

Relieving Principal:
Ms Glenda Robinson

Deputy Principals:
Ms Elizabeth Diprose
Mr Ken Hopley
Ms Stephanie McConnell (Rel.)

School Captains:
Nicola Bevitt
Cameron Carmody

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Year 9 Parents' Dinner

**Great Northern Hotel,
Chatswood**

522 Pacific Highway (cnr of
Pacific Highway & Mowbray Rd)

**Saturday 7th November 2009
at 7pm**

Order meals or prepare your own
on the BBQ. Salads & Rolls
included

Come and join us, new families
welcome

RSVP Nalini, nnaidu@optusnet.com.au or

Conny, valeontis@pacific.net.au

October Vacation – Killara Construction Zone

The vacation fortnight saw Killara High School transformed into a construction site. While the upgrade of all our Science Laboratories proceeded at a pace and the Creative and Performing Arts Staff Room was transformed into a much more functional and professional working space for these staff members, three projects funded by the P&C were also under construction or nearing completion.

The first of these was an upgrade of the Light and Sound Box in the Kerrabee Centre Theatre. When all the light and sound equipment is installed in this much larger and more user friendly space the Theatre will provide the students of Killara with a professional standard facility for musical and drama performances. Few schools can boast such professional facilities.

The photographs below show the results of the second parent funded project completed in the vacation. Seven rooms in E Block of the school were completely revamped. New carpet, blinds, light fittings, doors, continuous display boards mounted around the walls, a fresh coat of paint using colours to make these spaces light and bright and installation of Interactive White Boards and digital projectors completed the transformation. The comments and reaction from both students and staff has been overwhelmingly positive.

Our thanks goes to parents, Tim Tait and Ron Green of the P&C Building Committee, and to teachers, Megan Clarke (Head Teacher PDHPE) and Steve McLean (TAS) who worked together with the Mathematics staff (E Block rooms are predominantly Mathematics rooms) to make this transformation happen.



The P&C plans to allocate money to similar projects throughout the school in the coming years. A wonderful enhancement to the learning environment of our students.

The third project, replacement of student lockers, continued with new lockers being installed in B Block.

Calendar

November 2009

- 4 - Yr 12 Food Technology Excursion – Sydney Tower
- 5 - Remembrance Day Assembly
- 9 - School Certificate Examinations – English (Literacy) and Science
- 10 - School Certificate Examinations – Mathematics and Australian History, Geography, Civics and Citizenship
 - Yr 7 Vaccinations
- 11 - Yr 10 Elective Course Assessment
- 12 - Yr 10 Elective Course Assessment
 - Spring Sport Semi-Finals
- 13 - School Certificate Examination – Computing Skills
 - Yr 11 Society & Culture PIP day – Wesley Centre
 - Prefect Red Ribbon Muft Day
- 16 - Yr 9 PASS - Primary School Gala Day
- 18 - Yr 7 Science Excursion – Taronga Zoo
 - P&C Meeting – 8pm – C Block Conference Room
- 19 - Spring Sports Finals
- 20 - Yr 11 SRE Seminar (P2) – Conference Room
- 22 - P&C Grounds Working Bee
- 23 - Yr 10 Work Experience/ Service Learning (all week)
 - Yr 9 Water Safety & Survival Skills (all week)
 - Student Leadership Council - National Young Leaders day
- 25 - Lindfield East PS Presentation Day
- 30 - Yr 10 Work Experience/ Service Learning (all week)
 - Yr 7 Water Safety & Survival Skills (all week)

December 2009

- 2 - P&C Christmas Meeting – 8pm
- 4 - Yr 7 2010 Enrolment Day
- 7 - Introduction to DEAS 2010 Meeting – 6pm – Conference Room
- 8 - Yr 10 Service Learning Reflection Day
 - Killara PS Presentation Day
- 9 - DEAS Gold Qualifying Expedition – Mr Jagungal, Snowy Mountains (5 days)
- 11 - Yr 10 Final Assembly
- 14 - Annual Awards Ceremony – 10.30am - Hall

These sleek green lockers are a vast improvement on the old 'red rattlers' previously in use. Only A Block to go and these will be replaced following the completion of the Laboratory upgrade. The P&C have funded this project, managed by Barbara Smith, our School Administration Manager, to the 'tune' of \$60,000 over two years.

On behalf of the staff and students of the school I thank the parent community and particularly the P&C for their continuing support both in terms of money, expertise and initiative in the projects they have undertaken. The school is being transformed.

Glenda Robinson, Relieving Principal

Thank You to Dr Brendan Nelson from Killara High School Students

On the 29th September, Killara High was paid a visit by retiring Federal Parliamentarian, Dr Brendan Nelson, and Liberal Candidate for Bradfield, Paul Fletcher.

With a touch of symbolism Dr Nelson was here to retire our old Australian flag and present us with a new one. The two School Captains, **Nicola Bevitt and Cameron Carmody**, President of the SRC, **Desmond Leung**, Senior Vice-President of the SJC, **Louise Chan** and SJC Publicity Officer, **Edmund Ong**, received the flag and thanked Dr Nelson on behalf of the students and school.

Dr Nelson, during his time as Federal Minister for Education, was instrumental in assuring schools across Australia had a flag pole to fly the Australian flag. There are two flag poles at Killara High, with one having been funded by the SRC and the other by the Federal Government.

In his 14 years as our local member Dr Nelson has been a participant in many of Killara's Political Forums and attended countless school assemblies, special events and Annual Award Ceremonies. We thank him for his support, and hope that Killara High can continue this positive association with the next member for the Bradfield electorate.

Cameron Carmody, School Captain

Photograph by Edmund Ong



(Pictured from left to right: Desmond Leung, Dr Brendan Nelson, Cameron Carmody, Nicola Bevitt, Louise Chan and Mr Paul Fletcher)

2009 School Certificate Examinations

The external School Certificate exams will be undertaken in November and the School Certificate issued to the students on Friday 11th December. The dates for the external exams are:

Monday, 9th November

English **9.00am to 11.10am**
Science **12.20pm to 2.30pm**

Tuesday, 10th November

Mathematics **9.00am to 11.05am**
Australian History/Geography **12.20pm to 2.30pm**
(Civics & Citizenship)

Friday 13th November

Computing Skills test **11.00am to 12.15pm**
(Pen and paper)

Students should be at school no later than 8.35am on the Monday and Tuesday.

Please note that these times have been brought forward with the permission of the Board of Studies to ensure that students can catch their school buses in the afternoon.

Students are reminded that:

- ❑ no extra time will be given to students who arrive late
- ❑ they **must attend** each exam and remain in the examination room for the duration of the exam
- ❑ **mobile telephones** cannot be taken into the examination room
- ❑ students must remain in the school grounds between exams

ENCORE 2009

Richard Pengelly (Year 12) has been nominated for possible inclusion in ENCORE, a selection of exemplary performances and compositions from HSC

Prefect Report October 2009

After attending Killara High's "leadership camp" last month, the 2009/10 prefects have made a great start, planning and organising several exciting events including the Blood Drive for the Red Cross that was held last term.

The Prefects have many fantastic ideas and can't wait to put them into action. We have stacks of activities planned for the rest of this year and next year which include a 'Prefect Auction', another 'Blood Drive' and of course a Mufti Day.

While we are getting excited and planning lots of events for KHS we would also like to take the time to say thanks to the outgoing Prefects of 2008/09 who have left big shoes for us to fill and raised the bar of our school's and our community's expectations. As a

- ❑ approved **calculators only** may be used
- ❑ all equipment (pens, rulers, calculators) needs to be placed in a clear plastic bag and shown at entry to the examination room
- ❑ in the event of misadventure on the day of an exam, the school must be notified prior to the commencement of the exam so that the correct procedure is followed and students are not disadvantaged
- ❑ **attendance at school is mandatory until 11th December in order for students to satisfy requirements for the award of the School Certificate.** Students who do not attend school up to this date may not be eligible for a School Certificate and may not be able to progress to Stage 6 (Years 11 and 12).

Following the School Certificate examinations, Year 10 students will be participating in the "It's Your Life" program.

From Monday 23rd November to Friday 4th December all Year 10 students will be participating in Work Experience or Service Learning/Volunteer activities. Students should ensure their arrangements for work experience or service learning are finalised before the School Certificate examinations.

All Year 10 students are required to be at school in the week commencing 7th December to meet final course requirements including return of textbooks and for the presentation of reports and School Certificate on Friday 11th December 2009.

Ken Hopley, Deputy Principal

Music students. ENCORE will be held in the Concert Hall of the Sydney Opera House on Monday 29th March 2010.

way of saying 'Thanks' we organised a farewell party for them last term and the photos of the party can be seen on our noticeboard in the canteen.

This week we have also started a new fortnightly column in the newsletter called "Get to Know Your Prefect" (see page 4). With each edition of the newsletter you will be able to read about one of the Prefects, finding out what they like and dislike and maybe even some surprises.

So make sure you keep a look out in future newsletters and student news announcements for more information about your Prefects and what we are planning for you!

Drew McIntosh, Prefect



Get to Know Your Prefect ...

What is your name? Nicola Bevitt **When is your birthday?** 7/03/93

Do you have any hobbies? Writing songs on the piano, facebook shhh, & netball

What is your favourite/least favourite subject? Favourite would be Chemistry and Ms Leslie's constant cracks about how I talk too much to learn. Least favourite... are you kidding me? Put that in the newsletter? I'd rather not get death stared by my teachers

What has been your most embarrassing moment? I was doing work experience at Roseville Public School and decided to play handball with the Year 5 girls at lunchtime. I ran for the ball, tripped over my own feet and superman dived onto the concrete in front of the entire class I was meant to be teaching

What do you want to do after high school? I'd like to do a law degree at Sydney Uni and become a judge, but I also love the idea of becoming a teacher. Working with Indigenous Australians or heading over to Africa to work with the disadvantaged kids, those are two of my passions as well.

What's on the back of your year 12 jersey? I honestly have no clue yet! Any ideas, tell me!

What is a funny/ random thing about you? I am well known for my habit of eating Fairy Bread...

What is your earliest childhood memory? I drew with purple texta all over my bedroom walls when I was really little. I got in so much trouble I'll NEVER forget that, not to mention the purple scribbles were hard to get rid of

Describe yourself in two words: Loud, Happy

Year 7 and Year 9 Survival Skills & Water Safety Program

Year 9

Date: Monday 23rd November – Friday 27th November 2009, (excluding Tuesday 24th) Week 6

Venue: Lane Cove Aquatic Leisure Centre, Lane Cove.

Year 7

Date: Tuesday 1st December – Friday 4th December 2009, Week 7

Venue: Lane Cove Aquatic Leisure Centre, Lane Cove.



Full details including costs and permission notes were distributed to students last week.

Parents of Year 10 Students

A notice to the parents or carers of Year 10 students to alert you to the program that is being run for Year 10 in week 5, Term 4, after the School Certificate Exams.

Year 10 students will complete their School Certificate exams on the 13th November. From the **16th November till the 20th November** Year 10 will participate in an exciting, interesting and useful program to equip them for life both at school and in the wider world as they enter post compulsory education.

During **Week 5** we have organised a variety of speakers and presentations covering leadership training, self-defence, self-management in risky situations, safety and preparation for their week of service learning.

Weeks 7 and 8 involve work experience and service learning (volunteering) in and about the community.

Year 10 students will return to school on the 7th December when they will prepare presentations for their peers focusing on the evaluation of their service learning experience.

This of course all comes at a cost which the school has minimised as far as is possible. The **It's Your Life** program will cost each student **\$43**. All students are expected to attend and will be invoiced for this amount. Payment is due by **13th November**

Details of these programs will be provided to students through their home groups in Week Two, Term 4.

On Friday **11th December, a Year 10 Final Assembly** will be held to celebrate the achievements of our Year 10 students and present them with their School Certificates. Parents are invited to attend this assembly.
Jane Rountree, Head Teacher Welfare

Last day for students – change of date in 2009

The Department of Education and Training has advised the following changes to the end of Term/Year dates for 2009.

The last day for students in Years 7, 8, 9 and 11 is Wednesday 16th December 2009. Students in years 7, 8 and 9 will be issued with their Semester 2 Report on that day. Scheduled lessons will take place on Tuesday and Wednesday. On Monday 14th December the Annual Awards Ceremony will be held in the Kerrabee Centre Hall from 10.30am.

Year 10 students will receive their School Certificate in a final assembly on Friday 11th December commencing at 9 am. At the conclusion of this ceremony Year 10 students may leave for the vacation.

Thursday and Friday, 17th and 18th December have been designated as School Development Days. The staff will be working on these days undertaking training in mandatory programs of Child Protection and Emergency Care as well as finalising preparations for the 2010 school year.

Glenda Robinson, Relieving Principal

Did You Know . . . ?

Lucy Tunbridge (Year 11) has been awarded a Scholarship to visit Germany, leaving in November. Only a few scholarships were awarded from over 40 applicants. The scholarship was awarded by the Society for Australian-German Student Exchange.

International Teachers Day is Friday 30th October. "If you are reading this – Thank a teacher"
What would your life be like if you hadn't been to school?

Student Representative Council News Update

On 17th and 18th August, the newly elected members of the SRC, along with the other councils, participated in the student leadership camp. The first day was full of exciting activities dedicated to improving our leadership skills, and culminating with our very own Australian Idol competition. The Arts Council, with their original composition, tied in first with the Prefects.

The second day was dedicated to defining the role of each council, and deciding the main projects for the term of office. Each SRC member has contributed numerous ideas that would help shape this year's SRC.

At the end of the seminar, we unanimously agreed that this year's vision should be epitomized in our motto – "One School One Dream".

The leadership camp was a great opportunity for the SRC to focus on the goals and challenges being faced, and to begin working together productively.

Open Day gave parents an opportunity to see how the SRC functions, and what we achieve during meetings. Several parents visited us while we discussed our ideas regarding major topics such as the uniform, canteen, facilities, and student voice. We also elected the executives of SRC, filling the positions of President, Vice President, Secretary, Treasurer, and Junior and Senior Publicity.

We all look forward to sharing an eventful and productive term of office with the Killara students and staff.

Our executive members:

President:	Desmond Leung
Secretary:	Millie Thompson
Vice Presidents:	Will Longman & Gina Simon
Senior Publicity Officer:	Victoria Durand
Junior Publicity Officer:	Willis Fell-Gordon
Treasurer:	Davis Murphy

Upcoming events: Halloween Mufti Day

On Friday 30th October 2009, Killara High School will be transformed into a haunted place like never before - infested with slimy creatures and bugs. With spider webs swarming the corridors, students must take caution of the ominous signs around every corner, block and portable.



Hosted by the SRC, this Halloween-themed Mufti day involves the participation of all the other School Leadership bodies. We strongly encourage you to participate in this widely celebrated festival and to fundraise for the 'UNICEF Trick or Treat' Campaign.

Cookies for \$1

Cupcakes for \$2

A bag of trick or treat candies for \$1

Free lollipops for those who dress up in costumes.

And ...BEWARE!

Student Representative Council Members

Uniform Shop

Additional Opening Times Term 4

The Uniform Shop will be open on:

Thursday, 3rd December 2009 - 8.00am - 12noon
(business as usual)

Friday, 4th December 2009 - 10.00am – 1.00pm
(Enrolment Day - Sales for Year 7 2010 only)

Saturday, 5th December 2009 - 9.00am - 12noon
(business as usual)

Our price list and order form can be downloaded from our new School website: <http://www.killara-h.schools.nsw.edu.au/sws/view/home.node>, under "Latest News", select 'Killara High School Uniform Shop'.

Blazers

Students wishing to purchase a blazer will need to return the completed order form with payment to the Uniform Shop by **6th November 2009**. Forms are available at the Uniform Shop.

Delivery of blazers is now the beginning of Term 1, 2010. Notification will be via SMS.

Please note, there are currently three (3) different sized **women's cut blazers** samples at the Uniform Shop. These are on loan from "Noone" until the 6th November.

Any students wishing to purchase a women's cut blazer are advised to come to the Uniform Shop on Friday and try on a blazer for sizing.

Also, please note that when trying on blazers ensure the brand is 'Noone', not 'Mr Charles'. Mr Charles is no longer in the blazer business. Our new supplier is Noone.

Please contact Conny at the Uniform Shop or send an email to khscp@yahoo.com.au should you have any queries

Conny Valeontis and Heather Jordan
Uniform Shop Coordinators

From the Principal's Mailbag

*On behalf of the Chairman and members of the Chatswood Legacy, we would like to express our appreciation for the support provided by yourself, staff and students of Legacy Week 2009. I am pleased to advise that your students sold over \$800 worth of badges, a significant contribution to \$50,000 collected in total within the Chatswood Legacy area. Student **Suyin Kee (Year 11)** made the highest sales.*

The funds so generously donated will be put to good use in maintaining Legacy's support to the dependants of our deceased veterans.

We will contact the school shortly to arrange a convenient date for Chatswood Legacy to present the participating students with their certificates, and the school with a Legacy plaque as a token of our sincere appreciation.

Bruce York, Chairman – Appeals Committee
Chatswood Division – Sydney Legacy

*The Mental Health Association NSW recently had the pleasure of working with a number of Year 11 students from Killara High School **Louise Chan (Year 11)** and the Social Justice Committee expressed a*

desire to volunteer during Mental Health Week 2009 and subsequently a group of students was recruited to provide support on the eve and during the launch of Mental Health Week, a large outdoor festival held in Martin Place on 7th October.

The students showed energy and enthusiasm and genuinely worked hard to make the day a great success. They should be proud of their efforts to promote good mental health to the people of NSW.

*Along with Louise Chan who demonstrated impressive leadership, we would like to express our thanks for the assistance of **Mark Kruize, Kate Chambers, Caitlin Clancy, Amaanat Sahota, Zoe Champion, Nicola Bevitt and Edmund Ong (Year 11)**.*

We look forward to working with the students in the future and assisting them in promoting awareness of mental health and mental illness among the student body.

Gillian Church, CEO
Mental Health Association NSW

From the Library

The focus this term of our library displays are:

- Australian stories
- Australian visions (Year 12 English unit)
- Graphic novels
- Science fiction

New fiction titles:

Lat. *Kampung Boy*.

Brooks, David (editor). *The Best Australian Poetry 2008: A Selection of the best poems from Australia's Literary Journals*.

Rowling, J.K. *The Tales of Beedle the Bard*

Verne, Jules. *Journey to the Centre of the Earth*.

And in Detail:

Simpson, Judith A. *In the Shadow of the Palace*.
The princesses are kidnapped. Why has no one come to rescue them? They are scared and, for the first time in their lives, completely alone. Will they ever escape from the shadow of Queen Kriti's palace? An action-packed roller-coaster, with all the glamour and drama of Bollywood, and some truly unforgettable characters.

Wang, Gabrielle. *A Ghost in My Suitcase*.
When Celeste travels to China to visit her grandmother, she uncovers an incredible family secret. And with this secret comes danger and adventure. If Celeste is to save her family and friends, she must learn to harness her rare and powerful gift....

Careers Corner

Macquarie University's uniTEST

This equity initiative provides students who may have been disadvantaged during high school with an opportunity to demonstrate their aptitude for university study. Interested applicants should register online at www.mq.edu.au/unitest by 13th November.

Vantage Automotive Apprenticeships

This supplier of government-funded vocational learning provides automotive apprentices to major vehicle manufacturers including Audi, Land Rover, Jaguar, Volkswagen, Volvo, Subaru and Mazda. Further information can be obtained from the careers office or at www.vantageautomotive.com

Electrical Pre-Vocational Course

This course, offered by Meadowbank TAFE, allows students wishing to become electricians an opportunity to complete the first 12 months of the Electrical Trades Course in 18 weeks. An information session will be held at the TAFE on Thursday 28th January at 9am in Room H-4-17. For further information telephone 9942 3641.

Equity Scholarships

These are available through UAC and individual tertiary institutions. Students experiencing financial and/or other educational disadvantage are eligible to apply online at www.uac.edu.au/equity/abw

Undergraduate Admissions to the Chinese University of Hong Kong

Students who meet certain residency criteria are eligible to apply for entry to a wide range of courses at this well known tertiary institution. For further information and application forms visit <http://www.cuhk.edu.hk/adm/nonjupas/>

JumpSTART NSW

This NSW Public Service Cadetship Program where students earn as they learn is currently offering over

New Non-Fiction:

Esherick, Joan. *Women in Prison*.

Hamblyn, Richard. *The Cloud Book: How to Understand the Skies*.

Kendal, Joshua. *The Man who Made Lists: Love, Death, Madness, and the Creation of Roget's Thesaurus*.

Lewis, Candace and O'Sullivan, Margaret. *Three of the Best: The Modern Woman's Guide to Everything*.

Miller, George and Katharine Reeve. *Food: How to Make the Right Food Choices*.

Southern, Patricia. *Caesar*.

Smith, Roger & McIntosh, Marsha. *Youth in Prison*.
**Karen Jones and Francie Campbell
Teacher-Librarians**

200 permanent and temporary positions in office or business administration, customer service, community services, IT and the environment. To apply visit www.jobs.nsw.gov.au

Bridging the Gap

This program which will be held at the Zenith Theatre from 18th -19th November aims to help prepare school leavers to make a successful transition from school to work. For further information contact the careers office.

Flexible Delivery of Certificate III in Child Care

This course which will be delivered by MEGT Institute across one week in the April, July and October holidays and three weeks in January 2011, will also count towards the HSC as a Board Endorsed Course. For more information telephone Tania Menzies on 9358 8888.

University of Sydney Health Science Faculty's 30th Anniversary Celebrations

This informative forum aimed at students interested in a career in health sciences will be held on 31st October. To register log on to www.fhs.usyd.edu.au/anniversary.

UTS Women in Engineering Scholarship

The John Heine Women in Engineering Scholarship is valued at \$85,000 and aims to support applicants who have experienced financial/ and or other types of educational disadvantage. Deadline for online applications is 1st December.

Certificate III in Dental Assisting

This 12 month traineeship program offered by HCF, one of Australia's largest health insurers, is ideal for students wishing to develop a career in dental assisting. Applicants should email a covering letter and resume to vmueller@hcf.com.au.

UTS International Students Information Day

This will be held on 29th October at 11am in the front entrance foyer of the UTS Tower. Visit the International Student Information Day website for more information.

Apprenticeship Organisations

- WSROC is a group apprenticeship organisation that offers positions in Automotive, Business Services, Communications, Electrotechnology, Engineering Fabrication, Mechanical Engineering and Horticulture. For more information contact 1800 2 WSROC.
- BWAC Apprenticeship Centre has nationally recognised apprenticeship opportunities available in more than 500 occupations. For further information contact Stephen Mok on 9749 9488.

Australasian College of Natural Therapies Scholarships

Valued at \$19,900, these are available in nutrition, massage, fitness or beauty therapy. Application deadline is Friday 27th November. Forms are available from the careers office.

Hornsby TAFE "Taste of Automotive" Course

This will run for 5 weeks each Thursday from 29th October. Cost is \$70. Students participating are

required to wear safety boots. For more details email Jenny McNamee on jenny.mcnamee@tafensw.edu.au

June Dally Watkins Business Finishing School Open Day

This will be held on Saturday 15th November and will provide information to students interested in becoming an executive assistant, personal assistant or office manager. To register, telephone Julie Norman on 9267 3255.

Basair Aviation College Holiday Camps and Workshops

The 5-day camps will run from 4th – 8th January and from 11th – 15th January. The workshops will be held on 19th and 20th January. For further information telephone 9791 0111 or visit www.basair.com.au

MEGT Institute Open Day

This event will be held on Friday 27th November and will showcase courses and careers in Child Care, Tourism, Hospitality and Business Marketing and Management. To register email Tania Menzies on tania.menzies@megt.com.au

For further information on any of the above please contact the careers office.

Colleen Clarke and Gemma Veriga
Careers Advisers

Tennis at Killara High School

After school tennis squads and Saturday morning competition have started up again (as of Week 1). However, it's not too late to join up.

For more enquiries, call Stuart Carruthers on 0402 929 919.

"Think..." The Heart of Parenting. Finding the right level of involvement in our children's lives.

Catherine Williams (Principal, Roseville Public School) and Briony Scott (Principal, Roseville College) join Pete Stedman (Assistant Minister, St Andrew's Roseville) to discuss this critical aspect of parenting. Is it possible to be too involved in our children's lives? When is the right time to let go? How do we get the balance right when our lives are all so complex?

Catherine, Briony and Pete bring extensive experience to this forum, having worked closely with parents – and their children - over many years. Join us for this interactive community forum:

Date: Wednesday 4th November 2009

Time: 8.00pm – 9.30pm

Venue: St Andrew's Roseville church hall

Cost: \$10 per ticket (including supper)

Tickets available through MCA-TIX Phone bookings: 1300 306 776

Internet bookings: www.mca-tix.com.au

Enquiries: Pete 0430 358 099

Health Psychology Unit

Royal North Shore Hospital
Ground Floor, 174 Pacific Hwy, St Leonards
Ph: 02 9514 4077

Managing HSC Stress Program

This is a 4-week program for students who are currently completing Year 11 and Year 12.

The program aims to assist students to better manage the stress of the HSC and teaches a broad range of skills that can be helpful in any stressful situation. It can also be useful for students who are struggling with anxiety, low self-esteem or low mood.

The next program will be run in **Term 4 2009** starting on **Monday 2nd November**. Sessions will run from 4pm – 5.30pm.

The Managing HSC Stress Program is run free of charge however bookings are required.

For more information or to book a place in this program, please call 9514 4077. All services are confidential.