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Notice to Parents and Students

Energy Drinks are prohibited at
Killara High School



Notice to Parents and Students

Aerosol cans are prohibited at
Killara High School



From the Principal

Killara High School is deep into the process of creating a Strategic Plan for the next three years and beyond.

Last week we held a Parent Forum, where we were able to build upon the feedback we had already received through the survey conducted in Term Three this year. For your interest, these are the areas identified by participants as the most important aspects of secondary education:

- the provision of quality teaching
- academic achievement
- innovation in teaching and learning
- student involvement in the community
- school reputation
- communication
- a positive and caring culture

While there are no surprises contained within these priorities, it is good to ensure that we never lose sight of these. We pride ourselves on our capacity to deliver a high quality, multi-faceted education for the young people in our care. Part of this capacity is built upon being open to suggestions. All feedback is a gift, and we thank all parents who contributed and continue to contribute to the consultation process we have in place.

This week all executive staff members of the North Shore 5 schools will meet at KHS to work with Simon Breakspear of Learn Labs. Simon is an internationally acclaimed educational innovator, and has been working both with us at Killara and with the NS5 schools as we develop our school plans.

Congratulations to the following students, who will be honoured on Friday, 28 November at a reception at the University of New South Wales: Johnny Benstead and Jack Rumbelow (Year 9) and Q-Ho Han, Sarah Huang, David Sommerich and Wilson Zhao (Year 10). These students achieved High Distinctions in the University of NSW International Competitions and Assessments for Schools in Science.

On Friday night I shall be at the hottest show in town: supporting Killara High students appearing in the 2014 Schools Spectacular. This year many students are performing, with Camille Penrose of Year 7 a featured soloist, and Jordan Hare of Year 11 a back-up vocalist. Samantha Morrison, Year 11, will play in the orchestra, and Daniel Brini, Year 12 2014, will return to play in the Arts Unit band. Additionally, our Vocal Extension and Vocal Ensemble will all feature in the Spectacular. There will be few schools that are so strongly represented, and I look forward to cheering myself hoarse.

Judging from the upper lips in the school, it must be Movember. Thank you to all who have participated in this fundraiser for men's health. Whether you've grown a moustache, donated because someone else has, or competed in the games day, you have helped make a difference.

Jane Dennett
Principal

Calendar

NOVEMBER 2014

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

1	Ensemble & Stage 5 Drama Night
3	Year 7 2015 Enrolment Day
	P&C Xmas Meeting – 8.00pm
4	World's Biggest Beep Test
	Year 10 Talent Quest Trials 9.25am
5	Year 9 Geography Excursion Central Coast
	Successful Senior Program Yr10
8	EOY Concert 7.00pm
	Ku-ring-gai Volleyball Champs
	Year 8 Geography Excursion – Warragamba Dam
9	T/20 Cricket Match
10	Thank you Morning Tea for Volunteers – 10.00am
11	Sports Appreciation Day
12	Year 8 Science Excursion
15	CB1 & CB2 for Stage 4 and 5 Completion Ceremony
	Year 8 Luna Park Excursion
16	Annual Awards Ceremony
	Year 8 Gifted & Talented Class Showcase Evening 5.30pm
17	Students Last Day of Term 4
	Years 7-10 Reports Issued
18	School Development Day
19	School Development Day

JANUARY 2015

27	School Development Day
28	Years 7, 11 & 12 Return to school
29	Whole school returns
	Whole school assembly

FEBRUARY 2015

3	KHS Swimming Carnival
6	School Photos – Day 1
9	School Photos – Day 2
10	DEAS Gold Award Info Night
16	Yr 7 Orientation Camp (2 days)
20	SJC Mufti Day
23	Ku-ring-gai Zone Swimming Carnivals

Marvellous Music Elective Concert

Last Thursday night we were treated to the talents of the Killara Music Elective students. There were a variety of performances ranging from classical flute performances from Olivia Benstead and Janet Wang, and an amazing piano solo from Yoon Choi all in Year 11 and Lauren O'Hara in Year 10. More contemporary pieces performed by our Year 10 students; Jess Hay singing Ed Sheeran, and Year 9 student Renee Butler who sang Sam Smith, gave a great contrast in style. Our Year 10 Jazz Group performed *Take 5* featuring Henry Ellen, Tom Nightingale, Rhys Tirado, Andy Lu and Louis Wright.

There were a few student compositions including Maddie Gerber's flute and guitar duet called *The argument of the forest and the desert* and Jordan Hare from Year 11 performing her arrangement of *Thirteen thirty five* by Dillon using voice and looping techniques, and Samantha Chui's electronic media performance. We were treated to a world class performance by Victor Lui on violin, Laura Morison on voice and a stirring vocal performance by Stephanie Chandler singing a piece from *Ghost the Musical*. Vita Jutsen accompanied by Will Turton both from Year 11 performed a moving vocal and guitar piece called *Liar*.

All these performances were polished and sophisticated and showed the depth of talent and range of style that our students achieve. It was a thoroughly enjoyable evening.

Giovanna Trenoweth
Creative & Performing Arts Faculty



Art Workshop at Killara High School

On 20 November 2014, a group of 21 Year 4 gifted and talented students from our local primary schools joined us at Killara High to learn how to create and develop some dry point etchings. Ms Sherras chose us to be her assistants for the day.

At first, the students were quite silent and shy, but as the day progressed they became chatty and enthusiastic and made some new friends.



First, the children dropped their bags off in G11 and quickly ran downstairs to collect leaves and samples for their artworks. They then scratched their designs based on the leaves and natural objects onto some etching perspex and gathered around Ms Sherras who demonstrated the inking process. Soon after the students had black ink up to their wrists and some students even got some on their faces! The etched perspex was then placed on some damp paper and put through the printing press. The artworks produced by these Year 4 students were AMAZING and by far better than some of our Year 8 efforts.



After a delicious morning tea, the students coloured in their artworks with watercolour pencils and were ready for their next activity.



This time the students spread turquoise ink on the back of their original etching plastic and placed feathers and leaf skeletons to create another textured art work called a monoprint.

We had lots of work to do. From controlling and making sure no fingers were squashed in the printing press, to cleaning up the mess left behind, it was a lot of fun and we even had time to make some prints of our own. Thanks to Ms Sherras, the Year 4 students got to experience high school art and we got to experience helping to teach children for the day! ☺



**Taylor Hosken and Zoe Levesque
Year 8 Students**

Student Achievements

Duke of Edinburgh's Award Scheme



Congratulations to Natalie Goh (Year 12 2013), who received her Gold Duke of Edinburgh's Award on 27 August. Natalie was honoured to be the speaker on behalf of the awardees. Dr Mark Carter, immediate past principal and keen Duke of Edinburgh hiker, was in attendance, which made it even more special.

Remembrance Day

Spotted on Barry O'Farrell's Twitter account – recognition of the role Killara High School played at the Roseville Memorial Club Remembrance Day Ceremony.

Barry O'Farrell
Killara HS student Ryan Fitzpatrick addresses the Roseville RSL's #RemembranceDay ceremony #LestWeForget



Our Senior Prefects, Luke Bevitt and Meg Simon welcomed everyone, and Prefect Ryan Fitzpatrick gave the address. Daniel Brini, Year 12 2014, returned to play the Last Post and Reveille. Thank you to these students who enhanced our community observance of this important day.

Congratulations

Mathematics Mastery

Congratulations to the following students who received a prize and an award for the Australian Mathematics Competition.

Kevin He in Year 12 won a Prudence Award in the Australian Mathematics Competition.

Johnny Lim in Year 10 won a prize in the Australian Intermediate Mathematics Competition.

These two students were presented with the prize and award in the ceremony held by the Australian Mathematics Trust at North Sydney Boys High School on 17 November.



Sath Umakanthan
Mathematics Teacher

Sailing Success

Congratulations to Charley Wells in Year 9 who placed third overall, and was the first female, in the NSW State Championships for Laser 4.7 Sailing.

Charley is now training for the Australian Youth Championships in January which will be held in Perth.

Well done Charley!



Uniform Shop News

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

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

The Uniform Shop is managed by the P&C Association and is staffed by volunteers who help at the Uniform Shop on **Tuesday's between 8.00am and 12.00pm** during the school term, as well as other days throughout the year. The only qualification is a

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

The last day the Uniform Shop will be open for 2014 is Tuesday 16th December 8.00am to 12.00pm.

Extra opening hours for 2015

Friday 23 rd January	9.00am – 12.00pm
Tuesday 27 th January	9.00am – 12.00pm

Normal opening hours

Every Tuesday in the school term.
8.00am – 12.00pm.

Kim McPartlin, Uniform Shop Manager
Email: khscp@yahoo.com.au

Remembrance Day Observation from a student

Ladies and Gentlemen

I would like to thank you all for allowing me to address you on this sombre occasion. As a representative of the Prefect body of Killara High School. It is an honour to remember those who gave their lives without hesitation for their country and for the ideal that their children, and grandchildren may have a better life. On this day in particular, we commemorate the centenary of the beginning of World War I and the horrible loss of life that soon followed. With such sacrifice, valence and nobility shown by Australian soldiers from the banks of Gallipoli to the deserts of Iraq. I would like to take this opportunity to pay my respects to all those who have served Australia, past and present who are with us today. With this year marking the 100th anniversary of the beginning of Australia's first mass entry into war, it seems fitting to centralise this address around the main idea: What does Remembrance Day mean to myself and all adolescents of today?

In the year of 1914, two brothers, Earnest and Joseph Simpson boarded a ship along with hundreds of men like them bound for Egypt. With Joseph at the age of 20 and Earnest at the age of 17, they had been looking forward to the idea of fighting for their mother land of Britain for months. When Earnest was conscripted, Joseph thought it wasn't fair that his elder brother should take all the glory and come back a hero, whilst he stayed at home and studied. And thought it was only fitting if he volunteered for the army as well. As children they had all heard the stories of fame, glory, and bravery that only true men who fought for their King and country possessed. With that in mind, they endured the basic training in Egypt and boarded another ship bound for the shores of Gallipoli. This was it. War. With their patriotism, confidence, and comradery soaring, they felt like enemy would have no chance. But that all changed the second they stepped off the boats. As they witnessed their friends, workmates, and colleagues collapse around them, everything they felt previously was gone. Overwhelmed by their simple fight for survival. And so it begun. Earnest and Joseph fought bravely against the enemy for two long years until they were both killed in action in the battle of the Somme.

I use these two brothers, my great-great uncles, as symbols of Australian forces who have fought and died in any war at any time. Good blokes

happy to lend a hand for a country, in need. For myself, this is a clear representation of what Remembrance Day is, and why it is of utmost importance. It is to not only remember the brave and valiant, but also to acknowledge the overwhelming feeling of loss, and grief of mothers who never saw their sons again, wives who never saw their husbands again, children, who never saw their dads again. And friends who knew that those children, wives and mothers would never see them again.

Although the loss and devastation that comes with war is terrible; I do not believe my uncles died in vain. As I begin my final year at high school the issues and melodrama of the HSC can be unnerving. But Remembrance Day for me, is a day to realise how privileged, I and all my other high school cohorts are to live in such a prominent area, attending Killara High School, one of the best government high school in the country. On a day such as Remembrance Day, I am reminded that Joseph was my age when he departed for Egypt with his brother. Never to see his home country again. And I am reminded of the conflicts that continue throughout the world affecting people of all ages. At the beginning of the 21st century, we celebrate Australia as a multicultural society and many of our citizens have been affected by war. Remembrance Day is a time to reflect on the experiences of all Australians, and all people in all nations, who have fought for or defended that which they believe to be right and all people who have suffered in war.

I speak for all adolescents of modern Australia when I say to all veterans of war present today, we are eternally grateful for your tremendous sacrifice for us and for our country. It is a debt we can never repay, no combination of words will ever convey our gratitude to you for all you have given to ensure we may have a better life. Although many of us may not know the extent of suffering you have endured, we can take time today to honour you and the memory of your fallen comrades.

Again, I humbly thank you all for listening and for giving me the honour of addressing you all on this special day.

**Written by Ryan Fitzpatrick
Year 11**

BIGGER AND BETTER THAN BEFORE

WORLD'S BIGGEST BEEP TEST

**THURSDAY WEEK 9
(4th DECEMBER) @ lunch time on
Koola Park**



**Come to school in SPORTS UNIFORM!!
IT'S GONNA BE AWESOME**

Strings Workshop with our Partner Primary Schools



Performing Arts Ensemble Calendar

Term 4, 2014			
Week	Term 2		
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

News from the Chinese Speaking Families Social Committee

HSC Students, families and teachers

Yes. It is finally over! Congratulations, well done to ALL of this year 12's families, students and teachers. Three cheers everyone. Goodbye and good luck with your HSC results and all the very best in your future career path.

Greetings to the teachers, families and students embarking on the new Year 12 journey

This is an exciting time. School will be over in little less than a year. **Set goals and get cracking!** Spend quality time with your loved ones, teachers and school mates. Wear your school uniform with pride. Best wishes, enjoy and make the very best of the last year of your schooling.

Community news

There are many community activities/news for the Australian-Chinese families at KHS: English lessons, dancing classes, cultural study, social drinks/functions/events and more.

Subscribe to our communities news, stay in touch and stay in the **KNOW** forum. Please register with us by sending your email address to the.accs@yahoo.com.au

Christmas and End of Year lunch

Date: 12th December 2014, 12.00pm till late

Venue: Chantilly's Café, Chatswood Chase, lower ground floor (Next to the New Shanghai restaurant)

We speak, read and write in Mandarin/Cantonese/English.

Bring your friends, ALL are welcome!

Please register your email with us as we ONLY communicate through the email system.

Contact details: the.accs@yahoo.com.au

Our heartfelt thanks to...

Our principal, teachers, school counsellors, administrative staff, P&C, all volunteer parents and the KHS expat parents. "THANK YOU" for the commitment, valuable time, service and hard work that helps our children achieve. Also, for making our school a better school - a school that is so close to our home, a school that is so close to our hearts.

Merry Christmas and a Happy New Year everyone.

May you have a safe and enjoyable festive season.

We would like to thank the following parties for their contribution to this article:

Killara High School ESL Coordinator/Editor

Mrs Silvia Kinloch.

Killara High School P&C for Chinese families

Ms Ly Harn.

Killara High School Chinese parent translator

Mrs Grace Wei.

Ms Ly Harn and Mrs Grace Wei

Chinese speaking families, Parents Support Group and Social Committee.

来自华语社区家庭的新闻：

HSC同学、家长和老师們

是的，终于考完了！！祝贺你们，出色地完成了12年级

三重祝贺给每个家庭、学生和老师们：再见了，祝你好运取得HSC好成绩并且在未来的事业道路得到最好的发展

欢迎我们新一届的12年級的老师、家长和学生們

这是一个令人振奋的时刻，还有不到一年的时间，高中学习生涯就将结束

设定目标并尽力争取达成！！

珍惜彼此的友情，无论是和关爱你的人、老师还是同学们.....享受穿着校服的岁月并以此为傲吧。我们和你们一起，带着最美好的祝福，祝你们享受这个特别的最后一年的高中生活....

社区新闻

有很多为澳洲华人家庭而设的活动/新闻：英语课堂、舞蹈课程、文化学习、社区小聚/功能/事件分享等等。订阅我们社区的新闻，或登录彼此接触和了解的论坛，请联系我们并发送邮件到：

the.accs@yahoo.com.au

圣诞和年终午餐聚会

时间：12/12/2014（周五），中午12：00左右

地点：Chantilly咖啡厅，Chatswood Chase 一楼，在新上海餐馆旁边

我们听/说/写普通话/广东话和英语，

带上你们的朋友一起来，所有的人都欢迎参加！！

请用Email联系我们吧，因为我们只通过邮件联系

诚挚感谢

感谢我们的校长、老师、学校督导、行政员工、家长委员会和所有做义工的家长以及离校学生继续返回支持的家长

我们要特别感谢的是你们的承诺、你们有价值的时间/服务和努力的工作，才使得我们KILLARA学校变得更好----成为一个与我们不仅是家庭联系紧密，而且是和我们的心紧紧相连的学校

我们的联系方式：

请发邮件到：the.accs@yahoo.com.au

祝大家圣诞快乐，新年愉快！

预祝拥有一个安全且快乐的假期！

感谢以下各方对此文的贡献：

Killara 高中ESL协调负责人：Mrs Silvia Kinloch.

Killara 高中家长委员会华人家长代表 Ms Ly Harn.

Killara 高中家长 Mrs Grace Wei 参与翻译

华语家庭社区支持小组 Ms Ly Harn, Mrs Grace Wei 等

From the Library

New fiction in detail:

Abela, Deborah. **New City.**

Isabella and her friends have escaped the floodwaters of Grimsdon for the modern world of New City. But will their lives be as wonderful as they're led to believe?

Abdel-Fattah, Randa. **Rania: the book of you.**

Rania drives herself too hard, takes on too much. School work, school captain, a huge art project – there's so much on her plate right now that it's starting to overwhelm her. The last thing she needs is competition from her favourite cousin – families are supposed to stick together!

Badger, Hilary. **State of grace.**

Nothing and no-one exists beyond the garden where Wren and the others live, but that's ok – they have everything they could possibly need right there, in paradise. Wren's world is a utopia. If only Wren could stop the strange visions she's started having: flashes of another world, where there are people she doesn't know – couldn't possibly know – but who somehow feel familiar. And what does Blaze, the most beautiful and mysterious of creations, know about what's going on in Wren's head? When she uncovers the lies that are propping up everything she has ever believed in, Wren must choose: remain in blissful ignorance or face the ugly truth?

Breslin, Theresa et. al. **War girls.**

This collection of short stories explores how the First World War changed and shaped the lives of women forever.

Colfer, Eoin. **Warp: The Hangman's revolution.**

FBI agent Chevie Savano is trapped in a nightmare future. Unless she can change the course of history, millions will die.

Eldridge, Jim. **Stories of the First World War.**

The Great War. The war to end all wars. From the outbreak of fighting in 1914 to the armistice in 1918 – twelve moving accounts of young lives torn apart by conflict tell the story of the First World War. Soldiers, sailors, airmen, nurses, ambulance drivers – all heroes.

Gabalton, Diana. **Written in my own heart's blood.**

It is June 1778, and the world seems to be turning upside-down. The British Army is withdrawing from Philadelphia, with George Washington in pursuit, and for the first time, it looks as if the rebels might actually win. But for Claire Fraser and

her family, there are even more tumultuous revolutions that have to be accommodated.

Landy, Derek. **Skulduggery pleasant: The dying of the light.**

Following the loss of Valkyrie Cain, Skulduggery Pleasant draws together a team of soldiers, monster hunters, killers and criminals to track down and stop Darquesse before she turns the world into a charred, lifeless cinder. The war of the Sanctuaries may be over, but the final battle is about to begin. And not everyone gets out of here alive. From the number one bestselling series.

Lowe, Pat. **The girl with no name.**

Matthew sets off alone to camp at Goanna Gorge. He is determined to find the Aboriginal rock paintings he knows are hidden there. But his plans fall apart when he realises he cannot find his way back. The strange wild country of the Kimberley, which Matthew thought he knew so well, seems to mock him with its secrets – until he meets the girl with no name.

Penman, Sharon. **Lionheart.**

Richard I was crowned King in 1189 and set off almost immediately for the Third Crusade. This was a bloody campaign to regain the Holy Land, marked by internecine warfare among the Christians and extraordinary campaigns against the Saracens. Men and women found themselves facing new sorts of challenges and facing an uncertain future. John, the youngest son, was left behind – and with Richard gone, he was free to conspire with the French king to steal his brother's throne.

Penman, Sharon. **A King's ransom.**

Travelling home from the bloody battlefields of the Holy Land, the Crusader king, Richard the Lionheart, is shipwrecked in the Mediterranean after an encounter with pirates. He should be protected by a papal decree, but he is betrayed and captured by the Duke of Austria – a man who has good reason to loathe him – and is immediately claimed by the Holy Roman Emperor, who also bears him a bitter grudge. (*A King's ransom* is a sequel to *Lionheart*)

Riordan, Rick. **Heroes of Olympus: The blood of Olympus.**

Seven heroic demigods. One final quest. The greatest sacrifice yet.

Solzhenitsyn, Aleksandr. **August 1914.**

In the first month of the First World War the Russian campaign against the Germans creaks

into gear. Crippled by weak, indecisive leadership the Russian troops battle desperately, even as the inevitability of failure and their own sacrifice dawns. Solzhenitsyn's astounding work of historical fiction is a portrait of pre-revolutionary Russia, a tragic war story, and an epic novel in the great Russian tradition.

Smith, Hilary T. **Wild Awake.**

Hillary T. Smith's debut novel captures the messy glory of being alive, as a seventeen – year- old Kiri Byrd discovers love, loss, chaos, and murder woven into a summer of music, madness, piercing heartbreak and intoxicating joy.

Sparks, Nicholas. **The longest ride.**

Two couples. Two love stories. One epic tale. Ninety-one-year-old Ira Levinson is in trouble. Struggling to stay conscious after a car crash, an image of his adored – and long-dead – wife Ruth appears. Urging him to hang on, she lovingly recounts the joys and sorrows of their life together: how they met, the dark days of WWII and its unrelenting effect on their families. A few miles away, college student Sophia Danko's life is about to change when she meets the young, rugged Luke and is thrown into a world far removed from her privileged school life. Sophia sees a tantalising future for herself, but Luke is keeping a secret that could destroy it all.

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

Careers Corner

UNSW Computing Elite Students Program

To qualify for this program, students need to be accepted into one of UNSW's computing degrees and have an ATAR score of at least 98. Successful candidates will not only be able to vary their program according to their areas of interest but will, in addition, be entitled to \$500. For further information, email Brad Hall on bradh@cse.unsw.edu.au

Pre-Apprenticeship Courses

These short, trade courses which are being offered at the start of 2015, will give students a leg-up in accessing an apprenticeship. They are being offered in:

- Construction at Hornsby TAFE
- Automotive Electrical Technology at Hornsby TAFE
- Electrotechnology at Hornsby, Meadowbank and St Leonards TAFE campuses

For further information on any of the above, please phone 131674.

UTS ATAR Live Q and A on Facebook

This information session will be held from 11.00am on 18 December, the day ATARs are released. To participate, log on to UTS's Future Students Facebook page.

SAT Support for entry to American Universities

This can be accessed at the American SAT Centre.

For further information, phone 1300 23 77 41.

Positions Available

- Ku-ring-gai Council is recruiting library shelvers. Application forms are available from the careers office.
- ACOR group of consulting engineers is seeking an apprentice structural draftsman interested in learning about AutoCAD and REVIT, for their Crows Nest office. Applications, including a cover letter and CV, should be emailed to hr@acor.com.au

Macquarie University School Leaver Information Evening

This event, which is scheduled for Wednesday 10 December between 6.00pm and 8.00pm at the Macquarie University campus, is designed specifically for future students who are going to university directly from high school. The evening is an opportunity to learn more about Macquarie's degrees, scholarships, flexibility, support and facilities.

Macquarie University Bridging Courses

Macquarie University has a number of bridging courses for students who need prior knowledge in certain disciplines before beginning their undergraduate degree. They include:

- Mathematics - Monday 9 February to Saturday 21 February from 10.00am to 9.00pm. To find out more, log on to <http://www.mq.edu.au/about/events/view/mathematics-bridging-course/>

- Chemistry - Monday 16 February to Friday 20 February from 9.30am to 3.30pm. For more information visit:
<http://www.mq.edu.au/about/events/view/chemistry-bridging-course/>
- Physics - Monday 16 February to Friday 20 February from 9.30am to 4.30pm. Further details are available at:
<http://www.mq.edu.au/about/events/view/physics-bridging-course/>

“Make Your Mark”: Information for Parents about University

“Bridges to Higher Education” has developed a flyer and videos in a range of languages in response to key questions raised by parents about higher education for their children. The resource can be accessed at:
<http://www.makeyourmark.edu.au/>

University of Sydney Launch new scholarships to find the next John Bradfield

Lend Lease and the University of Sydney have announced a \$700,000 scholarship fund to support Sydney's next John Bradfield, designer of the Sydney Harbour Bridge. The \$700,000 Lend Lease John Bradfield Scholarship Fund will support undergraduate students studying the development of cities, with a special emphasis on encouraging women into these fields. The first scholarship will be awarded in 2015 and will be worth a minimum of \$10,000 a year for the duration of a student's degree. Interested students should visit:

<http://sydney.edu.au/news/84.html?newsstoryid=14298>

University of Wollongong: “Your ATAR Your Options”

This event gives potential UOW students an opportunity to speak with university staff and have questions answered after ATARS have been released. It will be held on 19 December at 3.30pm live on YouTube. The link is:
<http://www.uow.edu.au/future/chat/index.html>

ACU Change of Preference Information Sessions

These will be held on Tuesday 6 January from 9am – 2pm at both the Strathfield and North Sydney campuses and are ideal opportunities for students to enquire about their study options after receiving their ATARs. A more detailed program can be accessed at:

http://www.acu.edu.au/about_acu/our_university/important_dates

ANU “Walk in Wednesdays”

On the Wednesdays listed below, ANU Student Central on the Ground Floor Building X-005, 121 Marcus Clarke, will be open from 12pm to 5pm to prospective students with queries about their future study opportunities at ANU. Log on to this flyer:

http://students.anu.edu.au/pdfs/140407_A4_flyer_general.pdf

Key dates are:

- November: 26
- December: 3, 10, 17
- January: 7, 14, 21, 28

ANU Sydney Advisory Day

This will be held on Thursday 18 December from 10am to 2pm at the Australian National Maritime Museum at Darling Harbour and will provide potential ANU students with an opportunity to speak to ANU Staff about tertiary study options, student accommodation, exchange programs and support services. Visit

<http://www.anu.edu.au/preference/>

The Guardian Personality Test: What Job Would Make You Happiest?

The Guardian website has an interest-based questionnaire that may help provide an insight into which career may be most suitable. To access the test, follow the link

<http://www.theguardian.com/lifeandstyle/2014/nov/11/sp-questionnaire-what-job-would-make-you-happiest>

Casual & Part Time Jobs

Now is the time to start searching for casual and part time jobs that can complement tertiary studies or provide money for a gap year.

Many retailers and fast food chains accept online applications and expressions of interest including

- **KFC:** <http://www.kfcjobs.com.au/>
- **Coles:** <http://www.colescareers.com.au/>
- **McDonalds:** <http://mcdonalds.com.au/#/careers>
- **Woolworths:** <http://www.wowcareers.com.au/wowcareers/woolworths/home/>

Many job opportunities and career websites can be found by googling a business name and the word "careers".

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

**Colleen Clarke and Rosemary Brown
Careers Advisers**

Family Festivity Survival Guide



Kym Carlson, Manager Clinical Services

The festive season is often highlighted as a time for joy, laughter, and family togetherness. However, at times it can feel more like a scene from National Lampoons' Christmas Vacation.

Looking back at the year that's been, the build up to next year, and trying to balance general busy-ness of the December - February period can be a daunting and stressful time. So, here are some tips to help you optimize the precious time you have for yourself and your family over the holidays...

1. **Communication:** do it. It's often in times of stress that communication goes flying out the window. This is unfortunate, as good communication is key to reducing stress. When it comes to communication it can be beneficial to pick your battles and choose your timing wisely (think: is this an issue that needs to be addressed here and now?), be assertive, keep to the point, and be prepared to listen and negotiate.
2. **Plan your time:** most of us are fairly time poor, especially in the lead up to the festive season. Consider distributing tasks amongst the family, helping you and providing an opportunity for others to contribute. Avoid overloading on commitments, space out activities or events to give everyone time to unwind and re-energise. Creating a visual representation of upcoming events can be helpful, especially when there are multiple people and / or activities to consider.
3. **Mental preparation and resilience:** the festive season often involves lots of socializing, even if it's not with the people of your choosing. To help you make the most out of these kinds of situations, think about the environment you're going into (and the people in it). Being mindful of different personalities can help us to keep calm and carry on!
4. **Be on the lookout:** everyone gets stressed. It might be useful to take a moment to think about how you and your family manage (or don't manage) stressful situations. Make a mental note of this and then be on the lookout for early warning signs. Addressing these things early on can assist in reducing the risk of something (or nothing) escalating into an argument.
5. **Go easy on the booze:** alcohol is intrinsically linked with accidents, violence, arguments, slowed reaction times, poor health, dehydration and hangovers. Alcohol consumption is illegal for under-18's. If you do drink, do so in moderation, and if you are hosting a get-together, ensure there are always lots of non-alcoholic drinks, food and entertainment available to keep guests occupied.
6. **Self-care:** remember to take time out for yourself (eg read, have a bubble bath, garden, walk, go the gym, have a coffee with a friend, or watch your guilty pleasure TV show). It can be easy to prioritise others and forget about ourselves at this time of the year. However, you and others will be happier if you are relaxed and in a good head space.
7. **Engage and enjoy:** make the most of your time when you're out with the family. Identifying a few things you're looking forward to can positively affect your frame of mind and mood. These things don't have to be particularly significant, take solace in the little things in life (eg location or weather). Participate and allow yourself to let go and enjoy the moment.
8. **Think outside the square:** it can be difficult to keep coming up with activities over the long school holiday period. Here are a few ideas to get you started (mix it up a little to ensure everyone in your family is able to enjoy one activity or another): BBQ, group games (Wii, board games, sports), movies (at home or the cinema), going out for a meal, having friends over, kayaking, swimming, rock climbing, catching a train or ferry and exploring a different part of the city, shop together at the markets, visit an art gallery or museum, try ice-skating or surfing, be a tourist in your home town for a day, or catch some thrills at a theme park.

The upcoming months will likely bring with them various challenges for you to deal with. But that is OK. Just remember to take things in your stride, not everything needs to be done at once, and most importantly, remember to enjoy yourself along the way. From everyone at KYDS, have a safe, relaxing and fun festive season.

KYDS provides free, confidential counselling & mental health support services for teens & parents. Your donation toward this vital service is greatly appreciated & fully tax deductible: www.kyds.org.au

If you desperately need to talk to someone NOW, call Lifeline on 13 11 14 or Kids Help Line on 1800 55 1800. If life is in danger, call 000

ALL SAINTS'

CAROLS ON MOORE

...bring your family, friends & picnic blanket, and enjoy a night under the stars

Sausage Sizzle at 6.30pm and celebrate Christmas from 7.30pm!

with The Beaumont Road Big Band

Sunday 14th December 2014,
All Saints West Lindfield
11 Moore Ave, Lindfield

visit www.asw.org.au for more details



MACQUARIE ADHD Parent Support Group

Supporting parents of children & teens with ADHD, learning difficulties, and co-existing conditions.

Christmas Speaker Evening

WHEN: Thursday November 27th, 2014
TIME: 7.00pm – 9.00pm

SPEAKER: Dr. Caroline Stevenson, Clinical Psychologist,
– specializing in ADHD across the lifespan.

TOPIC: “Managing Christmas and school holidays
– tips for parents of children & teens with ADHD”
Lots of time allowed for questions.

Come along and hear a professional speaker, and meet other parents over supper.

Donation: \$5.00 towards catering.

VENUE: Dunmore Lang College, (Macq. University)
130-134 Herring Road, North Ryde, NSW 2113
Near Macq Uni railway station. Street and off-road parking.

****Please RSVP by Monday 24th November to phone or email below for supper catering.**

All welcome – parents, teachers and professionals

ADHD Centre Helpline
Ph: 02 9889 5977 / 0416 111 036
Email: parentsupport@neldapsg.org

Northern Beaches

ADHD SUPPORT GROUP

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.

SOCIAL EVENING & XMAS

We have purposefully left this meeting without a speaker to enable parents to have more time to chat with each other and share stories and support.

The bar will be open in the Main Sail Room and people will be free to get a drink, some nibbles, chat and mingle while looking at the market stalls selling educational books, toys and other quality products. We will also set up tables with labels for certain issues such as ‘anxiety’ or ‘social skills’ which people are free to gravitate towards if they so wish. At these tables you will have the opportunity to chat with others about that particular issue and swap ideas. A 15-minute limit will be set per table so people have time to rotate to a maximum of 4 tables during the evening.

We hope that this will enable people to chat with others with similar issues and are sure that this will be a fun and useful meeting to end the year and allow people to get to know each other better.

Monday 24th November 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



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



Venue kindly sponsored by Pittwater RSL Club

Christmas Tree Sale



Quality trees at excellent prices!

SATURDAY 13th DECEMBER

8am – 3pm (or until sold)

2ND GORDON SCOUT HALL

32c Rosedale Road, Gordon



Support your local Scouts