On the morning of Wednesday 18 February 2015, the whole school gathered in the Main Quadrangle for our High Achievers Assembly, where 60 of our immediate past Year 12 students were acknowledged with awards in recognition of their outstanding achievements in the 2014 HSC examinations. As schools are not provided with access to student ATARs, we rely on the students to inform us of their rankings, and we were delighted to award trophies to a total of 23 students who had advised us that they had achieved an ATAR of 90.00 or above. Sixty-seven certificates were awarded to students for achieving Band 6 in a subject, with a further eight for Band E4 in Extension subjects, and the number of subjects on offer at Pennant Hills High School was highlighted with first or equal first in a course at this school being awarded to 61 students.

Almost half of our high achievers were able to work around university, employment and other commitments to attend this special ceremony and we were delighted to welcome them back to the school, along with a large group of family and supporters.

Following Acknowledgement of Country and Welcoming Remarks from School Captains, Emma and Matt, Mr Wing addressed the assembly before being joined by Miss De Carli and Year 12 (2014) Adviser Mrs Frida for the presentation of awards.

Dux of Year 12 (2014), Eliza, who is currently working in England, sent greetings to her fellow students, before Jack and Larissa shared their valuable insights into achieving HSC success. Excerpts from their speeches can be found later in this edition of Jumbunna.
### LOOKING FORWARD

#### Term 1 2015

<table>
<thead>
<tr>
<th>Week 7A</th>
<th>Saturday</th>
<th>7 March</th>
<th>Year 12 Work Placement—Construction</th>
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<tr>
<td></td>
<td>Sunday</td>
<td>8 March</td>
<td>Year 12 Work Placement—Construction</td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>9 March</td>
<td>HSC Encore</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>10 March</td>
<td><strong>Year 11 and 12 Parent—Teacher Evening</strong></td>
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<tr>
<td></td>
<td>Friday</td>
<td>13 March</td>
<td>Year 11 RYDA Road Safety Education Excursion</td>
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<table>
<thead>
<tr>
<th>Week 8B</th>
<th>Tuesday</th>
<th>17 March</th>
<th>Regional Swimming Carnival</th>
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<tr>
<td></td>
<td>Wednesday</td>
<td>18 March</td>
<td>Year 12 ESL to UNSW Figtree Theatre</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>19 March</td>
<td><strong>Year 7 HPV, DTP and Chicken Pox Vaccinations</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>19 March</td>
<td>Year 11 and 12 <em>Tell Them from Me</em> Student Survey</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>20 March</td>
<td>Year 11 and 12 <em>Tell Them from Me</em> Student Survey</td>
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<table>
<thead>
<tr>
<th>Week 9A</th>
<th>Monday</th>
<th>23 March</th>
<th>Year 12 Half Yearly Examinations (ALL WEEK)</th>
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<tr>
<td></td>
<td>Tuesday</td>
<td>24 March</td>
<td>P&amp;C Meeting, 7.30pm in the Library</td>
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<td></td>
<td>Friday</td>
<td>27 March</td>
<td>Easter Show—Agriculture (Years 8 and 9), Food Tech (Year 10), Special Education</td>
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<table>
<thead>
<tr>
<th>Week 10B</th>
<th>Friday</th>
<th>27 March</th>
<th>Year 7 ‘Night Out’</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Friday</td>
<td>27 March</td>
<td>CHS Swimming</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>28 March</td>
<td>CHS Swimming</td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>29 March</td>
<td>CHS Swimming</td>
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</table>

<table>
<thead>
<tr>
<th>Week 7A</th>
<th>30 March</th>
<th>Year 12 Half Yearly Examinations (ALL WEEK - EXCEPT FRIDAY)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Monday</td>
<td>30 March</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>2 April</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>3 April</td>
</tr>
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</table>

### SCHOOL VACATION

Term 2, 2015 — Students return on Tuesday 21 April

### ASSESSMENT TASKS FOR YEAR 11 - Term 1 2015

<table>
<thead>
<tr>
<th>Week 7A</th>
<th>Tuesday</th>
<th>10 March</th>
<th>Economics: Task 1—Submission and In-class Task</th>
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<tbody>
<tr>
<td></td>
<td>Monday</td>
<td>16 March</td>
<td>Music 1: Task 1 Topic 1—Analysis and Notation</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>20 March</td>
<td>Biology: Assessment Task</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>20 March</td>
<td>Food Technology: Hand in and Practical Task</td>
</tr>
</tbody>
</table>

### ASSESSMENT TASKS FOR YEAR 12 - Term 1 2015

<table>
<thead>
<tr>
<th>Week 7A</th>
<th>Friday</th>
<th>13 March</th>
<th>Visual Arts: VAPD Progressive Tasks due</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Monday</td>
<td>16 March</td>
<td>Drama Performance Essay Due <strong>THIS WEEK</strong></td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>23 March</td>
<td>Year 12 Half Yearly Examinations (ALL WEEK)</td>
</tr>
</tbody>
</table>

| Week 10B | Monday  | 30 March | Year 12 Half Yearly Examinations (ALL WEEK - EXCEPT GOOD FRIDAY) |

### WELFARE NOTE: FREE STUDENT EYECARE PROGRAM

Pennant Hills High School is pleased to announce that we have chosen to introduce a **free** welfare initiative, the **Student Eyecare Program**, at the beginning of Term 2. The aim of the program, which is fully covered by Medicare Australia, is to detect visual problems which may interfere with a student’s learning abilities. An optometrist will be onsite during school hours to provide participating students with a comprehensive eye examination, with appointments typically taking up to 20 minutes. Each attendee will receive an individual report regarding their eye health, and a prescription will be provided if glasses are required. Please note that this service does not sell glasses and the prescription can be taken to any optical store. Initially we will offer this eye health service to students in Years 8 and 9. We request that parents and caregivers of students in these year groups read the letter which will be sent home with your student, complete one of the response slips and return it to the School Office by Friday 27 March 2015.
The year has started off with its usual frenetic pace, matched only by the pace of our students as they cut through the water at the swimming carnival, where they showed excellent form, with great sporting spirit and participation. The day was a great success, with all concerned expressing how well the carnival was run and appreciating the brand new Hornsby Pool.

The school has recently experienced a mini population boom. We have had more enrolments than we anticipated and the numbers keep coming in, as parents and students rediscover what a great school Pennant Hills High School really is. This has led to the need to create another Year 7 home class, which will regrettably lead to some disruption. However, smaller class sizes in Year 7 are more than worth the short-term inconvenience. Whilst past experience indicates that such a change is likely to cause minimal issues, you can be assured that any progress or welfare concerns caused by the class restructure will be closely monitored by teachers and the Year 7 Adviser Mrs Christensen.

To date, students at Pennant Hills High School have settled in smoothly. Year 11 students have adjusted to the demands of senior school very well and I see a lot of smiling faces around the school from these new seniors. Year 7 likewise have acclimatised very well to their new school. They have adjusted to their new routine with enthusiasm and a will to fit in and to do well. Judging by the broad smiles on our new Year 7 students, they are a very happy cohort.

The school is currently being evaluated and having work carried out. This work includes refurbishing a storage shed that allow us to better facilitate the Construction course in Years 11 and 12, fire hazard reduction in the bush behind the Agricultural Plot and line marking on our recently returfed oval. We have also recently been given approval to start refurbishing the Drama Room.

The Recognition Assembly for High Achievers was held on Wednesday 18 February. It was a fitting and dignified celebration of success of our academic students followed by a pleasant morning tea served on the MPC front lawn. Proud parents and recipients were happy to catch up and the school was more than proud to showcase our students’ talent and success.

Brendan O’Byrne
Deputy Principal

This year’s Student Representative Council (SRC) Induction Ceremony was held on the morning of Thursday 12 February 2015.

Our sincere thanks to those representatives who retired from the SRC, having served with energy and commitment during 2014. We also welcome and congratulate our incoming SRC councillors and look forward to an equally productive 2015.
INDUSTRIAL ARTS

The 2015 school year has started on a very positive note for Industrial Arts, with all students settled and working diligently.

The new Year 7 students have all been inducted on the relevant WH&S and workshop safety procedures. In Wood, students are currently creating name plates incorporating designs burnt in by the heat poker, and students in Metal are creating a sheet metal candle holder. Some students are incorporating the use of our new laser cutter by designing in Adobe Illustrator and cutting these designs into their projects.

Year 12 Industrial Technology students are all busily working on their major works. Once again, this year we have a wide variety of projects including coffee tables, guitars and wall units.

Brad Wilson
Relieving Head Teacher Industrial Arts

Pennant Hills High School
Grand Piano Fundraiser Barbecue

Saturday 28 March 2015
(State Election Day)

Our enthusiastic band, choir and music students and their families will be running a sausage sizzle from 8.00am on Election Day, Saturday 28 March.

Piping hot sausage sandwiches and icy cold drinks will be on sale, with all proceeds going directly to our Grand Piano Fund.

Why not buy a sausage and help us ‘snag’ a grand piano?
RECIPES FOR SUCCESS

During our recent HSC High Achievers Assembly, Jack and Larissa, two of our highest achievers at the 2014 HSC examinations, shared their valuable insights into achieving HSC success.

Excerpts from their speeches are reproduced below. We encourage our current students to consider what tips for success they can take from these reflections.

Jack - ATAR 97.10

Firstly, I’d like to thank the teachers who have taught me these past two years. They’ve given me lots of advice and their excellence in educating me resulted in me standing here today. I would like to discuss three things that helped me through the HSC: time, goals and focus.

Manage your time … every test and assignment counts, so get a little desktop calendar where you can circle important dates … then prioritise. Say you have three assignments or tests due in the same week, decide on the order in which you want to prepare for each of these, then work on them in that order, finishing one before you start the next.

Know where you want to go … set a goal. This is not about knowing what you want to do at uni, it is about planning when and how to complete specific items of work. Achieving goals means making sacrifices … so you may need to miss out on going to basketball or watching movies on weekends.

Focus … develop a proper atmosphere. Find what works for you and ‘put yourself in the zone’. Be efficient. Separate yourself from distractions … find a quiet place and ask other people to allow you to use that space for study without interruptions.

Also, work with your classmates and teachers. Learn from each other and correct each others’ mistakes … more brains means more information can be covered.

Lastly, don’t freak out. The only success is getting to where you want to be. Find what you’re good at, and be the best at it.

The HSC is like stairs … if you do well, it can take you to great heights. As Henry Ford once said, ‘Whether you think you can, or think you can’t, you’re right.’

Thank you for listening and thank you again to all the teachers. Enjoy your school year.

Larissa - ATAR 94.85

Firstly, I want to say that success is completely relative. There are always going to be people who’d settle for no less than an ATAR of 99 and some who just want to avoid a mystery mark. This is why, I’m telling you now, it’s not going to do you any good to use the people around you as a means of measuring your own success and self worth.

Don’t fall into the trap of thinking everyone has the same path and your final results are a literal measure of your success as a whole … because then you can get caught up in just taking the subjects that you think will get you that 99, when they’re actually going to cause you a lot of unnecessary stress, maybe destroy your motivation and end up giving you a less than desirable final mark.

What saved me was doing subjects that I love, regardless of scaling, and because I was motivated to work on them, I ended up being happy with my final result … and got to enjoy a fair portion of the process as well. So, do the best you can in whatever subjects you choose … just make sure that you’re doing them for the right reasons, because it’ll save you a lot of trouble.

Whether you’re in Year 7 and only just beginning your journey at Pennant Hills High School, or you’re in Year 12 and can’t wait to get out … as hard as it might be, try not to take your time here for granted.

You’re actually very lucky to be in an environment where you have so many opportunities to achieve your own individual goals, whether they revolve around conquering the next AMEB music exam, winning a grand final or getting an ATAR of 99.95.

Thank you for having me, and I wish you all the best of luck.

P&C Meeting Dates for 2015

24 March - 26 May
23 June - 25 August - 27 October
24 November (followed by AGM)
7.30pm in the School Library

‘PENNO’ PRAYER MEETING

Mums, Dads and Grandparents, come and join us as we pray for ‘Penno’ staff and students. 2nd and 4th Friday of each month during term from 8.45am to 9.15am
Please meet at Public Reception.
Enquiries: Kim Allan on 0410 548 350.
YEAR 12 VISIT ARTEXPRESS

On Friday 20 February 2015, all Year 12 Visual Arts students visited the Art Gallery of NSW to view ARTEXPRESS 2015 - a selection of the 'best of the best' Bodies of Work from the 2014 cohort of HSC Visual Arts students. Included was Pennant Hills High Visual Arts student Ben with his five drawings titled Limbo.

Making it a full day, Year 12 also saw the prestigious Pop to Popism exhibition at the AGNSW, which allowed students to view first hand artworks studied as part of the theory component of their Stage 6 Visual Arts Course.

ARTEXPRESS is very motivating - to see other HSC artworks from so many schools (including ours) and that they have reached this stage. It exposes the different styles and works that people have created. It shows their creativity and is inspiring me to be creative as well.

The exhibition Pop to Popism was a great event to appreciate the development of Modern art and the beauty of bright colours. I enjoyed walking amongst the work and got wonderfully lost among the walls of the exhibition.

Janelle Dennis
Head Teacher CAPA

ARTEXPRESS was an inspiring experience. I felt as though I could relate with the works on a personal level as I am going through the same journey the artists went through. Overall, a fun-filled day of critical thinking with the eye of an artist in the city!

FUTURES NEWS

Congratulations to Jules (Year 12, 2014) who has been awarded a place in the UTS Bachelor of Accounting scholarship course. Jules was one of only 31 students selected from 2000 applicants to participate in this flagship program of the UTS School of Business, which attracts $1.5million in industry sponsorship for the university each year. Jules was chosen for his fine academic achievement combined with his all-round contribution to school life and the community. We wish Jules all the very best in his university studies and future career.

Past student, Amanda (Year 12, 1999) has achieved a lifetime dream with the publication of her debut novel, Claiming Noah, which was released earlier this month. Amanda will make a public appearance at Pennant Hills Library at 6.30pm on Wednesday 15 April 2015 to talk about her book. Her second novel is with her publishers and she is working on her third. This is an exceptional achievement for a young woman who also works as a senior marketing manager in financial services, having obtained a Masters in Applied Finance.
Coffee School
Any Year 9, 10 or 11 student who is interested in participating in a Barista Course in Term 2 at the Coffee School in Sydney City should see me in the Careers Office as soon as possible.

Charles Sturt University MyDay
Charles Sturt University will be holding a series of MyDay events throughout April. Interested students must complete a Student Registration Form (available from the Careers Office). Please return the Student Registration Form to CSU by Thursday 2 April 2015. (NB: this is the day before Good Friday and the start of NSW School holidays).

The course sessions for these events are lab based so be sure to get in early as there are limited places available and the days may fill prior to 2 April 2015.

RSA 4 Schools Initiative
The Responsible Service of Alcohol for Schools Initiative is designed to improve young peoples' understanding of alcohol and the laws related to its supply and consumption.

High school students aged 17 and over are offered the chance to participate in TAFE's Responsible Service of Alcohol (RSA) course at a subsidised cost. Participants are educated about the risks of binge drinking to their health and others.

The course also addresses issues around the illegal supply of alcohol to minors and other responsibilities relating to alcohol.

On completion of the course students receive an RSA Certificate once they turn 18. This can then be used to enhance their career opportunities in the hospitality industry. To find out more about this opportunity, visit me in the Careers Office.

UNSW Medicine Info Evening
The Year 12 Medicine Information Evening, to be held on Thursday 12 March 2015, will provide students with a general overview of the UNSW Medicine degree, as well as detailed information on the application and admissions process from current staff and students in the Faculty of Medicine. The Faculty will also provide ACER's tips and tricks on how to prepare for the UMAT exam.

Due to high demand for this event, attendance is limited to Year 12 students, parents of Year 12 students and school staff.

Upcoming School Presentations
Beginning in Term 2, representatives from a number of tertiary education providers will be visiting Pennant Hills High School to inform Year 11 and 12 students of all the options they have open to them. Keep an eye out for the schedule in the next edition of Jumbunna.

Ashley Symons
Careers Adviser

Find Your Future Direction
- Wondering what area you’d like to study or work in?
  - Aged 16—25?
- Not sure where your career interests/strengths lie?

Macquarie University Project Direction
is a career education course comprising three small group workshops to help you:
- understand your profile;
- start some career planning; and
- find the direction that’s right for you.

The program involves all three sessions:
- Monday 13 April
- Wednesday 15 April
- Thursday 16 April
10.30am until 12.30pm
Macquarie University, Building W5C, Room 210

Special Discounted Rate: $390 for all sessions

More Information
http://projectdirection.com.au/?p=154

Registration
Email name and contact number to linda.yeomans@mq.edu.au and you will be sent a payment authorisation form.

Charles Sturt University MyDay 2015
A unique opportunity for high school students to experience a day in the life of a uni student.

Have you ever wondered what it's really like to go to university? MyDay can help you decide on a course to study by giving you a taste of living and learning on campus, as well as providing useful course information. You will also receive key information about opportunities and support available, and helpful advice about how to make your goals achievable.

CSU MyDay Campus Locations
Bathurst, Wagga Wagga, Dubbo, Orange
Albury-Wodonga, Port Macquarie

Some of the Courses on offer at CSU

Information and Registration
www.cus.edu.au/myday
SCHOOL SWIMMING CARNIVAL

The Pennant Hills School Swimming Carnival for 2015 returned to the newly refurbished Hornsby Aquatic Centre. A little bit of early rain had us worried but soon cleared to reveal a fine day for the carnival. Organised by Ms Currie and Mr Toohey, this year’s carnival was compulsory for all students. Mr Barrowcliff returned to the microphone to MC once again and Year 12 students dressed up, displaying plenty of team spirit, featuring Hawaiian shirts, inflatable pool toys and boats and an array of other fancy costumes. The winning house was Bellamy with a huge score of 1180, well clear of second place Greenway on 861. The contest between Yarrara and Redgum was extremely close, with a difference of just three points at the end of the day. Congratulations to our record breakers and to everyone who competed on the day.

RECORD BREAKERS

We had three records broken at this year’s School Swimming Carnival, one by Lachlan (16 Years) and two by Patrick (17+ Years). Congratulations to these outstanding athletes.

SCHOOL SWIMMING RECORDS 2015

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Event</th>
<th>Swimmer</th>
<th>Record Time</th>
<th>House</th>
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<tbody>
<tr>
<td>16 Years Boys</td>
<td>50m Freestyle</td>
<td>Lachlan</td>
<td>27.61</td>
<td>Bellamy</td>
</tr>
<tr>
<td>17+ Years Boys</td>
<td>50m Freestyle</td>
<td>Patrick</td>
<td>26.16</td>
<td>Greenway</td>
</tr>
<tr>
<td>17+ Years Boys</td>
<td>50m Backstroke</td>
<td>Patrick</td>
<td>30.55</td>
<td>Greenway</td>
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AGE CHAMPIONS 2015

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<th>Age Group</th>
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<tr>
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<td>17+ Years</td>
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<td>17</td>
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SCHOOL SWIMMING CARNIVAL HOUSE TEAM RESULTS 2015

<table>
<thead>
<tr>
<th>Place</th>
<th>House Team</th>
<th>Points</th>
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<tbody>
<tr>
<td>1</td>
<td>Bellamy</td>
<td>1180</td>
</tr>
<tr>
<td>2</td>
<td>Greenway</td>
<td>861</td>
</tr>
<tr>
<td>3</td>
<td>Yarrara</td>
<td>701</td>
</tr>
<tr>
<td>4</td>
<td>Redgum</td>
<td>698</td>
</tr>
</tbody>
</table>
ZONE SWIMMING CARNIVAL

The Zone Swimming Carnival was held at Homebush on 23 February 2015. Special thanks to Mrs Kruger, Mr Toohey, Mr Symons and all our student helpers: Lini, Bella, Georgia, Gemma, Tessa and Rhiannon. They did an amazing job and made the carnival flow easily and without complications. Throughout the day Pennant Hills High School achieved great results in all our age groups, as well as in the knockout relay where we finished with a strong third place.

Amongst our swimmers, there are a few who stand out for special mention:

- Patrick put in a very strong performance, taking first place in all of his eight events and setting a new record in the 100m Butterfly.
- Lachlan and Patrick both achieved Age Champion status.
- Emily and Brenden both showed great team commitment, representing the school in the very challenging 100m Butterfly.
- Lachlan and Maddison both achieved great results in their many events.
- Always proud to represent our school, our AWD students Sara, Joshua, James and Jalen all achieved outstanding results.

Through the hard work of all our swimmers, Pennant Hills High School ranked fifth overall in the Zone Carnival. Congratulations to everyone on this amazing result. We are all extremely proud of your contributions.

ZONE SWIMMING AGE CHAMPIONS 2015

<table>
<thead>
<tr>
<th>Age</th>
<th>Place</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>17+ Boys</td>
<td>1</td>
<td>Patrick</td>
</tr>
<tr>
<td>16 Boys</td>
<td>2</td>
<td>Lachlan</td>
</tr>
</tbody>
</table>

PENNANT HILLS HIGH SCHOOL REGIONAL SWIMMING TEAM

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 Boys</td>
<td>Matthew</td>
<td>200 Freestyle</td>
</tr>
<tr>
<td>16 Boys</td>
<td>Noah</td>
<td>200 Freestyle Relay</td>
</tr>
<tr>
<td>16 Boys</td>
<td>Stephen</td>
<td>200 Freestyle Relay</td>
</tr>
<tr>
<td>16 Boys</td>
<td>Morgan</td>
<td>200 Freestyle Relay</td>
</tr>
<tr>
<td>17 Boys, S14</td>
<td>Joshua</td>
<td>50 Backstroke, 50 Breaststroke, Boys 12—19 50 Free</td>
</tr>
<tr>
<td>15 Boys</td>
<td>Lachlan</td>
<td>200 Freestyle, 50 Freestyle, 100 Backstroke</td>
</tr>
<tr>
<td></td>
<td></td>
<td>200 Freestyle Relay, 100 Butterfly</td>
</tr>
<tr>
<td>17 Boys</td>
<td>Patrick</td>
<td>200 Freestyle, 100 Backstroke, 200 Individual Medley Boys 17—19 100 Breast, Boys 17—19 100 Fly</td>
</tr>
<tr>
<td>13 Girls, S14</td>
<td>Sara</td>
<td>50 Breaststroke, 50 Backstroke, Girls 12—19 50 Free</td>
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</tbody>
</table>

PENNANT HILLS HIGH SCHOOL RELAY TEAMS FOR REGIONAL SWIMMING CARNIVAL

<table>
<thead>
<tr>
<th>Relay</th>
<th>Names</th>
<th>Place at Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys 16 Yrs 4x50m Freestyle</td>
<td>Lachlan, Stephen, Noah, Morgan</td>
<td>2nd</td>
</tr>
</tbody>
</table>

Pennant Hills High School Vaccination Clinic Schedule
- Semester 1 -

19 March 2015
Year 7 - Human Papillomavirus Vaccine (HPV) - Dose 1
Year 8 - (Catch-up) Human Papillomavirus Vaccine (HPV)

28 May 2015
Year 7 - Human Papillomavirus Vaccine (HPV) - Dose 2
Year 8 - (Catch-up) Human Papillomavirus Vaccine (HPV)
Year 7 - Diptheria-Tetanus-Pertussis
Year 12 - (Catch-up) MMR

Free Eye Tests Covered through Medicare
Don’t miss out
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Page 9
www.pennanthil-h.schools.nsw.edu.au @PennantHillsHS Pennant Hills High School
SPORT SHORTS

Congratulations to Lini who won selection in the Sydney North Baseball team.

As a result of his performance during the recent NSW CHS Cricket Tournament held in Bathurst, Daniel of Year 10 has been selected in the NSW CHS Cricket Team to compete in the NSW Schoolboys Carnival next week. We congratulate Daniel and wish him the best of luck.

Pennant Hills High School was ranked fifth overall at the Zone Swimming Carnival held at Homebush Aquatic Centre. Congratulations to all competitors, and particularly to Lachlan of Year 10 and Patrick of Year 12 who finished the carnival as Age Champions.

Nicholas of Year 11 has qualified to compete in the 110m Hurdles event at the Australian Junior Athletics Championships to be held next week. Congratulations, Nicholas, and good luck.

Congratulations to the 16 teams who represented our school at the NSW All Schools Triathlon last week. There were some outstanding efforts, including Benjamin who finished in the top 50 in the individual event, and Christian, Emily and Zachary who were members of the relay team which was placed ninth in the Government Schools section. A more detailed report on this event is being prepared for the next edition of Jumbunna.

Valmé Kruger, Sport Coordinator

THE ACTING EXPERIENCE

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COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Cherrybrook ‘Movie Under the Stars’: 7.30pm, Saturday 7 March 2015 - John Purchase Oval (behind Community Centre) Bring a blanket, bring the kids and enjoy The Lego Movie together. Gold coin donation to 1st Cherrybrook Scout Group. Food, drink and novelties on sale from 4.30pm. Stay a little longer and enjoy the fireworks following the movie.

Heart Foundation Gear Up Girl: Sunday 8 March 2015 - Sydney’s largest female only recreational bike ride. Sponsored by the Heart Foundation. Information: bicyclensw.org.au

Pennant Hills High School GRAND PIANO Fundraiser Barbecue: Saturday 28 March 2015 - from 8.00am Piping hot sausage sandwiches and icy cold drinks for sale on selling day. All proceeds to our Grand Piano Fund. Buy a sausage and help us snag a grand piano.

Market Day: Cheltenham Girls High School, Saturday 28 March 2015 (polling day)


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 www.studentexchange.org.au or 9997 0700.

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

Australian Institute of International Understanding (AIIU) www.aiiu.org.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

AFS Intercultural Programs Australia www.afs.org.au or 1800 023 982

RECREATION AND SPORTING GROUPS


West Pennant Hills Cherrybrook Football Club: www.wphcfc.net.au

Rugby Connect—Tryttons: is a Rugby Union program developed for boys and girls with special needs 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

Pennant Hills District Cricket Club: (15 years and over) pennanthillcricket.com.au

Milo T20 Blast Indoor Cricket School Cup: an 8-week competition for Years 7 and 8, commencing 27 April 2015. Free trial sessions: 30 March, 5.00—6.30pm, Action Indoor Sports, 7A Gundah Road, Mt Ku-ring-gai Information: Austin - 9457 9040 or info@aismtkuring-gai.com.au


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


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.gks.org.au or 9868 3289


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) - Mondays - Guides (10-14) 5:30-7:30pm; Senior Guides (14-18) 7-9pm.

Hornsby District Athletics (children aged 4–17): Saturday mornings at Pennant Hills Park www.hdlac.org.au

Cherrybrook Athletics Club (children aged 5–16): Friday nights 5.45pm–8.00pm www.cherrybrookathletics.org.au

Taiko Drumming (a blend of choreography, drumming, movement and music for everyone): www.taiko.com

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

West Pennant Hills Netball: www.westpenannethills.netball.asn.au/ or http://www.facebook.com/WPHNC ‘Netta’ 7—9 years; Junior 10—15 years; Senior 16 years and above.


Lion's Park Tae Kwon Do and Self Defence: Pennant Hills and West Pennant Hills. Leanda Bell - 0410 316 284

Cherrybrook United Netball Club: Games played at Pennant Hills Park. Modified ‘Net Set Go’ (5—9) Friday evenings; Juniors (10—15) Saturday mornings; Seniors (16—open) Saturday afternoons. Phone Keryn on 0412 693 224

Castle Hill BMX Club: Fred Caterson Reserve, Castle Hill. Facebook: facebook.com/castlehillbmx President: Michael 0404 093 303. Email: castlehillbmx@hotmail.com

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COMMUNITY NOTICES AND CONTACTS

HELPERS NEEDED
Foster families needed: Department of Family and Community Services - 8303 7644
Carers can be singles, couples, with or without children, and from any cultural background.

Volunteer with Easy Care Gardening: www.easycaregardening.org.au or 9983 1644 (Hornsby/Ku-ring-gai)
Bilingual Volunteers Needed: City of Sydney Meals on Wheels - For more information, phone 8512 4230.

COMMUNITY SERVICES AND SUPPORT
Free adult Literacy and Numeracy classes—Meadowbank TAFE: 9942 3572. Reading, writing and speaking.
English Classes—Wednesday evenings from 7.00pm—9.00pm during school terms. Cost $3.00 per week.
West Pennant Hills Community Church, 41–43 Eaton Road, West Pennant Hills. Information and to register: 9872 4200.

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.

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. More information: abilityoptions.org.au or contact Caroline Krix on 8811 1717 or caroline.krix@abilityoptions.org.au

Ability Links: supporting people with a disability, their families and carers to achieve their goals in life. For more information phone 8830 0768 or email abilitylinks@unitingcarenswact.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: 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 (the Hills): 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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