

**Acting Principal:**

Mrs Judy Paszek

**Deputy Principals:**

Ms Carla Marchesin  
Ms Alison Gambino  
Ms Liesl Williamson (Relieving)

**School Captains:**

Dylan Dunkley  
Zoe Sitas

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**Website:**[www.killara-h.schools.nsw.edu.au](http://www.killara-h.schools.nsw.edu.au)

## Thank you and best wishes to all

On behalf of the staff at Killara High School, we thank our parents for their continued support in so many ways this year.

We wish all of our students and their families all the best for the festive season, safe and happy holiday times, quality time spent with family and friends and some time to rejuvenate for another exciting and productive year at KHS in 2014.

**Judith Paszek,**  
Acting Principal;

**Alison Gambino,**  
**Carla Marchesin and**  
**Liesl Williamson,**  
Deputy Principals



## Killara High School's 45<sup>th</sup> Annual Awards Ceremony

To acknowledge student achievement  
for the 2013 school year

**Wednesday 18<sup>th</sup> December 2013**

**10.30am**

**Kerrabee Centre**

## ArtExpress

The following students have been selected to be included in ArtExpress 2014:

**Hyun Jee Bae** – “Drawing of my photographic memories” – Goulburn Regional Art Gallery

**Karina Bodnaruk** – “Stitch Scapes” – The Armory Sydney Olympic Park, Margaret Whitlam Galleries, University of Western Sydney

**Yuyang Zeng** – “Serendipity” – The Armory Sydney Olympic Park

Of the 9,339 students who submitted Bodies of Works for the HSC Visual Arts Examination, only 305 students were nominated for ArtExpress. ArtExpress is an annual exhibition program featuring exemplary bodies of work from the NSW Higher School Certificate Visual Arts examination.

Congratulations to these students.

## Reflections and Remarks from a Departing Principal

Twelve years in the life of a school the size of Killara inevitably encompasses the breadth of human endeavour and experience - joy, celebration, loss, sadness, achievement, wonder, toil, exasperation, passion, sometimes conflict and of course, growth. Through experience we grow and learn and for a principal it is no different. In sharing many experiences we all learn and grow as individuals and we develop as a community. Inevitably the twelve years of shared experience bind us together. And then we grow apart and go our own ways. This is the unique nature of schools. They are places of transition and social organisations as well as educational facilities.

**Continued P2**

# Calendar

## DECEMBER 2013

- 16 - Yr 10 Photography Incursion
- 17 - Yr 8 Gifted & Talented Showcase
- 18 - Annual Awards Ceremony
  - Yrs 7-10 Reports issued
- 19 - School Development Day
- 20 - School Development Day
  - Yr 12 ATAR Morning Tea

## JANUARY 2014

- 28 - School Development Day
- 29 - Yrs 7, 11 and 12 return to school
- 30 - Whole School returns

## FEBRUARY 2014

- 4 - Yr 11 Parents Vietnam-Cambodia Information Evening
  - School Photos – Day 1
- 5 - KHS Swimming Carnival
- 6 - School Photos - Day 2
- 11 - DEAS Gold Award Information Meeting – 6pm – C Block Conference Room
- 16 - Yr 10 Photography Incursion (P1 and 2)
- 17 - Yr 7 Camp (2 days)
- 19 - Yr 12 Study Skills
  - P&C Annual General Meeting
- 25 - Yr 7 Parent Information Evening
- 28 - SJC Mufti Day

## MARCH 2014

- 1 - DEAS Gold Practice Expedition (4 days)
- 7 - Yr 12 Monash University STEPS Study
- 9 - Yr 11 Jindabyne Camp (6 days)
- 10 - Yr 12 Assessment Block commences
- 18 - Sydney North Swimming Carnival
- 21 - Yr 8 plus Leadership Groups – Incursion – Guest Speaker from Beyond Water
- 24 - Zone Swimming Carnival
- 26 - Yr 11 Mock Interviews
- 31 - Athletics Carnival

## APRIL 2014

- 3 - CHS Swimming Carnival
- 7 - Yr 11 Study Skills



I have learned a great deal in my time at Killara HS. And at this time I share with the young people and families who inevitably depart, the mixed feelings of optimism and regret. There are new challenges ahead, new experiences and learning. Sadly it also means letting go of the familiar and comfortable – the regret.

The ups and downs of life are reflected in a school and much of this comes through the door of the principal's office which can occasionally feel like the focal point of society's ills and human misfortune. Sometimes immense sadness has intruded in our lives. There have been four tragic deaths of young people and five staff funerals in the last twelve years. But there are also the joyous occasions when we have celebrated the departure of some 2500 HSC students who have commenced new phases of their lives. Parents and students have maintained a 40 year tradition of hosting Ekuba for our departing HSC students and families and the P&C has brought remarkable improvements to the quality of facilities for students and staff. And as in any community there have been the celebration of eleven weddings and 30 births that keep us future focused.

There are other noteworthy 'markers' of development and change. Since 2002 the school enrolment has grown from 1221 to 1592. In 2002 Year 7 comprised 176 students 60% of whom were local enrolments. In 2013 the equivalent figures are 225 and 93%. Twelve years ago approximately 35% of the Year 6 cohort at Killara PS moved into Year 7 at this school. In 2014 it will be 85%. Through the commitment and hard work of many over more than a decade, the community's confidence in this school has grown. It is a collective achievement of which we can all be proud.

There were no gardens to speak of in 2002 but mums, dads, students and staff have transformed the physical environment. The natural vegetation has been restored, bush turkeys roam the grounds and at least one echidna has been seen on the school site. Scattered about the grounds are seedlings from a Moreton Bay Chestnut in Bent St Lindfield that my father gave me over the last twelve years, to plant at school. One of them is now three or four metres high and when I return in my dotage I hope to see a few more in robust maturity and I'll think of the hours spent by so many mums, dads and staff in support of the school, and of my dad too who had wanted to be a teacher but circumstances of Depression and war denied him the opportunity. We are all fortunate that such limiting circumstances are distant memories.

**Continued P3**

There are too many parents to acknowledge individually for their selfless contributions – those who catered for student progress review meetings, supported working bees, attended P&C meetings, contributed to committee meetings, staffed information stalls at Open Days, worked in the Uniform Shop, sustained the Ekuba tradition, organised the 40 years anniversary celebrations, supported music evenings and weekly rehearsals, transported students to dispersed destinations all over Sydney, and those hardy dads and mums who participated in the 56 Duke of Edinburgh's Award expeditions we conducted in all weathers and terrains. Many parents and families have now departed but our recollections of shared endeavours endure.

Your patience with an imperfect school and sometimes frustrating principal, your tireless contributions and the work of many who preceded you, have never been taken for granted by me. Through your collective efforts we have an amenity that many schools would envy and as importantly, a culture that is inclusive and caring. The support you, the parents and staff, extend to the school in the way you interact with others, with our new families and with those who seek your counsel about local schools, is priceless. It is honest and reinforcing. What our children take from these interactions and the informal dialogue about this school and education, are feelings of worth and cohesion. Together you have sustained and developed a culture of faith in our education system and the commitment to do good things for the benefit of all, not least those who may not be as advantaged. Through your work as parents and staff you have instilled in our young people a flourishing sense of social justice and optimism for a better future - for all.

Each of you has made personal and powerful contributions to the education of children, not just your own children. From your ranks will come the P&C Presidents and volunteers of the future. You are role models for the young and one of your legacies will be the enduring culture of community that envelopes this school, and so many public schools, be they here on the North Shore or at Blaxcell St PS in South Granville, or Burke Ward Public School in Broken Hill. I have been privileged to benefit from this culture and your individual and collective hard work.

Sometimes when I've asked for your assistance I've felt exploitative but ultimately this isn't about individual obligation and reciprocities. You contribute in a corporate sense to a better school and a better future. It is the opposite of selfish, self-serving and exclusive behaviour premised on the 'me' or 'I'. As a parent put it so succinctly many years ago at the end of a P&C meeting as we toyed with the idea of change and I expressed doubt about my capacity to succeed – "This isn't about you Mark. It's about the school!"



Over twelve years I've been most fortunate to have shared with others many wonderful moments. They have been both prominent milestones and quieter individual achievements in our shared experience. It is also very rewarding and warming to encounter former students as young men and women who are pleased to greet me and tell me of their successes. In January 2002 I was escorted to a meeting with the captains and prefects by the then HT Welfare who said, on the way to the meeting, "Mark you need to understand that this school will make you look good." I suspect it was an oblique cautionary note to treat the school and its people well, and perhaps it was a judicious appeal to my ego, an astute assessment of likely ambition in a new principal. But as it turns out, the statement "Killara HS will make you look good," was a statement of fact.

I've learned much from many of you, and I've been the beneficiary of your support for Killara HS and public education. Thank you for coming along this evening. I feel awkward in its imposition on your own busy lives. But I am deeply appreciative. I asked my family along this evening so that I could acknowledge the contributions of Belinda, Sophie Louise and Josephine to the last twelve years of my professional life. Frankly, they have tired of me talking about Killara HS but they have supported me in every endeavour and accepted the many evenings and weekends that have been spent in the company of my 'other children.' I feel that our family has grown up with Killara HS as a major part of our lives. So the school marks my family indelibly too. All five of us say farewell this evening. And we look forward to hearing of the school and its students prospering in the years and decades to come.

And I will always very proudly declare I was a former student and principal of Killara HS.

**Mark Carter**  
**Student 1970 - 75**  
**Principal 2002 - 2013**



## KHS P&C Farewell to Mark Carter

The physical occupation of Killara High School occurred in 1970 and commenced an exciting period for a lot of young people. We felt pretty special. The School comprised of Blocks A, B, C & D. The Canteen was a single story building. The Culture was influenced by strong personalities. The School Song was created. The grass down the back was for British Bulldog. Students put themselves forward for the sporting teams. Killara High School became the benchmark.

One of those first students was Mark Carter. He fitted into that group that did sport and study well. Mark graduated from Killara High in 1975.

In 2002, having achieved distinction in his chosen field of Education, Dr Mark Carter was appointed Principal of Killara High School. What goes around comes around. After 12 years as Principal, Mark leaves the School to take up a role as a Director in the Department of Education and to use his skills and expertise for the wider good.

Dr Carter was honoured at a function on Thursday night attended by Parents, Teachers and Community Leaders. Colleagues from the Class of '75 attended.

The goodwill directed toward him was uplifting. His farewell speech was a reflection of the man. Mark is a passionate advocate for public education. He understood that he was a trustee of the futures of the many children who attended the school under his leadership. Mark led by example. He attended each working bee. He led the kids on Duke of Edinburgh walks. The School Uniform was again a sign of respect for the school. He nurtured the concepts of community and belonging.

As a sign of gratitude to Dr Carter for the legacy he leaves, the P&C Association have approved the establishment of an annual scholarship in his name which will be used to benefit those who strive to achieve more.

Killara High School is a place which encourages community and participation in a diverse range of activities. As evidenced in the words spoken at the farewell function, Dr Mark Carter leaves the school in a strong position. Our thanks go to a passionate advocate of public education.

**Neil Singleton**  
**Treasurer, KHS P&C Committee**

## SJC Christmas Hampers

It's the festive time of year again and the Social Justice Committee are making sure as many people as possible can celebrate. We have organised for all Home Groups to put together a hamper for a family that needs a bit of extra cheer. Together with the Salvation Army Killara High School will help at least forty families this Christmas. The SJC would like to thank all staff and students for their generous support.

**Josie Tomlinson**  
**SJC Coordinator**



## ATAR Morning Tea for Year 12 Students

On **Friday 20<sup>th</sup> December 2013**, our HSC students will be able to obtain their Australian Tertiary Admission Rank (ATAR). On that morning we would like to invite our Year 12 students to come into school to share with us their good news and good fortune or to commiserate and help plan if they are not happy.

We will provide morning tea in the staff common room in A Block and would love to see as many of our students as possible. This is also helpful for our records as the school does not receive this information.

So, Year 12, it's a date - on **Friday 20<sup>th</sup> December** at 10.30am in the staff common room upstairs in A Block. Come and celebrate with your friends and teachers.

**Jane Rountree, Head Teacher Welfare**

**Goran Petkovski, Rel. Head Teacher Stage 6**

## NSW Premier's Reading Challenge 2013

This year approximately 246,000 students will receive certificates across the state from kindergarten to year 9. One of our Year 9 students **Tobias Teh** is one of only 150 students to receive the Challenge medal. Great effort!

The following students from Year 7 and 8 received their certificates at an assembly last week. They are **Elizabeth Parsons, Chirath Premaratna, Ehsen Shaikh, Claire Vider, Lachlan Law, Angus Teh and Michael Boreham**, who was absent on that day. The highlights of reading for enjoyment were emphasised and students were strongly encouraged to read and borrow over the holidays.

The Year 9 recipients are **Jada Anderson, Annie Li, Greta Paget and Tobias Teh**.

With staff and parents working together we can encourage a continued love of reading among all our students.



**Karen Jones**  
Teacher Librarian

## Year 8 Gifted and Talented Class - Showcase Evening

Students involved in the Year 8 Killara High School Gifted and Talented Program will be holding a showcase evening where they will present their work and lecture on various topics studied throughout the year.

Parents and family members are invited to attend the **Kerrabee Theatre at 5.30pm on 17<sup>th</sup> December 2013**.

Parents and students who are interested in this Year 8 program are also invited to gain an appreciation of the academic requirements of this program.

### Proposed program

- Welcome and student showcases in the Kerrabee Theatre at 5:30 pm
- Completion of an online educational activity created by students
- Farewell in the Kerrabee theatre by 7:30 pm

This showcase evening has a dual objective. It will be an evening where important information about the program is disseminated to parents about the area of study undertaken throughout the year. Secondly, it will provide students with an audience to implement their online learning activities and to develop their public speaking skills.

This evening is designed to be a celebration of the work completed by students in this program. Selection for the 2014 class will not be associated with this event. Student identification and selection information will be provided next year.

Please complete the RSVP slip below and have your child return it to Mr. Robin Chand in the House office by **Monday 16<sup>th</sup> December 2013**.

**Robin Chand**  
**GATS Coordinator**  
**Relieving Head Teacher Stage 5**

### RSVP

*Return to Mr Robin Chand in the House by Monday 16<sup>th</sup> December 2013*

### Year 8 Gifted and Talented Class – Showcase Evening

Name of child: \_\_\_\_\_

Number of people attending: \_\_\_\_\_

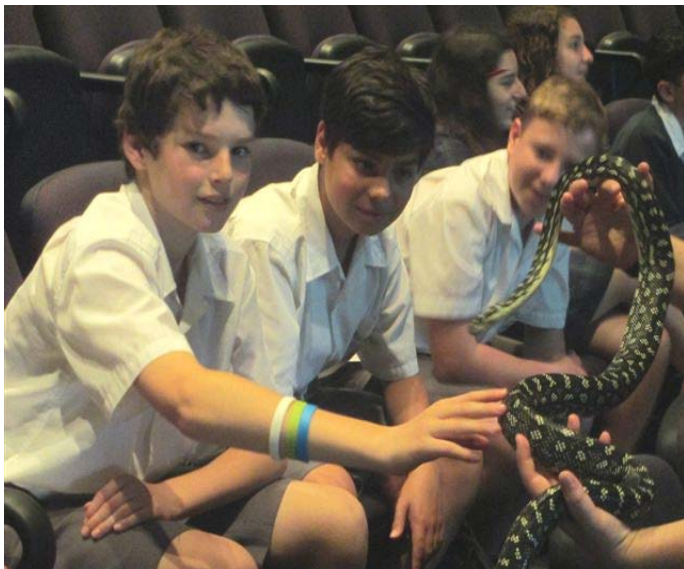
Parent / carer signature: \_\_\_\_\_

Date: \_\_\_\_\_





*Year 7 Bronze Star Swimming Certificate Presentation*



*Year 7 Science Excursion*



*Year 8 Gold Merit Awards Presentation*

## Uniform Shop News

The Uniform Shop is always looking for more volunteers! If you are interested and can spare a few hours each term to assist in the uniform shop please contact Yvette Vink via email on: [killara.uniform@gmail.com](mailto:killara.uniform@gmail.com)

Every little bit of time you can spare helps! Without your help the Uniform Shop will not be able to function smoothly. It is a great way to meet other parents or even spend some time with your friends whilst helping the school 😊

The Uniform Shop is managed by the P&C Association and is staffed by volunteers who help at the Uniform Shop on **Tuesdays between 8am and 12pm** during school term, as well as other days throughout the year. The only qualification is a

willingness to help and meet other members of the school community.

The last day the Uniform Shop will be open for 2013 is Tuesday 17<sup>th</sup> December 8am to 12pm.

### **Extra opening hours for 2014**

Friday 24 <sup>th</sup> January	9am – 12pm
Wednesday 29 <sup>th</sup> January	8am – 12pm
Thursday 30 <sup>th</sup> January	8am – 12pm
Tuesday 4 <sup>th</sup> February	8am – 12pm

### **Normal opening hours**

Every Tuesday in the school term - 8am – 12pm.

**Kim McPartlin, Uniform Shop Manager**  
Email: [khscp@yahoo.com.au](mailto:khscp@yahoo.com.au)

# The School Uniform

## Girls' Uniforms

Junior (Years 7 – 10)		Senior (Years 11 – 12)	
Winter	Summer	Winter	Summer
Tartan skirt with: <ul style="list-style-type: none"> <li>Long sleeved white blouse with Tartan collar (worn with or without Junior tie)</li> </ul>	<ul style="list-style-type: none"> <li>Tartan dress</li> </ul>	Tartan skirt, with either: <ul style="list-style-type: none"> <li>Long sleeved white blouse with Senior tie, or</li> <li>Long sleeved white blouse with Tartan trim (no tie)</li> </ul>	Tartan skirt, with: <ul style="list-style-type: none"> <li>Short sleeved senior blouse with Tartan trim (no tie)</li> </ul>
<ul style="list-style-type: none"> <li>Black cotton stockings</li> <li>Black opaque stockings</li> </ul>	<ul style="list-style-type: none"> <li>Short white socks</li> </ul>	<ul style="list-style-type: none"> <li>Black cotton stockings</li> <li>Black opaque stockings</li> </ul>	<ul style="list-style-type: none"> <li>Short white socks</li> </ul>
<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>
<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>	<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>	<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>	<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>
Navy or forest green scarf (optional)		Navy or forest green scarf (optional)	
<b>Sports Uniform – all year round (same for Junior and Senior years)</b>			
<ul style="list-style-type: none"> <li>Sports Shirt – microfibre with logo</li> </ul>	<ul style="list-style-type: none"> <li>Track jacket</li> </ul>		
<ul style="list-style-type: none"> <li>Sports Shorts – microfibre with logo</li> </ul>	<ul style="list-style-type: none"> <li>Basketball singlet (if required)</li> </ul>		
<ul style="list-style-type: none"> <li>Track pants</li> </ul>			

## Boys' Uniforms

Junior (Years 7 – 10)		Senior (Years 11 – 12)	
Winter	Summer	Winter	Summer
Trousers – long mid Grey, with: <ul style="list-style-type: none"> <li>Long sleeved white shirt with Tartan collar (can be worn with or without Junior tie)</li> </ul>	Shorts – mid Grey with: <ul style="list-style-type: none"> <li>Short sleeved white shirt with Crest (no tie), or</li> <li>Short sleeved plain white shirt and no Crest (worn with Junior tie)</li> </ul>	Trousers – long mid Grey, with: <ul style="list-style-type: none"> <li>Long sleeved plain white shirt (worn with Senior tie)</li> </ul>	Trousers – long mid Grey, with: <ul style="list-style-type: none"> <li>Short sleeved or long sleeved plain white shirt (worn with Senior tie)</li> </ul>
<ul style="list-style-type: none"> <li>Mid Grey (above ankle) socks</li> </ul>	<ul style="list-style-type: none"> <li>Mid Grey (above ankle) socks</li> </ul>	<ul style="list-style-type: none"> <li>Mid Grey (above ankle) socks</li> </ul>	<ul style="list-style-type: none"> <li>Mid Grey (above ankle) socks</li> </ul>
<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>	<ul style="list-style-type: none"> <li>Black school shoes</li> </ul>
<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>	<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>	<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>	<ul style="list-style-type: none"> <li>Cotton/woollen jumper</li> <li>Soft-shell jacket</li> <li>Blazer</li> </ul>
<b>Sports Uniform – all year round (same for Junior and Senior years)</b>			
<ul style="list-style-type: none"> <li>Sports Shirt – microfibre with logo</li> </ul>	<ul style="list-style-type: none"> <li>Track jacket</li> </ul>		
<ul style="list-style-type: none"> <li>Sports Shorts – microfibre with logo</li> </ul>	<ul style="list-style-type: none"> <li>Basketball singlet (if required)</li> </ul>		
<ul style="list-style-type: none"> <li>Track pants</li> </ul>			

OPEN TUESDAYS 8AM - 12NOON DURING SCHOOL TERMS

						(incl. GST)
<b>GIRLS</b>	<b>DESCRIPTION</b>	<b>PRICE</b>	<b>SIZE AVAIL</b>	<b>SIZE</b>	<b>QUANTITY</b>	<b>\$ TOTAL</b>
Blouse	Senior, White With Tartan Trim	\$34	8 to 22			
Skirt	'Gordon' Tartan Hipster Style Skirt	\$50	4 to 20			
Dress	'Gordon' Tartan Summer Dress	\$80	6 to 22			
Shirt	Winter Tartan Collared White Long Sleeve Shirt, Worn without Tie	\$28	8 to 22			
Soft Shell Jacket	Bottle Green with Logo	\$70	8 to 22			
Blazer	Polyester Wool, Bottle Green With Logo	Size dependent	80cm-120cm			
Socks	White Short Anklets (Above Ankle)	\$8	2-8, 8-11			
Tights	Black & Cotton	\$13	Av, Tall			
	Black & Opaque	\$11	Sm, Av, Tall			
<b>BOYS</b>	<b>DESCRIPTION</b>	<b>PRICE</b>	<b>SIZE AVAIL</b>	<b>SIZE</b>	<b>QUANTITY</b>	
Shorts	Summer, Mid Grey	\$44	62, 67, 72, 77, 82, 84, 87, 92, 97, 102, 110			
Trousers	Winter, Long, Mid Grey	\$55	62, 67, 72, 77, 82, 84, 87, 92, 97, 102, 110			
Shirt	Summer, White, Short Sleeve With Crest	\$30	10 to 36			
	Summer, Plain White, Short Sleeve, Worn With Tie	\$20	10 to 30			
	Winter Tartan Collared White Long Sleeve Shirt, Worn without Tie	\$28	8 to 30			
Soft Shell Jacket	Bottle Green with Logo	\$70	XXXS to XXL			
Blazer	Polyester Wool, Bottle Green With Logo	Size dependent	80cm-120cm			
Socks	Mid Grey (Above Ankle)	\$8	2-8, 8-11, 11-14, 14-16			
<b>UNISEX</b>	<b>DESCRIPTION</b>	<b>PRICE</b>	<b>SIZE AVAIL</b>	<b>SIZE</b>	<b>QUANTITY</b>	
Shirt	Winter, Plain White, Long Sleeve, Worn With Tie	\$24	8 to 30			
Ties	Junior, Tartan, Yr 7 to 10	\$15	One Size			
	Senior, Bottle Green With Logo	\$20	One Size			
Jumpers	Woollen V Neck, Bottle Green With Logo	\$65	8 to 16			
		\$70	18 to 26			
	Cotton V Neck, Bottle Green With Logo	\$60	8 to 16			
		\$65	18 to 26			
<b>SPORT</b>	<b>DESCRIPTION</b>	<b>PRICE</b>	<b>SIZE AVAIL</b>	<b>SIZE</b>	<b>QUANTITY</b>	
Sports Shirt	MicroFibre, With Logo	\$34	8 to XL			
Sports Shorts	MicroFibre, Bottle Green With Logo	\$26	10 to XL			
Track Pants	Microfibre Pants, Bottle Green	\$45	12 to L			
Track Jacket	Microfibre Jacket, Bottle Green With Logo	\$55	12 to L			
Basketball Singlet	Microfibre Green & Gold with Logo and Number	\$50	Girls and Boys, XS to XXL			
<b>BAND</b>	<b>DESCRIPTION</b>	<b>PRICE</b>	<b>SIZE AVAIL</b>	<b>SIZE</b>	<b>QUANTITY</b>	
Shirt	Black Short Sleeve poly/cotton embroidered logo	\$43	Small to XL			
<b>ACCESSORIES</b>	<b>DESCRIPTION</b>	<b>PRICE</b>	<b>SIZE AVAIL</b>	<b>SIZE</b>	<b>QUANTITY</b>	
Apron	Navy	\$10	One Size			
Cap	Cotton Brushed, Bottle Green	\$10	One Size			
Scarf	Fleece Scarf, Navy or Green	\$10	One Size			
Belt	Black Belt	\$15	65, 70, 75, 80, 85, 90, 95, 100			
School Bag	Black Backpack	\$65	One Size			
Bookpack	Yr 7 and Yr 8	\$35	One Size			
Sports Bag	Green Backpack with logo	\$15	One Size			

**CHEQUES PAYABLE TO "KHSCP"**
**\$ TOTAL (incl. GST)**
**\$**

STUDENT NAME		PARENT NAME	
PHONE			
DATE		RECEIPT #	
AMOUNT \$		Cash	Cheque
			VISA

ENQUIRIES AND PRE-ORDERS PLEASE EMAIL TO KIM MCPARTLIN AT  
CREDIT CARD SURCHARGE IS 1.45%

[khscp@yahoo.com.au](mailto:khscp@yahoo.com.au)

ALL PRICES ARE SUBJECTED TO ALTERATION WITHOUT NOTICE



## From the Library

### Non-Fiction in detail

Bridges, Michelle. **Australian Calorie Counter**

This book gives you everything you need to make the right food choices. Comprehensive energy information on thousands of fresh and packaged foods. Practical advice for maintain a healthy weight. Great tips for breaking bad habits.

**Lonely Planet's Best in Travel 2013**

Lonely Planet ranks the top 10 countries, regions and cities to visit in 2013. The best travel experiences for the year ahead, from enjoying Europe's latest City of Culture in Slovakia to touring Addis Ababa, Africa's rising star. Over 35 events mapped out month by month in the 2013 travel planner.

Snook, Barbara. **Dance for Senior Students**

Focus on dance appreciation and choreography. Examination of a range of dance works studied throughout Australia. Detailed classroom activities and choreographic tasks. A full-colour, highly photographic design.

Cooney, Daniel. **The Complete Guide to Figure Drawing for Comics and Graphic Novels**

Aimed at anyone who wants to draw for comic books or graphic novels, this book provides the definitive guide to getting your figure drawing absolutely right. The book gives readers a thorough grounding in drawing the human form, and it explains the techniques of posing and photographing models, and using the resulting photographs as reference for your finished drawings.

Griffiths, Mark. **Woodworking for the Weekend**

This book features a range of projects that take from just a couple of hours to a whole weekend to make.

The projects are suitable for experienced and novice woodworkers alike, with clear, step-by-step instructions, inspiring photographs and helpful how-to illustrations.

Perry, Vicky. **Abstract Painting Concepts and Techniques**

Abstraction allows man to see with his mind what he cannot physically see with his eyes....Abstract art enables the artist to perceive beyond the tangible, to extract the infinite out of the finite. It is emancipation of the mind. It is an explosion into unknown areas.

Gordon, Beverly. **Textiles: the Whole Story**

A worldwide history for anyone with a passion for textiles and textile arts. The author bridges past and present from the Stone Age, when humans first learned to make cordage or thread, to twenty-first-century "smart fabrics", which can regulate body temperature or measure the wearer's pulse. Her discussion integrates art, science, history, and anthropology, and she draws on examples from around the globe.

Mahoney, Blair. **Poetry Remastered**

This book offers new ways for you to investigate poetry through the key areas of imagery, sound devices, form and structure, mood and theme, and historical and authorial context. It uncovers the different meanings embedded in poems by exploring them through a variety of critical reading frameworks. It helps you to develop sophisticated ways of comparing and contrasting poetic styles by looking closely at the structures and features specific to this literary form.

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

## East Killara Uniting Church

*You, and your family and friends, are warmly welcomed to attend our*

***Christmas Service for all the Family***

*Held at the Church, corner of Wentworth and Fairbairn Avenues, East Killara, on*  
**Tuesday, 24<sup>th</sup> December 2013 at 7:30pm**

Sunday Morning Worship Services with Sunday School commence at 9:00am

Holy Communion is celebrated on the first Sunday of the month in Morning Worship,  
Starting in 2014 on Sunday, 5<sup>th</sup> January

**Postal Address:** PO Box 335, Killara, NSW, 2071

**Minister:** Rev Young-Dae Lee

23 Wentworth Ave, East Killara  
Telephone: 9418 1714. Mobile: 0410 464 311  
Email: [y31d@yahoo.com](mailto:y31d@yahoo.com)

**Secretary:** Mrs Rosalind Hobbes.

Telephone: 9499 2513

# Scout Christmas Tree Sale

Get your Christmas tree from the 2nd St Ives Scout troop this festive season.

**Saturday 14<sup>th</sup> December**

**8am - 2pm**

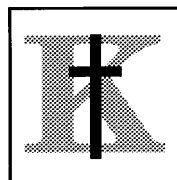
Former Camellia Grove Nursery site  
Mona Vale Rd  
St Ives

Beautiful trees priced  
between: \$60 - \$80

Stands: \$40

Delivery \$20 –  
available to St Ives  
and Gordon only

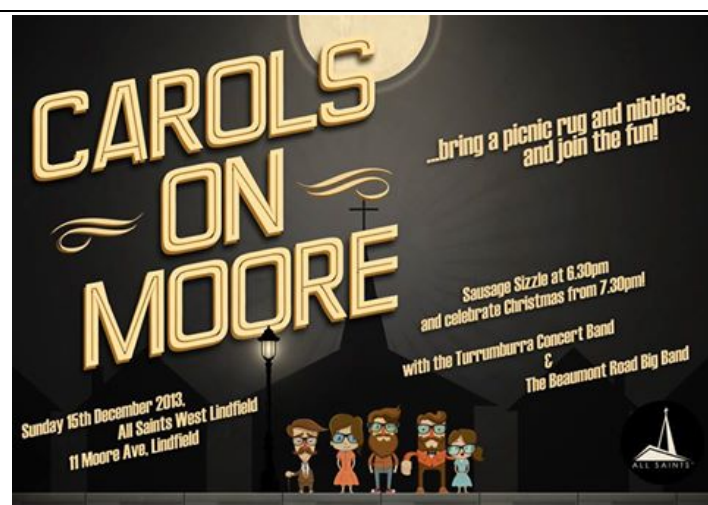
Order online today at  
<http://www.2ndstivesscouts.org.au/> or simply  
come buy on the day.



**Killara District Christian  
Education Association  
PO Box 34, Killara. 2071**

The Protestant Christian SRE teachers would like to wish the students and their families a joyous Christmas and holiday season.

May it be a time of refreshment and safety. We look forward to partnering with you in teaching the students in 2014.



**Bring a picnic rug and nibbles,  
and join the fun at  
All Saints' Carols on Moore  
Sunday, 15<sup>th</sup> December**

**Sausage Sizzle at 6.30pm  
and celebrate Christmas from 7.30pm  
with the**

**Turrumburra Concert Band  
and  
The Beaumont Road Big Band**

**11 Moore Ave, West Lindfield  
[www.aswl.org.au](http://www.aswl.org.au)**

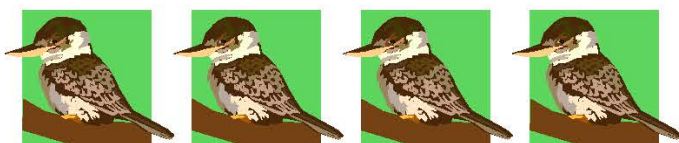


## Christmas Trees FOR SALE

**2nd Gordon Scout Hall  
32c Rosedale Road  
Gordon**

**Sat 14<sup>th</sup> Dec 2013  
8am – 3pm  
(or until sold)**

**SUPPORT YOUR LOCAL SCOUTS**



**Health**  
Northern Sydney  
Local Health District

## Health Promoting Schools Newsletter Summer 13/14

### Hornsby Ku-ring-gai Child and Family Health Service

**As the school holidays are fast approaching, our thoughts are of activities for children, child health, safety and sun protection. Following are some tips for enjoying the summer holidays.**

#### Hydration

In summer our bodies require more water because we are more active and our bodies use the water to help keep us cool. Water is essential for life, being a component of all cells and involved in many bodily processes. Recommended daily requirements of water for healthy bodies:

5-8 year olds	1 litre per day
9-12 year olds	1.5 litres per day
13+ years	2 litres per day

Beverages provide the main source of water, however, foods such as fruit and vegetables also contribute water.

The regular intake of adequately fluoridated water has conclusively been found to lower the prevalence and experience of tooth decay and dental caries.



#### Food

Summer brings plentiful fresh fruits and vegetables, perfect foods for hotter weather.

Get children into the habit of snacking on fruit

The earlier you start, the easier it is to get them used to eating fruit as a snack at home or at school, rather than eating something from a packet. It's a good habit that will help them grow up healthy. Try and have a variety of different fruits so they don't get bored with the same thing. Make fruit salad with a variety of different fruits for dessert - again, the more colours you can combine, the better. In warmer weather, fruits like grapes or peeled bananas taste great when frozen.

Let children help prepare fruit and vegetables

It's all part of learning to enjoy these foods - and a first step in learning how to cook.

Share a piece of fruit

Children, who might baulk at eating a whole apple, will often happily eat a piece if you cut it up and share it. It's a good strategy to use with the men in the family too – research into food habits has found that many men are more likely to eat fruit if it's cut up. The next time you think time is too short to eat properly, remember that fruit and vegetables can be among the most convenient foods around. Fruits like bananas, apples, pears, or

mandarins are easy to carry and need no preparation, and you can cook most vegetables in just a few minutes if you steam, stir-fry or microwave them.



This information is available from the 2&5 website in the following languages: Arabic, Chinese, Italian, Khmer, Korean, Macedonian, Serbian, Thai, Turkish and Vietnamese as well as English.



## Wet weather play ideas

### Papier Mache Pulp

Newspaper, paste, cold water, 2 large basins

Tear newspaper into small pieces & soak overnight. The following day, place layer of soaked newspaper pieces & layer of paste in second basin, then mix thoroughly mix with hands to make pliable.

### Bubble Pipe Mixture

¼ cup glycerine, ½ cup water, 1 tablespoon liquid detergent

### Playdough

Mix ½ cup salt, 1 cup flour, 2 tablespoons cream of tartar. Then add 1 cup water, 1 tablespoon oil & food colouring.

Stir, cook over medium heat for 3-5 minutes until dough is pliable.

Allow to cool before playing with it.

### Make a scrapbook

If you get your kids to do activities with their hands as well as their brains, they're far more likely to get into it.

Ask your kids to think of a theme (it could be school holidays, their favourite football team, whatever) and hand them paper, photos, magazines, glue, glitter and scissors (make sure they're the safety variety) and let them come up with their very own creation.

Not only will this be fun, but it should also help their creativity and hopefully keep them busy for a couple of hours.



## Local Festivities

### Christmas Spectacular 2013

Proudly brought to you by Hornsby Shire Council and Community Church Hornsby

Saturday 7 December 2013 | Rofe Park, Galston Road Hornsby Heights | 5pm – 9.30pm

### Australia Day Family Fun Day

Proudly brought to you by Ku Ring Gai council

Sunday 26 January Bicentennial Park 11am – 3pm.

### Sydney Festival

9-27 January 2014

Locations around Sydney and Parramatta, various venues, both free and costed events.

<http://www.sydneyfestival.org.au/2014/>

<http://www.immunise.health.gov.au/>

[http://www.decd.sa.gov.au/eatwellsa/files/links/Fluid\\_intake\\_Preschool\\_pri.pdf](http://www.decd.sa.gov.au/eatwellsa/files/links/Fluid_intake_Preschool_pri.pdf)

<http://www.betterhealth.vic.gov.au/>

<http://www.healthykids.nsw.gov.au/campaigns-programs/fresh-tastes-@-school.aspx>

[http://www.qfor2and5.com.au/MapPages\\_NSW/Promotionalresources/tabid/448/Default.aspx](http://www.qfor2and5.com.au/MapPages_NSW/Promotionalresources/tabid/448/Default.aspx)

<http://www.hornsby.nsw.gov.au/my-lifestyle/sports-and-recreation/cycling/hornsby-mountain-bike-trail>

<http://www.goodtoknow.co.uk/family/259388/What-to-do-with-the-kids-if-the-weather-s-bad>

ABA Cooks. Recipes for Busy mothers

Hornsby Ku-ring-gai Child & Family Health Service thanks these organisations for their contribution to this fact sheet and invites you to visit their websites for more information.

### Hornsby Ku-ring-gai School Health Service

**\*Berowra/Brooklyn: 9456 2877 \*Carlingford: 9871 8691 \*Lindfield: 9416 2111  
\*Galston: 9483 7955 \*Pennant Hills: 9483 7955 \*St Ives: 9988 4999**

## Out and About

As families are out and about with more outdoor activities it may be time to review tetanus vaccination currency. In the event of an accident a check-up with your GP or a visit to the local hospital is a good idea. Tetanus is caused by the bacterium *Clostridium tetani*. The bacteria can spread from the environment to open wounds where they can enter the blood stream. Tetanus is an often fatal disease caused by a toxin made by bacteria present in soil and manure. You do not catch tetanus from other people. Tetanus attacks the nervous system, causing severe muscle spasms, felt in the neck and jaw muscles (lock jaw). The effects spread, causing breathing difficulties, painful convulsions and abnormal heart rhythms.

Recommended vaccinations for school age children:

### 4 years

- Diphtheria, **tetanus**, acellular pertussis (whooping cough) and inactivated poliomyelitis (polio) (DTPa-IPV)
- Measles, mumps and rubella (MMR) (to be given only if MMRV vaccine was not given at 18 months)

**10–15 years** (see <http://www.immunise.health.gov.au/>)

- Hepatitis B (hep B)
- Varicella (chickenpox)
- Human papillomavirus (HPV)
- Diphtheria, **tetanus** and acellular pertussis (whooping cough) (dTpa)

## Holiday activities



Go to a patrolled beach or pool: remember slip (on a shirt), slop (on sunscreen), slap (on a hat), seek (shade) and slide (on sunglasses) and consider the time of the day to minimise sun exposure.



### Go Swimming

Swimming is one of the most popular sports in Australia. Our nation is surrounded by water and swimming is one of our great passions. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many physical and mental health benefits.

#### Benefits of swimming

Swimming is a great workout because you need to move your whole body against the resistance of the water.

Swimming is a good all-round activity because it:

- Keeps your heart rate up but takes some of the impact stress off your body
- Builds endurance, muscle strength and cardiovascular fitness
- Helps maintain a healthy weight, healthy heart and lungs
- Tones muscles and builds strength
- Provides an all-over body workout, as nearly all of your muscles are used during swimming.
- Is a relaxing and peaceful form of exercise
- Alleviates stress
- Improves coordination, balance and posture
- Improves flexibility
- Provides good low-impact therapy for some injuries and conditions
- Provides a pleasant way to cool down on a hot day
- Is available in many places – you can swim in swimming pools, beaches, lakes, dams and rivers. Make sure that the environment you choose to swim in is safe.



#### Some general tips

Before you enter the water:

- Make sure you know how to swim.
- Choose a safe environment; how deep is the water, any obstacles, check the current.
- Have plenty of fluids on hand and drink regularly.

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**REMEMBER: It takes only seconds for a child to drown, so never take your eyes off children near the water.**

## **Go surfing**

Take surfing lessons to learn the correct technique and get started safely.

### **Benefits of surfing.**

- Cardiovascular fitness – from paddling.
- Shoulder and back strength – these muscles will strengthen from paddling.
- Leg and core strength – once you're standing up on the board, strong legs and a strong core will keep you up.
- It is a great way to spend time outdoors and enjoy the natural environment.

### **Getting started**

Surfing is not as easy as it looks. It is worth taking some lessons to give you the basics and hopefully get you up on your feet.

As surfing involves the ocean, you should be a strong swimmer and always be aware of the safety aspects of being in the surf. If you are not sure about a suitable surfing spot, ask the local lifesavers.

Having the right equipment is essential to get the best out of the surf. Your board should suit your body and your ability. For example, start with a long board as they are easier to stand up on, paddle and ride. Wear a wetsuit if necessary to keep you in the water long enough to learn.

### **Surfing etiquette**

Although surfing tends to be a fairly free sport and a mostly recreational activity, there are certain rules based on common sense that are important to consider:

- If someone is already riding a wave, don't try to paddle around them.
- The person closest to the breaking wave has right of way.
- Respect other riders' right of way.
- Share the surf and don't steal other riders' waves.
- Remember that surf board riders cannot surf in between the flags on a patrolled beach.
- Don't take it out on other people if you're having a bad day. Respect other people, their gear and their belongings. This applies not only in the water but on the shore and in the car park.
- Always apologise and make sure that everyone is okay if you make a mistake and cause a collision.



### **Learning to read the ocean**

The ocean environment is a relaxing place, but it can also be dangerous. You need to be able to identify the safe and dangerous spots. People getting caught in rips are the cause of most surf rescues. A rip is a strong current running out to sea. You need to know how to identify and avoid them. Where there is a rip you will see:

- Darker colours in the ocean (indicating deep water)
- Murky brownish water caused by sand being stirred from the bottom of the ocean
- Smoother surface with much smaller waves, alongside white water
- Waves breaking further out to sea on both sides of a rip
- Debris floating out to sea.

Enjoy surfing but at the same time be aware of rips, as they can pull a weak or tired swimmer out into deep water and into trouble.

### **Avoiding injury**

Here are some tips to follow before you hit the waves:

- Check the beach and make sure you are not alone – take a friend.
- Look for any restrictions on the beach and follow them.
- Make sure the top of your board is waxed up or has some form of grip and check your leg rope is in good condition.
- Wear a leg rope tied to your surfboard.
- Wear sunscreen; even on cloudy days.
- Wear what makes you comfortable, everyone has different tolerances for cold water.
- Watch the area before you go in to see the best place to paddle out. Watch other people to see how they are getting on out in the surf.
- Warm up before entering the water.

### **Where to get help**

- Local surf lifesaving club
- Surfing Australia Tel. (02) 6674 9888
- Smartplay Tel. (03) 9674 8777

### **Things to remember**

- Surfing has benefits for your health and overall wellbeing.
- You need to take care in the water at all times.
- Choose the equipment and the surf spot that's suitable for your ability and fitness.

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**The main cause of injury when surfing is contact with a surfer's own board or that of another surfer.**



## Cycling around

### Hornsby Mountain Bike Trail



Stage One of Hornsby Shire Council's much-anticipated Mountain Bike Trail has opened to the public. Located in bushland near the centre of Hornsby, it is just a few minutes' walk from the train station. It's the only trail of its kind in the region.

The cross-country trail winds through 3.25 km of the picturesque Hornsby Park Bushland Reserve and Old Man's Valley. The one-metre-wide natural surface trail (known as a 'single track') has been designed with gentle gradients that are not prone to water erosion and much of it will look like a regular bushwalking trail. One of the great side benefits of this project is that it will reduce unauthorised mountain biking in areas that cannot sustain it, where the sensitive natural habitat is being damaged.

#### Features of the trail

This trail allows access to the unique landscape that lies between the Hornsby CBD and Berowra Valley Regional Park. It contains a mixture of parkland and bushland. The single track mountain bike trail is a combination of narrow handmade bushland and machine-made trails. This 'flowtrail' is a popular design which increases riders' momentum and fun factor.

#### Who can ride it?

At the bottom of the trail is a "Green Loop" that can be safely ridden by children and mountain biking novices. From there it is possible to build up through the various levels until you're able to ride the full course of rollers, jumps and berms.

#### Trail closures

To ensure the safety of riders and good trail condition for all riders, trail closures will occur during extreme fire danger periods and wet trail conditions. After prolonged or very heavy rain, the trail will sometimes be closed for a number of days so the surface can dry out. Trail closures will be announced on the Hornsby Mountain Bike Trail Twitter page so make sure you check that out before heading to the trail.

#### Parking

Parking is available on Quarry Rd. Please park towards to the end of Quarry Rd and consider the local residents by keeping noise to a minimum.



### Jubes Mountain Bike Park

This purpose-built facility is located at the back of Golden Jubilee Fields off Esk Street in Wahroonga. It has three distinct areas:

- **Skill development** - designed to help riders improve off-road cycling with rock, wood and narrow sections
- **Pump track** - easy, medium and difficult levels to encourage the rider to use their upper body to 'pump' through the course
- **Single track** - 800 metres of track that meanders up and down the hillside

Other popular mountain biking sites include:

- Grosvenor Avenue to Gwydir Avenue fire trails
- Upper Lane Cove River Valley fire trails (accessible via Canoon Road and Kissing Point Road trailheads or Pennant Hills Park)

Check Ku-Ring- Gai Council website for track closure information.