GOODBYE YEAR 12

THE FINAL ASCENT ASSENT!
May their problems not be 'insurmountable'!

WELL, YR 12, WE’VE MADE SURE YOU’RE WELL EQUIPPED. WHO’S READY TO TAKE IT ON?

GOOD LUCK

Our sincere thanks to Mr Bob Williams, a former teacher at Pennant Hills High School, for once again contributing the artwork for our Year 12 farewell edition of Jumbunna.
### Term 3 2015

**Week 9A**
- **Saturday**: 5 September - CHS Athletics Carnival
- **Monday**: 7 September - Year 11 Preliminary Exams (All week)
- **Monday**: 7 September - Year 10 VALID Science 10 Test
- **Wednesday**: 9 September - Years 9 and 10 Girls' Netball Gala Day
- **Thursday**: 10 September - NSW All Schools Relay Competition
- **Thursday**: 10 September - CHS Athletics Carnival (Thursday, Friday and Saturday)

**Week 10B**
- **Monday**: 14 September - Year 11 Preliminary Exams (All week)
- **Tuesday**: 15 September - Year 12 Graduation
- **Wednesday**: 16 September - Year 12 Formal
- **Friday**: 18 September - Last Day of School (Term 3)

### Term 4 2015

**Week 1A**
- **Monday**: 5 October - PUBLIC HOLIDAY
- **Tuesday**: 6 October - Staff and Students Return to School
- **Wednesday**: 7 October - HSC 2016 Survival Evening
- **Thursday**: 8 October - Year 10 P.A.R.T.Y. Program
- **Thursday**: 8 October - NSW All Schools Track and Field Competition (Thursday, Friday, Saturday and Sunday)

**Week 2B**
- **Monday**: 12 October - HSC Written Examinations (All week)
- **Thursday**: 15 October - Combined Choir (Secondary Choir Rehearsal)
- **Thursday**: 15 October - Year 7 HPV, DTP and Chicken Pox Vaccinations

**Week 3A**
- **Monday**: 19 October - HSC Written Examinations (All week)

**Week 4B**
- **Monday**: 26 October - HSC Written Examinations (All week)
- **Tuesday**: 27 October - P & C Meeting 7.30pm
- **Thursday**: 29 October - Festival of Choral Music at the Sydney Opera House
- **Saturday**: 31 October - The Great Penno Reno (Saturday and Sunday)
- **Sunday**: 1 November - Duke Of Edinburgh’s Award Silver Qualifying Canoe Trip

### ASSESSMENT TASKS FOR YEAR 11 - Term 4 2015

**Week 3A**
- **Friday**: 23 October - Visual Arts: Gallery Hop Assessment Task Due

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**P&C Meeting Dates for 2015**

- **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.

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**‘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.

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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.
DEPUTY PRINCIPAL’S REPORT

A Busy Third Term

Term 3 has been productive, exciting and busy. Trial HSC examinations, Spirit Week, sport events, excursions, the CAPA Festival, Prefect elections and the upcoming Year 11 Preliminary examinations are all events that have defined this term.

As a teacher of Year 11, I have the privilege of working with a remarkable group of young adults. I am privy to their intellect, work ethic and fondness of this fantastic school.

Mr Wing, Mr O’Byrne, Mr Keegan, Mrs Blarasin and I attended the Prefect Executive election speeches, where I was once again reminded of the impeccable manners, leadership qualities and values that our newly appointed prefects possess. I would like to congratulate our 2016 School Captains, Prefect Executive and Prefects on their election into this fine leadership team. I look forward to working with you all.

Leadership

Following the theme of leadership, I would like to recognise the efforts of Mr Brendan O’Byrne and his recent award acknowledging his 10 years of service as a Deputy Principal in NSW Public Schools. Brendan and I attended the 2015 Annual NSW Secondary Deputy Principals Association Conference, where he was presented with this fine award. I am honoured to work with such an astute and experienced educator, who contributes great value and knowledge to our Pennant Hills learning community. Congratulations, Brendan.

Teaching Gen Z

The keynote speaker at the conference was Michael McQueen, an award-winning speaker, social researcher and best-selling author. Michael is an expert in emerging trends shaping business and culture. Some of his clients include Pepsi, Cisco and KPMG.

Michael discussed the nature of teaching Gen Z (born 1999 and beyond) and spoke of the many ways in which educators must embrace technology in order to understand and engage with them. He also addressed the increasing need for us to embrace technology in order to assist our students’ learning needs.

The point which most resonated with me as an educator was Michael’s reference to personal devices such as mobile phones, tablets and ipads. He made the point that Gen Z are constantly ’wired’ and ‘connected’ and have the privilege of using these powerful learning tools which provide access to information that can enrich their learning experiences. He proposed this question to the audience: ‘Why would an educator not embrace the most powerful learning tool that a learner could have?’ This evoked my thinking around Bring Your Own Device (BYOD), raising the question, How can staff, students and parents at Pennant Hills High School more effectively use technology as a learning tool?

Coincidentally, our own student-led TECH team has recently made further progress in the area of BYOD. The team analysed data collected from a technology survey and concluded that our students want MORE, MORE and MORE contact with technology in the classroom. This is not surprising, given the amount of attention that technology receives in education, not to mention the ease with which it provides students with information. This includes the use of interactive whiteboards as well as personal devices. As a starting point, the team have devised an action plan for the remainder of 2015, which includes exploring useful educational apps and leading staff in professional learning around the use of Google Apps. These ideas are exciting and showcase the depth of knowledge and talent that our students possess.

Looking After Yourself

Lastly, I would like to touch on the issue of health and wellbeing. I fully understand that life is often busy, hectic, chaotic and stressful. However, the one message I would like to emphasise to our school community is that health and wellbeing should be everyone’s first priority. Data tells us that mental health concerns are on the rise. Our young people are often at risk from the onset of conditions such as anxiety and depression, at times due to busy lifestyles and pressures.

As a health education professional, I firmly believe that students should have a lifestyle that has balanced components of sleep, leisure, work, exercise and rest. Achieving this balance assists in alleviating stress and pressure, and also in promoting optimal health. If you are feeling stressed or more down than usual, talking with a person you trust or a health professional may be necessary. Nutrition is also a key element, and I recommend that all of our students should endeavour to lead a lifestyle that also includes a balanced and nutritious diet.

Whilst these aspects alone cannot always fix health concerns, I do encourage any strategies that will assist in alleviating stress and anxiety and promoting a balanced lifestyle. As we near the end of Term 3, and with the holidays quickly approaching, it may be timely to evaluate your lifestyle and ask yourself, Am I looking after myself?

Amanda De Carli
Deputy Principal

Letter: 'Bring Your Own Device (BYOD)'</letter>
RoboCupJunior Australia is a project-oriented, educational initiative, that supports local, regional and international robotic events for young students. The competition has three disciplines: rescue, dance and soccer, in which to compete.

This year Pennant Hills High School sent a team consisting of Ryan, Tessa and Rhiannon, to compete in the Open Division of the rescue competition in which we have had many previous successes.

In Open Rescue, robots compete by navigating through a rescue field to find and save a ‘victim’. The rescue field is based on a modular 594mm square tile of which there are 15 different variations, which can be used to make an endless number of different courses for the robots to traverse. This includes tiles with bridges, tunnels, speed bumps and obstacles that would challenge the most intrepid programmer. After negotiating a randomly selected path, the robot arrives at a green-coloured area which indicates a chemical spill. While the clock is still ticking the robot must find the ‘victim’ and lift it out to the safety of a raised platform. Finally contestants need to save their robot and exit the chemical spill from where they entered.

Every team had difficulties successfully completing the various courses, with only one team managing to complete a clear round. Although our team was hampered by technical and build difficulties all day, we finished in eighth place. This was an admirable result in the state-wide competition. Hopefully next year, this team will regroup and be joined by additional Penno teams to take up the challenge.

Lawrence Huang
Computing Studies

### PAST STUDENT COOKS UP A STORM

Congratulations to Lauren Eldridge, a past student of Pennant Hills High School, who was recently awarded the coveted prize of the Josephine Pignolet Young Chef of the Year.

Lauren, a pastry chef, was judged by a panel of well known chefs, who were looking for someone who was incredibly talented and assured in their cooking. She was described as ‘100 per cent reliable, assured and honourable’ with the judges believing that ‘she will perform her tasks brilliantly’.
CONGRATULATIONS AND BEST WISHES

“Wishing all the Year 12 students Good Luck”. From Sigrid (past exchange student of Pennant Hills High School)

YEAR 12, 2015
Farewell Year 12, 2015
The library staff would like to wish Year 12 all the best for the HSC and your future years. Many students have been consistent, productive workers, taking advantage of the resources in the library over the past 12 months, and it has been a pleasure to have known and helped them. The library and senior study will be available for Year 12 students throughout stuvac and the examination period, except when an examination has been scheduled in the area.

Board of Studies, Teaching and Educational Standards Examination Workbooks
These resources from the 2014 HSC are available. They contain examination questions, marking guidelines, marker feedback and top scoring student answers. The subjects available are:

- Biology;
- Business Studies;
- History Extension;
- Economics;
- Legal Studies;
- Information Processes and Technology;
- Modern History;
- PDHPE; and
- Ancient History.

HSC Checkpoints 2015 in Various Subjects are Available
Study guides for teachers and students. To check availability of these and many other HSC resources, access Library Enquiry through PHHS Intranet or My Library on NSWDET Student Portal.

Remember that overdue book fines still apply over this time so make sure you return and renew books on time to avoid fine payments when it comes to the sign out day.

Lifelong Skills
Pennant Hills High School is encouraging students, especially in Years 7-10 to improve their writing skills using the PEEL system to produce paragraphs. Students can obtain assistance to develop writing skills from the following websites:
- Digital Literacy Website
- Tools for writing digital texts

Referencing Has Never Been So Easy
There is no excuse for not having a complete Bibliography with your assignments. Impress your teachers and establish good research habits for the future simply by entering Online Reference Generator into Google.

Your teacher may want you to use either the Harvard or APA format so add either as well. Then select the type of resource, website, film, interview, book, etc. and complete required details. This example is very useful as it allows you to build your Bibliography as you go; https://www.citethisforme.com/

Simply copy and paste your bibliography into your assignment.

HSC: ALL MY OWN WORK
All Year 10 students in NSW are required to complete the HSC: All My Own Work program BEFORE they can be enrolled into Year 11. It has been developed as part of the NSW Government's Respect and Responsibility strategy and is an integral part of all HSC course requirements. The program is designed to help HSC students to become aware of good scholarship principles and practices. This includes understanding and valuing ethical practices when locating and using information as part of their HSC studies.

Pennant Hills High School Year 10 students are required to complete the program, either in designated classes at school or as a homework assignment, on 16, 17 and 18 November (Term 4, Week 7). There are five modules to read and five quizzes to complete. A student must achieve above 80% on each quiz to be deemed to have a clear understanding of their rights and responsibilities in regard to all future assessment tasks.
We ask for your support in ensuring that your son or daughter is at school on the designated days. If you know that they will not be present, they must see me in the Library as soon as possible to make alternative arrangements.

**New Books**
See [The Children’s Book Council of Australia](http://www.bookcouncil.org.au) website for the 2015 winners, honour books and shortlisted titles. Many are available at Pennant Hills High School Library: see [PHHS Intranet → Library Enquiry or My Library](https://phhs.cese.nsw.gov.au/) on your NSWDET Student Portal for availability of these plus the new reads below.

### Fiction

*The Protected*  
*Non & Me*  
*The Minnow*  
*Go Set A Watchman*  
*Mockingbird*  
*Paper Towns*  
*before it fall*  
*Red Rising*  
*Golden Son*

### Non-Fiction

*Brick Shakespeare*  
*Big Book of Numbers*  
*The Great War*  
*Tackling Child Sexual Abuse*  
*Dealing with Depression*

See availability of these and many more on *Library Enquiry on PHHS Intranet or My Library* on your NSWDET Student.

*Sue Whitlock,*  
*Teacher Librarian*

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**PARENT SURVEY - HAVE YOUR SAY**

**How can I participate?**
You can access the survey in your own time, from today, Friday 4 September until Friday 16 October 2015.

Copy and paste the link below into your browser on your computer or tablet:


*Heidi Currie,*  
*Head Teacher Administration*
SPORTS SHORTS

2016 Sports Captains
Congratulations to Ewan and Caitlin who were elected Sport Captains for 2016. I am proud to welcome these very capable and competent student leaders and look forward to seeing what they achieve during 2016.

Year 7 and 8 Gala Days
The Year 7 and 8 Gala Days went very smoothly and most teams came back with favourable results. Congratulations to all Year 7 and 8 students, for their excellent behaviour and great sportsmanship towards the other schools in the Zone.

The coaches from Year 9 and 10 PASS did an outstanding job in coaching all the sporting teams from Pennant Hills High School, gaining valuable experience. We thank them for their contribution to a very successful day.

At the Year 7 and 8 Gala Days, Pennant Hills High School was responsible for the organising of Netball at Pennant Hills Park. The preparation before the event was demanding and I would like to congratulate Kim in Year 10 who did an excellent job with the overall management of the day. Kim was responsible for calculating the draw, recording the results after every game, rotating the umpires, addressing any injuries and generally ensuring the day went as planned.

Year 8 Gala Day Netball Report
By Year 9 coaches Caitlin and Hannah
On Wednesday, Year 8 participated in a Gala Day. Pennant Hills High School's girls' Netball team made it into the grand final and won the day, only losing one game in the qualifying rounds. Congratulations to Olivia, Jesse, Elinya, Aimee, Annabelle, Rachel, Sarah and Julia.

You all put in an amazing effort and improved as the day progressed. Well done.

Girls Knockout U15 Basketball
Congratulations to the Girls KO Basketball team who won the Regional Championships yesterday, defeating Mackellar Girls High School 36-20 in Terrigal. The team, comprising Chloe, Jesse, Maddy, Amy, Erin, Jess, Lara, Rebeka, Olivia and Montana, played brilliantly and were clearly the stronger team as the score card reflected. There will be a full match report in the next edition of Jumbunna. Well done, girls.

Boys Knock Out U15 Basketball
Our U15 Boys KO Basketball team defeated Wadalba Community School 51-26 before playing Erina High School where they were defeated in a close contest.

Congratulations to the team on a great finish to the competition: Nick, Tom, Daniel, Owen, Liam, Sam, Oliver, Akaash, Mike and Sam.

Valmé Kruger
Sport Coordinator

CONGRATULATIONS
BIG BAND AND STAGE BAND
Last week, Big Band and Stage Band, under the direction of Mr Jason Isaac, competed in the NSW School Band Festival at the University of NSW.

Both bands performed brilliantly and as always, our students behaved in an exemplary manner.

Congratulations to Big Band who received a Gold Award and Stage Band who were awarded Silver.

Carol Coomber
Band Coordinator

SCHOOL BLAZERS WANTED
We currently have several parents seeking to purchase second-hand blazers for their children who are members of our school bands.

Do you have a school blazer that your child no longer needs?

Our Band Assistant, Anne Bassett, would be happy to put you in touch with parents wishing to purchase a blazer.

Please contact Anne if you are able to help.
band@pennanthil-h.schools.nsw.edu.au
Premier’s Sporting Challenge – Year 7
This term, all students in Year 7 are participating in the Premier’s Sporting Challenge. In Health classes, students were given an individual log book which they use to track their physical activity levels across a ten week period. The aim of the challenge is to encourage students to work together to improve the overall physical activity levels of the whole class. Good luck to Year 7, and keep trying to find ways you can increase your activity levels.

Students as LifeStyle Activists (SALSA) – Year 8
SALSA is a unique peer education program, designed to motivate high school students to increase physical activity, improve diet and lead a healthier lifestyle. SALSA uses a series of structured lessons for trained SALSA Peer Leaders from Year 10 to deliver to classes of Year 8 students. Physical Activity and Sports Studies (PASS) students were selected to be the leaders in this program.

The program was implemented with all students this term and was delivered during Health and Physical Education lessons. Some of the activities the Year 10 students led included *Lunch Box Lotto*, *Healthy Snacks*, and *Cooking with your Family*. SALSA concluded with a Healthy Lifestyle Goal Setting session.

Congratulations to the Year 10 PASS students who led this program and thank you to Year 8 PDHPE classes for their active involvement.

Physical Activity and Sports Studies – Year 9
Year 9 PASS students have recently participated in the Backyard League Program, facilitated by the Australian Rugby League (ARL). Students have been led by Luke, an Assistant Coach with the Manly Sea Eagles, through a series of games and activities. This interactive program has allowed our students to develop their league skills at a high level in a safe environment, led by an expert in his field. It has been a very enjoyable program and will assist these students significantly as they move into Year 10, where they will be challenged to teach this program to primary school students.

Preliminary PDHPE – Year 11
As part of the Preliminary PDHPE course, Year 11 students study a topic entitled *Fitness Choices*. To fully experience this topic, students were invited to participate in a series of before-school sessions at *Fitness First* in Pennant Hills. These group fitness sessions included Warrior Class, Cycle Class and Body Pump. Despite the 7.00am start, these sessions have been well attended and students have enjoyed the opportunity to train with their friends. They have been challenged in some new fitness environments. Thank you to *Fitness First* for their organisation of these sessions, and congratulations to the students who attended.

James Boyer
Head Teacher, PDHPE
CARING FOR OUR STUDENTS

From time to time it will be necessary for students to leave school during 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.

RNS Hospital PARTY Program
The next Year 11 excursion to Royal North Shore Hospital to participate in the PARTY Program will take place on Thursday 8 October. Any students interested in attending will need to see me in the Careers Office as soon as possible to secure their place.

Please note, PDHPE students will be given priority in attaining a place on the excursion due to the close links that the excursion has to syllabus content, as well as possible future career pathways of those students.

Automotive Pre-Apprenticeship Course
Free three week classroom-based Automotive Pre-Apprenticeship courses are being run to assist interested students in securing the best Automotive apprenticeships available in Sydney.

Please see me in the Careers Office for the MTAPlus Expression of Interest form if you are interested in participating in this program.

Sydney University HSC Exam Workshops
HSC Exam Preparation Workshops
These Exam Preparation Workshops, to be held in September, are designed to help students with some last-minute practice and advice for their HSC examinations. Students will have the opportunity to ask subject specific questions and individual advice.

For more details visit: https://cce.sydney.edu.au/courses/education/HSC

Sydney Institute of TAFE Parent Information Evening
Sydney TAFE is inviting students from Years 10-12 and their parents to an evening Information Seminar on Tuesday 8 September from 5.30pm - 7.30pm at Sydney TAFE, Building W: Ground Floor, 827-839 George Street Sydney (adjacent to Railway Square and a short walk from Central Station).

Any students contemplating TAFE as an option will find this seminar helpful in their decision-making. Information will be provided in short sessions on:

- choosing the best career;
- steps for getting into TAFE;
- pathways to university; and
- apprenticeships and traineeships.

There will be interviews with TVET/graduate students. Participants will receive resources and have the opportunity to speak with experienced TAFE Counsellors. Bookings are essential. Register at: Sydney.CareerAdvice@tafensw.edu.au or phone 9217 4854.

Teaching Degrees
Families may have read that the requirements for students interested in pursuing a career in teaching have recently changed for 2016. Please note that there are a range of other options and pathways into teaching that are comparable to the new standards. For more information, check with the Universities Admission Centre (UAC) or directly with the Universities, for the specific pathway they offer.

Upcoming University and TAFE Open Days
UNSW – Saturday 5 September
ACU North Sydney – Saturday 5 September
AFTRS – Saturday 5 September
MQU – Saturday 12 September
The Hotel School Sydney – Saturday 12 September

Ashley Symons
Careers Adviser
In Pain?

Don’t be, when Chiropractic could help.

Male and Female Chiropractors, convenient hours, HICAPs, Medicare, DVA and Workcover

Shop 2, 354 Pennant Hills Road, Pennant Hills.

9980 9000

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ALLEN & SHEPPARD

Thinking of selling your property? I 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, but 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.

22 Angophora Place, PENNANT HILLS
SOLD $975,000
3 Bed | 2 Bath | 2 Car

If you would like similar outstanding results for your property, don’t hesitate … give me a call today!

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0414 754 563
craig@allenandsheppard.com.au

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COMMUNITY NOTICES AND CONTACTS

COMING EVENTS

Kids in the Park: Sydney’s largest school holiday program returns this Spring. 70+ fun-filled activities to keep kids active, outdoors and entertained. Some activities are free or under $25.00. Full details visit www.kidsinthepark.com.au

Ku-ring-gai Police and Community Safety Committee: Free seminar parent survival strategies for teaching young drivers. Monday 21 September 6.00pm for 6.30pm-8.30pm. Level 3, Ku-ring-gai Council Chambers, 818 Pacific Highway, Gordon. Bookings essential; phone 0405 568 660 or email carroll.howe@gmail.com

No1 Draft Pick School Holiday Basketball Camp: Run by NBL Hall of Fame star and Sydney Kings legend Steve Carpino. From Monday 28 September-Friday 2 October for 7-18 year olds. Phone 0432 500 255 for more information.

Dulkara Centre for Life Skills and The Arts - Open Day: Wonderful artwork and a large variety of creative programs. Saturday 17 October 10.00am-3.00pm at 118 Franklin Rd, Cherrybrook. Call 9634 2521 or email chuggett@inala.org.au.

2015 Spring Cycle: Come along for a ride across the main deck of the Sydney Harbour Bridge on a 12km, 50km or 105km cycle. On Sunday 18 October. Register at springcycle.com.au

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 Youth Exchange. Discover a different culture - www.rotaryyouthexchange.net.au


LATTITUDE AUSTRALIA Volunteering and gap year placements for U/25s - www.lattitude.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 (AIUI) 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

Northern District Hockey Association: www.ndhockey.com.au or phone 0419 299 808 (Adrian) or 0438 119 729 (Robert)

U5 - U9 ‘Minkey’. U11, U13 and U15 mixed junior comp. Play on a world class artificial turf facility at Pennant Hills Park.

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

Rugby Connect - Trytonts: 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) pennanthscc.com.au

Registration enquiries: penno.juniors@gmail.com or SMS 0450 226 158.


Pennant Hills Cherrybrook Rugby League Club: www.pennnostags.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 Girls Guides: Mondays - Guides (10-14) 5.30-7.30pm; Senior Guides (14-18) 7.00-9.00pm. 0438 284 592 (Fiona)

Hornsby District Athletics (children aged 4 - 17): Saturday mornings at Pennant Hills Park www.hdla.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)


‘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

Hornsby Juniors Touch Footy: All games played at Foxglove Oval, Mt Colah. Girls 9s–17s; Boys 9s–15s. Registration (including t-shirt) - $60.00 - family discounts available. Information/Registration: hornsby.mytouchfooty.com

North Rocks Softball: Teeball, Modball, Softball - school terms only - 5 years to adults - social and competitive. Information/Registration: northrockssoftball.org.au or phone: 0406 852 851.
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@lifeline2h.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.


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.fcsansw.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.


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/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 - 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/carer: Fridays 9.30am - 11.30am
2 Columbia Court, Baulkham Hills. Small fee includes morning tea for children and their carers. Bookings: 1300 174 174

CatholicCare Diocese of Broken Bay: counselling, parenting and support groups. 9488 2400 or waitarafc@dbb.org.au

Our Space - Integrated Youth Service Hub, Eastwood: bringing together a variety of services committed to improving the wellbeing of young people aged 11–18 years. Information: www.ourspace.org.au or 9874 7458.

St Vincent de Paul Society: Interest free loans to low income families for essential household items. Phone 9477 5010

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