th>
<th>Monday</th>
<th>16 September</th>
<th>Year 11 Final Examinations (ALL WEEK)</th>
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<tbody>
<tr>
<td>Monday</td>
<td>16 September</td>
<td>Year 8 Visual Arts Excursion</td>
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<td>Monday</td>
<td>16 September</td>
<td>Year 12 Community Concert</td>
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<td>Tuesday</td>
<td>17 September</td>
<td>Year 12 Graduation: 7.00pm in the MPC</td>
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<tr>
<td>Wednesday</td>
<td>18 September</td>
<td>Year 12 Formal</td>
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<tr>
<td>Friday</td>
<td>20 September</td>
<td>National RoboCup</td>
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<tr>
<td>Friday</td>
<td>20 September</td>
<td>LAST DAY OF TERM 3</td>
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### VACATION

Monday 23 September to Friday 27 September  
Gold Duke of Edinburgh’s Award Residential

### VACATION

**Term 4 2013**

<table>
<thead>
<tr>
<th>WEEK 1A</th>
<th>Monday</th>
<th>7 October</th>
<th>LABOUR DAY PUBLIC HOLIDAY</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>8 October</td>
<td>SCHOOL RESUMES FOR ALL STUDENTS</td>
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<tr>
<td>Tuesday</td>
<td>8 October</td>
<td>Year 11 HSC Evening</td>
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<tr>
<td>WEEK 2B</td>
<td>Monday</td>
<td>14 October</td>
<td>ESSA Readiness Test</td>
</tr>
<tr>
<td>Monday</td>
<td>14 October</td>
<td>HSC Written Examinations Commence</td>
<td></td>
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<tr>
<td>WEEK 3A</td>
<td>Tuesday</td>
<td>22 October</td>
<td>Big Band at the Opera House</td>
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<tr>
<td>Tuesday</td>
<td>22 October</td>
<td>(day rehearsal and night performance)</td>
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<tr>
<td>Saturday</td>
<td>26 October</td>
<td>The Great Penno Reno II</td>
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<tr>
<td>WEEK 4B</td>
<td>Sunday</td>
<td>27 October</td>
<td>The Great Penno Reno II</td>
</tr>
<tr>
<td>Thursday</td>
<td>31 October</td>
<td>Meet the Music Concert: 6.30pm</td>
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### CONGRATULATIONS

Talented violinist, Lucy of Year 10, recently won a lesson with Sydney Symphony first violinist Leoné Ziegler at the Sydney Opera House. In a competition, run on the Sydney Symphony Fellowship blog, entrants were required to nominate with which Sydney Symphony musician they would like a lesson and why they chose that person. Lucy said she chose Ms Ziegler after having seen her perform at a music camp. She spent hours working on her essay ‘making it perfect’ before submitting it for consideration by the competition judges. This ‘dream come true’ opportunity has cemented Lucy’s aspiration to make a career out of music. We congratulate Lucy and wish her all the best for future success in her music career.
As Term 3 rapidly passes we enter what is for senior students the examination period. Exams of course are usually stressful, with both students and parents wishing for the best outcomes and wondering what would be the best approach to gain maximum effect. All parents want the best for their children. The difficulty arises in identifying which parenting style to use. Add in individual differences and the different stages of adolescent development and it can become very difficult, even without the outside influences from society and the ever present effect of social media. As professionals, teachers have the benefit of continually undertaking training, self-reflection and professional reading to create the optimum learning environment to deliver the best results in safe and engaging classrooms in which students are able to learn and make mistakes; and to redirect students when they lose direction or focus. Parents are not always able to access this level of support and training.

‘Helicopter parenting’ has been a popular topic in the media lately. No-one actually puts up their hand and says they are a helicopter pilot. Most parents who respond quickly to their child’s demands do it out of love and an attempt to make their child’s life easier and to protect them from some of life’s sharper edges. The $64,000 question is, ‘What is the right balance between shielding them and giving them the life skills to lead full lives?’ Researchers at Queensland University of Technology (QUT) have undertaken a study into the concept of over-parenting (available at: http://eprints.qut.edu.au/55005/2/55005.pdf). The report concludes that over-parenting has the potential to ruin a child’s confidence and undermine growing independence.

I read a response to the QUT research paper which succinctly expressed some of my concerns. Jess Lahey, in Why Parents Need to Let their Children Fail, writes:

What worries me most are the examples of over-parenting that have the potential to ruin a child’s confidence and undermine an education in independence. According to the authors, parents guilty of this kind of over-parenting ‘take their child’s perception as truth, regardless of the facts,’ and are ‘quick to believe their child over the adult and deny the possibility that their child was at fault or would even do something of that nature.’

This is what we teachers see most often: what the author terms ‘high responsiveness and low demandingness’ parents. These parents are highly responsive to the perceived needs and issues of their children, and don’t give their children the chance to solve their own problems. These parents ‘rush to school at the whim of a phone call from their child to deliver items such as forgotten lunches, forgotten assignments, forgotten uniforms’ … One study participant described the problem this way: I have worked with quite a number of parents who are so overprotective of their children that the children do not learn to take responsibility (and the natural consequences) of their actions. The children may develop a sense of entitlement and the parents then find it difficult to work with the school in a trusting, cooperative and solution focused manner, which would benefit both child and school.

I’m not suggesting that parents place blind trust in their children’s teachers; I would never do such a thing myself. But children make mistakes, and when they do, it’s vital that parents remember that the educational benefits of consequences are a gift, not a dereliction of duty. Year after year, my ‘best’ students—the ones who are happiest and successful in their lives—are the students who were allowed to fail, held responsible for missteps, and challenged to be the best people they could be in the face of their mistakes.

Of course, parents and teachers working together to assist students is the best strategy. In my 30 years of teaching I have noticed an increase in the number of parents who will go to great lengths to shield their child from the realities of completing assignments on their own, meeting deadlines or dealing with the stress of confronting situations such as exams. Parenting is challenging, and making tough calls as a parent can be very upsetting. However, if we do everything for our children, how will they ever build up resilience and learn to cope doing things on their own?

Brendan O’Byrne
Deputy Principal

Free Dental Care
for all school aged children and eligible adults*

Northern Sydney Local Health District Oral Health Service provides free dental care to all children, less than 18 years old, who are eligible for Medicare and reside in the Local Health District. Recent funding has enabled waiting times to be considerably reduced so now is an excellent time to request dental care.

This includes dentistry such as examinations, x-rays, fillings and extractions. For more extensive treatment, children may be referred for more specialised care to another clinic in the Local Health District, the Sydney Dental Hospital or Westmead Centre for Oral Health. Dental care is provided by teams of fully qualified and experienced dentists, oral health therapists and dental therapists.

To access the service, contact the dental call centre on 1300 789 404.

Patients are triaged in accordance with NSW Health Policy. Those with a dental emergency such as trauma, facial swelling or uncontrolled bleeding are highest priority and will be seen on the same or next day.

*Eligible adults can access the service for dental care and denture services but must also have, or e listed as a dependent on, one of the following valid Australian Government concession cards: Health Care Card, Pensioner Concession Card, Commonwealth Seniors Health Card.
INDUSTRIAL ARTS NEWS

HSC Major Projects are now complete and were marked by HSC examiners who visited the school in Week 5. Congratulations to all students on their application to complete these impressive projects.

Eight students from the Industrial Technology class of 2012 recently had their projects on display at the Board of Studies InTech Display of outstanding HSC works. These students were Brandon, Simon, Joshua, Jonathan, Charlie, Chris, Bronte and Corey. Brandon, Simon and Jonathan were in attendance to discuss their projects with students visiting the display.

All students received certificates recognising their selection for the display which were presented by the Board of Studies Technology Inspector.

Charlie’s acoustic guitar was awarded overall third place in the Woodworkers Association Young Achiever’s Competition.

Twelve apprentices, six each from TAFE colleges in Sydney and the country, were invited to compete. All had to perform the same six tasks, each task being allotted 1 hour 20 minutes to complete. The tasks were all related to heavy vehicles (trucks, bobcats, etc.) and included:
- Surveying an engine to determine the amount of wear, fits and tolerances;
- Determining electrical faults;
- Checking and adjusting brakes;
- Fault finding and tuning a diesel engine;
- Fixing and testing a hydraulic system;
- Performing a heavy vehicle registration check.

The students were closely observed as they performed each task, documenting and justifying the sequence of their work. Geoffrey is now eligible to go to Perth next year to compete in the national competition.

Past Students
Past Pennant Hills High School student Geoffrey (HSC 2008) was selected to compete in the NSW Division of the World Skills Competition which was held at Wetherill Park TAFE last term. Geoffrey is now in his final year of a heavy motor vehicles apprenticeship.

Display Night

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Geoffrey Barton pictured with his Industrial Technology HSC major project, a Welding Workbench

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Pennant Hills High School
Industrial Technology

Invitation to the Display of Timber Projects from the 2013 HSC

Wednesday 28 August and Thursday 29 August
6.00pm—8.30pm

Staff Common Room, Level 4
Pennant Hills High School
Laurence Street, Pennant Hills

Mark Tyler
Head Teacher Industrial Arts
SCIENCE AND AGRICULTURE FACULTY AWARDS

Congratulations to the following students who were presented with faculty awards during a recent school assembly.

Agriculture
Noah (Year 8) - Outstanding Effort
Kaitlin (Year 9) - Outstanding Effort
Maddison (Year 10) - Outstanding Effort
Hamish (Year 10) - Outstanding Effort
Emma (Year 11) - Outstanding Effort
Isaac (Year 12)
Perseverance with Class and Practical Work

Year 10 Science
Jared - Consistent Outstanding Effort
Jonathon - Consistent and Excellent Achievement
Maddie - Consistent Effort
Lauren - Consistent Effort
Sam - Great Effort and Excellent Achievement
Amelia - Outstanding Effort and Attitude

Year 11 Biology
Ishita - Outstanding Effort and Attitude
Jesse - Outstanding Effort and Attitude
Emmeline - Outstanding Effort and Attitude

Year 11 Chemistry
Jack - Outstanding Effort and Attitude
Emma - Consistent Effort and Attitude
Max - Consistent Effort and Attitude

Year 11 Earth and Environmental Science
Kerry - Outstanding Effort and Attitude

Year 11 Physics
Lucy - Outstanding Effort and Attitude
Jack - Outstanding Effort and Attitude

Year 12 Biology
Quentina
Consistent Effort and Great Achievement
Bronte - Outstanding Effort and Attitude
Alana - Outstanding Effort and Attitude
Dev - Outstanding Effort and Attitude

Year 12 Chemistry
Mikaila - Outstanding Effort and Attitude

Year 12 Earth and Environmental Science
Isabelle - Outstanding Effort and Attitude

Year 12 Physics
Chris - Outstanding Effort and Attitude
Katie - Outstanding Effort and Attitude

Phil Scandizzo
Head Teacher Science and Agriculture

CHEERFUL CHICKENS

As recently reported in the Hornsby Advocate, students and staff from the Special Education Unit have been extremely busy in renovating their beloved 'Chicken Ranch', as it is affectionately known by the students. The 'ranch' has recently been provided with a much needed upgrade after securing a cash donation from a successful application to the Telstra Kids Fund Program. The Telstra Kids Fund is a valuable means by which Telstra employees can direct the company’s philanthropic giving and support their local communities across Australia. Permanent Telstra Group employees can apply for a grant of $1200 to support a project or activity run by a non-profit organisation involving a child, aged 18 years or under, in their immediate family.

We thank the family of one of our students for their assistance to the school in obtaining this grant. The money has been used to construct new chicken coops and raise new garden beds to grow fresh produce which is often used in students' cooking classes.

Jeff Minton
Head Teacher Special Education
Penno Prayer Meeting

Mums, dads and 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.

WE NEED YOUR HELP IN THE CANTEEN

Are you able to help Debbie and me for a few hours on the first Wednesday of the month until the end of this year?

Please call me on 9473 5020 if you can offer assistance or need more information.

Lyndall Chamberlain

Introducing a group program for students in Years 10–12 to learn practical strategies to manage stress. In eight, weekly sessions, a maximum of 8 students per group will be taught by a clinical psychologist how to navigate the stressful senior school years.

Topics covered include:
- How stress and anxiety affect our body and mind
- Time management and healthy study behaviours
- Relaxation and sleep strategies
- Conquering worries and unhelpful thoughts
- How parents can help their kids cope during the HSC

Groups will be run from our Pennant Hills consulting rooms starting in Term 3. For more information please contact us at Denton Clinical Psychology.

Phone: 8860 6480
admin@dentonpsychology.com.au
www.dentonpsychology.com.au

Stress Less

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

Pennant Hills High School
COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Thornleigh West Public School Spring Fair: Saturday 24 August 2013, 10.00am—4.00pm, Giblett Avenue Thornleigh. Visit flexischools.com.au (select Thornleigh West Public School) OR email twpsspringfair2013@gmail.com

North Sydney Youth Orchestra 30th Anniversary Concert: Sunday 25 August 2013, 2.30pm. www.nsyo.org.au

Mission Australia FREE Parent/Carer Evenings—Living with Teenagers: 7.00pm—8.30pm. Adolescent Mental Health - 28/8 at Hornsby. Bookings Essential: Contact Mission Australia on 9482 1366 (business hours).

Hornsby Girls High School MULTICULTURAL FAIR: Saturday 31 August 2013, 11.00am—4.00pm Edgeworth David Avenue, Hornsby. ALL WELCOME.

UNIVERSITY OF WOLLONGONG SYDNEY BUSINESS SCHOOL - Circular Quay Campus Open Day
Saturday 31 August 2013: 1.00pm—6.00pm: Gateway Building, Level 8, 1 Macquarie Place, Circular Quay
RSVP: 26 August 2013 to business-events@uow.edu.au More Information: www.sbs.edu.au or phone 02 4221 3475.

SEMINAR FOR PARENTS AND TEACHERS: Learning Difficulties—The Role of the Paediatrician
Tuesday 3 September 2013, Parramatta Leagues Club, 10.00am—2.00pm
FOR INFORMATION, COSTS AND REGISTRATION: www.ldc.org.au

STUDENT SERVICES - Northern Sydney Region Disability Programs PARENT FORUM - Friday 13 September.
Bookings: Leanne Mulligan—9987 3900 or leanne.mulligan@det.nsw.edu.au. Information: Kate McCosker—9987 3919.
Walk With Me Parramatta: Friday 13 September, commencing at 12.00 noon, Parramatta River bank Raise funds for Northcott’s Respite Service. See ME, not my disability. INFO: www.walkwithme.org.au or 9890 0100.

Hornsby Shire BUSHFESTIVAL: Sunday 15 September 2013, 10.00am—4.00pm
Fagan Park, Galston. Information: hornsby.nsw.gov.au

FREE Parent Seminar—Parent Survival Strategies for Teaching Young Drivers
Monday 16 September 2013: 6.00pm—8.30pm, Ku-ring-gai Council Chambers. Bookings essential: 0405 558 660

2013 NAN TIEN HAPPY CAMP: Saturday 21 September 2013, 9.30am—for children aged 5—12 years.
Cost: $10 per person, including morning tea, lunch and refreshments. Information: www.nantien.org.au

FREE AFL Family Fun Day: Sunday 22 September 2013: 1.30pm—3.30pm
Isabella: 0435 494 696 or Tae.Kim@det.nsw.edu.au; Fiona: 9476 9715 or zhou1yan@police.nsw.gov.au

International Tall Ship Festival — Sydney: 3—10 October 2013
Join a voyage and set sail on the adventure of a lifetime. Information: www.tallshipfestival2013.com

CLASS OF 1993—20 YEAR REUNION: Saturday 19 October 2013, 6.30pm at Pennant Hills Hotel
All teachers and students from that year are welcome to attend. Enquiries: Kylie Warner (née Perry) 0415 811 842.

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 and discounts available - 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 www.volunteerabroad.com.au or 1300 884 733

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

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

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

RECREATION AND SPORTING GROUPS

Dural Sport and Leisure Centre (A ministry of Dural Baptist Church) - www.dsicm.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 Zodiaks Youth Dragon Boat Club – www.dbnsw.org.au or sydneyzodiaks@yahoo.com.au or 0410 655 764

Epping RSL Golden Kangaroos Marching Band - www.goldenkangaroos.org.au or 9868 3289 (Annette)


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 - 0409 847 208 (Laura)


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

- **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.

- **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 phone 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)
  - Custom-made mouthguards only $250. On-the-spot Health Fund refunds.
  - www.timelesssmiles.com.au or phone 9484 7737

- **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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