OPEN NIGHT

Our Open Night gave many a proud teacher and student the opportunity to showcase the outstanding educational experience ‘Penno’ offers. There were sculpture and drawing workshops, live music and tours of the school farm to start off the evening. Our student guides needed no encouragement to put on a positive face. Even the weather conspired to produce a brilliant evening after a hot, cloudy and sticky day, which threatened to rain on our parade.

The Principal gave a warm welcome, followed by an impromptu “flash mob” by the school community. There were numerous displays, drama presentations, tours and opportunities to discuss the school and what it can offer.

There was as much interest in the curriculum enrichment activities as the formal lessons. Many visitors commented on just how happy our students are and what a truly warm, friendly and fun environment we provide.

Displays including film making, animation, textiles, robotics, Maths lessons, Science experiments, Social Sciences projects, fitness testing, wood turning and English discussions are but a sample of the evening’s fare. The P&C showed a deft hand at barbecuing, keeping the visitors satisfied after such hungry work, and the Hospitality students served tantalising treats all afternoon.
## LOOKING FORWARD

### Term 1 2014

<table>
<thead>
<tr>
<th>WEEK 7A</th>
<th>Monday</th>
<th>10 March</th>
<th>Year 11 and 12 Parent Teacher Evening (3:30pm-7:30pm)</th>
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<tbody>
<tr>
<td></td>
<td>Tuesday</td>
<td>11 March</td>
<td>Theatresports Workshop (Years 8,9,11)</td>
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<td></td>
<td>Wednesday</td>
<td>12 March</td>
<td>Visual Arts Excursion (Year 11 &amp; 12 VA students)</td>
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<td></td>
<td>Thursday</td>
<td>13 March</td>
<td>Year 7 Music Incursion: African Rhythm Period 1</td>
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<td>Friday</td>
<td>14 March</td>
<td>Year 11 RYDA Excursion</td>
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<td>WEEK 8B</td>
<td>Tuesday</td>
<td>18 March</td>
<td>Regional Swimming Carnival—Homebush Aquatic Centre</td>
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<td></td>
<td>Wednesday</td>
<td>19 March</td>
<td>Year 7 and 9 Vaccinations</td>
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<td>Friday</td>
<td>21 March</td>
<td>Year 7 2015 Academically Selected Test</td>
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<tr>
<td>WEEK 9A</td>
<td>Monday</td>
<td>24 March</td>
<td>Year 7 Brainstorm Productions: Anti-bullying</td>
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<td></td>
<td>Tuesday</td>
<td>25 March</td>
<td>P&amp;C Meeting 7:30pm Library</td>
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<td></td>
<td>Wednesday</td>
<td>26 March</td>
<td>School Cross Country Carnival</td>
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<td></td>
<td>Thursday</td>
<td>27 March</td>
<td>Year 8 Brainstorm Productions: Anti-Bullying</td>
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<td>Friday</td>
<td>28 March</td>
<td>Year 11 Agriculture Excursion</td>
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<td>WEEK 10B</td>
<td>Monday</td>
<td>31 March</td>
<td>Year 12 Examinations</td>
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<td></td>
<td>Tuesday</td>
<td>1 April</td>
<td>Year 12 Examinations</td>
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<td>Wednesday</td>
<td>2 April</td>
<td>Year 12 Examinations</td>
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<td>Thursday</td>
<td>3 April</td>
<td>Year 12 Examinations</td>
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<td>Friday</td>
<td>4 April</td>
<td>Year 12 Examinations</td>
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<tr>
<td>WEEK 11A</td>
<td>Monday</td>
<td>7 April</td>
<td>Year 12 Examinations</td>
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<td></td>
<td>Monday</td>
<td>7 April</td>
<td>CHS Swimming Carnival</td>
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<td></td>
<td>Tuesday</td>
<td>8 April</td>
<td>Year 12 Examinations</td>
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<td>8 April</td>
<td>CHS Swimming Carnival</td>
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<td>9 April</td>
<td>Year 12 Examinations</td>
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<td></td>
<td>Friday</td>
<td>11 April</td>
<td>CHS Swimming Carnival</td>
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<tr>
<td></td>
<td>Friday</td>
<td>11 April</td>
<td>Last Day of Term 1</td>
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</table>

All too quickly the evening came to its finale, with the usual superb performance by Concert Band 2, followed by the official welcome by the school Principal Mr Wing, by students Elizabeth and Tim and a question and answer forum with our school captains, Eliza and Ben, presiding. “Through leadership, academics, performing arts and sport, Pennant Hills High School provides students with everything they need to succeed”.

The Open Night was a great success and offered something to everyone, giving the school and community an excellent opportunity to interact and exchange thoughts on the important task of developing our nation’s greatest asset – our children.
As with every year, the beginning of school is packed with events which keep the whole school community engaged. Swimming carnivals, school photos, Achievers’ Assembly, summer sport competition and Open Night are just a few. Then of course there is the settling in of our brand new Year 7 and Year 11 students adjusting to the demands of senior work.

Pennant Hills High School came 4th in the zone swimming carnival, with Patrick of Year 11 placing 2nd overall in his age group. All our swimmers did their best and of course represented our school in the fine style of sportsmanship we have come to expect.

The school photos on Monday 17 March went smoothly, creating images our school will treasure for a long time after.

Year 7 seems to have settled into their new environment with a minimum of fuss and appear to be enjoying the challenge and adventure of a new setting. There will naturally be a few “hiccups” on the journey, but building resilience is important too. It is really interesting to see how Year 7 establish new relationships in a broader context than their previous, smaller surroundings.

For Year 11 there is the challenge of a different context in the same setting. Senior work is considerably more demanding than the previous course work both in intellectual requirements and work load. Some students take it on with zeal, most adjust to it over the first term and some make the decision that school is not for them. As parents it is important to be supportive but also build up self-reliance in your almost adult children. It is amazing to me still, after many years in the profession, to witness the transformation that takes place in students’ attitudes from Year 10 to the end of Year 11.

Brendan O’Byrne
Deputy Principal

MEMORIAL SERVICE
On 21 February 2014 the school held a memorial service to celebrate Daniel Christie’s life, which included six years at our school. Daniel’s family joined with a large number of his Year 12 2013 school friends, teachers and other staff, and current students in a very moving service in the MPC. Following the service, a plaque in our Memorial Garden was unveiled by the Christie family and a claret ash tree was planted in the adjacent lawn area.
SUPPORT UNIT
The Special Education Unit at Pennant Hills received an upgrade to our facilities over the semester break. Classroom 307 was upgraded with the following features:

- The room was extended into Room 308 with the common wall being opened up. This feature has enabled the school to provide an annexe for the students to meet their sensory needs,
- Kitchen with new benches and two induction ovens to enable students to participate in Food Technology lessons with new, safe technology. Safety switches on electrical appliances and safety locks and handles were also installed,
- A covered area for students to have sun and rain protection during their breaks and for outside lessons,
- A new sensory playground area with equipment and plants for students to be able to participate in meaningful activities,
- Gas outlets to enable us to demonstrate Science experiments.

The physical environment upgrade has enabled staff to implement new Australian Curriculum Programs with new modifications and adjustments to meet the individual learning needs of the students. The teaching staff and School Learning Support Officers have received some exciting and inspirational training from Aspect and parents of students with disabilities including external service providers such as Occupational Therapists, Speech Pathologists and ADHC Caseworkers.

This training has enabled the staff to better meet the needs of current and future students. The results seen in the first three weeks of the school year have been outstanding. The staff would like to thank Jen Hurdis, Tom Tutton, Caroline Franks, Cara Suen and Cara Mason for their outstanding support of these initiatives.

Anti-virus protection
What is it?
Anti-virus protection (AV software) is software that helps defend your computer against malicious software that contains malware (such as viruses and/or keylogging software) that could damage your data, make your computer a problem for other people or compromise your privacy and mean that important information such as usernames, passwords and other items are stolen from your computer.

It is often already installed in new laptops and desktop computers (but usually as a 90-day version which has to be paid for or replaced with a free version), or you may need to purchase it.

How does it work?
The software is designed to run in the background whenever your computer is on and must be regularly updated to keep up with new threats. You may receive alerts that a new update is available and these can often be downloaded from the companies website, or this can be set to happen automatically.

Why is it useful?
Anti-virus software is useful to limit threats to your computer and to your privacy.

What do you need to keep in mind about your child and anti-virus software?
Because anti-virus software is protective, it is worth discussing with your child how it helps keep your computer and privacy safe. You can also ask your child to let you know when they see alerts for new updates so that you know when it is time to download it to maintain your protection.

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.

SECOND HAND CLOTHING POOL
Thank you to all families that have donated to the school clothing pool

At the moment we have a quantity of
- Girls junior & senior summer uniforms = $10
- Girls junior & senior winter tunics = $10
- Girls pale blue senior shirts = $5
- Boys grey shorts in junior year sizes = $5
- Boys grey trousers = $10
- as well as warm jackets, red PDHPE tops, (new) sports shorts and school hats.
**Speed**

Speed is a rate that compares the distance travelled with the time taken to travel that distance.

Speed is often measured in kilometres per hour (km/h) or metres per second (m/s).

Some students like to use this diagram to remember the rules for each of these measurements.

\[
S = \frac{D}{T}
\]

To find the rule for Speed, cover the S with your finger and read what it says.

\[
T = \frac{D}{S}
\]

To find the rule for Time, cover the T with your finger and read what it says.

\[
D = S \times T
\]

To find the rule for Distance, cover the D with your finger and read what it says.

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**Adverbs**

Adverbs are words that tell us more about verbs. Adverbs can tell us about:

- **Manner** (how)
- **Place** (where)
- **Time** (when)
- **Degree** (to what extent)
- **Frequency** (how often)

<table>
<thead>
<tr>
<th>Manner (How)</th>
<th>Place (Where)</th>
<th>Time (When)</th>
<th>Degree (to what extent)</th>
<th>Frequency (How often)</th>
</tr>
</thead>
<tbody>
<tr>
<td>fast, quickly, hungrily, excitedly</td>
<td>near, far, here, there, up, down</td>
<td>immediately, then, soon, tomorrow</td>
<td>quite, nearly, hardly, extremely</td>
<td>frequently, occasionally, often</td>
</tr>
<tr>
<td>Lucy did the work carefully.</td>
<td>The family live close by.</td>
<td>James did it yesterday.</td>
<td>I could hardly speak.</td>
<td>She occasionally visits the museum.</td>
</tr>
</tbody>
</table>

A comparative adverb provides degrees of comparison.

<table>
<thead>
<tr>
<th>Adverb</th>
<th>Comparative</th>
<th>Superlative</th>
</tr>
</thead>
<tbody>
<tr>
<td>much</td>
<td>more</td>
<td>the most</td>
</tr>
<tr>
<td>little</td>
<td>less</td>
<td>the least</td>
</tr>
<tr>
<td>fast</td>
<td>faster</td>
<td>the fastest</td>
</tr>
<tr>
<td>Sophie rode carefully.</td>
<td>more carefully</td>
<td>the most carefully</td>
</tr>
<tr>
<td>more</td>
<td>more</td>
<td>more</td>
</tr>
<tr>
<td>The sports car went faster.</td>
<td>The truck went faster.</td>
<td>the fastest</td>
</tr>
</tbody>
</table>

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**Schools Spectacular 2014 Applications NOW OPEN!**


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**“PARENT SURVIVAL STRATEGIES FOR TEACHING YOUNG DRIVERS”**

**FREE IN-DEPTH SEMINAR FOR PARENTS/SUPERVISING DRIVERS together with YOUNG DRIVERS**

**MONDAY - 17 MARCH 2014**

**6.00 PM for 6.30 PM - 8.30 PM**

**AT**

KU-RING-GAI COUNCIL CHAMBERS LEVEL 3,
618 PACIFIC HIGHWAY, GORDON - ACCESS VIA REAR ENTRANCE

**LIGHT REFRESHMENTS**

**STAY ALERT - HAVE AN ESCAPE!!**

**Presenter:** Jeff McDougall - Trent Driving School

Innovative owner/manager, Australian Driver Trainers Association NSW Ltd

Member National Executive Committee of the Australian College of Road Safety Member of Kuy Ring Gai Community Safety Committee, former Kuy Ring Driving School

will discuss the Vital Aspects of

**WHAT YOU NEED TO KNOW WHEN TEACHING A YOUNG DRIVER:**

- A Comprehensive and Organised Approach to the Driving Task
- The Five Crash Risks For Young Drivers - Precaution for the Driving Test
- Keeping the Log Book Honest - Teaching Practical Skills Safety
- The Components of Driving - Strategies for Safe Driving
- Effective Partnerships - Making it a Positive Experience

**Participants**

- Smr Con Lynda Mott - Hornsby Kuy POCY
- Will Share her “Passion for Keeping People Safe”

**BOOK EARLY • SEATS LIMITED**

Phone Corfoll on mobile 0405 595 960
or email brownidgey@gmail.com
**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**

23 JUNE

**ANXIETY AND ADOLESCENCE**

Informatio presentation on generalised anxiety, ways it affects teenagers and strategies to deal with exam anxiety, social anxiety and school pressure.

18 AUGUST

**BODY IMAGE**

Examining the pressures placed on young people to be an 'ideal' shape and size. Clarifying the myths and assumptions about body image and related disturbances.

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@kmc.nsw.gov.au

More information

KYDS 9416 6924 or www.kyds.com.au

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**Alcohol fuelled violence in our community**

**FREE EVENT**

Essential new information for parents, professionals and local services covering:

- Alcohol issues in Australian society - what can we realistically do?
- Teenagers and alcohol

**Featuring Paul Dillon** - keynote speaker and bestselling author of Teenagers Alcohol and Drugs. Regarded as a key social commentator, Paul is a nationally recognised drug education specialist with 25 years experience in the field.

The night will be hosted by David Chir, Manager of the KYDS Youth Development Service. Q&A panel featuring NSW Police, NSW Health and other industry professionals to provide insight and answer your questions.

**When:** Tuesday 26 March 6.45pm-9pm

**Where:** Hornsby SLI, Level 2, 4 High Street Hornsby

**RSVP:** Please call Paul Stuart on 9477 8729 or email paul@kyds.com.au

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**Normanhurst Dental**

**Committed to dental excellence**

**CHILDREN SPECIALS**

- Gap free examination, scaling (clean) and fluoride treatment
- For children without private health insurance - Examination, scaling (clean) and fluoride treatment for only $150

We accept medicare vouchers under child dental benefit schedule

Monday to Friday 9am to 5pm
Saturday 9am-1pm
Thursday- After Hours (5-7pm) by prior Appointment

33, Normanhurst Rd, Normanhurst-2076

9989565 3 normanhurstdental@gmail.com
www.normanhurstdental.com.au
COMING EVENTS

Golden Kangaroos Marching Band Are you a musician or dancer who would like to march on Anzac Day in the city? The Golden Kangaroos are looking for people interested in joining the Auxiliary Corps (Dancers and flag bearers), Drum Corps or wind musicians. For more information visit www.gks.org.au or contact the band on 9868 3289 or membership@goldenkangaroo.org.au

NSW CHS U16 Rugby Union Trials and ARU High Performance Discovery Days for selection of the 2014 CHS U16 Rugby Team to contest the NSW Schools U16 Championships.

Cherrybrook Movie Under the Stars playing Monsters University is being run by 1st Cherrybrook Scout Group on Saturday 22 March 2014 from 5:00pm, movie starts 7:30pm —John Purchase Oval (access behind Cherrybrook Community Centre). Activities, food, drink and novelties. www.cherrybrookmovieunderthestars.com

St Agatha’s School Fete—Sunday 23 March 2014, 10am-3pm. 7 Trebor Road, Pennant Hills. Rides, games, toys, cakes, international food, barista, kids activities and entertainment, white elephant and prizes.

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.


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

Rugby Connect—Trytions is a rugby union program developed for special needs boys and girls between the ages of 5—17 years. The season is run by Sydney Junior Rugby with the assistance of the Australian Rugby Union and NSW Rugby. Please contact Matt Kellahan mkellahan@nswrugby.com.au or phone 9323 3407.

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 Zodiscs Youth Dragon Boat Club – www.dbnsw.org.au or sydneyzodiscs@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 - www.stagatha.org.au or 0409 847 208 (Laura)


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.ssciahhs.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.


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.


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 - Email 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/wesleydalar/ 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).


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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