

Principal:

Dr Mark Carter

Deputy Principals:

Ms Carla Marchesin

Ms Judith Paszek

Ms Alison Gambino

School Captains:

Roxanna Swart

Alexander Mura

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

The Principal and Staff wish all Year 12 students a productive vacation in preparation for the HSC examinations in which we wish them every success.

Next P&C Meeting

The next P&C meeting will be held on:

Wednesday 16th October

Put this date in your diary and come along to the Common Room in Block A to find out what is happening behind the scenes at Killara High School – your school!!

From the Principal

Precisely twelve years ago I accepted the offer of appointment as Principal Killara High School. It was the last day of term 3 in 2001 and I was simultaneously elated and daunted by the prospect of leading this school. Sydney was less than a year beyond its Olympic Games, Killara High School had an enrolment of 1226, the Year 12 enrolment was 199, a fourth demountable classroom arrived at the beginning of 2002 and my youngest daughter was still in primary school.

Since then much has changed. In 2013 the school enrolment has almost reached 1600, 264 Year 12 students are about to commence their HSC examinations, 21 demountable buildings are squeezed onto the site, Block G rises before our eyes, classes start at 7.30am for Year 12, visitors park several blocks away and my attendance at my daughters' school ceremonies is a receding memory. For parents time can pass too quickly. For the young people in our care and in our families, it can't happen too quickly. They are naturally impatient for independence and liberation from the constraints of childhood and adolescence. Such things remain constant amidst relentless growth and transformation.

Constants at Killara are the optimism, energy and desire to learn exhibited by successive cohorts of students. Their collective and individual achievements give all those who work in this school a shared sense of purpose and fulfilment. Be it an HSC result that eclipses expectation, participation in a performance ensemble, a personal best in class or on a sporting field, news of employment and success in post school life, or simply endurance and completion of school in the face of personal and family challenge, we rejoice in the growth of young people as they enter adulthood. Killara is rich in these successes and our community is enriched as a result.

I am repeatedly inspired and amazed by our students and the diversity of their achievements. I am in awe of my colleagues who bring deep commitment to the learning and well-being of every student in their care. This 'condition' has made lifetimes of difference to many young people. And I am ever grateful for the selfless contributions of so many parents over the years. Their hard work has brought forth major infrastructure and service improvements but as importantly it has set an example of magnificent community service to all our young people.

Public schools are usually the focus of Australian communities, large and small. They bring people together and bind them in the collective pursuit of a common good – the growth and development of future generations, people who will enrich and sustain a robust, caring, democratic and socially just society.

Schools are also communities in themselves and over the course of twelve years we share personal triumphs, the exhilaration of team success as well as disappointments and tragedy. We share in the joy of births, marriages and the sadness at the loss of loved ones, peers and colleagues. To work in such a 'human enterprise' is intrinsically rewarding but also emotionally demanding and frequently exhausting.

Continued P2

Calendar

SEPTEMBER 2013

- 20 - Last day Term 3
- 21 - Moon Festival – all day – Hall and Theatre – Ku-ring-gai Council

OCTOBER 2013

- 7 - Labour Day Holiday
- 8 - First Day Term 4 for students – Summer Uniform to be worn
- 9 - Concert Bands 1 and 2 Concert – Kerrabee Theatre – 7pm
- 10 - Yr 9 - Elevate Challenge (over 2 days)
- 12 - DEAS Gold Qualifying Expedition (4 days)
- 14 - HSC commences
- 15 - Yr 7 Geography Excursion (half year group)
 - Yr 9 – Optus ICT talk in normal computing classes
- 16 - P&C Meeting - A Block Common Room – 8pm
 - Yr 7 Geography Excursion (half year group)
 - Student Leadership Conference (all day)
- 18 - Peer Support Training day
- 22 - Yr 7 Science Excursion – Taronga Zoo
- 28 - Yr 10 Assessment commences

NOVEMBER 2013

- 7 - Grade Sport Semi-Finals
- 10 - Grounds Working Bee – 8.30am
- 11 - Remembrance Day
- 12 - ESSA Tests
- 13 - PAE end of year Concert
- 14 - Senior Leaders Council Induction Ceremony
 - Grade Sport Finals
- 18 - Yr 10 Service Learning and Work Experience (2 weeks)
 - Yr 7 Swim and Survival Program (4 days)
 - Yr 10 - Menindee Service Learning and Aboriginal Studies (all weeks)
- 20 - P&C Meeting – A Block Common Room – 8pm
- 25 - Yr 11 Assessment Block
 - Vaccinations - Yr 7 boys and girls - HPV3 & HepB2; Yr 9 boys - HPV 3

All schools are complex entities and large schools magnify this complexity. Killara is no different in this regard. But to attend or work at Killara is a privilege that is extended to few. We must always value it and together work towards such advantage being accessible through many more schools in years to come.

I believe that when education is at its best at Killara it instills in its students the capacity to question their world and its assumptions so that they may better understand that world, and as they mature, make wise decisions for themselves and others. We strive to embolden and encourage others to act ethically and selflessly, and in so doing, provide a 'public service', in the truest sense of the term. Cultivation of the values or virtues of honesty, care, responsibility, humility, courage, compassion and patience are as important in the work of a school as examination results. Such an approach is consistent with the need for our education system to contribute to a more inclusive and respectful society.

If we, as staff, parents and family alike, have instilled a little of the aforementioned values and virtues in the students then we have made a worthy contribution to a future we will share, a future we want to be civil, fair, democratic and a future that lessens the 'exclusive' trends in our society. In the decades to come the effectiveness of the public service we have provided these past six years won't reveal itself through an ATAR. Rather it will reveal itself through our former students' worthiness and good judgement.

I will retain for the rest of my life a sense of immense privilege in being entrusted with the position I've held for nearly twelve years. Thank you for your support and best wishes for the future.

Mark Carter, Principal

Requests for Leave

Killara High School values your efforts to support full attendance for your child. Recently, a number of requests to leave early to enable students to attend RTA driving tests have been received. While we appreciate that it may be difficult to schedule appointments, could you please endeavour to make appointments out of school hours as a first priority and if that is not possible, schedule the appointment at a time which has the most minimal impact on attendance at school. This may mean leaving during period 4 or arriving during period 1. Some students have also expressed confusion about the procedure for leaving early, that is:

1. They see the relevant Deputy Principal for their year BEFORE home group to have their written request for early leave signed.
2. On Thursdays, they also need the signature of the Sports Coordinators (Mr Bruckshaw and Mr Costantini) on their early leave note.
3. They then show the note to their class teacher at the scheduled time of leaving and proceed to the Attendance Window, submit the note and receive a pass indicating approved early leave for that day.

Students are advised that they may be requested to present this pass if they are stopped by police.

Liesl Williamson, Rel Deputy Principal

Congratulations to our New Student Leaders

On Thursday 12th September, the Student Leaders for the 2013-14 leadership year were inducted into their positions into the leadership groups which include the Arts Council, the Prefects, the Social Justice Committee (SJC), the Sports Council and the Student Representative Council (SRC).

Elections for these positions occurred earlier this term and it is a great privilege for students to attain a position within the Student Leadership framework at Killara High School.

Each group is now in a process of establishing goals and priorities for the year ahead and will participate in the Student Leadership Conference early next term.

The Student Leaders Induction Ceremony was a wonderful opportunity for family members and the school community to recognise and celebrate a

commitment to care for others and greater participation in the life of the school. The outdoor morning tea was especially nice because of the beautiful weather.

We would like to thank the many people who helped make the ceremony so enjoyable including the very talented String Ensemble, the TAS and SASS staff who gave generously of their time to assist with preparations, our hardworking General Assistants and the Student Leadership Coordinators.

If you have any questions regarding the Student Leadership framework, please contact Mrs Liesl Williamson (Coordinator of Student Leadership) or Mrs Judith Paszek (Deputy Principal).

Liesl Williamson
Coordinator of Student Leadership

Our student leaders for 2013-2014 are:

Arts Council	Prefects	Social Justice Committee	Sports Council	Student Representative Council
Year 7 Jennifer Hart Rebekka Krause Roi Rav Emesha Reeves	Year 11 Nicholas Barnard Jeremy Bowers Daniel Brini Taewook Chung Grace Fitton Emily Gamaroff Ella Gibson Claudia Harper Meg Hornsby Andre Laughlin Evangeline Leslie Anton Lubbers Gio Picones Kshitij Prasad Srivaths Ramkumar Emily Savage Tessa Saxon Zoe Sitas Victor So Eric Son Rory Wilson Annika Wun Clarissa Yee Clare Young	Year 7 Daniel Leslie Leonard Levien Hannah Nouri Elizabeth Parsons	Year 7 Harry Barnum Su Wing Tang Nadine Walker Phillip Wright	Year 7 Olivia Choi Seojin Hwang Sarah Park David Yoo
Year 8 Renee Butler Nicholas Goodwin Matthew Lee Kimberly Lin	Year 8 Lauren Bleach Nicholas Godwin Natalie Haddad Isamu Tojo	Year 8 Scarlett Cheesman Sonia Faragher Timothy Payne Hannah Swinton	Year 8 Anders Bergersen Alexandra Chandler Rachel Lowenstein Angus Teh	Year 8 Samuel Arch Xuanyi Chen Tess Hanrahan-Shirley Natalie Scott
Year 9 Abby Constable Ji Hae Jang Nina Stammbach Louis Wright	Year 9 Madeline Gerber Emily Fien Sam Jacobs Tobias Teh	Year 9 Brianna Gibson Nicholas O'Donohue Georgina Purkiss Talitha Vermeulen	Year 9 Stephanie Karefylakis Megan Simon Sureesha Mosquera Georgia Swinton	Year 9 Hannah Allum Lucy Gamaroff Kieran Pain Kieran Young
Year 10 Oscar Bertuzzi Flora Gorrick Celine Tunnicliffe Ziheng Zhan	Year 10 Daniella Csizmadia Heloise Duce Lily Giles Romy Silver	Year 10 Mitchell Capper Jackie Bryant Kieran Johnson Sibi Bakthavachalam	Year 10 Annabel Bolding Reuben Lazarus Bowen Lin Micah Strachan	Year 10 Annabel Bolding Reuben Lazarus Bowen Lin Micah Strachan
Year 11 Benjamin Katzeff Daniel Layson Noa Sasson Amy Tong	Year 11 Sweet Feng Joshua Morison Dylan Dunkley Michael Reidy	Year 11 Sweet Feng Joshua Morison Dylan Dunkley Michael Reidy	Year 11 Sweet Feng Joshua Morison Dylan Dunkley Michael Reidy	Year 11 Sweet Feng Joshua Morison Dylan Dunkley Michael Reidy

Great Results in NSW CHS Athletics Championships

Killara High School has achieved several outstanding results in NSW CHS Athletics Championships held at the Sydney Athletics Centre, Homebush. The students were competing across three days commencing Thursday 5th September till Saturday 7th September.

The following students represented Killara High School across the Championships in various track and field events:

Adnan Hameed, Benjamin Mackay, Raymond Khattar and Thomas Vives-Kerl

2nd in Boys 15 Years 4x100m Relay

Samantha Bowden: 9th in 90m hurdles,
9th in Long Jump

Jayden Burgess: 4th in High Jump,
5th in Long Jump

Eliza Cepak: 4th in Discus

Brianna Gibson: 6th in Shot Put,
4th in Discus,
6th in Javelin

Benjamin Mackay: 6th in 100m,
9th in 200m,
3rd in 400m,
5th in 800m

Nicholas O' Donohoe: 9th in 100m,
7th in 200m

Georgia Swinton: 6th in Discus,
7th in Javelin

Hannah Swinton: 9th in High Jump

Congratulations on all your results and we look forward to you exceeding your skill level and achievements even further in 2014.

Goran Petkovski
PDHPE Faculty

Awards at the Stage 5 Assembly



Year 9 students with Silver and Gold awards achieved through the merit system



Students in Year 9 who achieved Distinctions and High Distinctions in the ICAS Science Competition



Students in Year 10 who achieved Distinctions and High Distinctions in the ICAS Science Competition



Year 10 students with Silver and Gold awards achieved through the merit system

ATAR Morning Tea for Year 12 Students

On **Friday 20th 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 20th 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

Natalie Gartner, Rel. Head Teacher Stage 6

Legacy Junior Public Speaking Competition

Congratulations to **Nina Stambach (Year 9)**, who has progressed to the NSW Final of the Legacy Junior Public Speaking Competition. Nina was one of 26 students from all over NSW who competed in the State Semi-Finals at NSW Parliament House on Friday, 13th September.

The Legacy Competition requires students to deliver a prepared speech of five minutes, and an impromptu speech of two minutes. Nina's prepared speech, about the sex trafficking industry in Australia, was superbly delivered. The audience was spellbound as Nina explained the horrific conditions of women forced to work in this industry. For her

impromptu topic, "Crash and Burn", Nina looked at the socioeconomic inequalities within our education system. Her solutions were clear and well-argued, providing a strong platform from which Australia could halt the "crash and burn" of educational inequality.

Nina will be one of eight finalists to speak at the Art Gallery of NSW on Friday 25th October. We wish her the best of luck.

Melinda Meldrum
Head Teacher Secondary Studies

Soccer Success

Congratulations to the Lindfield U13A soccer team who won the Division 1 Grand Final against Northbridge U13A. **Atsuto Hirosawa, Chirath Premaratna, Daniel Rigby, Joel O'Hara, Sean Bhomer** and **Yugo Suetsugu** are members of the Lindfield team who went in as underdogs but came out champions after a hard fought 1:0 win.

Northbridge had a formidable record with only 6 goals scored against them in 15 games and were at home on an artificial pitch. So to score was fantastic but to keep a clean sheet was a truly magnificent effort by the whole team. The boys progressed to the State Knock-out competition, Champion of Champions Cup and have made it through the first round defeating Castle Hill 1:0 in a very tense game on the weekend.

Well done and good luck in Newcastle this weekend.



My Time in Oxford

Recently I spent seven months living in Oxford in the UK because of my parents working there for a sabbatical, which is like a working vacation. Oxford is mainly famous for its massive university and being where Mini cars were invented but it's much more than that and is like a second home to me. Oxford itself is a small city compared to Sydney and you could walk around it in just a few hours. It has a small centre and lots of different suburbs with the many colleges of Oxford University scattered around

the city. My brother's school and our favourite football park were across from where the Oxford dictionaries are made! We lived in a small English house in a lively neighbourhood called Jericho that was well heated and needed to be as it was less than 10 degrees most of the year and snowed occasionally.

I attended a private selective school called Magdalen College School, named after the Oxford

College. The school is ranked among the top three schools in England every year and was founded in 1480 - that's 300 years older than Australia! It was very different from Killara and the culture shock hit me hard. Even though everyone was very nice and I made lots of friends, it just felt weird and the school day was very different.



Every day I would arrive at school by bus and later in the year when it wasn't still pitch black at that time, by bike. The school day started at 8:30 when you had a roll call in your house, followed by a chapel service in the school's hall. This was the strangest part of the day for me as we had to address the

teacher marking the roll in a very military-like "Yes, sir" and we had to sing hymns every day. After this the day was a bit more normal with a mix of lessons I was used to: like English and maths, and then some I wasn't: like Latin and Theology. You can imagine I was pretty confused, but the teachers were good and at least tried to get me to understand Latin.

The thing that really bothered me though was that the days felt so long. In fact they only went until 4pm but we had 8 periods a day with only 2 breaks. That is definitely one of the good things about Killara.

Another difference was school lunches. When I first got to England I had heard of all the stories about how school lunches are supposed to be disgusting and all sloppy. But it seems that they have a higher standard now, especially at a private school, with at least three gourmet options with salad bars and appetizers and nice warm desserts every day. Now that sure beats a packed lunch at Killara.

The last thing was sport. I came to the UK looking forward to playing soccer as a sport at the school-only to find out that my school was one of the only schools in England that didn't play football for the winter sport. It was mainly because of Oxford's links with Hockey but most of the students preferred football. In the end it didn't matter too much as their lunch break was extremely long and every day we could use the massive school fields to have a game of football.

These are just a few of the differences in school culture in England compared to Australia and Oxford is a fantastic place to live or visit. This experience was one I will never forget.

Jack Savage, Year 8

What is the Correct Summer Uniform for Term 4?

Term 4 marks the beginning of the part of the school year when students are required to wear "SUMMER" Uniform. Parents and carers are advised that the uniform shop and Lowes at Chatswood stock items should a purchase be required.

Girl's Uniform – Summer

Junior Uniform: *	'Gordon' tartan dress
Senior Uniform: *	Years 11 and 12 only. 'Gordon' tartan skirt, white blouse short sleeve with tartan trim.
Shoes:	Black lace-up leather school shoes.
Socks:	White short anklet (above ankle).

Boy's Uniform

Trousers:*	Long trousers, zippered mid-grey (summer or winter weight), polyester/viscose.
Shorts (summer):*	Mid-grey zippered shorts (not cargo/work shorts).

Shirt (summer):*	Plain white, short-sleeved with collar, worn with school tie or Plain white, short-sleeved overshirt with collar and school crest (worn untucked with no tie) or White long sleeve Killara High School shirt with tartan trimmed collar (worn untucked with no tie).
Shirt (winter): *	Plain white, long sleeved with collar, worn with school tie (unisex) or (for Year 7-10 only) white long sleeve shirt with tartan trimmed collar (worn untucked with no tie).
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, bottle green with crest, or
Jacket:*	Soft shell zip front jacket, green with crest
Belt:*	Black leather
Scarf:*	Plain navy or plain forest green or plain cream

Safety Apparel – OH&S Regulations/ Requirements

Footwear

The Department of Education & Communities and OH&S regulations with regard to footwear state that proper protective footwear (that is, lace-up leather shoes - black for KHS) must be worn in all specialist rooms.

Soft shoes and sandals are not acceptable. Additional requirements apply in some courses.

Industrial Technology (Stage 5 and 6 Courses)

The cost of an apron is included as part of the course contribution for this course. Students are

required to wear this apron in practical classes. Students must also wear shoes with leather uppers to protect their feet from heavy, sharp or hot objects. The Killara High School Uniform shoe is satisfactory for this purpose.

Food Technology (Stage 5 and 6 Courses)

Food Technology students must wear an apron during practical lessons. The aprons are available from the Uniform Shop.

Technology (Stage 4 Course)

Aprons must be worn during the practical food component in the Technology course.

Deputy Principals

Uniform Shop News

Summer Uniform Next Term

Just a quick reminder that next term students will change from winter to summer uniform. If you need to purchase new summer uniforms the Uniform Shop will be open Tuesdays 8am to 12pm during the school term.

Price List

An up-to-date Price List is available on our website: killara-h.schools.nsw.edu.au – Our School – Uniform Shop

Extra Opening Time

The Uniform Shop will be open on

Wednesday 9th October 8am -12pm

as well as the normal opening hours to help alleviate the long queues as people purchase their summer uniforms.

Kim McPartlin, Uniform Shop Manager

Mob: 0417 929083;

Email: khscp@yahoo.com.au

Stage Band 1 – recent performance at the Concourse, Chatswood



Become a Stand-Out Speaker!

Gain confidence through fun Holiday Workshops run by experienced tutors. Our courses specialise in:

* Public Speaking * Debating * Mock Trial

Open to all students in Years 3-9 every school holiday on the North Shore and Eastern Suburbs

Speak Out Education

www.speakouteducation.com.au

Footwear Guidelines for NSW government schools



Education
& Training

OHS Directorate

Introduction

The Department, through its [Safe Working Policy](#), is committed to providing a safe working and learning environment for all staff, students and visitors, in accordance with statutory and regulatory obligations and corporate objectives.

Footwear is an important safety item. Good soles provide a sound grip on the floor preventing accidents such as slips, trips and falls from occurring. Footwear can also protect feet from damage caused by accidents such as falling objects or chemical spillages.

These guidelines have been developed to assist NSW government schools in providing a safe working and learning environment. Schools which already have risk management controls in place in relation to footwear should refer to these guidelines when reviewing and evaluating those controls.

Areas where safe footwear must be worn

In accordance with the *Safe Working Policy*, the Department has identified areas of its workplaces where appropriate footwear must be worn by staff, students and visitors to ensure their safety.

Areas where enclosed leather footwear (or other material confirmed by the manufacturer to be suitable, refer to Australian/NZ Standard 2210: *Safety Protective and Occupational Footwear*) is required are:

- Industrial Arts and trades workshop areas
- Science laboratories
- Canteen or Food Technology (Kitchen) areas

Sandals, open footwear or high heeled shoes are not permitted in these areas. If students present for a class or activity with inappropriate footwear the student should be offered alternative educational activities until they are wearing appropriate footwear.

The above list is not exhaustive. Appropriate safe footwear may also be identified as a requirement in relation to other areas or activities, documented procedure or a documented risk assessment .e.g. in work situations where floors can't always be kept dry or clean, the right footwear is especially important, so a slip resistant shoe may be required. Another example is wearing enclosed leather footwear (or suitable safe alternative) in agricultural areas/activities.

In addition, other sites on which the Department provides services may have specific requirements which should be adhered to, for example, Education Training Units in Juvenile Justice settings.

Footwear for staff in the general school environment

The Department strongly recommends school staff consider wearing footwear that is suitable for walking on a number of different surfaces during the working day (e.g. stairs, playgrounds, grass and sports fields).

Footwear which is suitable for the general school environment means enclosed shoes, which are flat shoes or shoes with a minimal heel, that have a good grip and fit well.

For some staff, such as general assistants and farm assistants, wearing enclosed leather footwear throughout the working day is important. This is because their responsibilities for ground maintenance and other activities mean that they need footwear that will assist in preventing slips, trips or falls or protect their feet from falling objects.

Implementation of guidelines

School principals, as workplace managers, are responsible for ensuring procedures are in place to maintain a safe work environment in accordance with the *Safe Work Policy* and these guidelines. In accordance with OHS legislation, principals have the authority to determine that staff and students wear shoes that are appropriate to ensure occupational health and safety for the planned activity. This includes identified school activities (see "Areas where safe footwear must be worn") and excursions.

However it is not appropriate for schools to require students, through the use of a general term "occupational health and safety" to wear particular shoes as part of a uniform policy.

Principals should communicate the reasons for these decisions to staff and students i.e. that the decision has been made for their safety and the safety of others.

Further advice

Departmental policies and procedures:

- [Safe Working Policy](#)
- [Code of Conduct](#)
- [Student Discipline Policy](#) and [School Uniforms in New South Wales Government Schools](#)
- [School Uniform Policy](#)

Further Information:

- Your [Regional OHS Liaison Manager](#)
- [OHS Directorate Support Site](#)

From the Library

New fiction:

Choo, Yangsze. *The Ghost Ride*

Hocking, Amanda. *Elegy*

Jarratt, Laura. *By Any Other Name*

Kadohata, Cynthia. *The Thing about Luck*

Le Carre, John. *The Tailor of Panama*

Ludlum, Robert. *The Holcroft Covenant*

Patterson, James and Grabenstein, Chris. *Armageddon*

Yumi, Kiiri. *Library War: Love and War – 1-4*

New non-fiction:

Acharya, Tara and Sankaran, Neeraja. *The Human Genome Sourcebook*

Bradfield, Simone. *Influencing Australia: Identifying and Understanding the Ways We Are Persuaded to Think and Act in Everyday Life*

Burarrwanga, Laklak. *Welcome to My Country*

Roberts, Chris. *The Landing at ANZAC 1915*

Saul, Ben [and others] *Climate Change & Australia*

Spilsbury, Richard. *The Tourism Industry*

Karen Jones and Francie Campbell
Teacher-Librarians

Reduce your food waste & your waistline FREE workshop

Date & Time: Tue 20 Sept 6.30-8.30pm

Venue: Gordon Library, meeting room 2

Want to know how to reduce your waist-line and your household waste at the same time?

Come to our free 2 hour workshop hosted by a registered nutritionist.

Find out more about healthy eating and food sustainability, including:

- 1 Planning healthy seasonally-based menus
- 2 Serve sizes
- 3 Shopping to a list
- 4 Using leftovers
- 5 Storing food correctly
- 6 Getting to know food labels

Sydney Olympic Park

Sydney's largest school holiday program returns this spring, with over 60 fun-filled activities to keep your kids active, outdoors and entertained. A range of activities are free or under \$20, making it affordable to discover Sydney's most exciting playground this holidays!

- All Day Holiday Recreational Program
 - AFL Clinics
 - Archery – Kids on Target
 - Cheer and Dance
 - Circus Skills and Flying Trapeze
 - Fizzics Education – Lego Robotics
 - Kids Yoga
 - Kids on Canvas
 - Martial Arts for Kids
 - Segway Fun Rides
 - Writing Workshops
-and lots more

Full details at www.kidsinthepark.com.au.

Star Sports Camps

THE School holidays are coming up again and we have great activities and offers for Parents and Children in the Spring 2013 Break:

1. Soccer Camps in the Local area
2. Play Centre discounts
3. Birthday Party ideas
4. Holiday Care
5. Entertainment

We have a special brochure detailing all offers at <http://starsportscamps.com/specialoffer>

The programs are

1. Approved thro working with children check ID 8352
2. Registered Child Care Provider
3. Start from 8.30 to 5.00 daily
4. Offer a flexible program where participants can attend from a half day to a full 5 day
5. Professional Coaching
6. Suitable for ages 5-15yo

ARE YOU STRUGGLING WITH A TEENAGER WHO ANSWERS BACK?

This is a 2.5 hour workshop for parents and carers of teenagers that includes:

- Learning how to restore a respectful and positive relationship between you and your teenager
- Understanding what it's like being a teenager today
- Learning how to talk so they will listen and how to listen so they will talk

When: Thursday 7th November – 6:00-8:30pm

Where: Lane Cove Library, Library Walk, Lane Cove

Who: Presented by Northern Sydney & Central Coast Child and Adolescent Parenting in partnership with Lane Cove Council and CatholicCare Naremburn

Cost: Free

Places are limited so BOOKINGS ESSENTIAL!
To make a booking call 8425 8700 and ask for the intake worker, or email:

naremburnfamilyservice@dbb.org.au

Free Mandarin Parenting Program

Parenting adolescent children can be a very challenging task, especially for Chinese parents who face more challenges than ever. Issues such as the intergenerational gap, cultural differences, language barriers, and lack of support are just some of the common problems. Surviving Adolescence is designed to help parents overcome these challenges, with a focus on building a warm and trusting relationship in order to assist their children to become happy, confident, independent, caring and re-sponsible human beings. There are four sessions with topics including: understanding your adolescent, conflict resolution, communication skills and safety (internet, parties and drugs and alcohol).

Dates Oct 18, 25, Nov 1, 8 (Fridays)

Time: 9.30am - 12.00pm

Address: Community Hub, 1 Coronation Street, Hornsby

Contact Jan: janhe@ransw.org.au or 0430 734 608 - Limited numbers, booking essential!

免费中文亲子讲座

如何面对处在叛逆青春期的孩子，对于家长来说是件极具挑战性的事情。尤其是对于中国家长来说，面临的挑战就更多：代沟、东西文化的差异、语言的障碍、缺乏支持等。这个课程是专门针对这些问题为中国家长设计的。它从如何与孩子建立互相尊重、理解、信任的关系着手，来引导管理孩子，将他们培养成快乐、独立、自信、善良、有责任感成年人。它分成四堂课：青春期成长需要；减少矛盾；交流技巧；安全问题包括网络/聚会/饮酒/毒品。适合有10-18岁孩子的家长。

日期：10月18、25号，11月1、8号（周五）

时间：9.30am - 12.00pm

地址：Hornsby Community Hub,
1 Coronation St, Hornsby

名额有限，只限十二人，请务必提早报名。

请与 Jan 联系：janhe@ransw.org.au or 0430 734 608



Family Fun Day and Moon Festival
Chinese & Korean Performances
Traditional Games & Information Stalls

Date: Saturday, 21 Sep 2013
Time: 10am-2pm
Venue: Killara High School
Koola Ave, Killara
Free Lunch

Bookings Essential. Please contact:
Young on 9424 0847 or korean_northernregion1@cmrc.com.au
Sue on 96879901 or chinesesgp@cmrc.com.au
Frank on 0415 132 866 or admin@aacansw.org.au

Logos: medicare local, Killara High School, CMRC, Australian Asian Cultural Association, NSW Police Force

9月21日，周六，中秋节庆祝。

各位，

社区移民资源中心将于9月21日，星期六，上午10点在Killara High School，与当地政府和多家社区机构联合举行中秋庆祝活动。

届时会有当地政府和社区服务机构提供免费服务讯息资料，中韩节目演出以及青少年教育短片。

活动免费，请提前报名，以便工作人员统计午餐数量。

详情请见附上的海报，欢迎所有朋友前来参加。

时间：周六，9月21日，10am-2pm

地点 Killara High School

Koola Ave, Killara (Killara 火车站下来后，有免费小巴士来回接送) (开车的朋友，学校门口有免费路边停车)

报名联系人（中文）

Frank: 0415 132 866 或 admin@aacansw.org.au

Sue: 96879901 或 chinesesgp@cmrc.com.au

在此，社区移民资源中心全体员工，提前预祝大家度过一个愉快的中秋佳节。

Teen Triple P Group for parents of teenagers 7 week group work program

The Teen Triple P Group is a 7 week parenting program aimed at parents or carers of teenagers aged 12-16 years who have or are at risk of developing behaviour problems. Teen Triple P teaches parents how to encourage emotional self-regulation and to help their teenager develop the social skills they need to get along with others and be successful at school and in the wider community. Teenagers who grow up with positive parenting are more likely to develop appropriate life skills, feel good about themselves and are less likely to develop serious problem behaviours.

The group work program involves the first 4 weeks at Naremburn Family Centre, 2 weeks of phone calls and one final week at Naremburn Family Centre

DATE: 16th October – 27th November 2013

TIME: Wednesday Evenings 6:30pm-8:45pm

VENUE: Naremburn Family Centre
40 Merrenburn Avenue, Naremburn NSW 2065

PRESENTERS: Laura Hurstfield & Gemma Wood

TOTAL COST: \$50

BOOKINGS ARE ESSENTIAL AND PRE-SCREENING REQUIRED

Please contact Family and Youth Support workers on 8425 8700 or email naremburnfamilyservice@dbb.org.au