

Principal:

Mrs Jane Dennett

Deputy Principals:Ms Alison Gambino
Ms Carla Marchesin
Ms Liesl Williamson (Relieving)**School Captains:**Dylan Dunkley
Zoe Sitas**Address:**Koola Avenue
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General Email:killara-h.school@det.nsw.edu.au**Newsletter Email:**newsletter@khs.nsw.edu.au**Website:**www.killara-h.schools.nsw.edu.au**Notice to Parents
and Students**Aerosol cans are prohibited at
Killara High School**From the Principal**

The most important news of the week is that 272 Year 12 students at Killara High School have commenced the written Higher School Certificate examinations.

The NSW HSC is a credential that carries enormous prestige. The completion of this course is a significant achievement, and one that will open some doors for students as they move into life beyond school. It has been exciting to watch students face this challenge. While there were doubtless some nerves on Monday, it was also clear that students wanted to get on with it. On behalf of the entire Killara community, I wish our students the very best as they complete the final stage of achieving this milestone.

Last week our Executive team came together at a conference to work on our strategic directions for the next three years. I want to thank the large number of parents who responded to our survey in late Term 3. I gave a brief summary of the responses at this week's P&C meeting, and we will continue the discussion with our community.

At the conference we worked with Simon Breakspear, our learning innovation partner, to determine how we will turn our plans into action. You may wish to take a look at Simon's website to gain some idea of the type of work he is doing with our staff: <http://www.simonbreakspear.com/> and twitter: @SimonBreakspear.

I also wish to thank Deputy Principals Alison Gambino, Carla Marchesin and Liesl Williamson and Head Teacher Megan Clarke for their hard work in planning and executing a very successful professional learning opportunity. I am excited about Killara High School's capacity to deliver our dreams for the benefit of all our students.

Could I ask all parents and families to ensure that U turns are not made in Koola Avenue across the double lines? I understand that the traffic can be heavy, but so too are the fines, and the potential for danger is a concern. The front of our school is very congested at the beginning and end of the day, and in order to keep our students and staff safe I ask you to please observe the road rules diligently. I thank you for your understanding in this regard.

**Jane Dennett
Principal**

Calendar

OCTOBER 2014

16	SS Choir – Schools Spectacular, Congress Hall
18	P&C Grounds Working Bee
22	League Tag Gala Day
28	Year 7 Taronga Zoo Excursion

NOVEMBER 2014

3	Year 11 Food Technology Excursion
4	Year 11 State Library Excursion All Year 7 & Year 9 Boys Vaccinations Strings Workshop KHS Primary Schools
6	Remembrance Day Assembly Yr9 & Yr10 Drama Night 6pm
8	Gold DOE Qualifying Expedition (4 days)
10	'Get Involved' activities week
11	Year 10 Food Technology Excursion
12	Year 12 Formal - 6.30pm
13	Senior Leaders Induction Assembly PAE EOY Concert – 7.00pm
17	Year 7 Lifesaving Program 9.00am (4 days) Year 10 Work Experience Week
19	SS Choir – Schools Spectacular, Salvation Congress Hall
24	Year 12 Sign Out Day Year 10 Work Experience Week
25	Year 9 Lifesaving Program 9.00am (4 days)
26	SS Choir – Schools Spectacular, University Hall, UTS
27	Year 12 Sign Out Day SS Choir – Schools Spectacular, Qantas Credit Union Arena
28	SS Choir – Schools Spectacular, Qantas Credit Union Arena

DECEMBER 2014

3	Year 7 2015 Enrolment Day P&C Xmas Meeting
4	World's Biggest Beep Test
5	Year 9 Geography Excursion Central Coast
8	EOY Concert 7.00pm
15	CB1 & CB2 Completion Ceremony
16	Annual Awards Ceremony

Deli in the Park Awards 2014

For the second year running, Killara High School has teamed up with Lindfield East Primary School and Menindee Central School for the Biannual Visual Arts Competition, 'Deli in the Park' awards.

Students who have shown impressive artistic talent and creative endeavour in visual arts have had their work hand-picked to be entered into the competition in age categories of Years 7-9 and Years 10-12. This year's Killara High School finalists for their outstanding artworks are:

From Year 7: Christian Canao, Sarah Gough and Michael Salisbury
From Year 10: Katarina Fitzgerald and Weiting Zhang
From Year 11: Dylan Mackey

These students will have their work on display at the Deli in the Park cafe in Lindfield from now until November 2014. Winners will be announced early November and there is also a public vote for the 'People's Choice' award, so get on down to the cafe and cast your vote!

Congratulations to the students for their efforts and good luck!

Fionna Hrcka
CAPA Faculty

What's happening with Year 10?

Year 10 have a lot of exciting events coming up this term. In week 7 and 8 Year 10 will participate in Work Experience and Service Learning. This is fast approaching, so ensure you are all organised for this wonderful opportunity to see what the workforce is like and gain invaluable experience in a career of your choice. Quickly following these events Year 10 have the Successful Senior Program. The program aims at preparing the students for the rigours of the senior years, as well as reinforcing the importance of developing positive relationships and how to ensure their safety in the coming years. All Year 10 students have been issued with a permission note for this event outlining the details. If you have any questions or queries please contact me.

A huge congratulations to the following Year 10 students who have so far reached the outstanding achievement in the honour system of attaining a Gold Award. The students who have reached this level are; Melissa Xu, Louis Wright, Alicia Walker, Rhys Tirado, Sachin Shah, Lauren O'Hara, Ben Mackay, Christina Ly, Anna Jamieson, Tess Hanrahan-Shirley, Brianna Gibson and Kate Canao. Congratulations to these students.

There are lots of exciting things happening in Year 10 and I am looking forward to a good term before they move into Stage 6.

Melinda Vaughn
Year Adviser

Year 7/8 Touch Footy Gala Day

The Boys and Girls Year 7/8 Touch Footy teams had a great day out on Monday of Week 10, Term 3 when they participated in the Hornsby section of the All Schools Gala Day at Mt Colah.

The weather was good and the competition was tough but as usual, our kids did their best and walked away with excellent results.

The girls team finished with a 50% ratio on the back of 2 wins, 1 draw and 2 losses. A really good result, bearing in mind that most of the girls are quite new to the sport.

The boys team who are a bit more established in the sport, walked away in second place. They lost their second match to Baulkham Hills High School, and had a draw with overall winners Cherrybrook Tech, but other than that, they won all their games.

The girls' team consisted of Georgia Whyte, Riya Das, Elena Carraro, Kimberley Siow, Gemma Zantiotis, Hannah Mackay, Anna Gonzalez, Wendy Choo and Tori Aston.

The boys' team consisted of Mattias Mar, Ehsen Shaikh, Mitch Cannell, Jordan Mishawi, Sean Bhomer, Phillip Wright, Luke Reimer, Joel O'Hara and Matin Abroon.

Well done to all the kids.



Adam Bruckshaw
PDHPE Teacher

Killara High and St Ives High to face off in the Bare Creek Trail Run

St Ives High has challenged Killara High School to a 'mob match' in the Bare Creek Trail Run, which is a run with a 6km and 10km option through the Garigal National Park. See the poster in this newsletter and visit the website for more details:

<http://www.barecreektrailrun.com/>

What is a MOB MATCH?

Quite simply it is a Mob of us against a Mob of them. Statistically the more competitors' one team has the better their chances of winning. The way it works is that you add up the number of runners on each side then take the smallest number. For example, if St Ives High have 60 and Killara High have 80 then we score the first 60 from each side. It adds up to big numbers and the team with the lower score is the winner. First place counts 1 point, 2nd 2 etc.

If you finish in 98th place you score 98 points. But more importantly for Killara, it is our first 60 runners that score, but for St Ives it would be all of their runners who score, in this example.

So as you can see, it is not so much the team with the fastest runners, but often the bigger team numbers that is advantaged. The aim is that every runner is contributing to the team, not just the elite few. This is to encourage as many as possible to enter and for everyone to feel a part of the result.

Interested students can register but need to come and see Mr Bruckshaw in the PE staffroom to receive a permission note and a school singlet.

Adam Bruckshaw
PDHPE Teacher

2014 All School Athletics

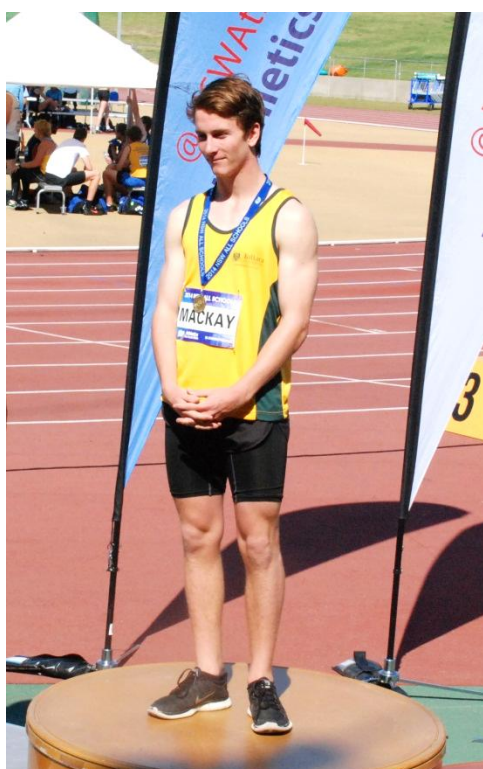
The 2014 NSW All Schools Athletics Carnival took place at the Sydney Olympic Park Athletics Centre between the 9th and 12th October. Once again Killara High School was well represented, with our students competing against the best athletes from all schools in NSW.

Podium finishes went to Ben Mackay who won the 16 Years Boys 400m Hurdles and Bri Gibson who finished 3rd in the 15 Years Girls Javelin.

Well done to all students who competed at the carnival and their parents who made the effort to take them and support them.



Sam Bowden



Ben Mackay



Bri Gibson

A list of athletes and their performance is below:

Student	Event
Josh Yun (17 Years Boys)	12 th in 200m
Victor Teo (15 Years Boys)	20 th in 100m 23 rd in 200m
Samantha Bowden (16 Years Girls)	7 th in 100m Hurdles 10 th in Discus 9 th in Triple Jump 10 th in Long Jump
Nick O'Donohue (15 Years Boys)	16 th in 100m 12 th in 200m
Ben Mackay (16 Years Boys)	1 st in 400m Hurdles 4 th in 400m
Bri Gibson (15 Years Girls)	3 rd in Javelin 6 th in Discus 7 th in Shot Put
Hannah Swinton (15 Years Girls)	6 th in High Jump

**Adam Bruckshaw
Carnival Organiser**

The World's Biggest Beep Test is on again at Killara High...

On 4th December 2014 (Term 4, Week 9), the Sports Council will again be running the World Biggest Beep Test. It is a great opportunity for students to do some physical activity whilst participating in a fun school community event.

This will be the fourth year that the World's Biggest Beep Test will run and while the numbers have always been good, the Sports Council always strive to have as much participation as possible.

The Sports Council for the 2014/15 term have already begun preparations for this year's event. Read on for the details:



- Who:** All students who are in PE uniform
- When:** During lunch (12:16 - 1:00pm) on Thursday 4th December (Term 4, Week 9)
- Where:** Koola Park
- Why:** To get active and to take part in a school community event.
Prizes for randomly selected students including vouchers and lollipops
As an extra incentive this year, the year group with the highest participation level will be treated to a 'free' lesson during week 10 or 11, where they will be allowed to play some sport and have a BBQ cooked for them by the Sports Council.
- What else:** Students have been given permission to wear their PE uniform all day.

Parents are welcome to come and support or participate on the day.

Hope to see you there.

Sureesha Mosquera and Ben Mackay
Sports Council Captains

Killara Stage Band closes Concourse Festival



Stage Band 2 Mentoring Young Musicians at Lindfield East PS



Performing Arts Ensemble Calendar

Term 4, 2014			
Week	Term 2		
2	16 th Oct	SS Choir	Schools Spectacular 9.00am-3.00pm Salvation Congress Hall
5	4 th Nov	Strings	Strings Workshop KHS Primary Schools
5	5 th Nov	Strings, Vocals, SB1	Official G Block Opening 9.00am
6	13 th Nov	Elective music students	Elective Music Night 7pm
8	19 th Nov	SS Choir	Schools Spectacular 9.00am-3.00pm Salvation Congress Hall
8	26 th Nov	SS Choir	Schools Spectacular 9.00am-3.00pm University Hall, UTS
8	27 th Nov	SS Choir	Schools Spectacular 8.00am-5.00pm Qantas Credit Union Arena
8	28 th Nov	SS Choir	Schools Spectacular 8.00am-10.20pm Qantas Credit Union Arena
8	29 th Nov	SS Choir	Schools Spectacular 8.00am-10.20pm Qantas Credit Union Arena
10	8 th Dec	ALL Ensembles	End of Year Concert/BBQ 7.00pm-9.00pm
11	15 th Dec	CB2	Completion Ceremony
11	15 th Dec	CB1	Completion Ceremony
11	16 th Dec	SB1 & Vocal Ensembles	Annual Awards Ceremony

Chess Tournament

In the Secondary Schools One-Day Teams Tournament on 14 September our Killara team came second in a strong field of 19 teams in the open division.

Team members:

Thomas Xuan (Year 11), Joe Chua (Year 10) and Johnny Lim (Year 10).

Kym Haines
Chess Coordinator



Congratulations Year 12 HSC Students - Ku-ring-gai Library HSC Lock in

Last Thursday night, 9th October, Ku-ring-gai Library held its first *HSC Lock-In* at Gordon Library from 8.00pm – 10.00pm, which gave an opportunity for students to have extended use of the library and its facilities.

One hundred and thirty-three students, from schools all over this area, attended the session. It was a very successful event and we were most impressed with the excellent behaviour and commitment of these students. Just after

8.00pm students were offered pizza and water to sustain and give them a break – as most had been already studying in the library for several hours. They then resumed quiet or group study.

We would like to pass on our compliments to those students who attended from Killara High School. We wish them all the best for their exams

Ku-ring-gai Council Library

From the Library

Ku-ring-gai Historical Society

The trumpet calls: rallying the troops: a World War commemoration, Volume 1

This is no ordinary World War I reference book. Members of Ku-ring-gai Historical Society have rallied to delve deep into the service and family records of local soldiers and nurses to reveal their involvement in the Great War of 1914-1918. This volume is the first in the series; a second and third will published in 2015 and 2016.

In the municipality of Ku-ring-gai in northern Sydney over 1,300 men and women served from a population of just over 12,000. They came from all walks of life, from labourers to university lecturers. Their origins were diverse, not only from the immediate locality but also from other parts of NSW, from other states and from other countries.

Their achievements were many; one in every ten was decorated.

Their losses were great; one in every five did not return.

What all did for their nation is monumental.

The Society has endeavoured to do justice to these veterans, to tell the stories that many never lived to tell or were unable to tell. The telling became a passion; it engendered pride and sorry, anger and despair. Yet each and every story deserved to be told, to be recorded for all time.

New fiction:

Kirby, Many. **Love letters of the Great War**

Levithan, David. **The realm of possibility**

Nix, Garth [and others]. **Kaleidoscope: diverse YA science fiction and fantasy stories**

Perkins, Stephanie. **Anna and the French kiss**

New fiction in detail:

Buick, Nikki. **Sandy feet.**

Hunter is stuck in a car with his family as they travel up the Queensland coast. It is a journey that his mum thinks will bring the family closer together, especially now that his stepdad and baby are part of the mix. Forced out of his comfort zone, Hunter tries to embrace life on the road. Between campsites he parties with friendly backpackers on the beach, has one too many close encounters with wild animals and finally meets a girl who actually understands how he feels. But is it enough to help him deal with the real reason his family set off on their journey in the first place?

Morris, Jan. **Journeys**

A book of travel essays, taking the reader to a series of strikingly diverse locales, some far away and exotic, some familiar. Writing about cities as different as Las Vegas, Aberdeen and Centinje, Morris describes each place with the elegance, passion and wit.

Murray, Kirsty. **The year it all ended**

On Tiney Flynn's seventeenth birthday, every church bell tolled, as if heralding a new year, a new era. They stood in the garden, purple jacaranda petals fluttering down around her. One by one, her sisters came outside to join her; first Nettie, then Minna and lastly Thea. It was 11 November, 1918. Armistice Day. For Tiney and her sisters, everything is about to change, but not in the way they might have imagined. Building peace is complicated; so is growing up. From tragedy to undreamt-of-joy, from weddings to séances, from masked balls to riots in the streets, Tiney's world will be transformed. At the end of the war and the dawn of the Jazz Age, Tiney Flynn must face her greatest fears and begin a journey that will change her destiny.

Thompson, Tony. **Summer of monster: the scandalous story of Mary Shelley**

Mary's life began in shows. Unwanted and overlooked, her desire was to make something of her existence. So how would meeting a young poet change her path forever? Scandal. Passion. Desire. Mary's choices were clear – but would she ever be free of her loneliness? Tony Thompson's enthralling novel explores Mary Shelley's early life and the famous

summer she spent with Percy Shelley, Lord Byron, John Polidori and her stepsister Claire Clairmont, which inspired her iconic novel *Frankenstein*.

New non-fiction:

Dawidoff, Nicholas. **In the country of country: a journey to the roots of American music**

DEGREE shows 2007: Sydney College of the Arts

Jackson, Mark. **Asthma: the biography**

McCrea, Andy. **Renewable energy**

Osnman, Jheni. **The world's great wonders**

RIVER adventures: Ganges

RIVER adventures: Mississippi

Winkler, Allan M. **The cold war: a history in documents**

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

Careers Corner

TAFE HSC and TPC 2015 Course Information Evening

This will be held on Tuesday 11 November at 6pm in the Cameraygal Building, J Block, Ground Floor, St Leonards campus and will cover information on both the Certificate 4 in Tertiary Preparation and the Higher School Certificate delivered by TAFE.

Macquarie University Gifted and Talented Program

Designed for independent thinkers who are currently in Year 10, this one-unit, Board Endorsed Philosophy course will be conducted from March to June 2015. Course fees apply. Students who receive a Distinction are eligible to participate in the Macquarie University pathway for talented Year 12 students. For further information log on to mq.edu.au/gifted-and-talented

SAT Preparation Courses

These will be held on 8 November and 6 December and are geared to students interested in enrolling in a tertiary course at an American university. To find out more details visit www.americansatcentre.com.au

Australian Defence Force Information Sessions

The following areas will be covered:

- Defence University Sponsorship Information Session – Monday 20 October
- Royal Military College Information Session – Tuesday 28 October

To attend, email cptnsw@dfr.com.au

Women in Navy Engineering Camp

This inaugural event will be held at HMAS Cerberus from 24 – 28 November for girls aged 16 – 18 years of age. For further information email joking@dfr.com.au

Pre-Apprenticeship Courses

These courses, which give attendees a leg-up in accessing an apprenticeship, are being run in the following areas:

- Hospitality starting 17 November. For more information phone Lisa Lee on 8844-8502
- Electro-technology at Meadowbank TAFE. Contact Bob Kefford on 9942-3641 for further details.

Hong Kong University of Science and Technology 2015 Applications

These are open until January 2015. More details on the process can be obtained by emailing international.applicants@ust.hk

Young Endeavour Voyage Applications

Berths for crews on the world voyage to the Americas will be allocated by ballot starting in October. To apply, visit www.youngendeavour.gov.au

2015 UNSW Minerals Summer School

This is an ideal opportunity for students currently in Years 10 or 11 who are interested in mining engineering to find out what the career area is all about. The camp will be held from 19 – 22 January 2015. To apply, contact Meredith Hudson on 9385-5039.

University of Sydney Mind and Morality Course

This one-unit, Preliminary, Board Endorsed Philosophy course gives students who will be in Year 11 in 2015 the chance to taste what university life is like. It will appear on a student's Record of Achievement at the end of Year 12. Charges apply. For more information contact the careers office.

University Online HSC Chats

- Macquarie University:
-HSC Legal Studies Exam Tips – live chat with the experts on Monday 20 October at 6.00pm.
Can be accessed online at: <https://www.facebook.com/macquariefuturestudents/events>

-Faculty of Business and Economics Admissions and Programs online chat on Wednesday 19 November from 6.00pm – 7.00pm. Access at:

<http://www.mq.edu.au/about/events/view/faculty-of-business-and-economics-admissions-and-programs-online-chat-2/>

• UTS Live Q and A Session

Experienced HSC teachers will be available online to answer students' questions in

-HSC Economics on Monday 20 October from 6.00pm – 8.00pm and

-HSC Chemistry on Thursday 23 October from 6.00pm – 8.00pm at

<https://www.facebook.com/UTSFutureStudents/events>

Macquarie University Bachelor of Archaeology Online Video

Break old ground and gain new insights into the past through the study of ancient artefacts with the new Bachelor of Archaeology from Macquarie University. An insight into the career area and course can be accessed at <https://www.youtube.com/watch?v=SjQKYeDmuHY&feature=youtu.be>

Australian Apprenticeships & Traineeships Information Service Career Resources

This website includes a range of career resources for people interested in a variety of industries. Included are charts which outline pathways, practice aptitude quizzes for a range of jobs, occupational videos and much more. Log on to <http://www.aatinfo.com.au/Career-Resources/Career-Services/National>

New Initiative to Support Apprenticeships

The new Australian Apprenticeship Support Network will not only assist apprentices to find employers but will also mentor students through to the successful completion of their apprenticeship. Apprentices will be able to access career advice with dedicated support outside their workplace throughout their apprenticeship. If you are interested in applying log on to:

<http://www.mskills.org.au/media-centre/news/#NewsHint=10929>

AFTRS Summer School

From January to February AFTRS Open is running a number of five-day intensive, hands-on workshops in the institute's state-of-the-art facilities. Participants will be taught by industry professionals currently working in the film, television and radio industries and will have access to the latest equipment. More details are available at <http://www.aftrs.edu.au/short-courses/summer-school>

AFTRS 2015 Applications

Applications for AFTRS's new three-year, undergraduate Bachelor of Arts (Screen) close on November 1.

Specialist Diplomas and Advanced Diploma applications close on November 10. Detailed information is outlined at <http://www.aftrs.edu.au/>

International College of Management Sydney Domestic Student Professional Scholarships Program

The International College of Management Sydney offers a number of scholarships covering tuition fees for study and/or accommodation regardless of which stream is chosen. ICMS matches the candidates to the most appropriate scholarship. Scholarships are open to Australian citizens/permanent residents completing Year 12 as well as to those who took a gap year in 2014. Deadline for submission is 31 October. Access the application forms at: <http://www.icms.edu.au/scholarship-type/new-domestic-students>

International College of Management Sydney Aspiring Education Foundation

Aspiring Education Foundation (AEF) is the International College of Management Sydney's commitment to helping Australia's secondary school students experiencing financial hardship to achieve their tertiary goals. The foundation provides a minimum of three Equity scholarships up to a value of \$49 000. The AEF Committee is also able to consider accommodation scholarships for eligible applicants to a value of up to \$15,000 each per annum for the duration of the student's course/degree. Applications close on Friday 5 December and can be found at: <http://www.icms.edu.au/scholarship-type/new-domestic-students>

Australian Institute of Architects NSW

The Australian Institute of Architects NSW Chapter provides a range of resources for students interested in the industry. Information about events, studying architecture at university and more can be found at:

<http://www.architecture.com.au/nsw/>

RecruitAbility

This program which is run by the Australian Public Service Commission facilitates the progression of applicants with disability in the APS recruitment process. The scheme, which involves a wide range of Federal Government departments, aims to support the further employment of people with a disability. More details can be found at: <http://www.apsc.gov.au/disability/recruitability>

Commonwealth Scholarships

There are a number of university scholarships offered by the Commonwealth government. These include ABSTUDY, Austudy, Youth Allowance, Fares Allowance, Education Entry Payments and more.

For further information and to find out if you're eligible, visit the Centrelink website:

<http://www.humanservices.gov.au/>

Defence Force Army Driver Specialists

The Defence Force is currently recruiting driver soldiers who operate and manage army vehicles in combat support and combat service support roles. To find out more go to www.defencejobs.gov.au

UNSW Girls Engineering Day Out

Open to students in Years 10 -12, this event which will be held on 21 October aims to develop leadership, problem solving and creative ideas through scenario-based learning. To register, log on to whatson.unsw.edu.au

For further information on any of the above please contact the Careers Office.

Colleen Clarke and Rosemary Brown
Careers Advisers



BARE CREEK TRAIL RUN

Garigal National Park, St Ives

Sunday 2nd November 2014

www.barecreektrailrun.com

Supporting
St Ives Park
Primary School
and the SES



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Northern Beaches



A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary group offering support for parents of children or teenagers with ADHD via regular meetings. The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids alike.

SPEAKER EVENING: PHIL NUNN **"ADHD – THE GOOD, THE BAD & THE UGLY** **– DISABILITY OR DIFFERENT ABILITY?"**

Phil Nunn a Psychologist, counselor and educator with over 20 years experience working primarily with marginalised, disadvantaged and vulnerable young people, also lectures in communication and counseling skills, crisis intervention, stress management, mental health issues, suicide risk assessment and working with 'at risk' people and has a special interest in ADHD, Autism Spectrum Disorders and the use of music making and creative expression as therapeutic tools. Phil is an engaging speaker with "real world" stories about those struggling with mental health issues and the help they need.

In his talk Phil will be reflecting on some of his own experiences with ADHD as a Psychologist helping others but also his own "take" on this perplexing condition!

Phil will also address comorbidity with other diagnoses, adolescent brain development, drugs (prescribed and otherwise), what seems to help and ultimately the importance of a "strengths focus" when supporting those with ADHD.

Monday 27th October 2014 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential via
<http://www.eventbrite.com.au/org/4222746751>

Register on Eventbrite

like us on facebook

<https://www.facebook.com/BeachesADHDsupport>
nbadhdsupportgroup@hotmail.com
www.northernbeachesadhdsupportgroup.com.au



Venue kindly sponsored by Pittwater RSL Club

AUSTRALIA'S MAGAZINE FOR PARENTS OF ADOLESCENTS

EXPLORINGTEENS

- ☒ Do you want to UNDERSTAND your teenager?
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Subscribe for free to our digital or print* magazine at www.exploringteens.com.au
OR regularly collect your free copy from your local Dymocks store (our distribution partner).

* for subscribers to the print edition there is a postage cost after the first two issues.

DYMOCKS

Ku-ring-gai Council and the RMS (formerly RTA) are running a FREE practical workshop for learner drivers, parents and supervisors on how to help learner drivers become safer drivers.

On Thursday 20 November 2014 at 6:30pm at the Ku-ring-gai Council Chambers.

Attendees receive a useful information kit including:

- A 'Guide to the Driving Test' booklet.
- A light dinner, tea and coffee are provided.
- Road User Handbooks will also be on sale.

Early bookings are essential

Contact Council on **9424 0798** now to reserve your place, or email kmc@kmc.nsw.gov.au

The workshop will provide information about:

- Completing the *Learner Driver log book*.
- Recent changes to the GLS.
- The new RMS SAFER DRIVERS COURSE.
- The current laws and restriction for L and P licence holders.
- Supervising learner drivers and young driver road safety issues.
- The benefits of supervised on-road driving experience.

Want to be in the Guinness Book of World Records?

Grab a partner and head to The Domain Sydney on Sunday 26 October at 9am to attempt the World's Biggest Three Legged Race and help raise awareness for youth mentoring in Australia

Save the date and get ready to register at www.321run.gofundraise.com.au

321 RUN
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YWCA NSW
Supporting people at critical times
www.ywcansw.com.au



Big Brothers Big Sisters
www.bigholderbigsisters.org.au

Droppin' 2014 Hammers
skate & scooter comp

Saturday 25 October. 10am - 4pm

ST IVES SKATE PARK, THE VILLAGE GREEN
ST IVES (OFF MEMORIAL AVE)

BOOK ONLINE: \$10 OR BOOK ON THE DAY: \$15

MC'D AND JUDGED BY SKATER HQ | FREE BBQ AND TUNES

CATEGORIES: under 13s, under 16s and open

PRIZES awarded for 1st, 2nd & 3rd in each category

Riders under 18 need guardian's signature

REGISTER ONLINE: www.kmc.nsw.gov.au/youth

If the event is cancelled due to wet weather it will be rescheduled to 1 NOVEMBER



SkaterHQ

9424 0994

www.kmc.nsw.gov.au/youth

WORKSHOP **DJ** **BEGINNERS**

Learn how to scratch and spin at our six-week DJ workshop!
Perfect for complete beginners or those who want to develop their knowledge and skills.



Thursdays
23 October - 27 November, 4.30pm - 6.30pm
Turrumurra Youth Centre – Turrumurra Library
Cost \$80 for 6 weeks | Tutor U-Neek | Age 12 - 18 years
BOOKING ESSENTIAL - Only 8 spots available!
P 9424 0994 E youth@kmc.nsw.gov.au

www.facebook.com/kcyouthservices

www.kmc.nsw.gov.au/youth



Sydney Newcomers is the friendliest of clubs!



Want to socialise with a local group of the friendliest ladies at a variety of events?

We are so much more than a women's social club; there's plenty of events to satisfy most interests. Our members are of all nationalities, all ages and from all walks of life.

sydneynewcomers.com.au

Don't be shy, get in touch. We'd love to have you join us.

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- ★ Understanding teenagers today & communication skills
- ★ Emotional intelligence skills
- ★ How to prevent behaviour problems & conflict resolution

Chatswood 5 wks/2.5hrs (6/11 - 4/12, 7.00-9.30pm)

Dealing with Teens Backchat Workshop

- ★ Learn how to restore a respectful & positive relationship with your teenager
- ★ Understand what it is like being a teenager today
- ★ Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (30/10, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (28/10 - 25/11)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- | | |
|-----------------------------------|--------------------------|
| ★ Dealing with Teens Back Chat | ★ Resilient Kids |
| ★ Transition to High School | ★ Bully Busting Workshop |
| ★ Triple P Seminar Series (Teens) | |

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- | | |
|--|----------------------------|
| ★ Understanding Your Toddler/Discipline & Tantrums | ★ Older Sibling - New Baby |
| ★ Tucker without Tantrums/Toilet Training | ★ Transition to School |
| ★ Speech & Language Development/Sleep | ★ Grand Parenting |
| ★ Triple P (PPP) Seminar Series (1-12 years) | ★ Communicating with Kids |

Enquiries: Child & Adolescent Parenting 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP