2013 HSC HIGH ACHIEVERS’ ASSEMBLY
On Wednesday, 19 February we were delighted to welcome many of our Class of 2013 and their families to a special assembly and morning tea. On this occasion, we congratulated our "Band 6 Club", and the many students who gained Australian Tertiary Admission Ranks of 90 or above. In total, there were 77 Band 6 results achieved by this cohort of 161 students, with 17 students reporting ATARs in the nineties. Special congratulations goes to Andrew Corrigan, Year 12 2014, who was accelerated in HSC Physics during Year 11 2013 and gained a Band 6 in that subject.

Two students from the class of 2013, Brodie and Benson addressed our assembly. Brodie had a powerful message for all students about failure. She shared that in education, it is important not to dwell on mistakes, but rather to reflect upon them. This is how you will improve your performance time and time again.

And this, from Benson: Understand how privileged you really are. Realise that we are the minority world wide – education is a privilege that we have a responsibility to exploit. Everyone can choose something to excel in that is needed – people need scientists, teachers, politicians, storytellers, sportspeople – the future needs you. Do what you want to do as well as you can. There is no such thing as the right amount to learn – learning is a constant process, not a certificate. Strike a balance between everything you need and want to do. Don’t focus just on study, and don’t focus just on extra-curricular. Focus on life – if you do this, you’ll strike a balance automatically.

Plan, don’t just mess about. If you don’t plan then everything is iffy, and iffiness leads to procrastination. Don’t panic: all panic is just a bunch of people screaming, and a bunch of screaming people can’t get anything done.

Brodie ATAR 92.55

Benson ATAR 96.65 and Alana ATAR 97.60
DEPUTY PRINCIPAL’S REPORT

Last Wednesday at assembly I spoke to our students about their job.

At the beginning of any school year students are keen to know who is in their classes. Everyone wants at least one friend to share their timetable. This is understandable, and can mean the development of highly productive teams of students who work happily together. Sometimes, however, it means students are more easily distracted from their job, which is to get the best possible education available to them.

No-one needs to be told the benefits of education. But I wonder whether we take it for granted. Everyone at Pennant Hills High School has access to free, high-quality education. Our teachers are highly qualified and experienced, virtually every student completes the HSC, and the great majority of students go on to tertiary education. However, as in any school, there are some students who do not give their best effort with their studies. While it is difficult, and probably impossible, to give 100% all the time, it certainly needs to be the goal.

When you’re talking about school with your child, ask them what they’ve learnt that day. Ask them if they did their best. Take a look at their books and homework diary. If you’re told that there’s “no homework” most nights, call us, or write a note to the relevant teacher in the diary.

It is infinitely more distracting to be a school student today. Social media and the internet mean that entertainment and homework intersect much more than they did fifteen years ago. But the students who achieve at high levels manage to balance this, and focus on the long-term goal.

This Wednesday, we welcomed our High Achievers from the Year 12 class of 2013 back to assembly so we could acknowledge their considerable achievements. Students with Australian Tertiary Admission Ranks above 90 received trophies, as did our Dux, Alana, and Brodie, who gained fifth place in NSW in English Extension 1. Benson received a trophy for being the top male student as Alana did for being top female student. Students who gained Band 6 results were presented with Principal’s Awards. At the morning tea afterwards, not one student was less than thrilled to be there. None of these students regretted doing their best.

I’m going to finish by addressing students. I ask all of you to focus on your job – to be educated. At Pennant Hills, outstanding results are within your grasp. Fifty-seven million school-age kids world wide can’t go to school, due to circumstances they can’t control. Their futures are limited in ways yours aren’t. Don’t be the person who leaves school with regrets. We all have control over our futures. Decide to excel, and make the most of every single lesson. As Henry Ford said: Whether you think you can, or you think you can’t – you’re right.

Jane Dennett
Deputy Principal
## LOOKING FORWARD

### Term 1 2014

| WEEK 5A          | Monday          | 24 February | Zone Swimming Carnival—Homebush Aquatic Centre
|                 | Tuesday         | 25 February | P&C Meeting 7:30pm Library
|                 | Thursday        | 27 February | Meet the Music Concert
|                 | Friday          | 28 February | Year 10 Agriculture Excursion
| WEEK 6B         | Tuesday         | 4 March     | OPEN NIGHT (4:00pm-7:30pm)
|                 | Friday          | 7 March     | CHS All Schools Triathlon
| WEEK 7A         | Monday          | 10 March    | Year 11 and 12 Parent Teacher Evening (3:30pm-7:30pm)
|                 | Tuesday         | 11 March    | Theatresports Workshop (Years 8,9,11)
|                 | Wednesday       | 12 March    | Visual Arts Excursion (Year 11 & 12 VA students)
|                 | Thursday        | 13 March    | Year 7 Music Incursion: African Rhythm Period 1
|                 | Friday          | 14 March    | Year 11 RYDA Excursion
| WEEK 8B         | Tuesday         | 18 March    | Regional Swimming Carnival—Homebush Aquatic Centre
|                 | Wednesday       | 19 March    | Year 7 and 9 Vaccinations
|                 | Friday          | 21 March    | Year 7 2015 Academically Selected Test
| WEEK 9A         | Monday          | 24 March    | Year 7 Brainstorm Productions: Anti-bullying
|                 | Tuesday         | 25 March    | P&C Meeting 7:30pm Library
|                 | Wednesday       | 26 March    | School Cross Country Carnival
|                 | Thursday        | 27 March    | Year 8 Brainstorm Productions: Anti-Bullying
|                 | Friday          | 28 March    | Year 11 Agriculture Excursion
| WEEK 10B        | Monday          | 31 March    | Year 12 Examinations
|                 | Tuesday         | 1 April     | Year 12 Examinations
|                 | Wednesday       | 2 April     | Year 12 Examinations
|                 | Thursday        | 3 April     | Year 12 Examinations
|                 | Friday          | 4 April     | Year 12 Examinations
| WEEK 11A        | Monday          | 7 April     | Year 12 Examinations
|                 | Monday          | 7 April     | CHS Swimming Carnival
|                 | Tuesday         | 8 April     | Year 12 Examinations
|                 | Tuesday         | 8 April     | CHS Swimming Carnival
|                 | Wednesday       | 9 April     | Year 12 Examinations
|                 | Wednesday       | 9 April     | CHS Swimming Carnival
|                 | Thursday        | 10 April    | Year 12 Examinations
|                 | Thursday        | 10 April    | CHS Swimming Carnival
|                 | Friday          | 11 April    | Year 12 Examinations
|                 | Friday          | 11 April    | CHS Swimming Carnival
|                 | Friday          | 11 April    | Last Day of Term 1
CREATIVE AND PERFORMING ARTS

BAND TOUR OF THE WILD WEST

Concert Band 2 and the Junior Stage Band had a very successful Wild West Tour for three days at the end of the 2013 school year. From 9 to 11 December 38 musicians from Years 7 to 9 headed across the Blue Mountains to workshop with the Combined Dubbo Schools Band at the Macquarie Conservatorium in Dubbo. They then performed and workshoped at Orana Heights Public School in Dubbo before performing an open air concert at Dubbo Public School.

They had a fantastic visit at Taronga Western Plains Zoo, which included a barbecue, patting some lizards, snakes and a koala and echidna, and then doing a behind-the-scenes tour to see the African wild dogs, black rhino, white rhino and hippo. They even got to feed some hungry giraffes!

Their final stop was Parkes where they performed for very appreciative audiences at Parkes East Public School and Parkes Public School. Throughout the tour the band students performed extremely well, and managed to load and unload an enormous amount of equipment and instruments with great efficiency.

Mr Longhurst and Miss Dennis had the pleasure of their company for the three days, along with Jason Isaac as Band Director.

These curriculum enrichment activities truly enhance educational experiences and opportunities for our students, and they certainly represented Pennant Hills High School magnificently.

CAPA 2013

On a reflective note, the Creative and Performing Arts Faculty had a very positive 2013, with students involved in an extensive range of curricular and curriculum enrichment activities which showcased their talents and interests.

Of particular note was the success of our 2013 HSC students. David had his Core Composition from his Music 2 Course retained for possible selection in Encore. Overall, the CAPA Faculty had strong HSC results in 2013, with Visual Arts having six students who achieved a Band 6 and 12 who achieved a Band 5. That is 75% of the cohort in the top two Bands – an outstanding effort which confirms the strength of our programming and the commitment of our talented art students.

Drama had two students who received a Band 6 and four who received a Band 5, which was 86% of the cohort in the top two Bands.
Music results were also very pleasing, with two Band 6 and six Band 5 results in the Music 1 Course. All students in the Music 2 Course received a Band 6 or a Band 5. The Music Extension students had excellent results, with one student achieving full marks for the HSC Examination, five students receiving an E4, the top Band, and three students achieving an E3. This represented the full cohort.

**CAPA 2014**

Throughout 2014 students at Pennant Hills High School will have the opportunity to participate in an extensive range of activities offered by the Creative and Performing Arts Faculty.

Year 12 Drama students attended OnSTAGE at the Seymour Centre on Saturday night 8 February, which showcased exemplar 2013 HSC Drama performances. Year 11 and Year 12 Drama students also had the opportunity to attend the production, *Ruby Moon* at Bondi. Year 11 and 12 Drama students have subscribed to the Belvoir Street Theatre to see five productions throughout 2014. The *Drama Ensemble* and *Theartresports* will run again in 2014 and the *Drama Festival* will be staged late in Term 2.

Music students have been encouraged to subscribe to *Meet the Music* at the Opera House for the 2014 season and Year 7 will have an *African Rhythms* experience on 13 March as part of their Music course.

Band Camp once again provided a wonderful opportunity for our talented musicians to rehearse together with intense focus over three days at Galston Crusaders. Following this, the students performed at the Band Camp Concert Evening on Tuesday 11 February at 7.30pm in the MPC. The Music Festival will be held in the MPC on Wednesday 21 May, where the Pennant Hills High School bands will perform along with local primary school bands.

The Sydney Academy of Chamber Music will be rehearsing in the Music rooms each Tuesday afternoon after school. This is a program for senior high school students (Government and private) to play chamber music directed by Kathy Selby, Australia’s pre-eminent concert pianist, and the Sydney Symphony’s Kirsten Williams. It will provide invaluable experience and opportunities for students, particularly as they prepare for their HSC.

All Year 11 and 12 Visual Arts students will be attending *ARTEXPRESS* at the Art Gallery of NSW on 12 March where they will have the opportunity to see exemplar 2013 HSC bodies of work. They will then visit the Sol Le Witt Exhibition at the gallery. On Monday 31 March, all Year 8 and Year 9 Visual Arts students will attend an excursion to the Sydney Fish Markets to develop their artworks for Term 2. Year 10 are scheduled to attend the Archibald Exhibition late in Term 2.

The CAPA Faculty invites any student with a keen interest in Photography to join the Photography Club. Interested students will meet once a week in 4A2, with the opportunity to workshop and learn how to use their camera, curves, levels, high and dynamic range. There will be themed competitions with prizes, and all students need is access to a digital camera and a passion for photography.

**CAPA Captains 2014**

Slade of Year 11 and Jessica of Year 12 will represent the Creative and Performing Arts as CAPA Captains in 2014. Their duties will include representation of Drama, Music and Visual Arts at assemblies and other events throughout the year.

The CAPA Faculty will hold the CAPA Festival in Week 5 of Term 3, so mark this week in your calendars as an exciting opportunity to experience Music, Drama and Visual Arts at their best.

The CAPA staff look forward to working with our Creative and Performing Arts students throughout 2014 and wish all our students a positive and inspiring start to the academic year.

*Janelle Dennis*

*Head Teacher Creative and Performing Arts*
Bondi Pavilion Theatre’s Production of Ruby Moon by Matt Cameron

It begins like a fairytale, but how does it end?

On Friday 14 February 2014, students from Year 11 and Year 12 Drama travelled to the Bondi Pavilion Theatre at Bondi Beach to immerse themselves in an engaging performance of Matt Cameron’s Australian drama, Ruby Moon, directed by Cathy Hunt. Ruby Moon has its last year on the HSC Drama - Australian Drama and Theatre - Syllabus this year, so it was a perfect opportunity for senior Drama students to get one of the last tastes of the play in performance.

Set amongst the raging flame trees of Flaming Tree Grove, Ruby Moon follows the characters of Ray and Sylvie Moon as they attempt to cope with the knowledge of their missing child, Ruby Moon. The play explores the hopes and fears which arise as a result of the grief of a missing person, as well as the sense of mystery which pervades suburban life in Australia – how well do we really know our neighbours?

Students marvelled at the skill exuded by the two actors in their transformations from Ray and Sylvie Moon into the range of eccentric and tragically misunderstood neighbours on their street. The dramatic techniques and performance styles employed throughout the performance will give Year 12 HSC Drama students a plethora of images to discuss in their essays, as well as opening windows for critical discussion for both Year 11 and Year 12 Drama students.

OnStage Drama Excursion – The Seymour Centre

Year 12 HSC Drama students attended OnStage at the Seymour Centre on Saturday 8 February.

OnStage showcases exemplary HSC Drama Individual Projects including monologues, group performances, costume, lighting design and critical analysis.

The Year 12 HSC Drama class was treated to a range of dramatic and comedic monologues and group performances which ignited perceptive discussion amongst the Year 12 Drama students. It was a delight to see the students inspired after these performances.

Amy Crilley
Drama Teacher

YEAR 11 PHOTOGRAPHY

Below are some photos of Year 11 Photography students manipulating images of themselves using Photoshop CS5.

Kirstie Clark
Teacher
HOME ECONOMICS

Welcome back everyone. Look at us now full steam ahead! Below are some photos taken from the beginning of the year. First is Year 7 studying Food Technology and Textiles Technology. Then, we have Year 12, studying HSC Food Technology and Textiles and Design.
NSW SCHOOL-BASED IMMUNISATION PROGRAM

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 2014 the following vaccines will be offered:

- 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 - 1 booster dose. This dose was previously recommended at 15 years of age. Your child will only be offered this vaccine in Year 7.

- HPV vaccine (Human Papillomavirus) - 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 will be offered catch-up doses at school in Year 8.

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


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 11th 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 only, 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 and should not assume that their child has been vaccinated if they do not receive this record of Vaccination.

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CONGRATULATIONS

Congratulations to Amy of Year 12 2013 who received a place in Macquarie University’s Bachelor of Business Leadership and Commerce Degree within the Faculty of Business and Economics. This is a new integrated degree which delivers relevant, future-focused leadership skills. It combines high-level soft skills required by employers with high-level technical expertise developed in the Bachelor of Commerce. In order to be accepted into this highly competitive degree, students had to submit a CV, attend an interview and receive a high ATAR.

Due to the rigorous selection process only a handful of students have been chosen to commence their degree in 2014.
Band Camp 2014
Band Camp this year was held at Galston Gorge Crusaders from Sunday 9 to Tuesday 11 February and was extremely enjoyable. We had many hours of rehearsal, and also tutorials where each section would have their own tutor to guide them through especially tricky parts of the music. On the first night, we first had a combined band, followed by evening activities. We played a few fun games that helped us bond and get to know each other.

Sunday was then followed by a day of rigorous rehearsals and tutorials on Monday, balanced out by free time and sport activities. At night, all band members gathered in the rehearsal room to watch Shrek.

On Tuesday, we only stayed at the venue for half a day. Rehearsals were continued after breakfast. After lunch, we returned to school and at night, we had the first concert of the year in the MPC to celebrate our achievements at the band camp.

What a kick start to the year! Band Camp 2014 was so enjoyable, I can’t wait until next year!

Shannon Year 7
THANK YOU LETTER

Mr Geoff Wing received this letter from the Principal at Winmalee High School.

Dear Geoff

We are writing to your SRC, staff and P&C to express our heartfelt thanks for your kind donation to help rebuild the lives of our students who have had their homes destroyed and their property lost and damaged.

Your donation has given hope and encouragement to all our families and reflects that we, as Australians, stand together in times of adversity.

Our school remains a strong and united community despite the recent bushfires and the related devastation. In fact, the bushfires have been more unifying. We appreciate the differences your support will make to our community in terms of relieving financial pressures on our families over the next twelve months to two years.

Any funds or gifts in kind are being used directly to support the cost of the education for our students to ensure that they can participate fully in their learning and broader school experiences and opportunities. In some cases, funds will be used to create programs to support the specific needs of these students.

On behalf of our school community thank you once again for kindness, your expression of giving and your desire to ensure the needs of our students are met.

Your sincerely

Ms Katrina Middlebrook
Principal

HSIE: SOCIAL SCIENCES

I would like to take this opportunity to preview the year ahead in Social Sciences. The Year 10 Geography students will experience a Sydney Harbour urban renewal study field trip, undertaken in two groups, in conjunction with class and assessment work. HSC Economics students will attend a conference at the Wesley Centre in the city, where a range of expert lecturers will hopefully extend their understanding of key course topics. Other excursions are in the planning stages for the Commerce classes.

Teaching programs were revised in preparation for 2014, including the specific integration of a range of effective literacy learning strategies into Year 8 to 10 Commerce. In addition, specific differentiated tasks were developed for Year 9 and 10 Geography programs. Enrichment activities and deep learning were further developed for the academically selected Year 7 and 8 Geography programs.

Across the each year-group assessments will occur in all Geography courses through common testing and common assignments, based on specific marking criteria. Many classes have already received information for the first of these tasks. This includes the first semester Year 9 Geography students where the end product is an ICT presentation by each student, using a range of available program formats. It is essential that students commence any research or study for assessment tasks as early as possible to avoid last minute rushed work of a poor standard or the pressures created by ‘bottlenecks’ of tasks due at around the same time.

The roll-out of a class set of netbooks will also be a considerable boon towards increasing the application of additional internet research tasks and project-based learning throughout all courses within the Faculty.

Phil Morris
Head Teacher Social Sciences

PARENT TEACHER EVENINGS 2014

Parent Teacher evenings assist with strengthening the partnership between students, parents and teachers. It is essential that this excellent opportunity is used to gain feedback on student performance early in the year.

Bookings can be made online through the Parent Portal. This facility will be available two weeks before the allocated date. Each evening will start at 3:45pm and conclude at 7:20pm, with appointments restricted to 5 minutes. Longer appointments may be booked during school hours by contacting individual teachers directly.

Years 11 and 12      Monday 10 March 2014
Years 7 and 8          Wednesday 7 May 2014
Year 9 and 10          Tuesday 22 July 2014

Belinda Campbell
Head Teacher Welfare
TECHNOLOGY—TECH TALK
Technology is an ever-changing landscape. The metalanguage and jargon associated with it is an incredibly fast growing language. To assist our learning community the Tech Team will feature a description of some of this jargon in a new article titled Tech Talk each edition of Jumbunna. If you require any further information relating to the technology or the technology needs of your students, please feel free to contact Mr Minton or Mr Huang at the school.

ADWARE
What is it? Adware is an abbreviation of advertising supported software and refers to anything that displays advertisements when using a computer, such as when browsing on the internet, or using a CD or DVD that contains adware.

How does it work? Adware programs open automatically, generally when visiting a website, or a new page in a website. Like any advertisement, they are designed to sell a product or service, ask for donations or invite you to visit another website. Adware can also be automatically delivered when you install another program and do not uncheck the appropriate box, for instance, pesky toolbars that appear in your browser and hijack some operations.

What do you need to keep in mind about your child and adware? Unfortunately, some adware disguises malware that can infect your computer. Some hide keylogging programs that can capture your keystrokes on the computer, including passwords and user information when logging into secure sites, such as when banking online.

Because adware is common on websites that children visit, such as gaming and social networking sites, it is a good idea to discuss with your child that some adware can contain viruses and it is best not to click on them.

You can also purchase programs that block adware from launching on your computer to help increase your security and limit spam.

Want to know more?
webopedia.com
You can also search the term on the internet to find adware blocking programs to purchase.

LITERACY AND NUMERACY COMMITTEE
The Literacy and Numeracy Committee has completed an in-depth analysis of SMART data obtained from the NAPLAN examinations. This enabled the team to set very clear priorities to meet the needs of students throughout the school.

Each week the school has a Literacy and Numeracy Blitz which is reinforced throughout the week. This Blitz information is placed on the parent portal each week and will now be included in each Jumbunna edition so that parents are able to provide additional support to their children.
Cheltenham Girls’ High School HSC 2006 Graduate Hannah Purss has embarked on an amazing journey of 1800 kilometres to raise much needed funds for homeless people. A fundraiser to help Hannah has been organised for Thursday 6 March at Event Cinemas, Macquarie Centre. The film of the Australian story Tracks, by Robyn Davidson, will be screened that night. Hannah Purss worked a stunt double in this film.

Cheltenham Girls’ High School Aboriginal Studies students met with Hannah last July at Yulara campsite, near Uluru, just one week after she had won the 2013 Alice Springs Camel Cup.

Her story of how an Epping resident came to be a ‘camel whisperer’ in the centre of Australia was inspirational to all the students who had the pleasure of hearing her that moonlight night.

She has been working with camels for nearly three years now and adores the lifestyle change. Cameleering started out for her originally as a bit of a laugh, but has become her passion after catching, training and riding wild camels in Central Australia. Hannah is an exceptional camel jockey. She has lived and travelled to over twenty countries and volunteered her time in conservation and community based efforts in the South Pacific and in Asia. Hannah has been involved in several fundraisers for overseas charity initiatives, but now wants to turn her efforts to home. Hannah was drawn to the Compassion Camel Caravan as a way to support underprivileged Australians and gain further experience in the world of camels.

Hannah has now embarked on a courageous mission to raise funds to buy swags for homeless people. You can follow Hannah and the team’s progress by going to the website: www.camelcaravan.com.au and reading their blog. You can also donate to the cause by following the links on the website. Please share this information with your communities and help support this worthy cause.
KOALA PARK
An Important Message for Recent Enrolments

From time to time, students will be asked to meet in Koala Park before proceeding to an excursion or activity.

Within the Pennant Hills High School context, Koala Park refers to the stand of eucalyptus trees located within the school grounds, behind the goal posts of the main oval, just opposite the rear of the MPC.

(It should not be confused with the commercial operation of the same name, located on Castle Hill Road, West Pennant Hills.)
Schools Spectacular 2014 Applications NOW OPEN!

schoolsspectacular.com.au/auditions

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PARENT FORUMS

Understanding your TEENAGER

Ku-ring-gai Council and KYDS invite parents of teens to a series of forums.

Each forum is held on a Monday from 6.30pm - 8.30pm (registration from 6.15pm)


TOPICS

24 MARCH
HELP! I'M A PARENT OF A TEENAGER
Exploring common issues faced by teenagers and their families and exploring what is normal and when to worry!

12 MAY
ALCOHOL FUELLED VIOLENCE
Discussion around risk factors associated with alcohol fuelled violence and ways to keep our young people safe. The evening will also investigate other drivers of youth violence and what can be done.

23 JUNE
ANXIETY AND ADOLESCENCE
Informative presentation on generalised anxiety, ways it affects teenagers and strategies to deal with anxiety, social anxiety and school pressure.

18 AUGUST
BODY IMAGE
Exposing the pressures placed on young people to be an ‘ideal’ shape and size. Clarifying the myths and assumptions about body image and related influences.

17 NOVEMBER
FAMILIES: HARD WORK AND HARDLY WORKING
Discussion around diverse family dynamics and ways to integrate your teenager into the family unit.

BOOKINGS REQUIRED
Ku-ring-gai Council Youth Services on 9424 0837
or youth@home.nsw.gov.au

More information
KYDS 9415 9824 or www.kyds.org.au

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THE ACTING EXPERIENCE

→ PERFORMANCE
→ CONFIDENCE
→ IMAGINATION

DRAMA CLASSES
→ PRIMARY AGES 10 TO 12
→ TEENS AGES 13 TO 17

ENROL NOW FOR TERM 1

FOR MORE INFORMATION:
Phone 0457 574 662,
email info@actingexperience.com.au
or visit actingexperience.com.au

Photo © Georgina Makias

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Pilates Mat Classes

9:30am Mondays and Wednesdays
At: West Pennant Hills Valley Community Centre
42a Hill Rd West Pennant Hills

$20 per class or 10 classes for $190

* FIRST CLASS FREE *

Call Heidi Woodward on
0408 960211

Bring Your Own Mat, Bookings Essential
Polestar Certification, PAA Member
COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

**Thornleigh Softball Winter Registration** - Saturday 22 February 2014 at Pennant Hills Hotel (10-12pm) or Hayes Park, Galston (9am-11am). For further information please contact Meghann on 0421 210 476 or mckenzie_m02@hotmail.com

**Castle Hill BMX** - come and experience the thrill of BMX racing for free. Saturday 22 February 2014, 1-3pm. Fred Caterson Reserve, Caterson Drive (off Gilbert Road), Castle Hill. Bring bike, helmet and long sleeve shirt and pants. Contact Michael on 0404 933 303 or email castlehillbmx@hotmail.com or facebook.com/castlehillbmx

**Student Exchange Australia New Zealand** - invite you for a free Information evening in Sydney on Wednesday, 5 March 2013 at Adina Apartment Hotel Sydney, Corner Kent and Bathurst Street, Sydney starting at 7:30pm.

**Hornsby Greek Festival** to be held at St Therapon Greek Orthodox Church on Sunday 23 February 2014, 11am-7pm. Fagan Park, 38-48 Arcadia Road, Galston. This is a fundraising event for Estia Foundation of Australia—caring for people with special needs. There will be food, dance, bands, bouzouki, art and culture.

STUDENT EXCHANGE PROGRAMS


**LATTITUDE AUSTRALIA** - volunteering and gap year placements for U25s - www.lattitude.org.au or (03) 9826 6266

**Student Exchange Australia New Zealand** - 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.


**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

**Northern District Hockey Association** - play hockey in 2014. www.ndhockey.com.au or phone 0419 299 808 (Adrian Wilson) or 0438 119 729 (Robert Nicoll)

**West Pennant Hills Cherrybrook Football Club** - register for the 2014 season. www.wphcfc.net.au

**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)


**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)


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

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.
COMMUNITY NOTICES AND CONTACTS

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.sscl.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

Uniting Care 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.


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 Australian 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.

DISCLAIMER

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