

Principal:
Dr Mark Carter

Deputy Principals:
Ms Elizabeth Diprose
Ms Judith Paszek
Ms Liesl Williamson (Rel.)

School Captains:
Alice Webb
Nicholas Peterson

Address:
Koola Avenue
Killara NSW 2071

Telephone:
9498 3722

Fax:
9498 2202

Email:
killara-h.school@det.nsw.edu.au

Website:
www.killara-h.schools.nsw.edu.au



Order the Entertainment Book online at:

<https://www.entertainmentbook.com.au/orderbooks/2033k26> or complete the order form on Page 7.

20% from the sale of every Book contributes to this year's fundraising for Killara High School.

Reading To Learn (and Enjoy)

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." (Dr Seuss, *I Can Read With My Eyes Shut*)

Dr Seuss is a wise doctor indeed and this quote from one of his many loved children's books articulates succinctly why reading is so important to our lives and to our learning. As teachers and parents we know well how books and other reading material provide access to ideas and knowledge beyond our immediate experiences. According to research into adolescents and reading conducted by Associate Professor Jacqueline Manuel (Sydney University), 'a student's level of reading accomplishment directly influences the quality and nature of his or her entire school and post-school life.'¹ We also know that one of the best predictors of achievement in the HSC is a student's reading level in Year 7. However, the differences in the complexity of reading material, compared to primary school and from subject to subject, and the amount of time available to students for sustained reading in class result in a slowed momentum in reading growth for some students when they reach high school.

Manuel's research reminds us that in primary school, the focus is *learning to read*, while in high school this focus shifts to *reading to learn*. Hence, one of the two aspects of reading literacy currently being addressed through teacher professional learning at Killara High School is developing teachers' skills in teaching 'reading for meaning' so students can more readily understand complex factual texts such as text books, newspaper and journal articles.

The second aspect of our reading focus is being managed by the English faculty in association with our academic partner, Dr Jen Scott Curwood and the school's librarians. In addition to encouraging teachers to share their reading interests with students, English teachers are experimenting with using technology to publicise and share students' favourite books and encourage talk about ideas in books. Again, educational research shows that we make meaning from texts by thinking and talking about them. Talking about ideas helps students to 'organise and clarify their thinking and develop conceptual frameworks that make further learning possible.'² So, by encouraging students to talk about what they read using online discussion boards, blogs and videos, greater engagement with texts will ensue. Such discussion forums have the added benefit of students sharing suggestions on what to read.

To improve reading skills we must practise by reading regularly and to improve our learning about language and the world, we must read widely. Teachers, librarians and parents can all make suggestions about books our teenagers might like to read. Students can also access reading lists on *ebSCOhost* through the school's intranet page. (Click on KHS Calendars & FAQs, click on Periodicals On-Line : *ebSCOhost*, Login – ID s928108, password: password).

In the words of Australian children's author, Jackie French, 'reading is good for you - it helps you do better in everything from exams to explaining the universe. But that isn't why we read. We read because it's fun.'

Happy reading.

Ms Liz Diprose, Deputy Principal

1. *Effective Strategies to address the needs of adolescents 13+ experiencing difficulties with reading: A review of the literature*, Dr Jacqueline Manuel, University of Sydney, 2003.
2. *Powerful Learning: What we know about teaching for understanding*, Linda Darling-Hammond, 2008.

Calendar

March 2012

29 - Yr 10 Geography Incursion

April 2012

1 - CHS Swimming Carnival (3 days)

3 - Online Safety Forum

4 - Performing Arts Ensemble
Melbourne Tour (5 days)

- Motivational Media (Yrs 7 and 11 –
P1; Yr 10 – P2)

- Yr 9 Chinese excursion to Chinatown

5 - Last day – Term 1

23 - School Development Day

24 - First day Term 2 for students

- Student Progress Review Evening –
Years 8 to 11 – 4.00 -8pm

25 - Anzac Day Public Holiday

26 - Anzac Day Assembly

- Grade Sport semi-finals

30 - Yr 10 Assessment Block

- Yr 12 Work Placement – Week 1

- Yr 9 Camp (3 days)

- Yr 7 Vaccinations (HPV and DTPA)

May 2012

3 - Grade Sport Finals

4 - Yr 8 Geography Excursion (half of
Year 8)

7 - Yr 12 Work Placement – Week 2

- History Excursion (Yr 9 – P3; Yr10 –
P4) in Theatre

9 - Student Progress Review Evening –
Years 8 to 11 – 4.00-8pm

11 - DEAS Bronze Practice Expedition (3
days)

12 - PAE North Shore High Schools
Music Spectacular Finals Concert

14 - Zone Cross Country Carnival

- Yr 11 Biology Excursion/Assessment
– Bobbin Head

15 - Naplan – Yrs 7 and 9 (3 days)

- Japanese Sister School visit (3 days)

16 - Music and Drama (MAD) Festival
(Matinee and Evening)

- Yr 11 Biology Excursion – Bobbin
Head

- P&C Meeting – 8pm – A Block
Common Room

17 - Music and Drama (MAD) Festival
(Matinee and Evening)

18 - Yr 11 SRE Seminar – P2 - Hall

Sydney North Swimming Carnival



Congratulations to all of our swimmers who represented Killara High at this carnival. They gave 100% effort in all of their events. It was great to see so many parents supporting not only their child but also the school.

Many personal bests were recorded with **Brianna Sims** qualifying for Nationals in Brisbane during the school holidays in the 50m and 100m Freestyle.

Our results on the day were:

13yrs girls relay - 8th- **Holly Allon, Sonia Faragher, Hannah Swinton and Ami Watanabe (Year 7)**

14yrs girls relay - 9th –**Anna Kell (Year 9), Jada Anderson, Alicia Walker (Year 8) and Katya Buryak (Year 7).**

17 yrs girls relay - 6th – **Claire Young, Michaela Zipkis (Year 10), Brianna Sims and Gabriella Turner (Year 11)**

13 yrs boys - 6th – **Anthony Ngan, Matthew Lee, Jayden Burgess (Year 7) and Nicholas Ruberg (Year 8).**

12 – 17 yrs girls relay - 8th – **Leah Jennings, Ami Watanabe Year 7), Alicia Walker (Year 8), Clare Young, Michaela Zipkis (Year 10) and Brianna Sims (Year 11).**

Our swimmers through to the Combined High Schools Carnival are:

Brianna Sims – 100m and 50m Freestyle

Alicia Walker – 50m Freestyle

Mark Sahin – 200m Freestyle

14yrs Boys Relay 1st – **Josh Marsh, Roger Wang, Matthew Sears and Ben Mackay (pictured above).**

Congratulations to these swimmers and good luck for Combined High Schools Swimming Carnival.

Jennifer Downes, PDHPE Faculty

Uniform Shop

In stock now: Band Shirts - \$33.00 Basketball Singlets - \$50.00

Also available: Sew-on patch for existing black band shirts. If you are a senior and do not want to purchase a new band shirt, you can buy a sew-on patch for \$5.00 that matches the logo on the new shirts.

Extra Opening Days:

Saturday 31st March – 9.00am – 12 noon

Thursday 5th April – 8am – 12noon (last day of term)

Student Progress Review Evenings 2012

Each year Killara High School schedules three student progress review meetings when parents can speak with teachers about their child's learning progress before too much of the year has passed.

This year the meetings will be held on:

Monday, 2nd April – Term 1 Week 11 (Yrs 7 & 12)

Tuesday, 24th April – Term 2 Week 1 (Yrs 8 - 11)

Wednesday, 9th May – Term 2 Week 3 (Yrs 8 - 11)

We hope parents can take advantage of this opportunity to discuss with teachers their children's progress to date.

Parents and students will have been sent an email invitation allowing them access to the new computerized booking system provided by the P&C. This enables you to indicate your availability for a meeting and to indicate which of your children's teachers you would like to see. If you have not received an email invitation, please contact the school on 9498 3722.

Interviews can be scheduled between the hours of 4.00pm and 8.00pm. However, please be aware that teachers will not be available for the entire period of four hours. They need a break at some stage during the evening or may not be available for the entire time.

Please note –

- The venue for all interviews will be the Kerrabee Centre hall. Signs around the walls of the hall will indicate course/ faculty locations and signs on tables will indicate locations of individual teachers.

- **Interviews are of five minutes duration. Parents and teachers are asked to restrict their discussion to that time in fairness to all families seeking interviews. If teachers and/or parents feel the need to discuss matters further, another mutually convenient time should be arranged.**

- Interviews must be prearranged through the computerized booking system. To drop in on the off chance of speaking to a teacher can prove very frustrating to those with appointments. Please give consideration to the needs of other parents and the staff during these evenings.

Please take advantage of this opportunity to meet with the school staff to discuss your child's progress. Year Advisers, a School Counsellor, Careers Adviser and the Support Teacher Learning Assistance will also be present. A translation service can also be made available through the school.

Judith Paszek, Liz Diprose and Liesl Williamson (Rel), Deputy Principals

Performing Arts Ensemble Notes

National Band Championships, Melbourne

Concert Band 1 and Concert Band 2 are leaving for Melbourne during the Easter holidays to contest the National Band Championships.

We wish them all the best.

Please come and support the Bands at their farewell concert on:

Sunday 1st April at 4pm in the Kerrabee Hall

Rehearsals

Rehearsals for Stage Bands 1 and 2 re-commence Week 1, Term 2. All other ensembles commence Week 2.

Jacqueline Berry, PAE Coordinator

Calendar - Term 2 2012

12 th May	Concert Band 1, Stage Band 1	North Shore Schools Spectacular - Final
19 th -20 th May	Concert Band 1, Strings and Orchestra, Vocal Extension, Stage Bands 1 and 2	Proposed workshop day
1 st June	Stage Band 1	Chatswood Big Band Concert, Chatswood HS
4 th June	Concert Band 2	Sydney Eisteddfod
5 th June	Concert Band 1	Sydney Eisteddfod
7 th June	Stage Band 1	Sydney Eisteddfod
12 th June	Stage Band 2	Sydney Eisteddfod
13 th June	Strings and Orchestra	Sydney Eisteddfod
15 th June	Vocal Ensemble	Sydney Eisteddfod
15 th June	Vocal Extension	Sydney Eisteddfod
16 th June	Stage Band 1	Yamaha Festival UTS Ku-ring-gai
TBA	Stage Band 1	Darling Harbour Jazz Festival
16 th -21 st June	State Music Camp SNR	

Model United Nations Competition (MUNA) 2012

This year Killara High School entered two teams into the Model United Nations competition (MUNA) for the Northern Sydney region. It was held at Knox Grammar School on Saturday 24th and Sunday 25th March.

The MUNA competition is organised by the Rotary Club of Wahroonga. At the competition the delegates get to debate six resolutions and form voting blocks.



The boys' team was made up of **Thomas Batchelor**, **David Nouri** and **Curtis Chan**. They were given the country of Indonesia. The boys really got into the spirit of the competition and both David and Thomas were lucky enough to speak to their resolutions. The girls' team of **Sandy Lian**, **Sabina Bertuzzi** and **Anja Sauer** represented the country of Denmark.



The girls went all out with their traditional dress and really looked the part. Sandy was lucky enough to speak to her prepared resolution and made a very impressive effort when communicating Denmark's position on Whaling.

Both teams utilised the diplomatic communication channels. This allowed teams to communicate between each other and negotiate changes or amendments to the resolutions. The girls took the initiative and proposed an amendment to a resolution on Euthanasia. This meant Anja was able to interweave her prepared speech into the amendment.

The event was a lot of fun and a great opportunity for students to discuss international affairs.

Duncan Coutts
HSIE Blue Faculty

Drama Update

We had a fantastic turn-out for our first Theatresports night earlier this Term. The crowd enjoyed the numerous moments of side-splitting humour and were literally showered with lollies. I'd like to thank Mr Williams for his fantastic organisation and to **Ninah Kopel** and **Alannah Colman** from Year 12 Drama for being outstanding hosts. The winners for the night were the Year 12 team comprising **Hannah Tait**, **Maggie Farahbakht**, **Charles An** and **David Wiernik**.

The Year 9 team were very close runners up, and gave the Year 12 team a run for their money. We have entered our winners into the Improv Australia Inter-School Competition, and our first round will be on Friday 4th May at Saint Ignatius, Riverview, at

7pm. We would love to have supporters come and cheer on our students. More information to follow!

Congratulations to **Jordan Hare** and **Jemma Sully-Harries (Year 9)** for getting a call-back audition for the Year 9 State Drama Ensemble, run by the Arts Unit in Stanmore. **Jordan Hare** was successful in obtaining a position in this Ensemble, which is extremely exciting! Congratulations also to **David Wiernik** and **Charles An (Year 12)** for gaining the prestigious titles of Griffin Theatre Ambassadors. These two boys will participate in a range of Drama-based workshops at The Stables and will also see shows for free with this exciting and innovative Australian theatre company.

Renee Lane, Drama Teacher

Did You Know ... ?

Alexander Kowcz-Rosinke (Year 11), **James Murrie (Year 10)** and **Kosuke Okayama (Year 9)** have been selected as members of the NSW Combined High Schools Tennis Team.

NSW Combined High Schools representation is the highest honour a student in NSW can attain. In achieving this representation they have become part of a great tradition.

What is the Correct Winter Uniform for Term 2?

Term 2 marks the beginning of the part of the school year when students are required to wear "WINTER" Uniform.

Girls Uniform – Winter

Skirt:	'Gordon' tartan
Trousers:	Long mid grey
Shirt:	White, long sleeve with collar worn with tie at neck,
Tie:	Junior – 'Gordon' tartan, Senior – Green with school crest
Jumpers:	V-necked wool or cotton jumper, green with crest Poly/cotton fleecy, green with navy collar and crest.
Shoes:	Black lace-up leather school shoes
Tights	Black – microfibre (opaque) or cotton
Socks:	White short ankle (above ankle)

Year 12 Jersey: The wearing of a Year 12 Jersey is a privilege extended to Year 12. It is not part of the

designated uniform and may only be worn in conjunction with correct uniform, which includes a white shirt and tie.

Boys Uniform – Winter

Trousers:	Long trousers, zippered mid-grey (summer or winter weight) polyester/viscose
Shirt (Winter):	Plain white, long sleeved with collar, worn with school tie at neck.
Tie:	Junior – 'Gordon' tartan Senior – Green with crest
Socks:	Mid-grey socks
Shoes:	Black lace-up leather school shoes
Jumpers:	V-necked wool or cotton jumper, green with crest Poly/cotton fleecy, green with navy collar and crest
Belt:	Black leather

Deputy Principals

Canteen Update for Term 1

The canteen has been very popular in Term 1 and thanks to Carolyn, Pam and all the volunteers, we have managed to keep everyone fed and happy.

The weather has played havoc with menu selection, on most days, as one needs to guess whether it will turn freezing or the sudden heat will mean huge demand for cold foods like sushi.

Some updates that have occurred recently are:

Drinks

No diet drinks sold. The dangers of Aspartame are well documented.

Powerade (sports drink) only sold on Thursday (sports day).

Snacks

Nuggets and Mammee noodles are no longer sold. Florida Nuggets and noodles are made in China and Malaysia and parents requested that we not sell items where country of manufacture had different standards to Australia.

Salads

Caesar salads, fruit salads and watermelon are now available.

Hot Food

Pizza Pies are new and selling very well.

Cold Food

Chicken rice paper wraps have been introduced and are proving to be popular.

Sushi update

It is so difficult to order the correct number of sushi as we prefer to run out than have sushi left over. Sushi will expire after 2 days but we felt that the

quality was not as good on Day 2 so made the decision to only sell sushi on the day it was made. We have increased our daily order so that even if we have some over, at least we are satisfying more students.

Healthy Kids Expo

Last week I attended the Healthy Kids Expo at Sydney Olympic Park. The range of suppliers was extensive – from drinks to food to "green" packaging and it was most useful to taste the wares. I have arranged for some taste testers to trial the gluten free snacks that I brought back.

The balance of the samples and ideas plus winter menu options will be discussed when we have our Canteen Meeting early next term. The date will be published in the newsletter if anyone would like to attend.

Feedback from students, parents and teachers is encouraged and hence we will be placing a feedback box in the canteen – just around the corner from the door. We would like to hear what you enjoy and what you would like to see – bearing in mind that we do not have a chef or a kitchen.

Daily preparation and serving is done by volunteers so please remember that if your child frequents the canteen – we would love more volunteers so we can prepare more tasty foods and serve students quicker. (Canteen phone is 9498-6740).

Have a happy, healthy holiday.

Denise Gamaroff, Canteen Co Ordinator
gamafam@optusnet.com.au

From the Library

Calling all PowerPoint creators!

National Year of Reading 2012!

The Lion Library wants to open up to our students a new competition!

Prizes will be awarded for the best *PowerPoint* Presentation (only 2 slides!) promoting a particular book you enjoyed reading! These presentations will be displayed on the screens around the school. Speak to Mrs Jones or Ms Campbell, the Teacher-Librarians, about this project!

The Sydney Morning Herald Young Writer and Younger Writer 2012

The Sydney Morning Herald is celebrating the art of writing by presenting two exciting competitions for schools students in 2012:

1. A short story writing competition for senior students in Years 10-12.

Thousands of students from all over NSW and the ACT enter this competition each year with short stories ranging from introspective though pieces, to satirical comments on modern life and everything in between.

2. A creative writing competition for Years 7-9 in NSW and the ACT.

For the Younger Writer, students choose one of the three 'Story Starters' provided by award-winning authors Eoin Colfer, Lucy Christopher and Mal Peet, then continue the narrative, completing a short story. (To continue with your story visit www.youngwriter.smh.com.au or www.swf.org.au to download the story starters.)

Non-fiction:

Easy Desserts: Easy Recipes, Easy Cooking, Great Food!

Gold, Rozanne. *Cooking 1.2.3.: 500 Fabulous Three Ingredient Recipes.*

Careers Corner

Careers in Agriculture Expo and Seminars

Showcasing a fast developing career area, this expo will be held at the Sydney Showground on Thursday 5th April as part of the Sydney Royal Easter Show. Cost is \$15. Bookings are essential and can be done through the Careers Office.

Institute of Chartered Accountants Cadetship Evening

Thirty host employers will attend this information session which will be held on Wednesday 23rd May from 4.30pm at the Sydney Convention and Exhibition Centre in the Bayside Foyer. Register now at www.charteredaccountants.com.au/students.

JMC Academy Open Day

Information on JMC's range of music, audio engineering, entertainment, animation, game design and film and television courses will be available at

Hamper, David. *Legal Studies HSC. [3rd Edition.]*

Issues in Society: Some New Titles:

- Extreme weather and natural disasters
- Nuclear energy debate
- Respectful relationships
- Self-harm and young people
- Vegetarianism

Jenkins, Gareth. *John F. Kennedy Handbook.*

L&K Designs. *Meals in Minutes.*

Odlum, Catherine. *Biology: Past HSC Papers with Worked Solutions 2001-2011 and Past HSC Questions by Topic Guide. [2012 Edition]*

Odlum, Catherine. *Chemistry: Past HSC Papers with Worked Solutions 2006-2011 and Past HSC Questions by Topic Guide. [2012 Edition]*

Odlum, Catherine. *Physics: Past HSC Papers with Worked Solutions 2001-2011 and Past HSC Questions by Topic Guide. [2012 Edition]*

Riley, Tim. *Year 11 Economics 2012.*

Some New Fiction Titles:

Anderson, Laurie Halse. *Homeless*

Carey, Peter. *Oscar and Lucinda*

Clare, Cassandra. *Clockwork Prince*

Connelly, Michael. *The Brass Verdict*

Ferrer, Vashti. *Sydney Harbour Bridge* (My Australian story)

Grenville, Kate. *The Lieutenant*

Mccallum, Fiona. *Nowhere Else*

Paterson, James. *Private Games*

Sewell, Anna. *Black Beauty*

**Karen Jones and Francie Campbell
Teacher-Librarians**

this event which is scheduled to take place on 28th April at 41 Holt Street, Surry Hills. Register at www.jmccademy.edu.au.

Digi-Girls IT Certificate 1

Girls interested in learning about creating digital artwork and media, blogs using Wordpress, video editing and up-loading of YouTube clips, robotics and the IT industry in general should email robyn.woolley@tafensw.edu.au.

Wildpacks GAP Information

Students keen to work at a summer camp in the USA should visit www.wildpacks.com.

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

**Colleen Clarke and Fionna Massey,
Careers Advisers**

Order your new 2012 | 2013 Entertainment™ Book... discover the best deal of all!

For only \$65 you'll receive over \$15,000 worth of valuable offers!



Choose what you want to do and when you want to do it with hundreds of valuable offers. Receive up to **50% off** and **2-for-1 offers** valid now until June 1st, 2013!

Purchase a Book and at the same time, you will also be helping community fund-raising!

The new Sydney and Sydney North Entertainment™ Book features many of the most popular businesses in the area including...



SYDNEY – Dining Offers



- The Ortolan on Bayswater
- Assiette
- Cafe Sydney
- Spiedo
- Kobe Jones
- Tomislav
- Kingsleys Steak and Crabhouse
- The White Horse
- Una's
- Zimzala
- Din Tai Fung
- Cafe Morso
- Wagamama
- Bondi Pizza Bar and Grill
- Pancakes on the Rocks
- Moo Gourmet Burgers
- and many more...*

SYDNEY NORTH – Dining Offers



- Pilu at Freshwater
- Ormeggio at The Spit
- Manly Pavilion
- Sails on Lavender Bay
- Le Kiosk
- Stella Blu
- Ribs and Rumps
- Out of Africa
- Café Lyon
- Japaz
- The Deck Sydney
- Rengaya
- Mumu Grill
- New Shanghai
- Jah Bar
- 4 Pines Brewing Company
- Sandbar
- and many more...*

Informal Dining and Takeaway



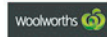
- McDonald's
- Hungry Jack's
- Gelattissimo
- Oporto
- Subway
- The Coffee Club
- Mrs Fields Cookies
- Donut King
- Royal Copenhagen
- Doughboy
- Mad Mex
- Guzman Y Gomez
- Chocolateria San Churro
- Grill'd
- Charlie Lovett
- Mövenpick
- WOWCOW
- and many more...*

Arts, Sports and Attractions



- Hoyts
- Timezone
- Madame Tussauds
- Greater Union (Event Cinemas)
- Sydney Roosters
- and many more...*

Retail and Shopping



Travel, Leisure and Accommodation



To purchase your Entertainment™ Book, contact:

KILLARA HIGH SCHOOL

Order your new entertainment book via our secure online order page at:

<https://www.entertainmentbook.com.au/orderbooks/2033k26>

Or complete the order form below and return with payment to the school office

Claire Summers - tim.summers@optusnet.com.au - Ph: 0438 658 223

Purchaser's Name: _____ Phone: _____

Childs Name: _____ Class: _____

I would like to order: _____ x Sydney North Entertainment Book/s @ \$65 each (GST incl.) = \$ _____
 _____ x Sydney Entertainment Book/s @ \$65 each (GST incl.) = \$ _____
 _____ x Sydney Greater West Entertainment Book/s @ \$65 each (GST incl.) = \$ _____
 _____ x Newcastle Entertainment Book/s @ \$60 each (GST incl.) = \$ _____
 _____ x NSW South Coast Entertainment Book/s @ \$55 each (GST incl.) = \$ _____

I will collect the book from the school office OR Please send my Book home with my child **Total amount** = \$ _____

I would like to pay by: Cash Visa Mastercard Cheque: made payable to Killara High School P&C

Credit Card Number: _____ / _____ / _____ Expiry Date: _____ / _____ CVV _____

Cardholder's Name: _____ Signature: _____

20% from the sale of every Book contributes to this year's fundraising for Killara High School – Thank you for supporting us!

DEAS Participants! Looking for local Volunteering options?

Go to this website, <http://www.dosomethingnearyou.com.au> enter your postcode, and a list of available services will be provided.

There are lots of options out there and we're pretty sure you will find something of interest that will provide a valuable contribution to your immediate community.

The Dukes Team

Go Wild these Holidays: Vision Valley holiday camps are on! Adventure day camps - Horse riding camps - Overnight camps

Swirl down the waterslide, climb a rock face, fly through the valley, ride a horse along a rugged trail, or try to stay dry in a canoe.

Our camps are packed full of fun and adventure, and are designed to promote confidence and give every individual the chance to grow.

Camps are for kids aged eight and up, and are on this April school holidays,

Don't miss out: book your place now by calling (02) 9655 2600 or go to our website for more details www.visionvalley.org.au

Health Psychology Unit Managing HSC Stress Program

The Higher School Certificate can be stressful for many students. However there are things that you can do to get through Years 11 and 12 with less stress and reduce the impact that stress has on your academic performance.

The UTS Health Psychology Unit has been running **Managing HSC Stress** programs for many years now and is pleased to be able to offer this program again in **Term 2 2012**.

The **Managing HSC Stress** program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation. Students also have the opportunity to learn from and assist each other.

The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood.

When: Tuesday, 8th, 15th, 22nd, and 29th May

Time: 4 – 5.30pm - Afternoon tea will be provided.

Where: Health Psychology Unit, Ground Floor,
174 Pacific Highway, St Leonards

The Health Psychology Unit is a 5-10 minute walk from St Leonards train station.

Cost: \$90.00 (\$22.50 per session)
Private Health Insurance may apply.

Registration is essential as numbers are limited.
To register call 9514 4077 or email
Health.Psychology@uts.edu.au

Gordon Baptist Church is running a seminar on the impact of sexualising children and what we can do about it

DATE: Thursday 29th March 2012

TIME: 7.30pm - 9.00pm (followed by supper)

LOCATION: Gordon Baptist Church, 20 Park Avenue,
Gordon (corner Garden Square)

COST: Free

RSVP: Thursday 22nd March

Please call the church office on 9418 1148 or email gordonbc@tpg.com.au

This seminar will be helpful for parents, and others who work with and care for girls.

About the presenter:

Melinda Tankard Reist is an author, speaker, media commentator, blogger and passionate advocate for women and girls.

She is co-founder of the grassroots campaigning movement, Collective Shout: for a world free of exploitation, and has been a guest on various television and radio programmes, as well as the subject of a recent cover story in Sunday Life Magazine.

To read more about Melinda's work, visit www.melindatankardreist.com

"Communicating with Teens Course

Child & Adolescent Parenting

Presented by Northern Sydney Local Health
Network

5 week course: Commencing Wednesday 29th May 2012
7.00-9.30pm.

Venue: Chatswood

Cost: \$150 per person (concession \$125)

Workshop: "Dealing with Teen's Back Chat" -

Venue: Chatswood – Tuesday 22nd May,
7.00-9.30pm. Cost: \$40 per person

Enquiries: Child & Adolescent Parenting – Ph 9887 5830

**Parent
Line**

1300 1300 52

Back to School Adjustments

Whilst the Facebook photos of your friends' children may indicate otherwise, the transition back to school can involve lots of adjustments and challenges for both children and parents. Whilst change is a constant, we are all creatures of habit and adjusting to change can be quite stressful and also result in concerning behaviours, which if unaddressed, can become more problematic.

Of course, problems are not usually confined to the children in the family and frequently the stress and anxiety involved in dealing with one unhappy family member impacts on everyone.

The Parent Line Counselling team has compiled strategies to help families in adjusting to change and managing some of the challenges associated with difficult transition periods.