It is my pleasure to announce that Pennant Hills High School Principal, Mr Geoff Wing, was recently recognised with a Pride of Workmanship Award, presented by the Rotary Club of Pennant Hills. At the Awards Dinner, held on Monday 18 May 2015, we were joined by Geoff’s wife, Lynne, other family members and friends who all took great pride in celebrating this moment of well-deserved recognition with him. Although unable to attend on the night, Mr Tim McCallum, Director, Public Schools NSW—Dural, endorsed the nomination with the comment, ‘This is a well-deserved accolade, of which I am highly supportive.’

Guest speaker, Mrs Marelle Thornton AM, spoke of the importance of instilling and nurturing pride of workmanship in schools, workplaces and the community in general. Her reflection on many established sayings, such as ‘If a job’s worth doing, it’s worth doing well’, resonated with the audience, as she encouraged the restoration of a culture which recognises and rewards people for doing their best, rather than for simply doing the job. This pride in a job well done, and his capacity to recognise and develop potential in others are two of the strengths which led to Geoff being nominated for a Pride of Workmanship Award.

Following is the text of the citation which was read out prior to Geoff’s award being presented to him.

Mr Geoffrey (Geoff) Wing has held the position of Principal at Pennant Hills High School since 2001. During that time, Mr Wing has served the students, staff and parents of the school with unfailing commitment and dedication. He has devoted endless energy to ensuring the attainment of the highest quality educational outcomes for students.

An exceptionally competent and professional teacher and educational leader, Mr Wing has earned great respect and admiration from the school community for the extraordinary passion and commitment that he has consistently shown to Pennant Hills High School.

Mr Wing has had a positive influence on the emotional and social wellbeing of thousands of students during his time at Pennant Hills High School. He has made many significant contributions to life at this school, which have regularly involved countless hours of extra work beyond the scope of his normal duties.

His staff would identify as some of his greatest strengths: his consistent approachability and genuine provision of personal and professional support and encouragement. His management style has earned him the respect of staff and the wider community alike.

Mr Geoff Wing always shows enormous pride in his work. He thoroughly deserves this recognition.

I am confident the school community will join with me in congratulating Mr Wing on being publicly acknowledged for his daily commitment to the Rotary Pride of Workmanship ideal of, ‘Do it once, do it well, build a better Australia’.

Brendan O’Byrne
Deputy Principal
## LOOKING FORWARD

### Term 2 2015

#### Week 7A
- **Monday**: 1 June
- **Wednesday**: 3 June
- **Thursday**: 4 June
- **Friday**: 5 June
- **Saturday**: 6 June
- **Sunday**: 7 June

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>1 June</td>
<td>Year 11 GP Visit</td>
</tr>
<tr>
<td>Wednesday</td>
<td>3 June</td>
<td>Year 12 Work Placement - Construction</td>
</tr>
<tr>
<td>Thursday</td>
<td>4 June</td>
<td>Year 12 Work Placement - Construction</td>
</tr>
<tr>
<td>Thursday</td>
<td>4 June</td>
<td>Science GATS Linkages Program</td>
</tr>
<tr>
<td>Friday</td>
<td>5 June</td>
<td>Year 12 Work Placement - Construction</td>
</tr>
<tr>
<td>Saturday</td>
<td>6 June</td>
<td>Year 12 Work Placement - Construction</td>
</tr>
<tr>
<td>Sunday</td>
<td>7 June</td>
<td>Year 12 Work Placement - Construction</td>
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#### Week 8B
- **Monday**: 8 June
- **Tuesday**: 9 June
- **Wednesday**: 10 June
- **Thursday**: 11 June
- **Friday**: 12 June

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<thead>
<tr>
<th>Day</th>
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<tr>
<td>Monday</td>
<td>8 June</td>
<td>Year 12 Work Placement - Construction</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9 June</td>
<td>CAFS - Visit to PHPS</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10 June</td>
<td>CAFS - Visit to PHPS</td>
</tr>
<tr>
<td>Thursday</td>
<td>11 June</td>
<td>Sport - Regional Cross Country</td>
</tr>
<tr>
<td>Thursday</td>
<td>11 June</td>
<td>HTA Study Day</td>
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<tr>
<td>Thursday</td>
<td>11 June</td>
<td>Science GATS Linkages Program</td>
</tr>
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#### Week 9A
- **Monday**: 15 June
- **Wednesday**: 17 June
- **Thursday**: 18 June
- **Friday**: 19 June

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>15 June</td>
<td>Concert Band 2 Rehearsal in MPC 9.00am - 10.19am</td>
</tr>
<tr>
<td>Wednesday</td>
<td>17 June</td>
<td>Music Festival</td>
</tr>
<tr>
<td>Thursday</td>
<td>18 June</td>
<td>Science GATS Linkages Program</td>
</tr>
<tr>
<td>Thursday</td>
<td>18 June</td>
<td>Educating Rita Excursion</td>
</tr>
<tr>
<td>Friday</td>
<td>19 June</td>
<td>Year 12 Careers Expo</td>
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#### Week 10B
- **Tuesday**: 23 June
- **Wednesday**: 24 June
- **Thursday**: 25 June

<table>
<thead>
<tr>
<th>Day</th>
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<th>Event</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>23 June</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>Wednesday</td>
<td>24 June</td>
<td>Zone Athletics Carnival - SOPAC, Homebush</td>
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<tr>
<td>Thursday</td>
<td>25 June</td>
<td>Science GATS Linkages Program</td>
</tr>
</tbody>
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## ASSESSMENT TASKS FOR YEAR 11 - Term 2 2015

#### Week 7A
- **Monday**: 1 June
- **Wednesday**: 3 June

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1 June</td>
<td>ESL: Poetry Task</td>
</tr>
<tr>
<td>Wednesday</td>
<td>3 June</td>
<td>Physics: Assessment Task</td>
</tr>
<tr>
<td>Wednesday</td>
<td>3 June</td>
<td>Biology: Assessment Task - Part 1</td>
</tr>
</tbody>
</table>

#### Week 8B
- **Tuesday**: 9 June
- **Wednesday**: 10 June
- **Wednesday**: 10 June
- **Wednesday**: 10 June
- **Friday**: 12 June

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9 June</td>
<td>PDHPE: Assessment Task</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10 June</td>
<td>Hospitality: Assessment Task</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10 June</td>
<td>Advanced English: Composition on Othello</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10 June</td>
<td>Standard English: Viewing and Listening</td>
</tr>
<tr>
<td>Friday</td>
<td>12 June</td>
<td>Geography: Assessment Task (hand in)</td>
</tr>
<tr>
<td>Friday</td>
<td>12 June</td>
<td>French Beginners: Assessment Task</td>
</tr>
<tr>
<td>Friday</td>
<td>12 June</td>
<td>French Continuers: Assessment Task</td>
</tr>
<tr>
<td>Friday</td>
<td>12 June</td>
<td>Ancient History: Research and Oral Presentation</td>
</tr>
</tbody>
</table>

#### Week 9A
- **Monday**: 15 June
- **Monday**: 15 June
- **Wednesday**: 17 June

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>15 June</td>
<td>French Beginners: Assessment Task</td>
</tr>
<tr>
<td>Monday</td>
<td>15 June</td>
<td>French Continuers: Assessment Task</td>
</tr>
<tr>
<td>Wednesday</td>
<td>17 June</td>
<td>Chemistry: Assessment Task</td>
</tr>
<tr>
<td>Wednesday</td>
<td>17 June</td>
<td>Engineering Studies: Assessment Task (Mechanics)</td>
</tr>
</tbody>
</table>

## ASSESSMENT TASKS FOR YEAR 12 - Term 2 2015

#### Week 7A
- **Monday**: 1 June
- **Monday**: 1 June
- **Tuesday**: 2 June
- **Friday**: 5 June

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1 June</td>
<td>Construction Work Placement (ALL WEEK)</td>
</tr>
<tr>
<td>Monday</td>
<td>1 June</td>
<td>History Extension: Major Research Project</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2 June</td>
<td>Chemistry: Assessment Task</td>
</tr>
<tr>
<td>Friday</td>
<td>5 June</td>
<td>Mathematics 2U: Assessment Task</td>
</tr>
</tbody>
</table>

#### Week 8B
- **Tuesday**: 9 June
- **Tuesday**: 9 June
- **Wednesday**: 10 June
- **Thursday**: 11 June
- **Thursday**: 11 June

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>9 June</td>
<td>Agriculture: Assessment Task</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9 June</td>
<td>Biology: Assessment Task</td>
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<tr>
<td>Wednesday</td>
<td>10 June</td>
<td>Engineering Studies: Transport/Aeronautical Task</td>
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<tr>
<td>Thursday</td>
<td>11 June</td>
<td>Mathematics General 2: Assessment Task</td>
</tr>
<tr>
<td>Thursday</td>
<td>11 June</td>
<td>Mathematics Extension 2: Assessment Task</td>
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#### Week 9A
- **Monday**: 15 June
- **Tuesday**: 16 June

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>15 June</td>
<td>Engineering Studies: Assess. Task (Major Project Evaluation)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>16 June</td>
<td>Physics: Assessment Task</td>
</tr>
</tbody>
</table>
DEPUTY PRINCIPAL’S REPORT

We have reached the mid-point of Term 2 and I am pleased to report that we have many exciting prospects approaching. It is fantastic to see our students working hard with lots of productive work happening in classrooms right across the school.

Years 7 and 9 have just completed the 2015 NAPLAN tests and other year groups are gearing up for assessment tasks.

For all students, we have an expectation that they will be increasing their revision time at home as we approach the end of Semester 1. We ask parents for support in emphasising with your children the importance of doing this. Completion of homework, assignments and assessment tasks are all an integral part of the process. Our school prides itself on providing a comprehensive education and ensuring that our students are not only successful academically, but also in terms of their social skills and citizenship.

On the topic of social skills and citizenship, I was once again impressed by the fantastic participation and leadership displayed by many students last Wednesday 20 May at our 2015 Athletics Carnival held at Pennant Hills Park. I am pleased to report that this day was simply marvellous. Our student leaders and SRC hosted a lovely BBQ, the P&C ran a fantastic canteen and our student helpers working on the day, were faultless. Student attendance was healthy; in fact I was informed by Mrs Kruger that 2015 has been the highest year for competitor participation to date. There were many fantastic performances and overall the carnival was enjoyed by all. I would like to thank Mr Boyer, Mrs Kruger and the entire PDHPE staff for all their hard work and organisational skills.

BYOD is still an emerging concept and I would like to take the time to comment on a couple of aspects.

Firstly, in order to minimise the chance of damage to laptops and tablets, it is important that all devices are carried in a protective case. This case could be in the form of a sleeve or a bag. Devices without a protective case run the risk of being damaged. Cases and bags may be purchased at any major store that stock laptops and devices. I do urge all parents to purchase a protective case for your child’s device.

Secondly during my last Jumbunna contribution, I mentioned the development of a student-led technology committee. I am pleased to report that this committee has begun developing an online student survey with the intent of collecting data to measure student use of technology. This information will assist the committee in strengthening and promoting the use of technology as a part of educational programs at our school.

PBEL is an active area of our school life. Positive Behaviours Engaging Learners (PBEL) is a school-wide program with an emphasis on systems of support that include proactive strategies for defining, teaching, and supporting appropriate student behaviours to foster a positive school environment. PBEL uses data to identify and drive educational change and implement a range of strategies to promote school improvement. PBEL plays an active role in our third strategic direction Productive Partnerships; hence, the role that PBEL plays at Pennant Hills High School is significant. Our PBEL team needs a member of our school community to become a part of the team. Our meetings are held every fortnight Monday A from 3.20pm - 4.00pm. If you are interested in becoming the community representative on the PBEL committee, please contact me on 9473 5000 or via email at: amanda.decarli@det.nsw.edu.au

Lastly, Term 2 has been a busy and active time for many students and parents with CHS Knockout matches taking place. I would like to extend my thanks to the entire school community for their dedication and contribution to school and representative sport. Without parent support, many of these matches would not be possible. I would also like to acknowledge the hard work of our staff that organise competitions and coach teams. Sport is an important aspect of school life as it promotes commitment, dedication and fair play. Pennant Hills High School has a strong culture and tradition of sporting success and your commitment has ensured it’s continued success.

I would like to wish you every success for the remainder of Term 2.

Amanda De Carli
Deputy Principal
Saturday morning provided an opportunity to recognise survivors and carers, as they took their place at the front of the group for the first official lap of the Relay.

Later, as sunset blanketed the oval in darkness, walkers and supporters paused to participate in the candle-lighting ceremony ... an inspiring event where loved ones were remembered, survival was celebrated and a united commitment to fight back against cancer was affirmed and strengthened. The ‘Penno Pacers’ were delighted that past student David Sanders was amongst the talented line-up of vocalists who presented moving choral tributes during the ceremony. Many of our walkers joined in the candle-lighting lap before placing their tribute candles on elevated platforms under the over-arching banner of ‘HOPE’ which, along with the candles, continued to glow throughout the night.

For 24 hours, the ‘Penno Pacers’ relay team of over 50 walkers pounded the track at Centenary of ANZAC Reserve, Castle Hill, determined to make a difference in the fight against cancer, and to raise vital funds for research and local cancer patient support programs.

Our team walked a total of 2130 laps which, at just under 400 metres per lap, equated to over 840km. At 800km we’d walked the equivalent of a trip from Sydney to Byron Bay, but we pushed on to the very end, extending our ‘virtual trip’ to include Queensland’s Gold Coast.

There were many highlights during the this inspiring weekend, but brightest amongst these was the unfailing spirit of goodwill and commitment which was shared amongst our team members, despite the effects of fatigue and a long, cold night.
The ‘Penno Pacers’ had a registered membership of 55 walkers and, whilst not all were able to be there in person, we had 100% attendance in spirit.

Charlene Stewart (Team Captain)
Fiona Ackerman
Annaleise
Claudia Antoon
Grace
Elizabeth
James Boyer
Abbey
Lyndall Chamberlain
Peter Chamberlain
Joshua
Penny Dean
Emily
Jacob
Marnie Finch
Matthew Finch
Melodie Frida
Jeremy
Caitlin
Jane Hackett
Greg Hammond
Imogen
Stella
Ella
Caitlin
Veronica
Shivani
Gary Langdon
Kerrie Langdon

Worthy of special mention is the small group of ‘all-nighters’ who carried on walking until fresh legs arrived around 5.30 on Sunday morning—Veronica, Elizabeth, Tabitha, Charlene Stewart, Lee Lowe, Mike Smith and Jordan.

We also welcomed walkers who had not registered online but who contributed valuable laps to our tally and often came at just the right time to inject a much-needed energy boost. Special thanks to our Principal, Geoff Wing, who took his turn on the track, and to young Mia and Sian whose energetic and spontaneous contributions had all the walkers smiling as they passed our team base.

Congratulations and thank you to each of our walkers, whose participation sent a strong message of support to members of our school community who are currently, either directly or indirectly, fighting some type of cancer.

THANK YOU AND
CONGRATULATIONS
TO OUR WALKERS

‘Penno Pacers’ had a fund-raising target of $5000, and we have now overtaken our goal and are well over $6000. To everyone who made a financial donation or contributed in other ways towards our efforts, we say a very big ‘thank you’.

Online Donations
- By 3.00pm on Friday 22 May 2015, individual and corporate online donations totalled $1968. The opportunity to make online donations is still open: relayforlife.org.au → Penno Pacers.

Pledged Donations
- Rotary Club of West Pennant Hills Cherrybrook

Equipment Loans and Donations
- The Finch family: camping equipment and snacks which kept the team warm, fed and comfortable throughout the event.
- The Lowe family: camping equipment and snacks.
- The Stewart family: tablecloths, decorations and snacks.
- P&C: purple lollies which were sold before and during the event; tea and coffee.
- Veronica: hand-made hair clips which she donated for sale at the event.
- Rotary Club of West Pennant Hills Cherrybrook: portable shelters.
- Roni’s Party at Castle Towers: purple balloons, ribbons and helium gas cylinder.

Auction Items
A total of $532 was raised through the silent auction. Thank you to the following people and groups who donated items which were auctioned.
- Dale and Melodie Frida: two Panasonic Lumix cameras.
- The Manning Family: Gatorade sports pack and signed Parramatta Eels jersey.
- Geoff Spotswood: 4-day cricket coaching clinic.
- Pennant Hills Bowling Club: bowling voucher.
- Bunnings Thornleigh: gift voucher.
- Woolworths Thornleigh: Wish gift card.
- Coles West Pennant Hills (Thompson’s Corner): gift card.
- Kmart Castle Hill: gift card.

Food and Drink for the Team
- Pizza Hut West Pennant Hills (Thompson’s Corner): pizzas and drinks for the whole team for Saturday dinner
- Andrews’ Patisserie Pennant Hills
- Michel’s Patisserie Thornleigh
Annual School Music Festival

Wednesday 17 June 2015
Pennant Hills High School MPC

Showcasing our school ensembles, choir, Concert Band 1, Concert Band 2, Junior Stage Band, Big Band, Year 12 soloists and local primary school bands.

Concert 1 - 5:30pm

Concert 2 - 7:00pm

Entry: $5 donation per family
All proceeds will go towards our Grand Piano Fund.

Refreshments will be available for purchase on the day.

PITCH PERFECT

Congratulations to Hayden of Year 12, who featured as one of the solo guest vocalists at the Pitch Perfect 2 movie launch held at Hornsby Event Cinemas on Wednesday 6 May 2015. Hayden performed to an audience of 400 specially invited guests, singing a medley of Bright Lights and Magic from the finale of the first movie. We wish him all the best for his future career.

Carol Coomber
Music Teacher

SCHOLARSHIP WINNER

Congratulations to Sean of Year 12, 2014, who has been awarded a scholarship by the Public Education Foundation. Sean was presented with his award at a function held at Sydney Town Hall on Tuesday 19 May 2015.

The Walter and Eliza Hall Trust Opportunity Scholarship helps students with a physical disability make the transition from high school to tertiary study, providing a payment directly to the student when they commence full-time tertiary study. As one of four recipients, Sean will receive $6000 to assist with his further education expenses.

GYMNASTICS CHAMPION

Blake of Year 10 has been selected as a member of the 2015 Trampoline Gymnastics State Team which will represent NSW at the National Gymnastics Championships.

Being selected onto the NSW State Team is a tremendous achievement which reflects the enormous effort Blake puts into his training, dedicating over 15 hours every week to perfect his technique and skills. We wish Blake the best of luck at the National Championships and beyond.

AUTHOR OF HIS OWN FUTURE

Past student, William Lane, who graduated from Pennant Hills High School in 1986, has just launched his second novel, The Horses.

We congratulate William on his literary success and look forward to further publications in the future.
CAREERS @ PENNANT HILLS HIGH

UMAT Preparation Workshops – Final Preparation Opportunity
Students in Years 10, 11 and 12 interested in medicine, dentistry, or optometry will need to sit the compulsory UMAT (examination) when applying for one of the above career choices. National Institute of Education (NIE) will be conducting two final UMAT preparation workshops on the 6 June and 11 July. Places are strictly limited. All details are available via www.nie.edu.au

Student-Parent Information Evenings
The following Universities will be running Information Evenings for students and parents about the options that they present for students and ways to help them get into university. Dates are:
2 June – UWS Day, Parramatta Campus
4 June – CSU Bathurst – Education
9 June – CSU Wagga Wagga – Education
10 June – CSU Orange – Agriculture
10 June – UTS City – IT & Engineering
11 June – UNSW – Engineering & Science

Sydney TAFE Open Day
Come to the Sydney TAFE’s Open Day and find out about your study options for 2016. When: Saturday, 29 August 2015
9:00am-4:00pm
Where: Sydney TAFE, Harris Street, Ultimo (a short walk from Railway Square).
At our Open Day you can:
Learn more about the vast array of options on one of our seven colleges; meet industry experts, current students and teachers; watch live demonstrations; participate in ‘hands on’ activities; go on behind-the-scenes tours; attend career info sessions; and check out the entertainment, activities and food.

Create Your Career Evening – 3 June 2015
Registrations now open via whatson.unsw.edu.au
The evening offers students the opportunity to hear from Industry Leaders about careers in
- Business
- Information Systems & Technology
- Engineering

UTS B Accounting Co-Op Scholarship
The closing date for Round 1 applications is almost here – Friday 5 June 2015.
The application process has been streamlined this year with students required to apply online before 5 June via the following link; www.bachelorofaccounting.com. Applicants to the UTS BAcc course will be asking their High School to provide them with a supporting letter which they will submit with their online application.

School-Based Apprenticeship and Traineeship (SBAT) News
KFC and McDonalds have advised that the Trial Retail Services Exam papers will be distributed to schools during the week beginning 20 July. The Retail exam will be scheduled no earlier than 27 July.

Upcoming School Presentations
Continuing this week, representatives of a number of tertiary education providers will be visiting PHHS to inform Year 11 & 12 students of all the options they have open to them. The current schedule is:
UTS Accounting – Tuesday 2 June
ACU – Wednesday 3 June
Defence Force Recruiting – Wednesday 10 June
UNSW – Wednesday 17 June
Bedford College – Wednesday 24 June

Ashley Symons
Careers Adviser
SPORT SHORTS

Athletics: Mrs Kruger/Mr Boyer
The school athletics carnival was held last week. We would like to congratulate all students for a record participation - the highest ever. Teachers played a big role in the success of the carnival and all of their inputs were highly appreciated. We are still conducting High Jump which is still being completed. All results will be available on the sports notice board from next week when we will also release the Pennant Hills Athletics team participating at the Zone Athletics Carnival, which will be held during Week 10 on Wednesday the 24 June 2015.

KO Boys Open Football Game – Mr Kneale
The KO Open Boys Football Game Round 4 won against Turramurra HS 7-0. The boys, together with their coach Mr Kneale, move on to the area final against Epping Boys HS.

KO Girls U/15 Football Game - Mr Georgiou
Round 1 of the Knockout Girls U/15 Football took place last Friday. The girls won 5-1 against Hunters Hills HS. Round 2 was on Wednesday against Muirfield HS. Unfortunately they lost 3-4. Congratulations to the competitors and their coach Mr Georgiou on a fine effort.

KO Open Boys Baseball – Mr Cassar
Round 3 of KO Baseball was against Cherrybrook HS at Greenway Oval on Wednesday. Unfortunately they lost. Congratulations to the competitors and their coach Mr Cassar on a fine effort.

KO Open Boys Volleyball - Mr Raper
Round 5 of the KO Open Boys Volleyball competition against Ryde Secondary College was played on Wednesday 13 May when our boys fell agonisingly short, losing 3-2. Thank you to Mr Raper for organising all their games and to also thank Mrs Frida for taking time out of her day to supervise and manage the team.

KO U15 Boys AFL – Mr Symons
The U15 knockout AFL competition was postponed from last Friday due to bad weather. It is being played today at Narrabeen Sports High School. Results will be published in the next edition of Jumbunna.

Zone Cross Country – Mrs Kruger
Zone Cross Country went smoothly and all runners did well, as expected. Pennant Hills High School came third in the competition. Killara HS came 1st followed by Cherrybrook Technology HS. Congratulations to the following students who were age champions:

<table>
<thead>
<tr>
<th>Name</th>
<th>Place</th>
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<tbody>
<tr>
<td>Aidan</td>
<td>2nd</td>
</tr>
<tr>
<td>Hamish</td>
<td>3rd</td>
</tr>
<tr>
<td>Charlie</td>
<td>4th</td>
</tr>
<tr>
<td>Oliver</td>
<td>2nd</td>
</tr>
<tr>
<td>Cody</td>
<td>1st</td>
</tr>
<tr>
<td>Nathan</td>
<td>2nd</td>
</tr>
<tr>
<td>James</td>
<td>1st</td>
</tr>
<tr>
<td>Sara</td>
<td>1st</td>
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Congratulations to the following students who have qualified for the Sydney North Regional Cross Country Carnival that is held at Gosford Racecourse on Thursday 11 June 2015:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 12's Boys</td>
<td>Aidan</td>
</tr>
<tr>
<td>Under 12's Girls</td>
<td>Jessica</td>
</tr>
<tr>
<td>Under 13's Boys</td>
<td>Hamish</td>
</tr>
<tr>
<td>Under 14's Girls</td>
<td>Veronica</td>
</tr>
<tr>
<td>Under 15's Boys</td>
<td>Charlie</td>
</tr>
<tr>
<td>Under 16's Boys</td>
<td>Oliver</td>
</tr>
<tr>
<td>Under 17's Boys</td>
<td>Cody</td>
</tr>
<tr>
<td>Under 18's Boys</td>
<td>Nathan</td>
</tr>
<tr>
<td>Parathlete Boys</td>
<td>James</td>
</tr>
<tr>
<td>Parathlete Girls</td>
<td>Sara</td>
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</tbody>
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GRADE SPORT

14 Teams qualified from the Summer Grade Sport this season into the finals and 3 teams were successful as premiers. Congratulations to:

Open Boys Softball – coached by P. Toohey
Boys Frisbee B – coached by J. Antoon
Boys Volleyball A – coached by Mr. Raper and Mrs Frida

The following Sports were runners-up in the Summer Grade Finals 2015:

Girls Open Basketball – coach M. Crespo
Boys Frisbee A – coach Mr. Antoon
Boys Volleyball B – coaches Mr Raper and Mrs. Frida
Girls Volleyball A – coaches Mr Raper and Mrs. Frida
Time Management Course - Year 11 Students

On Friday 19 June there will be a Time Management course run by Elevate Education.

The cost is $15.00 for a one-hour seminar which addresses the second most common question: "Once I know what to do, how do I find the time to do it?". Students have busy lives and for most, the challenge is simply finding time to get the work done.

The time management seminar goes into how to develop a study routine that allows for socialising, sport and extra-curricular activities but still ensures academic productivity and much more.

Elevate Education seminars are based on 10 years of ongoing research into the habits and techniques of the top students. Developed from the findings of this research, the seminars provide students with simple and practical skills which have already been proven to work for students in their position, and which can be used immediately.

Please ensure you return your permission slip together with the payment of $15.00 before Wednesday 17 June 2015 so you do not miss out!

Kylie Blarasin
Year 11 Adviser

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RECEIPTS and TRAVEL PASSES

Student Reception has a large number of student receipts and travel passes which have not been collected.

Please ask your child to come and check if there are any receipts or passes for them to collect.

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Pennant Hills High School is fund-raising with

Entertainment Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel and much more. Available as a traditional Entertainment Book OR as an Entertainment Digital Membership for your Apple or Android device, your Membership gives you over $20,000 worth of valuable offers valid through to 1 June 2016.

Order your new 2015/2016 Sydney and Sydney North Entertainment Membership ($70.00) or Sydney Greater West Entertainment Membership ($65.00) from Pennant Hills High School and 20% of your membership purchase goes towards our fund-raising.

For more information, contact Fiona Ackerman
Phone 9473 5000 - Email Fiona.ackerman@det.nsw.edu.au

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MEDICAL ALERT

Students who have been identified by their parent/caregiver as asthmatic must carry their own reliever puffer (e.g. Ventolin) at all times.

It is the parent/caregiver’s duty of care to ensure their child carries their puffer.

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**CHANGING YOUR DETAILS?**

**HELP US KEEP IN TOUCH.**

Are you changing jobs, moving house or changing phone number/s (including work and mobile) or email address/es?

Please make sure your details are up to date so we can contact you with important information or when your child needs you.

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

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

A current primary email address is very important to ensure you receive emails sent between school and home, including your students’ academic reports.

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**GRAND PIANO FUND**

The Pennant Hills High School CAPA Faculty and Band Program would like to purchase a C3XPE 6’11” Grand Piano, at a cost of approximately $30,000, which will be located in the MPC. This piano would be used by senior students for their HSC Music performances and by accompanists for the HSC Music students, as well as in the Band Program, school musicals and at school ceremonies, including solo performances at events such as the Year 12 Graduation and Presentation Evening.

In 2013, the Music Faculty utilised faculty funding to hire a grand piano for the HSC Music performances, and in 2014 the P&C generously provided funds for such hire. However, covering the cost of hire is not sustainable long term, and we wish to provide the best possible opportunities for our student musicians. In order to do this, we have set up the Grand Piano Fund whereby any member of the community or school family may make a contribution towards the purchase of a grand piano. We hope that this purchase will be something that is quite achievable in the near future.

Contributions would be gratefully accepted. To make a contribution, please contact Pennant Hills High School payments window between 8.00am and 3.00pm weekdays on 9473 5000. We are able to accept payments as cash, EFTPOS or cheque (payable to Pennant Hills High School).

*Janelle Dennis*

*Head Teacher CAPA*

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**CHOIR AT PENNANT HILLS PS FETE**

On Saturday 24 May, the school choir performed at the Pennant Hills Primary School Fete. They started their performance with *Always Remember*. This is a song written by Ian Jefferson in remembrance of the ANZACs. The next song they performed, *Seasons of Love*, is from the musical *RENT*. The last song in their performance was *Simple Gifts*, a shaker dancing song.

The students really enjoyed performing in the hall with a large, appreciative audience.

*Alicia, Year 10*
PROGRESSIVE MUSCLE RELAXATION

The following information has been provided by Valerie Ling from the Centre for Clinical Interventions. I would encourage all senior students to read these useful suggestions to assist in reducing tensions during long periods of study.

Belinda Campbell, Head Teacher Welfare

One of the body’s reactions to fear and anxiety is muscle tension. This can result in feeling ‘tense’, or can lead to muscle aches and pains, as well as leaving some people feeling exhausted. Think about how you respond to anxiety. Do you ‘tense up’ when you’re feeling anxious? Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension. This information sheet will guide you through a common form of relaxation designed to reduce muscle tension.

Muscle Tension
Muscle tension is commonly associated with stress, anxiety and fear as part of a process that helps our bodies prepare for potentially dangerous situations. Even though some of those situations may not actually be dangerous, our bodies respond in the same way. Sometimes we don’t even notice how our muscles become tense, but perhaps you clench your teeth slightly so your jaw feels tight. Muscle tension can also be associated with backaches and tension headaches.

Progressive Muscle Relaxation
One method of reducing muscle tension that people have found helpful is through a technique called progressive muscle relaxation (PMR). In PMR exercises, you tense up particular muscles and then relax them, and then you practise this technique constantly.

Preparing for Relaxation
When you are beginning to practise PMR exercises, keep in mind the following points:

- If you have any injuries, or a history of physical problems that may cause muscle pain, always consult your doctor before you start.
- Minimise the distraction to your five senses; such as turning off the TV and radio, and using soft lighting.
- Use a chair that comfortably seats your body, including your head. Wear loose clothing, and take off your shoes.
- Avoid practising after big, heavy meals, and do not practise after consuming any intoxicants, such as alcohol.

General Procedure

- Once you’ve set aside the time and place for relaxation, slow down your breathing and give yourself permission to relax.
- When you are ready to begin, tense the muscle group described. Make sure you can feel the tension, but not so much that you feel a great deal of pain. Keep the muscle tensed for approximately five seconds.

- Relax the muscle and keep it relaxed for approximately 10 seconds. It may be helpful to say something like, ‘Relax’ as you relax the muscle.
- When you have finished the relaxation procedure, remain seated for a few moments, allowing yourself to become alert.

Relaxation Sequence

- **Right hand and forearm**: make a fist with your right hand.
- **Right upper arm**: bring your right forearm up to your shoulder to ‘make a muscle’.
- **Left hand and forearm**: repeat as for right hand and forearm.
- **Left upper arm**: repeat as for right upper arm.
- **Forehead**: raise your eyebrows as high as they will go, as though you were surprised by something.
- **Eyes and cheeks**: squeeze your eyes tight shut.
- **Mouth and jaw**: open your mouth as wide as you can, as you might when you’re yawning.
- **Neck**: be careful as you tense these muscles. Face forward and then pull your head back slowly, as though you are looking up at the ceiling.
- **Shoulders**: tense the muscles in your shoulders as you bring your shoulders up towards your ears.
- **Shoulder blades and back**: push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward.
- **Chest and stomach**: breathe in deeply, filling up your lungs and chest with air.
- **Hips and buttocks**: squeeze your buttock muscles.
- **Right upper leg**: tighten your right thigh.
- **Right lower leg**: do this slowly and carefully to avoid cramps. Pull your toes towards you to stretch the calf muscle.
- **Right foot**: curl your toes downwards.
- **Left upper leg**: repeat as for right upper leg.
- **Left lower leg**: repeat as for right lower leg.
- **Left foot**: repeat as for right foot.

Practice Means Progress
Only through practice can you become more aware of your muscles, how they respond with tension, and how you can relax them. Training your body to respond differently to stress is like any training—practising consistently is the key.
**OAKHILL COLLEGE GALA DAY**

30 May 2015 from 9.00am – 4.00pm
COME ALONG AND JOIN IN THE FUN AT THE 8TH OAKHILL COLLEGE ANNUAL GALA DAY

FEATURED HOME GAMES FOR RUGBY, SOCCER, TENNIS AND NETBALL, PLUS A WIDE RANGE OF ACTIVITIES INCLUDING: MARKETS, FRUIT & VEG, HOMEWARES, JEWELLERY, FASHION, ARTS & CRAFT AND MUCH MORE.

RIDES FOR THE YOUNG AND THE YOUNG AT HEART - THERE ARE SOME HAIR RAISING RIDES TO GET YOUR BLOOD PUMPING.

FOOD - A CAFÉ, BBQ, SPIT ROAST, HOT CHIPS, CHORIZOS AND GARLIC Prawns, COFFEE CARTS, MY WHIPPY AND A CAKE STALL.

THE OAKHILL FARM - SOME OF OUR RESIDENT FURRY FRIENDS WILL BE ON DISPLAY.

AND A LARGE 2ND HAND BOOKSTALL FOR YOU TO REFRESH YOUR BOOKSHELF WITH GREAT TITLES AT EVEN BETTER PRICES.

DON’T MISS OUT ON THE CHANCE TO BUY YOUR TICKETS TO GO IN THE DRAW TO WIN A CAR. THIS YEAR WE ARE RAFFLING A HYUNDAI i20 VALUED AT $12,990 TO RAISE FUNDS FOR A MUCH NEEDED LIBRARY REFURBISHMENT.
TICKETS AVAILABLE ON THE DAY OR AT WWW.OAKHILLGALADAY.ORG

**CARING FOR OUR STUDENTS**

From time to time it will be necessary for students to leave school part-way through the school day. Whilst these instances should be kept to an absolute minimum, we understand that at times they will be unavoidable.

**If you know in advance** that your student will need to leave school early, please send a signed note which they should present to Student Reception at the start of the school day, so a Leave Pass can be prepared. Students holding a Leave Pass are free to leave the school grounds at the designated time.

**If a student needs to leave unexpectedly during the day,** to ensure their safety and security, our staff are obliged to ask for ID from the person coming to collect them. Parents should ensure that they (or their approved representative) bring some form of photo ID if they are collecting their student without prior written advice to the school.

**MAKEUP BY ALIA**

Now taking bookings for school formals

M: 0452 209 565
E: aliashammas@yahoo.com.au
W: www.makeupalia.com

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meagan@soames.com

**P&C Meeting Dates for 2015**

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

All parents and caregivers are most welcome to attend these meetings, which provide the wider school community with a forum for discussion as we work together with staff to sustain and further develop the best possible learning environment for our students. The discussions are complemented by presentations from staff, focussing on various aspects of education and, in particular, what is on offer at Pennant Hills High School.
Thinking of selling your property? We want to help you and Pennant Hills High School.

As a parent of a current student at Pennant Hills High School, I will not only ensure you get the best possible result, I will also personally donate $500 to the school if you refer a listing or list and sell your property with me at ALLEN & SHEPPARD.

Craig Taylor – 0414 754 563

Craigg@allenandsheppard.com.au

Recent Sales by the team at Allen & Sheppard

53 Thorn Street, Pennant Hills
Sold for $1,285,000 – New Street Record

1 Eddy Street, Thornleigh
Sold for $1,463,000 – New Street Record

37 George Street, Pennant Hills
Sold for $985,000

174 Quarter Sessions Road, Westleigh
Sold for $1,220,000
COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Murray Farm Cracker Carnival: Saturday 30 May 2015 from 2.00pm—8.00pm (Fireworks at 7.00pm) Murray Farm Public School, Tracey Avenue, Carlingford. Gold coin donation on entry. Rides—$5.00 each or for $20.00 or unlimited rides armband for $30.00.

Normanhurst Scouts Movie Night: Friday 19 June 2015 at 7.00pm—Odeon Cinema. 155 Pacific Highway Hornsby. Showing Minions—all tickets are $14—raising funds for Normanhurst Scouts attending the Australian Jamboree 2016. To order tickets, contact Gaby Mueller by Thursday 11 June: 0434 815 434 or gaby.mueller.gm@gmail.com

Hornsby Shire Council FREE World Environment Day Festival: Saturday 6 June 2015 from 10.00am—4.00pm. Workshops, live music, craft, activities, wildlife encounters. More information: hornsby.nsw.gov.au/week

FREE Seminar—Helping Teens Overcome Stress and Feelings of Pressure: Wednesday 17 June 2015 at 6.00pm. Presented in partnership with the Rotary Club of North Ryde. Guest speaker, Dr Danielle Einstein, will review current research on adolescent emotional health and discuss approaches for schools and parents supporting adolescents. Location: Australian Hearing Hub, Level 1 Lecture Theatre, 16 University Avenue, Macquarie University. Contact: Barb Corapi (barb.corapi@mq.edu.au) Bookings Essential: https://secure.mq.edu.au/forms/view.php?id=84486

University of Sydney 1000 Norms Project is seeking children aged 3–17 to participate in this fun and educational family activity. The program is ongoing until September 2015, but each participant is only required to attend one 2—3 hour assessment at the University of Sydney Lidcombe campus. The assessment involves basic physical tests, e.g. walking, balancing, jumping. Results will contribute to a study of how physical ability changes across the lifespan. Information: sydney.edu.au/health-sciences/research/1000-norms.shtml or phone Marnee or Jen on 9036 7435

STUDENT EXCHANGE PROGRAMS

Rotary Youth Exchange: the opportunity of a lifetime for young Australians currently in Year 9 or 10. Expand your horizons with a year on Rotary Exchange. Discover a different culture - www.rotaryyouthexchange.net.au


LATITUDE AUSTRALIA Volunteering and gap year placements for U/25s - www.latitude.org.au or (03) 9826 6266


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

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

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

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

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

RECREATION AND SPORTING GROUPS


West Pennant Hills Cherrybrook Football Club: www.wphfc.com.au

Rugby Connect—Trytions: 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) pennanthillscricket.com.au


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


Cherrybrook Table Tennis Club: 0412 520 830 - 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).

Penrith Hills Girls 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.taikom.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.westpennanths.netball.asn.au/ or http://www.facebook.com/WHNC ‘Netta’ 7—9 years; Junior 10—15 years; Senior 16 years and above.


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
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.

Foster carers needed: Key Assets NSW, a dynamic not-for-profit foster care provider - 8336 5700
Providing high quality and innovative family placements for children and young people with varying needs.

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.

Lifeline Telephone Volunteers needed: It's never too late to make a difference … or to learn new skills.
Join a team of volunteers on the crisis support line based at Gordon. Training is comprehensive and ongoing support is provided for all volunteer counsellors. More information: 9498 8805 or admin@lifelineh2h.org.au

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 (run by Fusion Sydney North): 5 Jersey Street Hornsby (a short walk from the station).
After school activities for students in a safe environment, Tuesdays–Fridays 3.00pm-6.00pm. 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.

TOUGHLOVE: 1300 856 830 - Parents helping parents to deal with problems of unacceptable adolescent behaviour.

Information and education provided by NSW Health - Northern Sydney Central Coast.

Centacare Broken Bay: 9488 2523 - Advice and support for parents.

Depression Support Group: 1300 794 991.
Hornsby RSL - first Sunday of each month. Run by Association of Relative and Friends of the Mentally Ill.

Parent Line: www.parentline.org.au or 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/wesleydalaray/ 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 - Phyllis St, Thornleigh

Christ Evangelical Centre of Australia Chinese Language School: 0410 613 814 (Jenny)


The Australian Childhood Vision Impairment Register: www.vifamilynetwork.org.au
The Register collects and uses data to improve services for children and to research eye disease and disorders of vision.

Bedford College Play Sessions for children (0—5 years) and their parents/carers: Fridays 9.30am—11.30am
2 Columbia Court, Baulkham Hills. Small fee includes morning tea for children and their carers. Bookings: 1300 174 174

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