

Thursday, 6th February 2014

Acting Principal: Mrs Judy Paszek

Deputy Principals:

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

School Captains: Dylan Dunkley Zoe Sitas

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Congratulations to Year 12 2013 on their outstanding results in the Higher School Certificate

Year 7 Parent Information Evening

Tuesday 25th February 6.30pm

in the Kerrabee Theatre

- meet key Year 7 staff members,
- gain information about Year 7 matters and school routines
- socialise and meet other Year 7 parents and members of the KHS P&C.

Outstanding HSC Results Again in 2013

In the 2013 Higher School Certificate, Killara High School students again produced excellent results overall with outstanding performances by many individuals.

From a cohort of 261 Year 12 students, twelve students were among the state's highest all around achievers with band six (the highest band) or equivalent, in 10 or more units of study. They were Kate Goodwin, Brandon Hare, Yen Nee Ho, David Long, Chris (Kuan-Ting) Lu, Daniel Stern, Rui Sun, Jessica Sutton, Eddie Tan, Xi Yang, Wenqi Yue and Peter Zhang.

Overall 299 band six results were awarded to Killara High School students.

Nine students received an ATAR of above 99. About 30% of the cohort obtained an ATAR of over 90, 17% obtained an ATAR over 95% while about 56% gained an ATAR of more than 80. More than 80% of 2013 Year 12 students received a first round offer to university.

Of the 47 HSC courses studied at Killara High School 22 had a course mean of more than 5% above the state mean.

Eric (Taeyoung) Son came first in the state in Mathematics Extension 1. The following students came in the top ten of students in the state in their courses: **Brandon Hare** 9th in Software Design and Development; **Oliver Lennon** 7th in Modern History; **Chris (Kuan-Ting) Lu** 2nd in English as a Second Language and 3rd in Mathematics Extension 1; **Emma Norrington** 4th in Textiles and Design and **Daniel Stern** 2nd in Aboriginal Studies.

Kate Goodwin was awarded a UNSW Co-op Scholarship (valued at around \$16000 for each year of study); **Gabriella Turner** received an offer from UTS for a Bachelor of Accounting (also valued at around \$16000 for each year of study); **Roxanna Swart** was offered a UTAS Science Scholarship that covers all her HECS fees and a relocation allowance.

Judith Paszek, Acting Principal Ann Dixon, Promotions Coordinator

From the Principal's email

As the first editor of the KHS newsletter and former P&C President, plus having three sons attend the school from 1982-96, I follow activities at KHS with interest.

Yet another successful year by students at KHS!

Well done students, teachers and all who helped with this great result.

Pamela Duffin

Help Urgently Needed

Is there a member of our school community with skills in Adobe Acrobat form creation? If so, we need your help. Could you please contact Ms Julie Hughes, School Administration Manager, on 9498 3722 Ext 104.

Calendar

FEBRUARY 2014

- 6 School Photos Day 2
- 10 Yr 12 Society and Culture
- Excursion State Library - Yr 12 Drama Excursion –
- Seymour Centre
- 11 DEAS Gold Award Information Meeting – 6pm – C Block Conference Room
 - All Yr 7 and Yr 9 Boys HPV Dose 1; Yr 8 HPV (catch up) Dose 1 or 2 Vaccinations
- 12 Yr 7 and Yr 11 Peer Support Training
- 17 Yr 7 Camp (2 days)
- 19 Yr 12 Study Skills
 - Yr 12 Physics Excursion Sydney Observatory – 5pm-7.30pm
- P&C Annual General Meeting
- 25 Yr 7 Parent Information Evening
- 26 Yr 11 Aboriginal Studies Excursion – West Head
 - Yr 12 Study Skills
- 28 SJC Mufti Day

MARCH 2014

- 1 DEAS Gold Practice Expedition (4 days)
- 2 Grounds Working Bee 8.15am
- 5 Yr 7 and Yr 11 Peer Support Training
- 7 Yr 12 Monash University STEPS Study
- 9 Yr 11 Jindabyne Camp (6 days)
- 10 Yr 12 Assessment Block commences
- 11 DEAS Silver Information Evening – 6 pm – C Block Conference Room
- 18 Sydney North Swimming Carnival
- 19 Yr 7 and Yr 11 Peer Support Training
- 21 Yr 8 plus Leadership Groups Incursion – Guest Speaker from Beyond Water
- 22 Performing Arts Ensembles Residential Music Camp (2 days)
- 24 Zone Swimming Carnival
- 26 Yr 11 Mock Interviews
- 28 DEAS Silver Practice Expedition (3 days)
- 31 Athletics Carnival

Duke of Edinburgh's Award Expedition 2014

Information Session and Expedition Dates

Bronze Award

Bronze Participant Registration Fee - \$105.00

- Information Evening Tuesday 1st April 2014 6pm – 7.30pm - C Block Conference Centre
- Bronze Training / Practice Expedition (\$275) Friday 2nd – Sunday 4th May 2014 – Somerset
- Bronze Qualifying Expedition (\$180) Saturday 9th – Sunday 10th August 2014 – Great North Walk

Silver Award

Silver Participant Registration Fee - \$110.00

- Information Session Tuesday 11th March 2014 6pm – 7pm – C Block Conference Room
- Silver Practice Expedition (\$280) Friday 28th – Sunday 30th March 2014 – Pack and Paddle, Colo River
- Silver Qualifying Expedition (\$280) Friday 5th – Sunday 7th September 2014 – Pack and Paddle

Gold Award

Gold Participant Registration Fee - \$125.00

- Information Session Tuesday 11th February 2014 6pm – 7pm – C Block Conference Room
- Gold Practice Expedition (\$385) Saturday 1st – Tuesday 4th March 2014 – Cross City Challenge
- Gold Qualifying Expedition (\$385) Saturday 24th – Tuesday 28th October 2014 – Cross City Challenge Kelly Johnson, DEAS School Coordinator (Voicemail Ext 107)

The Emergency + Smartphone App

In a joint initiative, Commonwealth and NSW emergency services portfolios recently launched the <u>Emergency +</u> smartphone application.

The application is free and available to download on all apple and android smartphones.

When activated, the Emergency+ application provides users with their GPS reference which can then be reported to an emergency call taker to pinpoint the physical location where the services are required.

More than 65 per cent of calls to Triple Zero are made from mobile phones. Sometimes mobile phone users are not aware of their physical location – making it difficult for emergency call operators to dispatch emergency services. The application assists callers to more accurately inform emergency operators of their location using the smart phones GPS capability to support the timely provision of services.

The application includes the numbers for Triple Zero (000), the Police Assistance Line (131444), the State Emergency Service (132500), the National Relay Service and Health Direct Australia (1800 022 222).

For information on how to download the <u>Emergency</u> + application, a training video and other further information, please access the following Australian Government website:

http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx

P&C Annual General Meeting

Wednesday, 19th February 2014 at 8pm

in the A Block Common Room

All executive positions and sub-committee chairs will be up for election and the 2014 Budget will be put forward for discussion and approval.

Last year we funded over \$500,000 of school assistance and improvements, and we need your contribution to our strong and dynamic P&C to make our great school even greater!

Year 7 parents are particularly encouraged to get involved in the P&C – get involved in your new school early!

An added attraction for this meeting will be a tour of the new G Block.

Do not fear that attendance at the meeting means you will be roped into a position. We want parents to come to meetings so that we ensure that we represent the wishes of the parent community. Roles for election are:

P&C Executive:

President	Vice Presidents (2)	Treasurer
Secretary		

Sub-committees:

Building Uniform Shop	Canteen Grounds
Performing Arts	Publicity and Public Relations
Social	Sports
Technology	School Liaison

Year Parents:

3 -4 parents per year group

To be a member of the P&C you need to pay a \$2 registration fee which can be paid at the meeting.

See you there! David Jordan, P&C President

Year 7 Schedule for Performing Arts Ensembles Program 2014

Welcome to Killara High School's PAE program this year.

All rehearsals are held in Music Studio 1 (which is above the Canteen in C block.)

Students may either hire a locker from the office for their instruments or may leave them in the instrument store room after practice and collect at the end of the day.

Year 7 PAE students will join their ensembles in Week 5 (after the Year 7 camp.)

Please check the dates below.

Once enrolments are finalised an invoice for your ensemble will be sent out.

Concert Band 2 - Mrs Bromley

Mrs Bromley and I would like to listen to all students (5 minutes) to assess their place in the band.

This is **not an audition** but will enable us to put you in the right part for your section. Please bring a band part or music you have played from last year.

Woodwind: Week 5, Monday 24th from 7.30 am. (in the Studio)

Brass and percussion: Week 5, Tuesday 25th from 7.30am (in the Studio) to then commence Band on the Wednesday

Stage Band 2 - Bob Coassin

Any sax, trumpet, trombone, and percussion players are most welcome to join. No audition is necessary.

Those students interested please see Mrs Berry in the CAPA staffroom or email or attend the rehearsal on **Thursday 27th February at 3.15pm**.

String Ensemble - Mrs Kim

Week 5, Tuesday 25th February - 3.15 - 5.15pm

Vocal Ensemble - Mrs Berry

Any year 7 who is interested in joining vocal ensemble even if they didn't enroll last year may join.

Rehearsals are Week 5, Monday 24th February - 3.15- 4.15pm

Junior Dance Ensemble- Jasmine Crewe

Auditions will be held **Week 2, Thursday 6th February** Lunchtime Kerrabee Theatre

If you have any further questions regarding the ensembles, please contact me on jacqueline.berry@det.nsw.edu.au

Term 1 Events for your Calendar

Week 8: 22nd-23rd March - PAE Residential Music Camp for ALL Music ensembles.

Week 10: 5^{th} April - Chatswood RSL Performance 7.30pm

If you do not receive an email from me in the following weeks please email me.

Looking forward to a great year!

Jacki Berry PAE coordinator

NEW PAE DANCE GROUP

JUNIOR BOYS HIP HOP

Try outs at lunch time on Thursday 13th February in the Studio, C Block

NO experience necessary - come and have a look

For more information and details please see Mrs Berry in the CAPA Staffroom or Email <u>Jacqueline.berry@det.nsw.edu.au</u>



The Performing Arts Ensembles Residential Music Camp

This camp is for ALL music ensembles.	Students are all expected to be part of this camp as
It is a 2 day music camp to be held on 22 nd and 23 rd March, involving intensive rehearsals and sectional tutorials.	it concentrates on works for the upcoming tours and competitions that the ensembles will participate in this year.
There is an additional cost for this camp.	A permission note will be distributed in the next few weeks.

Chatswood RSL PerformanceMany of the ensembles will perform in this concert at
the Chatswood RSL on 5th April - Chatswood RSL
Performance 7.30pm.Three performances are judged to go into the finals,
which are held in Term 2 on 10th May against other
high schools in the area.This is a community event that is sponsored by the
RSL. The PAE program receives all the entrance
money and a generous donation from the club.Killara Ensembles are always very successful at the
finals and it is a great community event.

NSW School-Based Immunisation Program

Each year NSW Ministry of Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school –based vaccination program.

In 2014 the following vaccines will be offered:

- Varicella (Chickenpox) vaccine 1 dose for all Year 7 students who have **not** previously received Varicella vaccine or had chickenpox disease.
- Diphtheria, Tetanus and Pertussis (Whooping cough) vaccine - 1 booster dose. This dose was previously recommended at 15 years of age. Your child will only be offered this vaccine in Year 7.
- HPV vaccine (Human Papillomavirus) a 3 dose course. The vaccine will be offered to Year 7 male and female students and Year 9 male students as a 3-dose course over the school year. Students who commence HPV vaccination in Year 7 at school but do not complete the course will be offered catch-up doses at school in Year 8.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of

their child, parents/guardians are advised to read all the information provided, complete the Consent Form and return it to their child's school. Please ensure the child eats breakfast on the day of the school vaccination clinic.

Parent/guardians who wish to withdraw their consent for any reason may do so in writing to the School Principal. The Procedure for withdrawal of consent is on the NSW Ministry of Health website at www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the Consent Form, as this is required to record the student's information on the National HPV Register and for female students only, link to the National or State Cervical Screening Program.

Vaccination Clinic Visits Schedule	4 th November, 2014
for Killara High School	Year 7 girls Human Papillomavirus Vaccine (Dose3)
<u>11th February 2014</u>	Year 7 boys Human Papillomavirus Vaccine (Dose 3)
Year 7 girls Human Papillomavirus Vaccine (Dose1)	Year 7 girls & boys Varicella (Chicken Pox)
Year 7 boys Human Papillomavirus Vaccine (Dose 1)	Year 9 boys Human Papillomavirus Vaccine (Dose 3)
Year 9 boys Human Papillomavirus Vaccine (Dose1) Year 8 (catch-up) Human Papillomavirus (Dose 1 or 2)	NB: Hepatitis B is no longer offered in the School Program.
2) <u>27th May 2014</u> Year 7 girls Human Papillomavirus Vaccine (Dose2) Year 7 boys Human Papillomavirus Vaccine (Dose 2) Year 7 girls & boys Diphtheria-Tetanus-Pertussis Year 9 boys Human Papillomavirus Vaccine (Dose 2)	A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents / guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this record of Vaccination. Jane Rountree Head Teacher Welfare

Excursions Policy

Killara High School offers a range of excursions in a number of Learning Areas and for the purposes of curriculum enrichment each year. School Excursions are structured learning experiences provided by, or under the auspices of, the school which are conducted external to the school site and are consistent with the DEC Excursions Policy located at: <u>http://www.killara-h.schools.nsw.edu.au/our-</u> <u>school/rules-policies/department-policies</u>

All excursions will operate at the discretion and under the supervision of the Principal. Each excursion is prepared via the construction of a risk assessment and consent form. The main purpose of a consent form is to give enough detail to parents and caregivers to allow them to make an informed decision about whether their child should attend the excursion. It is also to assist the parent or caregiver to provide relevant information to the school about the child's care needs. Excursion dates and information will be available to parents and carers website: www.killaravia the school h.schools.nsw.edu.au

Killara High School is cognisant of the costs of schooling and as such, endeavours to minimise the costs of excursions and attempts to give parents and carers as much notice about excursions as possible. The school also provides the option of payment via instalments and if financial difficulties are currently being experienced by families, the Head Teacher Student Services. Ms Jane Rountree is available to discuss options for financial assistance. To ensure that excursions are able to operate Killara High School administers payment deadlines of no less than five (5) working days prior to the date of an excursion to ensure payments to suppliers and vendors can be facilitated. There may be occasions where there are insufficient numbers of students who have paid causing the cancellation of an excursion. In this instance, and where there is sufficient notice, parents and carers will be refunded payments they have made. In situations where a payment has been made for attendance at an excursion and the student is unable to attend the excursion, it may not always be possible to process a refund of their payment due to commitments made with vendors and suppliers.

Ultimately, the timely payment for excursions improves the likelihood of each excursion opportunity proceeding. The cooperation of parents and carers is vital in this respect.

Liesl Williamson Deputy Principal (Relieving)

For Sale

The school has 5 wood lathes for sale, which are surplus to needs with the installation of new equipment in G Block. The lathes are the Woodfast brand. They are all well used but functioning and well maintained. All parts are available. The lathes require 3 phase power and are approximately 1.4 metres long.

If interested, please make an offer either by email to the school (<u>Killara-h.school@det.nsw.edu.au</u>), subject "Lathe Offer", or by mail (Killara High School, Koola Avenue, Killara NSW 2070), for the attention of Ms Julie Hughes, by **Monday 17th February 2014.** The five highest offers will be notified of their successful bid on Tuesday 18th February.

Pick up of the lathes will be the responsibility of the successful bidder and is required to be undertaken by 24th February.

Judith Paszek, Acting Principal

Keep our kids safe! Park legally in school zones

No Parking

No Stopping

Bus Zone

shown on the sign

Drivers may stop in this zone to drop off or pick up children, but note:

- Maximum stop time is 2 minutes
- Driver must remain in or within 3 metres of the vehicle
- Vehicle must not be left unattended

Stopping is not permitted at any time

Stopping is not permitted during the times





BUS

ZONE

8.00am - 9.30am 2.30pm - 4.00pm

SCHOOL DAYS





ΝΔΙ

Double Parking

 Drivers are not permitted to stop or park between the centre of the road and another vehicle that is parked at the side of the road.

> If times of operation are shown on the sign, the restriction only applies during the times shown. The stated fines and demerit points apply in school zones and are current as at 1 July 2013.



A road safety initiative of Ku-ring-gai Council in conjunction with Kuring Gai Police Local Area Command





The Welfare Team 2014

A team of qualified, experienced and caring staff are available to assist students and parents with any matters affecting students' well-being at school. They can be reached on the voicemail extensions below. Please do not hesitate to contact them. The team for 2014 is:

Head Teacher Welfare - Mrs Jane Rountree (English/History) – Voicemail Ext. 109

Mrs Rountree is located in the House with Learning Support team and Counsellors

Mrs Ruth Charles (LOTE) – Ext 266Mr Kevin Rees (Mathematics) – Ext 260Ms Catherine Berry (CAPA) – Ext 275Ms Melinda Vaughn (TAS) – Ext 115
Ms Catherine Berry (CAPA) – Ext 275
Ms Melinda Vaughn (TAS) – Ext 115
Mrs Fionna Hrcka (CAPA) – Ext 276
Mrs Kerrie Hanich (HSIE Blue) – Ext 267 Mr Duncan Coutts (HSIE Blue) – Ext 431
ays), Ms Julia Griffiths (Tuesdays) and Thursdays) - Ext 136

Learning Assistance Support Teacher – Ms Kim Collins – Ext 108

Grounds Working Bee

Waking up on a beautiful Sunday morning and thinking "its Gardening Day at the School"... Do I really want to go? There are a million other things I could be doing with my precious time. But is there???

Make the effort, get out of bed and come along on

Sunday 2nd March 2013 to the Grounds Working Bee

from 8.15am.

In a short time, your work can transform a garden bed and make a real difference to the "look and feel" of our school. You don't need any experience, just a bit of enthusiasm and an hour or two of your time. All tools and training provided on the day. It is a fun and

From the Library

The Reading Hour

"What are the many benefits of reading? Some benefits may surprise you!

In earlier times the humble book had few competitors vying for leisure time. Musical instruments, once much more commonly played than they are now, were perhaps the closest contenders. But a hundred years ago there were no iPads or smart phones constantly beeping and demanding our attention. And while these devices might divert us with games and puzzles, they've also become portals for our work life to encroach upon what little free time we possess. So finding time to read may seem like an indulgence. But making some space in the day to read a book may do more than simply allow us to unwind after a hectic day at work. Research is showing that reading can promote easy way to contribute to your school community and morning tea is provided.

Four times a year, once each term, the Grounds Working Bee is held to keep Killara High's gardens looking good.

So put the **date in your diary NOW** and come along; don't feel shy and we're sure that you will leave with a smile on your face ⁽²⁾ !!!



PS. Remember, it is your child's school, so they are more than welcome too.

brain health, prevent stress and encourage us to relax." [extract from Alesha Evans, 'The Reading Hour' in *Good Reading* February 2012]

New non-fiction:

Butler-Henderson, Vicki. 100 Sexiest Cars: The Hottest Hundred

Shapiro, Larry. Fighting Fire: Trucks, Tools and Tactics

New non-fiction in detail:

Bailey, Roderick. *Forgotten Voices: Victoria Cross* First-hand accounts of soldiers, sailors and airmen describe the incredible events that earned these extraordinary men the VC in the last century. Captivating and often humbling, these stories depict exceptional acts of bravery in unimaginable situations, of men who would say they were just doing their duty.

Perkins, Mitali (editor) **Open Mic: Riffs on Life Between Cultures in Ten Voices**

Let's face it: talking about race can be difficult. It's a slippery subject, rife with as many perspectives as there are people in the world. But laughter gets us talking. It has the power to break down barriers and draw us closer together. In Open Mic, acclaimed author and speaker Mitali Perkins invites us to listen in as ten authors for young adults - some familiar, some new - step up to the mic and share their stories about what it's like growing up between cultures. From David Yoo's story about a Korean-American boy pretending to fit every Asian stereotype in order to make friends; to Gene Luen Yang's comic that explains why he won't be watching the Last Airbender movie; to the ironic like the poem from G. Neri about confronting stereotypes abroad; to the reverent Naomi Shibab Nye's ode to her father's use of language, this volume will certainly get people talking.

Van Geldermalsen, Marguerite. *Married to a Bedouin*

This is the story of how in 1978, a New Zealand-born nurse came to be married to a Bedouin souvenirseller from the ancient city of Petra in Jordan. She made a home with him in a two-thousand-year-old cave carved into the red rock of a hillside, became a resident nurse and lived like the Bedouin. Marguerite learned Arabic, converted to Islam and gave birth to three children. Over the years she became as much of a curiosity as the cave-dwellers, with tourists including David Malouf and Frank McCourt encouraging her to tell this, her extraordinary story.

New fiction in detail:

Boyne, John. Stay Where You Are & Then Leave

This is a story about a boy. It's a story about his father. It's a story about a shoeshine – a train journey – a white feather – and it's a story about a secret.

Conlon, Evelyn. Not the Same Sky: A Novel

By 1848 famine has ravaged Ireland, and London remains undecided about what to do. A shortage of female labour in Australia offers a solution and so, over the following two years, more than 4000 Irish girls are shipped across vast oceans to an unimaginable world in the new colony. On Sunday 28 October 1849, one of these ships, the *Thomas Arbuthnot*, sets sail from Plymouth with a cargo of girls under the care of Surgeon-superintendent Charles Strutt. This novel tells the story of Honora, Julia, Bridget and Anne. It observes them on the voyage, examining their relationship of trust with Charles Strutt, and follows them from Sydney as they become women of Australia, negotiating their new lives as best they can.

Heller, Peter. The Dog Stars: A Novel

Hig somehow survived the flu pandemic that killed everyone he knows. Now his wife is gone, his friends are dead, and he lives in the hangar of a small abandoned airport with his dog, Jasper. But when a random transmission beams through the radio of his 1956 Cessna, the voice ignites a hope deep inside him that a better life exists outside their tightly controlled perimeter. Risking everything, he flies past his point of no return and follows its staticbroken trail, only to find something that is both better and worse than anything he could ever hope for.

Kinney, Jeff. *Diary of a Wimpy Kid: Hard luck* Greg Heffley's on a losing streak. His best friend, Rowley Jefferson, has ditched him, finding new friends in middle school is proving to be a tough task. To change his fortunes, Greg decides to take a leap of faith and turn his decisions over to chance. Will a roll of the dice turn things around, or is Greg's life destined to be just another hard-luck story?

Mc Caughrean, Geraldine. *The Middle of Nowhere* When her mother dies from a snake bite, Comity Pinny's life in the middle of the Australian outback changes for ever. Her father Herbert, retreats into his work transmitting telegrams, abandoning Comity when she needs him most. Comity turns to Fred, the young Aboriginal yard boy and he becomes her only friend. But then a new assistant arrives who delights in playing cruel games. Soon Comity struggles to hold things together as events begin to spiral dangerously out of control. A gripping tale that builds to an explosive climax... from a much –loved storyteller.

Simons, Paulline. The Bronze Horseman Leningrad 1941. Two sisters, Tatiana and Dasha, share the same bed, living in one room with their brother and parents. It is a hard, impoverished life, yet the Metanovs know many who are not as fortunate as they. The family routine is shattered on 22 June 1941, when Hitler invades Russia. For the Metanovs, for Leningrad and for Tatiana, life will never be the same again. On that fateful day, Tatiana meets a brash young officer named Alexander. The family suffers as Hitler's army advances on Leningrad, and the Russian winter closes in. With bombs falling and the city under siege, Tatiana and Alexander are drawn to each other in an impossible love. It is a love that could tear Tatiana's family apart, a love that carries a secret that could mean death for anyone who hears it. Confronted on one hand by Hitler's unstoppable war machine and on the other by a Soviet system determined to crush the human spirit, Tatiana and Alexander are pitted against the very tide of history, at a turning point in the century that made the modern world.

Karen Jones and Francie Campbell Teacher-Librarians

The School Uniform

Girls' Uniforms				
Junior (Ye	ears 7 – 10)	Senior (Years 11 – 12)		
Winter	Summer	Winter	Summer	
 Tartan skirt with: Long sleeved white blouse with Tartan collar (worn with or without Junior tie) 	Tartan dress	 Tartan skirt, with either: Long sleeved white blouse with Senior tie, or Long sleeved white blouse with Tartan trim (no tie) 	 Tartan skirt, with: Short sleeved senior blouse with Tartan trim (no tie) 	
 Black cotton stockings Black opaque stockings 	Short white socks	 Black cotton stockings Black opaque stockings 	Short white socks	
Black school shoes	Black school shoes	Black school shoes	Black school shoes	
 Cotton/woollen jumper Soft-shell jacket Blazer 	 Cotton/woollen jumper Soft-shell jacket Blazer 	 Cotton/woollen jumper Soft-shell jacket Blazer 	 Cotton/woollen jumper Soft-shell jacket Blazer 	
Navy or forest green scarf (optional)		Navy or forest green scarf (optional)		
Sports	Uniform – all year round (same for Junior and Senio	or vears)	
Sports Shirt – microfibr		Track jacket	·····	
 Sports Shorts – microfi 	`	Basketball singlet (if required)		
Track pants	.	5 (. ,	

Bovs' Uniforms

Junior (Years 7 – 10)		Senior (Years 11 – 12)		
Winter	Summer	Winter Summer		
 Trousers – long mid Grey, with: Long sleeved white shirt with Tartan collar (can be worn with or without Junior tie) 	 Shorts – mid Grey with: Short sleeved white shirt with Crest (no tie), or Short sleeved plain white shirt and no Crest (worn with Junior tie) 	 Trousers – long mid Grey, with: Long sleeved plain white shirt (worn with Senior tie) 	 Trousers – long mid Grey, with: Short sleeved or long sleeved plain white shirt (worn with Senior tie) 	
Mid Grey (above ankle) socks	 Mid Grey (above ankle) socks 	 Mid Grey (above ankle) socks 	 Mid Grey (above ankle) socks 	
Black school shoes	Black school shoes	Black school shoes	Black school shoes	
 Cotton/woollen jumper Soft-shell jacket Blazer 	 Cotton/woollen jumper Soft-shell jacket Blazer 	 Cotton/woollen jumper Soft-shell jacket Blazer 	 Cotton/woollen jumper Soft-shell jacket Blazer 	
Sports Uniform – all year round (same for Junior and Senior years)				

•	Sports Shirt – microfibre with logo	•	Track jacket
•	Sports Shorts – microfibre with logo	•	Basketball singlet (if required)
•	Track pants		

Killara 🕘 HIGH SCHOOL

UNIFORM SHOP PRICE LIST & ORDER FORM 2014

TEL 9498 3722 EXT 128 khscp@yahoo.com.au

RMS

	12NOON DURING SCHOOL TERMS					(incl. GS
GIRLS	DESCRIPTION	PRICE	SIZE AVAIL	SIZE	QUANTITY	
Blouse	Senior, White With Tartan Trim	\$34	8 to 22			
Skirt	'Gordon' Tartan Hipster Style Skirt	\$50	4 to 20			
Dress	'Gordon' Tartan Summer Dress	\$80	6 to 22			
Shirt	Winter Tartan Collared White Long Sleeve Shirt, Worn without Tie	\$28	8 to 22			
Soft Shell Jacket	Bottle Green with Logo	\$70	8 to 22		y.	
Blazer	Polyester Wool, Bottle Green With Logo	Size dependent	80cm-120cm			
Socks	White Short Anklets (Above Ankle)	\$8	2-8, 8-11		2	
Tights	Black & Cotton	\$13	Av, Tall			
_	Black & Opaque	\$11	Sm, Av, Tall			
BOYS	DESCRIPTION	PRICE	SIZE AVAIL	SIZE	QUANTITY	
Shorts	Summer, Mid Grey	\$44	62, 67, 72, 77, 82, 84, 87, 9 2, 97, 102, 110			
Trousers	Winter, Long, Mid Grey	\$55	62, 67, 72, 77, 82, 84, 87, 9 2, 97, 102, 110			
	Summer, White, Short Sleeve With Crest	\$30	10 to 36			
Shirt	Summer, Plain White, Short Sleeve, Worn With Tie	\$20	10 to 30			
	Winter Tartan Collared White Long Sleeve Shirt, Worn without Tie	\$28	8 to 30			
Soft Shell Jacket	Bottle Green with Logo	\$70	XXXS to XXL			
Blazer	Polyester Wool, Bottle Green With Logo	Size dependent	80cm-120cm			
Socks	Mid Grey (Above Ankle)	\$8	2-8, 8-11, 11-14, 14-16		-	
UNISEX	DESCRIPTION	PRICE	SIZE AVAIL	SIZE	QUANTITY	
22774 - 42777	Winter, Plain White, Long Sleeve, Worn		SIZE AVAIL	JIZE	QUANTIT	
Shirt	With Tie	\$24	8 to 30			
7000	With Tie Junior, Tartan, Yr 7 to 10	\$24 \$15	8 to 30 One Size			
Ties	With Tie	2 0 0 0 20 2				
7000	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo	\$15	One Size			
Ties	With Tie Junior, Tartan, Yr 7 to 10	\$15 \$20 \$65	One Size One Size 8 to 16			
7000	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo	\$15 \$20 \$65 \$70	One Size One Size 8 to 16 18 to 26			
Ties	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo	\$15 \$20 \$65 \$70 \$60	One Size One Size 8 to 16 18 to 26 8 to 16			
Ties Jumpers	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo	\$15 \$20 \$65 \$70 \$60 \$65	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26	SIZE	OUANTITY	
Ties Jumpers SPORT	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i>	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL	SIZE	QUANTITY	
Ties Jumpers SPORT Sports Shirt	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, With Logo	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shorts	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, With Logo MicroFibre, Bottle Green With Logo	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 Size AVAIL 8 to XL 10 to XL	SIZE	QUANTITY	
Ties Jumpers Sport Sports Shirt	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, With Logo	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL	SIZE	QUANTITY	
Ties Jumpers SPORT Sports Shirt Sports Shorts	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo MicroFibre, With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo MicroFibre, With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Green & Gold with Logo and Number	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L 12 to L Girls and Boys, XS to XXL			
Ties Jumpers Sports Shirt Sports Shorts Track Pants	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo MicroFibre, With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Green & Gold with Logo and	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L Girls and Boys, XS to	SIZE	QUANTITY	
Ties Jumpers SPORT Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet Basketball Singlet BAND Shirt	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo Microfibre Green & Gold with Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L 12 to L Girls and Boys, XS to XXL			
Ties Jumpers Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet BAND Shirt	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo MicroFibre, With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo Microfibre Green & Gold with Logo and Number DESCRIPTION Black Short Sleeve poly/cotton	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$50 <i>PRICE</i>	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L Girls and Boys, XS to XXL SIZE AVAIL Small to XL			
Ties Jumpers Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet Basketball Singlet BAND Shirt	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo Microfibre Green & Gold with Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55 \$50 <i>PRICE</i> \$43	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L Sirls and Boys, XS to XXL SIZE AVAIL Small to XL	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet BAND Shirt ACCESSORIES	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo Microfibre Green & Gold with Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo DESCRIPTION	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55 \$50 <i>PRICE</i> \$43 <i>PRICE</i>	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L Girls and Boys, XS to XXL SIZE AVAIL Small to XL SIZE AVAIL	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet BAND Shirt Accessories Apron	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo Microfibre Green & Gold with Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo DESCRIPTION Navy	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55 \$55 \$50 <i>PRICE</i> \$43 <i>PRICE</i> \$10	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L SIZE AVAIL Size AVAIL Small to XL One Size	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shirt Sports Shorts Track Pants Track Pants Track Jacket Basketball Singlet BAND Shirt ACCESSORIES Apron Cap	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo Microfibre Green & Gold with Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo DESCRIPTION Navy Cotton Brushed, Bottle Green	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55 \$55 \$50 <i>PRICE</i> \$43 <i>PRICE</i> \$10 \$10	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L SIZE AVAIL SiZE AVAIL SiZE AVAIL One Size One Size	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet BAND Shirt ACCESSORIES Apron Cap Scarf Belt	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo DESCRIPTION Navy Cotton Brushed, Bottle Green Fleece Scarf, Navy or Green Black Belt	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55 \$50 <i>PRICE</i> \$43 <i>PRICE</i> \$10 \$10 \$10 \$10	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L Girls and Boys, XS to XXL SIZE AVAIL Small to XL SIZE AVAIL One Size One Size One Size 55, 70, 75, 80, 85, 90, 95, 1 00	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet Basketball Singlet Basketball Singlet Basketball Singlet Cap Shirt ACCESSORIES Apron Cap Scarf Belt School Bag	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo DESCRIPTION Navy Cotton Brushed, Bottle Green Fleece Scarf, Navy or Green Black Belt Black Backpack	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$50 <i>PRICE</i> \$43 <i>PRICE</i> \$43 <i>PRICE</i> \$10 \$10 \$10 \$10 \$15 \$65	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L SIZE AVAIL SiZE AVAIL SiZE AVAIL 0 to XL 12 to L 12 to L SiZE AVAIL SiZE AVAIL One Size One Size One Size 00 One Size	SIZE	QUANTITY	
Ties Jumpers Sports Shirt Sports Shirt Sports Shorts Track Pants Track Jacket Basketball Singlet BAND Shirt ACCESSORIES Apron Cap Scarf Belt	With Tie Junior, Tartan, Yr 7 to 10 Senior, Bottle Green With Logo Woollen V Neck, Bottle Green With Logo Cotton V Neck, Bottle Green With Logo DESCRIPTION MicroFibre, Bottle Green With Logo Microfibre Pants, Bottle Green Microfibre Jacket, Bottle Green With Logo and Number DESCRIPTION Black Short Sleeve poly/cotton embroidered logo DESCRIPTION Navy Cotton Brushed, Bottle Green Fleece Scarf, Navy or Green Black Belt	\$15 \$20 \$65 \$70 \$60 \$65 <i>PRICE</i> \$34 \$26 \$45 \$55 \$55 \$50 <i>PRICE</i> \$43 <i>PRICE</i> \$10 \$10 \$10 \$10	One Size One Size 8 to 16 18 to 26 8 to 16 18 to 26 SIZE AVAIL 8 to XL 10 to XL 12 to L 12 to L Girls and Boys, XS to XXL SIZE AVAIL Small to XL SIZE AVAIL One Size One Size One Size 55, 70, 75, 80, 85, 90, 95, 1 00	SIZE	QUANTITY	

\$ TOTAL	(1101. 001) #	ç
PARENT NAME		
RECEIPT #		
Cash	Cheque	VISA
	PARENT NAME	RECEIPT #

ENQUIRIES AND PRE-ORDERS PLEASE EMAIL TO KIM MCPARTLIN AT <u>khscp@yahoo.com.au</u> CREDIT CARD SURCHARGE IS 1.45%

ALL PRICES ARE SUBJECTED TO ALTERATION WITHOUT NOTICE

Canteen Menu 2014

Billara

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Killara

Hot Food	#0.00	Ice creams – selection
Specialty pies - Steak	\$3.00	Drinka
- Beef and Mushroom		Drinks Milk - 300 ml
- Curry		- 1 litre
- Cheese/Bacon/Beef		- 1 litre (Lite)
- Potato		
Twista Pasta Bolognese	3.00	Flavoured milk Moove – 300 ml
Lasagne	3.00	Classic – 600 ml
Fresh Tomato pasta (veg.)	3.00	Goulburn Valley –
Hot chicken roll	2.50	Fruitopia juice – 350 ml
Ham & cheese roll	2.00	Fruit drink popper – 350 n
Cheese roll	2.00	Cans – 375 ml
Sausage roll	2.00	Bottles – 500 ml
Cheese & spinach puff	2.00	Mt. Franklin water – 600 r
		Pump Water
Garlic bread	1.00	
Various "Tucker Box" meals (with rice	e) 5.00	Muffins/Banana Bread
(Butter Chicken, Teriyaki Chicken,	,	Muffins
Chicken Curry, Mongolian Beef,		Banana bread
Beef Rendang)		Mango/coconut bread
Sauce	.20	Chips
		Pirahna chips
Rolls		Popcorn
Chicken	2.50	
Salad	2.50	Soothers/Butter Menthol
Egg & lettuce Ham & cheese	2.50 2.00	Mentos
Ham & tomato	2.00	Eucalyptus drops
Cheese & tomato	2.00	
Cheese & bacon	2.00	Miscellaneous
Buttered	.60	Exercise book – 192 page Pocket tissues
Sushi	3.00	
Yoghurt with fruit sauce	3.50	
Ski yoghurt	1.70	
Fresh Fruit Salad	5.00	
Tubs of watermelon	3.00	

. 1.00 ion from 1.00 2.60 3.00 2.00 3.00 600 ml 3.00 2.00 1.00 ml 2.00 2.50 2.00 ml 2.50 d 2.00 2.00 2.00 2.00 1.00 .80 1.80 1.20 .50 4.00 le 1.00

HIGH SCHOOL

Volunteers always welcome - just one day per month Tel: 9498 6740 or 9498 3722 Ext 118 (Carolyn or Pam)

Match Point Tennis Program at Killara High School Term 1 - 2014



After school tennis programs and Saturday morning Junior competitions have been available at Killara High School every term. These classes have been very popular due to our great coaching on offer and the convenience of being inside the school grounds.

Monday

• Tournament Squad 3.00 to 5.00pm

Wednesday

- Intermediate Squad 2.30 to 3.30pm
- Development Squad 3.30 to 4.30pm
- Competition 2.30 to 4.30pm

Thursday

- Development Squad 3.00 to 4.00pm
- Intermediate Squad 4.00 to 5.00pm

Friday

- Intermediate Squad 3.00 to 4.00pm
- Development Squad 4.00 to 5.00pm
- Performance Squad 3.00 to 5.00pm

Saturday

• Northern Suburbs Junior Competition - 8.00am to 12.00 noon

For bookings or more information please contact:

Elizabeth Chappel - 9487 5966 or 0419 449 441

Scott Murray, Head Coach - 0413 451 453

SATURDAY MORNING COMPETITION

This is open to all students regardless if you are having lessons after school or not. The competition is run by the Northern Suburbs Tennis Association and you compete against other schools (mainly private) and other clubs in the area. This competition is for all standards so if you are a beginner and still want to play Saturday morning competition we will be able to find a team for you. If you are interested in playing this please see our Head Coach Scott Murray after school any day except Tuesday. Entries for this competition close on **Thursday 6**th **February** and the first round of competition starts on Saturday 15th February.



LINDFIELD FOOTBALL CLUB 2014 ONLINE REGISTRATION IS NOW OPEN. LFC Website : www.lfc.asn.au

LFC Mobile : 0425 286 020



Health Psychology Unit Managing HSC Stress Program

The Higher School Certificate can be stressful for many students. However there are things that you can do to get through Years 11 and 12 with less stress and reduce the impact that stress has on your academic performance.

The UTS Health Psychology Unit has been running **Managing HSC Stress** programs for many years now and is pleased to be able to offer this program again in **Term 1 2014**.

The **Managing HSC Stress** program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation. Students also have the opportunity to learn from and assist each other.

The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood.

When?	Wednesday afternoon 19 th and 26 th February, 5 th and 12 th March
Time?	4 – 5.30pm Afternoon tea will be provided.
Where?	Health Psychology Unit Ground Floor, 174 Pacific Highway Greenwich
Cost?	\$90.00 (\$22.50 per session) Private Health Insurance may apply.
Register?	Registration is essential as numbers are limited.
	To register call 9514 4077 or email

Health.Psychology@uts.edu.au



Gordon Soccer Club Register now to play soccer in 2014

Register online at: www.gordonsoccerclub.com.au or come along to Registration Day:

Saturday, 8th February, 9am-12noon

at Gordon East Public School, Rosedale Road,

Boys * Girls * Under 6s to Under 18s Mens All Age (17-90) * Mens Over 45 Womens All Age (17-90)

Match times for Under 6 to Under 12 are Saturday mornings from April to August

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 selfregulation 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:20th February – 3rd April 2014Time:Thursday Evenings 6:00pm-8:00pmVenue:Brookvale Family Centre
9B/44 Wattle Road, BrookvalePresenter:Laura HurstfieldTotal 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

Please note children are not able to attend and childcare is not provided Catholic Care – Diocese of Broken Bay

Get your Mind in ACTion http://www.mindinaction.com.au/kidsworkshops



A course for smart kids with ADHD who do not seem to be reaching their potential due to Attention, Organisation, & Impulse Control issues as well as all the emotional stuff that goes along with them!

"this program actually teaches kids to become aware of how to help themselves through first hand experience and practical skill building"

Kick off the school year right! Starts the week of 17th Feb

These programs focus on increasing awareness, concentration, planning & organization skills, problem solving, study skills, emotional resilience, as well as anger, stress & behaviour management in children and teens with attention, organisation or impulse control issues. Those issues typical of disorders such as ADHD and related conditions.

Methods used include active Mindfulness, modern cognitive behaviour therapy (ACT), fun cognitive skill building such as practical attention training & problem solving, compensation strategies for home and school, as well as parenting support for these issues. This is all practiced in a fun and active way using games and exercises to keep kids motivated and learning skills that will be useful for them in the real world.

10 week program including group sessions and individualised sessons with attention and executive assessement, intervention plan and follow up is \$1000 (recommended)

8 week group program alone is \$500

Medicare rebates are often available for group and individual sessions under the Better $\ensuremath{\mathsf{Access}}$ Scheme

For more information see our webpage http://www.mindinaction.com.au/kidsworkshops or to register your child please email Tania Pickering at info@mindinaction.com.au





Youth Mentor Training

Raise Foundation, in conjunction with the Northern Sydney Institute of TAFE, secondary schools and community organisations, is conducting a training course in mentoring young people in the community. Raise improves the lives of young people facing profound challenges through our Ismo program in high schools, Bump program for young mums, and Connections program at TAFE.

This mentor training course will be conducted at various TAFE Colleges and locations, one day per week for four weeks, as per the list below. Practical sessions linking mentors to young people will follow on various days at TAFE, high schools and community locations for the remainder of the 2014 school year, across the Sydney, Melbourne and Brisbane metropolitan areas.

You might be retired, retrenched, parenting at home, studying, working part-time, or an interested community volunteer of any age – other mentors are between 25 and 82! You don't have to be a teacher or an expert to be a mentor. You need to be a good listener and able to act as a sounding board for ideas and aspirations. Your skills and life experiences can make a real difference to a young person in your local community. You need a few hours a week, a positive outlook and a genuinely compassionate interest in young people.

Interested?

Training commences:

Monday 24th February 2014, 10am until 2pm, for four Mondays

Northern Beaches TAFE College, 154 Old Pittwater Rd, Brookvale *OR*

Tuesday 25th February 2014, 5.30pm until 8.30pm, for four Tuesdays

Crows Nest TAFE College, West St, Crows Nest AND

Various other Community Locations on Various Days

including Randwick, Ryde, Parramatta, Melbourne, Brisbane

email info@raise.org.au phone 0426-9-RAISE visit www.raise.org.au

KILLARA WEST PYMBLE RUGBY CLUB



KILLARA WEST PYMBLE RUGBY CLUB 2014 SEASON REGISTRATION

Registration is now open for the 2014 rugby season for all age groups from U6 to U18.

Visit <u>www.kwprugby.com.au</u> to register or come along to a registration day at our Clubhouse at Lofberg Oval, West Pymble on Friday, 7 February or Friday, 14 February from 5pm to 7pm.

Get Active, Get into it, Rugby Union!

Ku-ring-gai's Got Talent

Following on from the great success of the 2010 'Ku-ring-gai's Got Talent', we are now starting to plan for 2014. The grand final will be held on the evening of **Friday 4th April 2014** with preliminary heats being held throughout March.

This year's Ku-ring-gai's Got Talent is a partnership between Ku-ring-gai Council, Rotary Club of Turramurra and Rotary Club of St Ives along with a range of corporate sponsors still to be announced.

Ku-ring-gai's Got Talent is an event that aims to uncover the amazing performance skills that exist amongst young people in our community. Contestants will be given the opportunity to perform in front of entertainment industry professionals, receiving constructive feedback along the way.

I am delighted to announce that this year we have been fortunate enough to secure the use of a Spiegel-like tent in St Ives Showground for the Kuring-gai's Got Talent Grand Final. Spiegel tents have been made famous in recent years as a destination for quality entertainment during Sydney Festival. We are excited to utilise this type of venue within the Ku-ring-gai LGA.

We will also keep your school informed of other announcements regarding special guest performers and judges with whom we are currently in negotiation. With your school's assistance, this has the potential to be one of the highlights of the 2014 event calendar.

For further enquiries and requests for further information please contact the Council's Youth Services Team on 9424 0981 or youth@kmc.nsw.gov.au.

From the Office of the Mayor Ku-ring-gai Municipal Council