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## Fantastic Results At The Sydney Eisteddfod!

CONGRATULATIONS  
PAE!

 1<sup>ST</sup> PLACE VOCAL  
EXTENSION

 2<sup>ND</sup> PLACE STAGE  
BAND 1

Over the last 2 weeks all the PAE ensembles have performed at the new Chatswood Concourse.

The competition is always very tight with Killara ensembles being one of the few non private school or non-selective schools to compete!

Well done to all performers!

## Balmoral Burn 2013

On Sunday June 2, Killara High School students braved the rain to compete in this year's Balmoral Burn - a 420-metre relay race up Awaba Street alongside Balmoral Beach.



Our best performance was in the boys' race, where **Matthew Crawford, Ryan Peterson, Kshitij Prasad and Tim Scollay** took out sixth place in 7.51.

Competing in the Burn is a tradition among Killara Prefects, who were responsible for organising this year's entry.

The secondary school division, 'Head of the Hill', was contested by over twenty Sydney schools. Though the 2013 titles were taken out by Sydney Grammar School and Abbotsleigh School for Girls, Killara's entry of eight teams was a great show of support for The Humpty Dumpty Foundation.



Congratulations to all runners and thanks to all of the parents who delivered, cheered and collected the wet contestants.



## Congratulations Jillian and Elizabeth!!



**Jillian Rafferty** (Year 8) and **Elizabeth Parsons** (Year 7) are the first recipients in our new merit system to earn Silver Awards. They were presented with their certificates by Dr Carter at the Stage 4 assembly on 30<sup>th</sup> May.

## Calendar

### JUNE 2013

6 -	KHS Musical Evening Performance 7pm
7 -	Yr 12 Physics Excursion
-	Yr 9 Commerce Market Day
-	KHS Musical Evening Performance 7pm
10 -	Queen's Birthday Public Holiday
11 -	Yr 12 Physics Excursion
12 -	Yr 8 KYDS Welfare Program
13 -	Sydney North Cross Country Carnival
-	Yr 10 Reports issued to Parents
14 -	Yr 9 Geography Excursion
-	Yr 8 German Excursion
17 -	R U OK? Week commences
18 -	Yr 9 & 10 Student Progress Review Meeting – Kerrabee Hall from 3.30
18 -	The Killara Gift - lunchtime
19 -	SJC Mufti Day
-	P & C Meeting
20 -	German Study Tour commences
-	Yr 9 Reports issued to students
-	Yr 12 Music Night – 7 – 12pm
-	KHS Archibald Exhibition – Yr 11 Portrait Paintings opens 6.30pm Kerrabee Hall
21 -	Killara Gift - lunchtime
-	KHS Archibald Exhibition – Yr 11 Portrait Paintings
24 -	Killara Gift Finals - lunchtime
26 -	Yr 7 Fun Day
27 -	Yr 8 Reports issued to students
28 -	Last day Term 2

### JULY 2013

15 -	School Development Day
16 -	Students return to school
17 -	Yr 10 PASS Ski Trip
18 -	Yr 7 Reports issued
19 -	CHS Cross Country Carnival

## Did You Know ...??

Congratulations to **Katya Buryak** (Yr 8) who qualified individually for the Australian National Rhythmic Gymnastics Championship which will be held in July with a 2nd in Ball, 3rd in clubs and 6th Overall.

## Mishima High School Visit

On 14<sup>th</sup> and 15<sup>th</sup> of May Killara High School hosted 12 students from our sister school Mishima High School, Shikoku, Japan. It has been five years since the sister school relationship between Killara High School and Mishima High School has been formalised. There have been numerous contacts between the two schools including four visits by Mishima High School since 2008. Mishima students spent two nights with host families from Killara High School and attended school for a special eventful day.



Dr Carter welcomed Mishima's principal Mr Saburo Maki, Mishima students and their accompanying teachers, Mr Nobuya Ozaki and Mrs Ayumi Matsuda, speaking of the ongoing value of inter cultural awareness and exchange between our schools, while emphasising the central importance of young people communicating directly with one another in a cross cultural setting. Our student **Curtis Chan** (Year 12) and Mishima High School student Riho Fujimaki proceeded to welcome one another with well-prepared speeches in Japanese and English, which spoke of the joyful anticipation of new friendship and ongoing opportunities to communicate with one another. Students and teachers proceeded in small groups on a school tour including some brief visits to class rooms in action. For the remainder of the afternoon students accompanied their hosts to regular classes and participated in speaking practice activities with our year 11 and 12 students. At lunch the visitors were treated to a true Australian style BBQ and lamingtons. The day concluded with an Australian-Japanese Trivia Quiz, testing students' general knowledge about each other's countries in a fun and relaxed environment.

Most memorable and exciting according to a majority of students seemed to be the opportunity to mingle and chat with one another while experiencing life in another cultural setting or from a different cultural point of view.

The strength of friendships that were formed in such a small period of time became clear when students conveyed that they were still in touch with each other over the internet, using social media forums to communicate. Killara High supports these student's commitments and is looking forward to ongoing reciprocal visits and exchanges for many years to come.

... Continued page 3



## Mishima High School Visit Continued ...

Thank you to the following Killara host students and families for making this such a special experience for the Mishima High visitors: **Curtis Chan, Olivia and Kathryn Charles, Chloe and Tammy Donohoe, Benjamin Koder, Juliet Major, Laura Morison, Anna Oh and Lee Weingarten.** Thank you also to all the staff at Killara High who allowed students out of class to enjoy this special day as well as accepting Mishima High students into some of their lessons.

**Regine Berghofer, Ruth Charles**

### Our Sister School: Mishima High School

Mishima High School is a high school in a picturesque town in Ehime prefecture, Japan. Also known as 'paper town', one of the main paper manufacturing towns in Japan, it recently received a lot of media attention in Japan with the release of the movie 'Shodo Girls'. The movie, shortlisted for the Cannes film festival in 2010, is based on the true story of four Mishima High School girls and their Shodo (Calligraphy) Dance club. The girls prepare to perform in the 'Shodo Koshien' in a plight to help their town out of recession. 'Shodo Koshien' is a performance which involves writing Japanese characters on giant sheets of paper while performing to music. Killara High School received a copy of this movie and a preview DVD of the making of the movie from our sister school as a gift last year. A copy was made available for students and staff in the school library. However, a word of caution for potential viewers: The film is in Japanese without subtitles.

### My Experience with the Japanese Exchange Students

As their bus arrived at Killara High School I was pent up with excitement. Our first meeting was a little awkward. I was so nervous, I forgot to introduce myself. However, once we arrived home and were relaxed, we had a proper introduction. It was hard, because I had a limited amount of vocabulary in Japanese and their English was about the same. One night the girls showed me a photo album and



told me about their lives in Japan. It was such so interesting to learn about a different culture. I hope that I will be able to visit them in Japan sometime. The homestay was such a great opportunity to improve my Japanese. If I get another chance, I would definitely host a student again.

**Anna Oh (Yr 11)**  
**(Shiho Kato, Ayaka Shinohara)**

I was really excited when I arrived at school on Tuesday afternoon to pick up my Japanese exchange student, who was going to stay with me and my family for a few days. I was nervous, because I had only started learning Japanese at the beginning of the year. Thankfully he knew no more English than I did Japanese. We still managed to communicate thanks to some strange translation from the Internet translator and he told me that the houses in Japan were much smaller and that they did not have 'roundabouts' in Japan. He taught me about Kendo (Japanese fencing) and I taught him



about vegemite and koalas. When we arrived to school the next day, we started talking more about school and our hobbies. I also taught him some Australian phrases like 'G'day' and he taught me some Japanese slang like 'waku waku', which means to be excited. We both learnt a lot and had a great time.

**Benjamin Koder (Yr 11)**

## Performing Arts Calendar

Term 2			
7	14-Jun	Vocals TBC	North Sydney Boys - Idea of North
8	21-Jun	SB1 & SB2	Killara High School Kerrabee Hall -Stage Band Concert (7pm)
9	27-Jun	String Quartet	Sydney Eisteddfod - Shore School (10.30am)

## Year 8 Welfare Day

Year 8 will be attending a Welfare Day at KHS on Wednesday June 12<sup>th</sup>, delivered by the KYDS Youth Development Service. Students will be divided into small groups and taken through a gender specific program. The Young Women's Program focuses on Drug and Alcohol Issues, Body Image and Self Esteem, Bullying and Cyber Safety and Sexual Health and Relationships. The Young Men's Program focuses on Drug and Alcohol Issues, Anger Management, Bullying, Peer Pressure and Cyber Bullying and Attitudes and Sexual Health and

Relationships. Students in previous years have found the day to be an invaluable and worthwhile experience in helping them to understand and be better equipped to deal with some of the challenges of being a young person. This service is provided free of charge and all the facilitators are trained to deliver these programs by the KYDS Youth Development Service and have completed the Working with Children Check. Please visit the website for further information [www.kyds.org.au](http://www.kyds.org.au)

**The Year 8 Student Welfare Team**

## A Visit from 1983 Ex-Students and a Charity Walk

On Friday 31st May, two ex-students from the 'Class of 1983' came to Killara for a tour of the school as part of their Class of '83 reunion program for the weekend. Each year, a cohort of ex-students participate in the MS Charity walk under the team name, "KHS - Class of '83".



They do this to raise funds for MS, in recognition of their KHS year adviser and teacher, Christine Laing, who suffers with MS. This year the event was on Sunday 2nd June. As 2013 is the 30th year since completing their schooling at KHS, these ex-students are getting together - all walkers and non-walkers alike - to share memories. Ex-students came from Brisbane, Canberra, Orange and Newcastle for the walk. Ex-students from overseas

are planning to catch up next time they are in Sydney. It was the Class of '83 cohort that, during their farewell service in 1983, donated a brick to be the cornerstone of the assembly hall that the school desperately needed at the time.



Two of our prefects welcomed the class of '83 back to Killara High School, and wished them every success with their reunion program for the weekend, particularly the MS charity walk!

**Ms Campbell - Teacher-Librarian**

## DER-NSW Laptop Stocktake 2013 for year 10, 11 and 12.

The Technology Support Officer (TSO) is conducting a stocktake of DER laptops used by Year 10, 11 and 12. As a public asset it is required that they are managed in a transparent and proper manner. An automatic capture method via the wireless verifies the location of the asset at the school. In order for the stocktake to automatically occur, students need to bring their laptops to the school and ensure they are logged onto their device for at least 30 minutes.

Can you emphasize the need for your son/daughter to bring their laptop to school and to follow the procedure outlined above? Machines that are not sighted by 14<sup>th</sup> June 2013 will have their operating system deactivated and students will need to have their laptop physically sighted by the TSO to complete the stocktake.

**Ross Kirbyshire**  
**Head Teacher - Computer Studies**



## Student Progress Review Evenings 2013

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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.

The first Student Progress Review meeting session for Years 7 and 11 was held at the end of Term 1 with the Years 8 and 12 session held in week 4.

The final Student Progress Review Meeting for Term 2 is for:

**Years 9 & 10 and is on Tuesday 18<sup>th</sup> June (Week 8).**

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

### Interview Bookings

On 28th May, parents of students in Years 9 and 10 received an email invitation allowing them access to the computerized booking system. This enabled parents to indicate their availability for a meeting and to indicate which of their child's teachers they would like to see. All Year 9 and 10 parents need to ensure that they indicate their preferences at this stage to maximize their opportunity to see all teachers with whom they wish an interview. This access will close at 3pm on Thursday 6<sup>th</sup> June.

Interviews between parents and the nominated teachers will then be scheduled between the hours of 3.30pm and 8.00pm taking into account parent and teacher availability.

The schedule of interviews will be open for parent access on 12<sup>th</sup> June so that parents may print out their schedule. Some limited adjustments of appointments may be possible depending on the availability of teachers. This access will close again on 17<sup>th</sup> June at 3pm. All parents will then need to login and print out their list of appointments.

### **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. To drop in on the off chance of speaking to a teacher can prove very frustrating to those with appointments and such requests may not be able to be accommodated. Please give consideration to the needs of other parents and the staff during these evenings.

Please take advantage of these opportunities to meet with the school staff to discuss your child's progress. Year Advisers, a School Counsellor, Careers Adviser and the Learning and Support Teacher will also be present.

**Judith Paszek, Carla Marchesin, Alison Gambino,  
Deputy Principals**

## Construction Of Block G Has Commenced

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Work has commenced in the area designated for Block G and as the building work increases the number of site workers and contractors parking in the vicinity of the school will increase, compounding the lack of available parking for residents, staff, parents and visitors to the school in Koola Avenue, Churchill Road and in neighbouring streets.

Dr Carter has negotiated with Ku ring gai Council for the use of the Koola Park car park (accessed down the driveway on the northern side of Koola Park – drive entry opposite KHS Gate 3) for staff, parents, students and visitors of the school. This will be available for much of the construction phase as possible. However when the Koola Park redevelopment works commences, the car park may not be available.

Thank you for your patience and cooperation during this time. It will all be worth it.



*The site of Block G before work commenced*

**Carla Marchesin, Judy Paszek and  
Alison Gambino**

# Careers Corner

## UTS Schools Recommendation Science Scholarships

Valued at \$2,000 per year of tertiary study, these scholarships are available to students who would like to enrol in a range of UTS Science courses and who meet the following eligibility criteria:

- a minimum mark of 75% in the school HSC assessment in two sciences and 2 unit Mathematics
- an eventual ATAR of 69
- have a UTS BSc course as their first UAC preference
- are students who are recommended for tertiary study by their school's principal.

Students interested in applying should contact the careers office.

## Discover Midwifery@UTS

These informal and interactive information sessions which are held regularly throughout the year give participants a taste of what it's like to be a midwife and whether midwifery is a suitable career. To find out more, email [health@uts.edu.au](mailto:health@uts.edu.au)

## Apprenticeship and Traineeship Expo

On Wednesday 31 July, students 15 years and older who are interested in enrolling in an apprenticeship or traineeship will have an opportunity to attend a free expo at the Hornsby War Memorial Hall, 2 High St, Hornsby. Training organisations and employers will be in attendance to answer questions. Students are encouraged to bring copies of their resumes. Parents are welcome. For further information contact Rachelle Elphick on 0439 041 020.

## Macquarie University Parent Information Evening

This is an opportunity for parents of students in Years 10 – 12 to learn more about Macquarie degrees, bonus point scheme and scholarships. The event will be held on Wednesday 12 June from 6-8pm. As places are limited registrations, are essential at [mq.edu.au/parent\\_info\\_evening](http://mq.edu.au/parent_info_evening)

## University of Sydney Scholarships Information Evening

To maximise students' chances of receiving one of their scholarships, the University of Sydney is hosting an information evening for Year 11 and 12 students from 6pm on Wednesday 26 June. Email [future.students@sydney.edu.au](mailto:future.students@sydney.edu.au) for further information.

## UNSW Scholarships Information Evening

This event which will take place on Thursday 6 June at 6pm in the Science Theatres at UNSW, is aimed at Year 11 and 12 students and their parents and will provide in-depth information on the range of scholarships available at UNSW. For further details and to register go to [www.whatson.unsw.edu.au](http://www.whatson.unsw.edu.au)

## Hong Kong University of Science and Technology

Students wishing to attend this institution which offers Honours degrees in Science, Engineering, Business Management, Humanities and the Social Sciences can access more information on the offerings from the careers office.

## Free lecture on "Mastering the Exams"

This lecture which is organised by the School for Excellence and will be held on 8 and 9 June, is geared towards helping students succeed in the HSC and trial exams. A donation of \$10 is required and will be given to charity representatives who will be in attendance on the day. To reserve a place, register online at [www.tsfx.com.au](http://www.tsfx.com.au)

## Notre Dame University's "A Day in the Life of a Nursing Student"

This will be held at the Notre Dame campus in Darlinghurst on Wednesday 3 July from 10.30am. RSVP by email to [Sydney@nd.edu.au](mailto:Sydney@nd.edu.au)

## Scholarship Information

- Year 12 students interested in a career in teaching can apply for a scholarship worth up to \$28,000 through TeachNSW. Applications close in October 2013. For more information log on to <http://www.dec.nsw.gov.au/about-us/careers-centre/school-careers/teaching>
- The Robertson Scholars Program offers one successful Australian student the opportunity to complete a four year undergraduate degree at two of the US's leading academic institutions: Duke University and the University of North Carolina. Visit [www.scholarships.unsw.edu.au/robertson](http://www.scholarships.unsw.edu.au/robertson) to find out more information.

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

**Colleen Clarke and Rosemary Brown**  
Careers Advisers

# From the Library

## New fiction in detail:

Christie, Agatha. **The body in the library**

When the Bantry's wake to find the body of a beautiful, young stranger in their library, Dolly Bantry knows there's only one person to call: her old friend Miss Marple.

Who was the young girl? And is there a connection with another dead girl whose charred remains are discovered in an abandoned quarry?

James, Rebecca. **Sweet damage**

*I still dream about Anna London's house. In my dreams it's as if the house itself has sinister intentions. But in real life it wasn't the house that was responsible for what happened. It was the people who did the damage...*

When Tim Ellison finds a cheap room for rent in the perfect location in Sydney it looks like a huge stroke of luck. When strange and terrifying things start happening in the house at night, Tim wonders if taking the room is a mistake.

Lord, Gabrielle. **Conspiracy 365: Malice**

Winter Frey has been warned. She has 30 days, the countdown has begun...

With Cal away at flight school and a dangerous mystery to solve, will Winter be able to survive the 30-day countdown? Or will The Drowner live up to their name?

Noel, Alyson. **The soul seekers: Fated**

Strange things have been happening to Daire Santos. Worried that Daire's having a breakdown, her mother sends her to stay with the grandmother she's never met, who lives on the dusty plains of Enchantment, New Mexico. There Daire crosses paths with Dace, a gorgeous guy with unearthly blue eyes.

Patterson, James. **I funny**

You'll hear the story of my insanely un-funny stepfamily, my mostly funny friends, an amazing person called Cool Girl, and the school bully, who happens to live in the same house as me- plus a secret I'm not exactly ready to tell you yet.

Sutcliffe, William. **The Wall. Which side are you on?**

The one thing everyone growing up on Joshua's side of the Wall knows is this: you mustn't go to the other side. Over there, only soldiers are safe.

One day, Joshua kicks his football into a building site, where he discovers a manhole, then a tunnel, which leads into pitch darkness under the

Wall and across to the forbidden territory on the other side where Joshua's world will be turned upside down.

## New non fiction:

Berger, Melvin & Gilda. **101 Animal records**

Discover which animals hold the coolest records!

Colson, Mary. **Indigenous Australian cultures**

Ganeri, Anita. **Indian culture**

Heapy, Teresa. **Japanese culture**

This beautifully illustrated series gives an introduction to the world's most fascinating and ancient cultures. Discover different culture's approaches to visual arts and performance and find out about important beliefs, traditions and customs. Find out about the role of family and community in these cultures and explore how cultures are changing and developing in the 21<sup>st</sup> century.

Hill, Jenna Miscavige. **Beyond belief: My secret life inside Scientology and my harrowing escape**

Jenna Miscavige Hill was raised to obey. As the niece of the Church of Scientology's leader David Miscavige, she grew up at the centre of this highly controversial and powerful organisation. Now she speaks out- piercing the veil of secrecy that has long shrouded the world of Scientology.

Horowitz, Anthony. **Legends: The Wrath of the gods**

It does not pay to anger the gods. If you're lucky, you might just end up falling foul to Thor's mighty hammer, unleashing the evils of the world from a box or falling hopelessly in love with your own reflection. And if you're unlucky?

Monroe, Andrew. **Staying safe in the Australian bush: A traveller's guide**

This 'all-in-one' safety guide is for all travellers who explore the Australian bush. This 'how-to' book provides a wide range of safety information for all travellers, as well as practical insights, tips and ideas.

Richmond, Simon [and others] **Malaysia, Singapore & Brunei**

A Lonely Planet guide to Malaysia, Singapore & Brunei written by experts who provide accurate, practical and honest advice to give travellers the information they need about these destinations.

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



## Northern Sydney Region Student Services Parent Forum

An invitation is extended to all parents of students accessing Northern Sydney Region Student Services Programs to attend an information sharing meeting with other parents and regional representatives.

At this forum we welcome our guest speaker, **Barbara Lewis, Manager, Carer Support Services, Northern Sydney Health**. Barbara's topic will be **How parents / carers can decrease their anxiety by working effectively in partnership with their schools -** how to manage thoughts and feelings in times of stress, sharing information and working as part of the Learning and Support Team.

**Date:** 21 June 2013  
**Time:** 10.00am to 12.00 noon  
**Venue:** Lindfield East Public School Hall  
90 Tryon Road, East Lindfield

For more information, please contact Kate McCosker - Student Welfare Consultant, 9987 3900 or email [kate.mccosker@det.nsw.edu.au](mailto:kate.mccosker@det.nsw.edu.au). RSVP for catering purposes to Kate McCosker, Phone 9987 3900 or email [kate.mccosker@det.nsw.edu.au](mailto:kate.mccosker@det.nsw.edu.au).

### Raising Men

Support your son's journey into manhood

3 day camp and program for boys 12-15 and their father or male mentor

Upcoming camp dates:  
13-16 June and 19-22 September, 2013  
[Info@raisingmen.com.au](mailto:Info@raisingmen.com.au)  
[www.raisingmen.com.au](http://www.raisingmen.com.au) Ph 02 6684 3892

### The Health Psychology Unit University of Technology Sydney

Managing HSC Stress One-Day Holiday Program for Yr 11 and Yr 12 students on 9 July 2013.

This one-day program introduces strategies and useful skills to tackle the HSC. The Managing HSC Stress program is based on the principles of cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective approach for both self-help and clinical intervention for stress management. The program is delivered by psychologists very experienced in working with adolescents.

For more information about the content of the program, or to make a booking, please contact the Health Psychology Unit: 9514 4077, and ask to speak with one of our Psychologists.

### Killara District Christian Education Assoc Inc

**Protestant Special Religious Education at Killara High School is supported by local protestant churches between Roseville and Gordon.**

Students at Killara High School are encouraged to understand the teaching of the Christian faith through Protestant SRE lessons, Senior SRE Seminars, lunchtime groups and inter-school activities such as camps and breakfasts.

The KDCEA Committee welcomes the involvement of parents and friends in supporting Protestant SRE either by involvement on the Committee or as a financial partner.

For more information you may wish to speak to Vicki Blackwell on 0420982447 or contact the Association at **PO Box 34, Killara 2071**

**Donations are welcome at any time. All donations over \$2 are tax deductible**



### WEP Student Exchange - An Experience of a Lifetime!

Have you ever wondered what it would be like to live in Italy, Spain, France, Germany, China, the USA...? Become an exchange student with World Education Program (WEP) Australia and find out first-hand! Choose from over 20 countries around the world to experience life as an overseas teenager by living with a welcoming host family and attending their local high school.

### WEP \$3000 Scholarships – Argentina & China

Imagine drinking a traditional *mate* in Argentina or indulging in delicious dumplings in China. WEP's scholarships allow you to explore and experience the Argentine or Chinese culture first-hand during your academic student exchange program in 2014!

**Find Out More!** Request an information pack, including our brochure and FREE application form.  
Visit: [www.wep.org.au](http://www.wep.org.au)  
Call: 1300 884 733 (cost of a local call)  
Email: [info@wep.org.au](mailto:info@wep.org.au)

### Upcoming Info Sessions

Have all your questions and more answered on 12 June 2013 at 7:30-9pm.

Venue: Bowlers Club of NSW, Level 2, 95-99 York Street, Sydney



# Peter Pan



A Musical Adventure


Based on J M Barrie's original play  
with permission from  
Great Ormond Street Hospital for Children

Music by George Stiles  
Lyrics by Anthony Drewe  
Book by Willis Hall

Kerrabee Theatre 7pm  
May 29, 30 & 31  
June 5, 6 & 7

Adults \$20  
Child/Concession \$12  
Family \$50



**Tickets: 9498 3722**  
On sale NOW in the QUAD - lunch time.



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<ul style="list-style-type: none"><li>Catalina</li><li>Criniti's</li><li>Kingsleys Steak &amp; Crab House</li><li>Chef's Gallery</li><li>Cafe Sydney</li></ul>			<ul style="list-style-type: none"><li>Neutral Bay Bar &amp; Dining</li><li>Bathers Pavilion</li><li>Murray's at Manly</li><li>Berowra Waters Inn</li><li>Coco Cubano</li></ul>			<ul style="list-style-type: none"><li>El-Phoenecian Restaurant</li><li>Rockfish</li><li>Lochiel House</li><li>Bondi Pizza Bar &amp; Grill</li><li>Coco Cubano</li></ul>					
<ul style="list-style-type: none"><li>Glass Breakfast</li><li>Zinc</li><li>Braza Churrascaria</li><li>The Nuns' Pool</li><li>O Bar and Dining</li></ul>			<ul style="list-style-type: none"><li>Oliver Brown</li><li>Barbuto</li><li>Delicado</li><li>Sails on Lavender Bay</li><li>Le Kiosk</li></ul>			<ul style="list-style-type: none"><li>The Coffee Emporium</li><li>Cibo e Vino</li><li>Cucina Gasparo</li><li>Trevi Lakeside</li><li>Crystal Jade</li></ul>					
<ul style="list-style-type: none"><li>Peter Doyle @ The Quay</li><li>Lucio's Pizzeria</li><li>Moo Gourmet Burgers</li><li>Bondi Pizza Bar &amp; Grill</li><li>and many more...</li></ul>			<ul style="list-style-type: none"><li>MuMu Grill</li><li>New Shanghai</li><li>Stella Blu</li><li>High Street Bistro</li><li>and many more...</li></ul>			<ul style="list-style-type: none"><li>PJ Gallagher's</li><li>The Mean Fiddler</li><li>Port Bar &amp; Restaurant</li><li>Black Angus Grill &amp; Bar</li><li>and many more...</li></ul>					
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Thank you for supporting Killara High School - \$13 from each Book sold contributes to our fundraising



WATOTO PRESENTS

# BEAUTIFUL AFRICA

A NEW GENERATION

**Watoto**  
RESCUE RAISE REBUILD



CHOIR OF CHILDREN FROM AFRICA

Tuesday 11 June 2013

7 pm in the Abbotsleigh Senior School Assembly Hall

FREE ADMISSION

f /Watoto  
@Watoto

IN PARTNERSHIP WITH  
 Global Development Group





Presented by:  
Centacare Naremburn



# Positive Parenting Program

Free seminar, refreshments provided

This program is a lecture style presentation and does not allow for children to attend that are over 6 months and mobile. Childcare is not provided

This program consists of 3 seminars held over 3 Tuesdays designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing. This program is aimed at parents of children aged 0-10 yrs.



## SEMINAR 1

THE POWER OF POSITIVE PARENTING: Wednesday 5th June 10:30am-12:00pm

## SEMINAR 2

RAISING COMPETENT, CONFIDENT CHILDREN: Wednesday 12th June 10:30am-12:00pm

## SEMINAR 3

RAISING RESILIENT CHILDREN: Wednesday 19th June 10:30am-12:00pm

Triple P Seminars address general parenting issues: why children tend to behave in certain ways under certain influences, and what they best respond to; dealing decisively and effectively with behaviours such as aggression, non-co-operation and disobedience; recognising and managing situations that might be much less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

Location:  
Lane Cove Library  
Library Walk, Lane Cove

Bookings are essential! To make a booking call  
Centacare on 8425 8700  
Or email: [nareburnfc@dbb.org.au](mailto:nareburnfc@dbb.org.au)

**\*Please note children are unable to attend and  
childcare is not provided\***

# SAVE THE DATE

Roseville College | An Anglican School For Girls

for a Parent Seminar on

## TEENAGERS, ALCOHOL and DRUGS

Presented by **Paul Dillon**

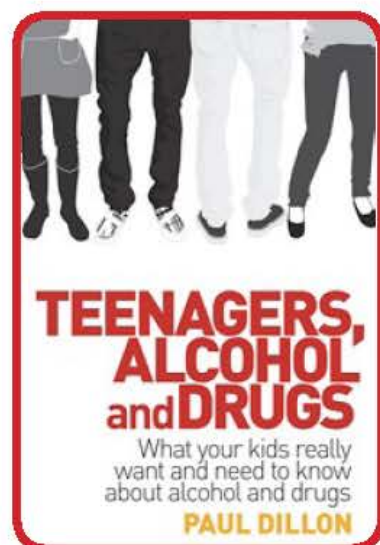
Thursday 13 June 2013 | 6pm to 7.30pm | Joy Yeo Auditorium

Many parents, like their children, access information on drugs from inappropriate sources such as the media and as a result there is a great deal of mythology around drugs and their use. This presentation, based on his book *Teenagers, Alcohol and Drugs*, will attempt to give accurate, up-to-date information on what we know about young people, alcohol and drugs in Australia. It aims to empower parents with some basic information about current trends in alcohol and other drugs by examining the questions young people really want to ask. This will assist parents to have meaningful conversations with their child when responding to queries that may be raised.

**Paul Dillon** has been working in the area of drug education for the past 25 years. Through his own business, Drug and Alcohol Research and Training Australia (DARTA) he has been contracted by many agencies and organisations across the country to give regular updates on current drug trends within the community. He has also worked with many school communities to ensure that they have access to good quality information and best practice drug education.

In recent years, he has worked extensively with a range of sporting organisations including the Australian Cricketers Association, the Rugby Union Players Association and the Football Federation of Australia to provide training workshops to elite athletes on a range of alcohol and other drug issues. He has also written a best-selling book for parents titled 'Teenagers, Alcohol and Drugs' which was released in 2009. With a broad knowledge of a range of content areas, Paul regularly provides media comment and is regarded as a key social commentator in Australia, appearing on a wide range of television programs including Sunrise, TODAY and the 7PM Project discussing topical issues. Paul also had a regular spot on a national radio program on Triple J for seven years where he dealt with current youth drug issues. Paul also has a blog where he discusses topical issues of the day, as well as addressing some of the questions and queries he is regularly asked by those attending his presentations.

There is no cost to attend the seminar.



Please book online at [www.trybooking.com/CWOQ](http://www.trybooking.com/CWOQ)





## Health Promoting Schools Newsletter Winter 2013

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

Chilly days make us want to stay indoors and keep warm. Winter is commonly a time of reduced physical activity. Snuggled up in front of a screen may not be the best for your child.

#### Active Children



Australian guidelines recommend that children aged:

0-1 years should have some physical activity, such as floor play, each day

1-5 years should be physically active for at least three hours each day, with activity spread across the day

5-18 years should do at least one hour of moderate to vigorous physical activity each day

#### Benefits of physical activity

Physical activity provides your child with many lasting health benefits, including:

- strong bones and muscles
- healthy heart, lungs and arteries
- improved coordination, balance, posture and flexibility
- a reduced risk of becoming overweight or obese
- a reduced risk of later developing heart disease, cancer and diabetes (type-2 diabetes is increasingly being found in teenagers).

Active children are also more likely to:

- be confident and have enhanced self-esteem
- be happy and relaxed
- sleep well
- concentrate at school
- get along with others and make friends easily
- share, take turns and cooperate
- feel like they belong



Getting your child moving is all about fun – for the whole family. If you are taking part in and enjoying physical activity, it's more likely that it will stay part of the family routine.



## Screen time and TV

Children love screen time, whether it is TV, PlayStations, Nintendo, iPad, iPod, or smartphones. They are good for entertainment but time should be limited.

Recommended screen viewing times are:

Under 2 years of age: Little or no screen time, preschool programs only

Pre-schoolers: Up to one hour, little or no computer time

5-8 years of age: 1 hour of screen time

Over 8 years of age: 1 ½ - 2 hours daily

Minimising screen time allows children to build strong relationships with the people in their lives. Physical play and hands-on learning activities are preferable to screen time.



### **WATCHING THE NEWS ON TV.**

It is not always possible to judge if or when children are scared or worried about news they hear. Children may be reluctant to talk about their fears or may not be aware of how long they are being affected by the news. Parents can look for clues as to how their child is reacting.

#### **Preschool aged children:**

- Can be easily overwhelmed by news about war, terrorism or natural disasters
- May confuse reality and facts with their fantasies
- Do not have the ability to keep events in perspective
- May be unable to block out troubling thoughts
- May personalize the news they hear, relating it to events or issues in their lives
- Are concerned about separation from parents
- May ask questions about children in the news who are alone or lost a parent
- Focus on good and bad behaviour, and may bring up topics related to their own good and bad behaviours

#### **Primary school aged children:**

- Understand the difference between fantasy and reality, however, they may have trouble keeping them separate at certain times, particularly times of heightened stress and fear
- May equate a scene from a scary movie with news footage and think that the news events are worse than they really are
- May not realize that the same incident is rebroadcast and may think that more people are involved than is the case
- May have difficulty recognizing that the conflict or natural disaster is not close to home; the graphic and immediate nature of the news makes it seem as if the events and threats are nearby
- May personalize the news they hear, relating it to events or issues in their lives
- Are usually concerned about separation from parents
- Are concerned about fairness and punishment

#### **Middle and high school aged adolescents:**

- May be able to recognize the proximity of a threat of war
- May be interested and intrigued by the politics of a situation and feel a need to take a stand or action
- May show a desire to be involved in political or charitable activities related to violent acts or stressful events
- Consider larger issues related to ethics, politics and even their own involvement in a potential response through the armed forces (teenagers, like adults, become reflective about life and re-examine priorities and interests)



### TIPS FOR MEDIA EXPOSURE

**Listen** Parents and school professionals are encouraged to listen to children's feelings and thoughts about the events portrayed in the media. It is important to determine children's understanding of the events and their perceptions of what happened and what will happen in the future.

**Be an active participant** It is best for parents and school professionals to watch or listen to media coverage with their children. Adults should talk about what a child is seeing or hearing in the news.

**Clarify misconceptions** Children may not fully understand the information provided by the media. Often, the news is provided briefly and swiftly, and news presenters dramatise in order to make for fascinating news coverage. It is important that parents and school professionals clarify the information that is being presented through the media in clear facts. This is especially important for younger children, who may not realise that what they are repeatedly seeing is one event being replayed.

**Put the news into perspective** It is the role of adults to put the traumatic events presented via media coverage in perspective for children. Children often need to be reminded that although there is continuous media coverage on the traumatic event, such events do not happen all the time.



**Be positive** It may also be helpful for adults to point out the positives that are occurring in the face of traumatic events. For instance, highlighting the work of rescue workers, volunteers and others can point to the strength of the community and steps taken towards creating a safe environment for children and adults.

**Invite questions** It is critical that children be encouraged to ask questions about information they obtain through the media. Children may misunderstand what they hear in the media. Erroneous assumptions may be very anxiety-provoking for children. By asking questions and talking with children, parents and school professionals can correct misinformed assumptions and reduce the anxiety and fear in children. If adults do not address many of these questions and concerns, children may cobble together information from other sources,

including each other. Parents and school professionals should be the primary sources that provide children with accurate information in an appropriate manner.

**Limit media coverage** Although children should be provided with basic facts and their questions should be answered, it is important that adults monitor children's exposure to the media. Adults are encouraged to limit media coverage during and after the event, and monitor children's exposure to news and special presentations regarding others' experiences during and after the traumatic event.

When adults believe that children have been exposed to too much media coverage, they need to reorient children to other pursuits. Turn off the television, internet or radio and focus on other activities that children enjoy.



Resources accessed for information:

[http://raisingchildren.net.au/articles/physical\\_activity\\_benefits.html](http://raisingchildren.net.au/articles/physical_activity_benefits.html)

<http://www.kidspot.com.au/schoolzone/TV-and-internet-Kids-and-screen-time+4599+398+article.htm>

NYU Child Study Center • [www.AboutOurKids.org](http://www.AboutOurKids.org)

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

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