

**Principal:**

Jane Dennett

**Deputy Principals:**Alison Gambino  
Carla Marchesin  
Megan Clarke (Relieving)**School Captains:**Kieran Pain  
Lily Giles**Address:**Koola Avenue  
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9498 3722

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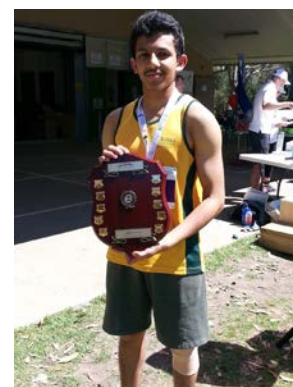
**General Email:**[killara-h.school@det.nsw.edu.au](mailto:killara-h.school@det.nsw.edu.au)**Newsletter Email:**[newsletter@khs.nsw.edu.au](mailto:newsletter@khs.nsw.edu.au)**Website:**[www.killara-h.schools.nsw.edu.au](http://www.killara-h.schools.nsw.edu.au)**Facebook:**<https://www.facebook.com/killarahighschool.edu.au>**CONGRATULATIONS**

to Yoon Choi and Vita Jutsen (Year 12), for receiving ENCORE nominations. ENCORE is a program of outstanding performances and compositions by students from the HSC Music examinations.

**The Bare Creek Trail Run ... it's on again**

The challenge has once again been laid down to Killara High School for a 'mob match' in the Bare Creek Trail Run - a run with a 6km and 10km option through the Garigal National Park, on Sunday 1 November.

In 2014 Killara High School claimed the inaugural 'Bare Creek Trail Run Mob Match Shield', when over 30 students and teachers took on and defeated St Ives High School. The organisers have set their sights wider this year and have invited a number of other schools to get involved, so we are looking for even more teachers and students to get involved this year.

**What is a MOB MATCH?**

Quite simply it is a Mob of us against a Mob of them. Statistically the more competitors one team has the better their chances of winning. The way it works is that you add up the number of runners on each side then take the smallest number. For example, if St Ives High School have 60 people and Killara High School have 80 people then we score the first 60 from each side. It adds up to big numbers and the team with the lower score is the winner. First place counts 1 point, 2nd 2 etc. If you finish in 98th place you score 98 points. But more importantly for Killara it is our first 60 runners who score, but for St Ives it would be all of their runners who score, in this example.

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

Interested students should see Mr Bruckshaw in the PDHPE staffroom or go to (<http://www.barecreektrailrun.com/>) for more details.

Adam Bruckshaw  
Head Teacher PDHPE (Relieving)



## Calendar

### OCTOBER 2015

20	SB2 Beaumont Road Performance 12.30 – 2.30pm
21	CB2 GEPS Performance 10.30am – 12.30pm P&C Meeting
26	Year 7 Geography Blue Mountains Excursion
27	Year 7 Geography Blue Mountains Excursion
30	SJC Bandana/Mufti Day

### NOVEMBER 2015

3	Strings/Orchestra LEPS Workshop & Performance 12.30am
4	HSC Exams Finish Year 11 Food Technology Excursion
5	Drama Ensemble Evening 6.30pm
6	Drama Ensemble Primary School Production 11.00am – 12.00pm
7	DEAS Gold Qualifying Expedition (4 days)
9	Year 9 Events that changed the world Excursion
11	Remembrance Assembly 11.00am Annual PAE Concert & Celebration 6.30pm – 9.00pm
12	Student Leaders Induction Ceremony Year 12 Formal 6.30pm
13	Year 9 Geography Excursion Year 11 Society & Culture Excursion
16	Year 10 Service Learning & Work Experience – 2 weeks Year 7 Swim & Survive Program (4 days)
18	Year 11 HSC Geography Fieldwork
24	Year 7 2016 Small Schools Day
30	Year 10 Successful Seniors (2 weeks)

### DECEMBER 2015

2	Year 7 2016 Enrolment Day P&C Christmas Meeting
15	Year 8 Luna Park Excursion
16	Annual Awards Ceremony

## Next P&C Meeting

The next P&C meeting will be held on:

**Wednesday  
21 October 2015  
In the  
A Block Common Room  
7.00pm**

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

### P&C Grounds Working Bee

**Sunday  
8 November  
Commencing at 8.15am**

## Athletics Success

Ben Mackay, Brianna Gibson, Devinka Hapugalle, Martin Leerberg and Jovn Chung-Wright competed in the 2XU NSW All Schools Track and Field Championships held at Sydney Olympic Park Athletic Centre on 8 – 11 October. They all demonstrated exceptional skill and ability, as they competed with the best athletes in NSW. Brianna placed third in discus, and Devinka placed fifth in shot put. Martin placed second in the 3000m walk, and Ben Mackay placed first in 400m hurdles and third in 400m.



Both Martin Leerburg and Ben Mackay will be competing at the Australian National Athletics Championships held in Melbourne on 5 December. We wish them all the best in their preparation, and good luck when they compete on the day.

**Christina Shapiro  
PDHPE Teacher**

# Year 11 Students and Parents

The Year 11 team would like to welcome back our Year 11 students as they return to Killara High School to start their final twelve months of schooling. The next twelve months will pose a range of new challenges for our students, and with these challenges will come a great deal of successes. As the students begin their HSC work, it is going to be important for the students to start the year organised, ready to tackle their assignments and exams successfully. In extended homegroup, during week 1, all students were given a study timetable to start them off on the right track. Students have also been provided with tips to manage the stresses of the HSC, which can also be found on the Year 11 notice board. There are some resources that will be extremely useful for our students and parents as they tackle Year 12, including the document below and the following websites:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-for-surviving-the-hsc>

<http://au.reachout.com/Beating-exam-stress>

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-exam-stress-busters>

We would like to suggest you visit these pages with your children to ensure you are both aware of how to best face the year ahead.

We would like to wish all students the best of luck and remember that we are here to help if needed. They can come and see us about anything any time.

We look forward to moving through the next twelve months with you and overcoming the challenges that face us.

**Melinda Buxton, Dane Le Rougetel and  
Daniella Costa  
Year 11 Advisers**

## How to study

Studying before exams is the best way to be prepared. You can make it easier by preparing a dedicated study area, breaking it into manageable steps, revising what you've already studied, and managing expectations and pressure.

### This will be useful if:

- ▶ you're going to be taking exams soon
- ▶ you want to learn about effective study habits
- ▶ you have trouble concentrating on study
- ▶ you want to learn about revision
- ▶ you're looking to manage pressure and expectations.

### Break it down

You look at the amount of stuff you have to learn for a course or exam, and it feels like a huge, unmanageable task. So, break it down. Make a list of small, achievable study steps – maybe summarising a category or chapter – and tick each one off as you do it. Then, make a list that builds on that – you'll get further, more quickly, than you thought was possible.

### Make a space

Decide on an area to study in (even just a corner of your room), and don't do anything else there. This will make it easier to avoid procrastinating. Make it a clean, well-lit, comfortable space so you're not constantly getting up and walking away.

### Take breaks

Don't force yourself to push on through when you're tired. You can only absorb so much in one sitting. Try to take at least a five minute-break for every hour of study you do. Also, don't sacrifice sleep to study – you need to get good sleep to be on top of your game.

### Revise

Instead of just working your way from one end of the textbook to the other, take time to go over what you've already looked at. This will help it sink in and become more accessible in your memory. Go over last week's formulas, charts, essays or chapters while you're pushing on with this week's.

### Take the pressure off

Working up to exams can be (and probably is) pretty stressful. If pressure's motivating you, and isn't a problem, great. If it's getting to your head though you can relieve it by:

- ▶ talking to someone outside the situation
- ▶ getting some time away from study
- ▶ revising your expectations
- ▶ talking to people who you feel are putting extra pressure on you.

### What can I do now?

- ▶ Make a study timetable but make sure you take time to relax.
- ▶ Try to limit your study to a certain amount of time a day.
- ▶ Check out our fact sheet on goal setting: [au.reachout.com/how-to-set-goals](http://au.reachout.com/how-to-set-goals).

Visit [au.reachout.com/how-to-study](http://au.reachout.com/how-to-study) for more.





## Year 12 Visual Arts Students - Semi Finalists in Photographic Prize



Congratulations to Yura Sin and Han Sul Park of Year 12 2015, whose impressive photographic portraits of their younger brothers have been selected as Semi Finalist in the prestigious Moran Contemporary Photographic Prize. Yura and Han Sul both submitted photographic work for their HSC Body of Work and have excelled throughout the year photographing captivating images of their family. Finalists will be announced October 13.

**Catherine Berry**  
Visual Arts Teacher

**Han Sul Park**



**Yura Sin**



## Performing Arts Calendar

Term 4, 2015			
Week	Term 4		
3	Tues 20 Oct	SB2	Beaumont Road Performance 12.30pm - 2.30pm
3	Wed 21 Oct	CB2	GEPS Performance 10.30am – 12.30pm
5	Tues 3 Nov	Strings/Orchestra	LEPS Workshop and Performance 12.30pm
6	Wed 11 Nov	All Ensembles	Annual Performing Arts Showcase Concert 7.00pm and BBQ 5.00pm

## MindMatters – Life is full of chances, the HSC is just one

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**The following is an article courtesy of The Sydney Morning Herald.**

On Monday, NSW Year 12 students will sit the first of their Higher School Certificate examinations, for English. The exams run over the next few weeks until November 6.

For many the long anticipation will have been intense and the last few months stressful. Sitting down with the questions in front of them will be a relief. The hard yards of study are nearly over.

For others the exams will be a relief for a different reason. They are so well prepared that boredom has set in. Having mastered the examinable material long ago, they are more than ready to move on to the next learning challenge. All that remains is to get what they know out of their heads and on to the page.

Another group will approach the exams knowing that, for whatever reasons, they have not fulfilled their potential at school. They may feel a sense of failure, frustration, or of opportunity missed.

The 69,211 individual (mainly) 17- and 18-year-olds who make up the 2K15 HSC cohort (as they like to call themselves) will have experiences of their final school year, and attitudes towards their exams, as diverse as would you would expect from any cross section of the population.

Their lives from now on will be similarly diverse. It's well to remember that the HSC is one of the few times – perhaps the only time in their life – when they are expected to march in lock-step with their peers towards the same goal, a "good" Australian Tertiary Admission Rank.

Whichever point on the spectrum they are coming from, they may wish to spare a moment – or more precisely, one minute 30 seconds – to watch a highly unusual YouTube video. It tells the story of Deng Adut, a refugee who came to Australia as a young man from what was then Sudan. He was taken from his mother age 6, forced to fight with rebels, shot in the back age 12 and eventually came to Australia as a refugee. He taught himself to read aged 15 and now works as a lawyer in Western Sydney helping refugees.

The YouTube clip is unusual because it is a piece of marketing for a university (Western Sydney) that's taken off – more than 500,000 views to date. And it's popular for all the right reasons – because it demonstrates qualities Australians pride themselves on: courage, resilience, determination, hard work and compassion. (Not to mention a backing track that rocks, *Do You Remember* by Brisbane musician Jarryd James.)

The video's value for HSC students, this year or any year, is perspective. Mr Dut has followed an individual path. He was not competing against his peers. Once his circumstances allowed, he sought to make the best possible use of the resources available to him.

The ATAR is a number used to overcome the disparity between the large number of students seeking entry to university courses and the limited number of places available at university. That's it. It says nothing at all about what kind of person you are, or what kind of person you can be. It simply measures your performance in a particular set of tasks at a particular moment in your life.

As Mr Dut's experience shows, life is full of chances. Some get off to a better start, with more chances, than others. The HSC is an opportunity. A high ATAR gives you more choices for university courses. But there are plenty more chances and plenty of other ways to have a good life that don't involve going to university. This is recognised in the growing number of vocational education and training courses in the HSC offering alternative pathways for the transition to adult life.

More than an ATAR, beyond the HSC, courage, resilience, determination, hard work and compassion will be the best path to success and the best measures of it. Good luck to all.

**For the YouTube clip and to read more, visit:**  
<http://www.smh.com.au/comment/smh-editorial/good-marks-in-a-life-full-of-chances-20151009-gk59l2#ixzz3oPjXBM74>

**Carla Marchesin  
Deputy Principal**

## From the Library

### The need to read – a book club for younger teens:

The club is for teenagers who love to read and who would like to talk about books they have or haven't enjoyed reading. Make new friends, have fun conversations and enjoy yummy snack food! Here are the details:

**Venue:** Gordon Library: 4.00 – 5.00pm  
**Cost:** Free  
**Age:** 12-14 years  
**When:** Tuesday 20 October 2015 – Horror  
**When:** Tuesday 24 November – Science Fiction

### **Registration:**

To register your interest in joining call 9424 0116 or 9424 0106 or email: [younglibrary@kmc.nsw.gov.au](mailto:younglibrary@kmc.nsw.gov.au)

**Note:** Library membership is required to participate (Make sure you sign up for membership to this great library!)

### Use Ebsco Host! A great database for research!

Our school community here at KHS has access to this database from our KHS home page.

The User name is listed there...but here are the details anyway:

**USER NAME:** s9208108  
**PASSWORD:** password

Here are the specific databases that you can access once you log on:

- **Australian/New Zealand Reference Centre** – combines Australasian magazines, newspapers, newswires and reference books to create the largest collection of regional full text content available to libraries in Oceania. Also contains an image collection of over 500,000 photos, maps and flags.
- **History Reference Centre** – offers full text from more than 1620 reference books, encyclopaedias and non-fiction books. Also

offers cover to cover full text for more than 150 leading history periodicals, thousands of historical documents and biographies of historical figures, maps, photos and historical videos.

- **Science Reference Centre** – a comprehensive research database that provides easy access to a multitude of full-text science-orientated content. Provides full text for nearly 640 science encyclopaedias, reference books, periodicals etc. Topics include: biology, chemistry, earth & space science, environmental science, health & medicine, history of science, life science, physics, science & society, science as inquiry, scientists, technology and wildlife.
- **Consumer Health Complete** – a comprehensive resource for consumer-orientated health content. Provides content covering all areas of health and wellness from mainstream medicine to the many perspectives of complementary, holistic and integrated medicine. Updated weekly.
- **eBook collection** – Search and view the full text of eBooks.
- **eBook Academic Collection** – A large selection of multidisciplinary eBook titles representing a broad range of academic subject matter, and are a strong complement for any academic collection.

### Learning programs at the State Library of NSW

Students are now able to gain access to original collection items through the various changing exhibitions and regular programs from the State Library of NSW. There are a range of K-12 programs for students and teachers which link directly to the NSW curriculum and the emerging Australian curriculum.

For more information visit their website online at [www.sl.nsw.gov.au/learning](http://www.sl.nsw.gov.au/learning)

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

## Careers Corner

### **Course & institution information sessions for students & parents:**

#### **La Trobe University Sydney Campus Course Information Sessions**

Attend one of our information sessions and meet our team, some of our students and have a campus tour - Tuesday 22 December, Thursday 28 January, Thursday 18 February from 6.00-7.00pm. Study Accounting, Financial Management, HR Management, Management, Marketing, International Business or IT. RSVP [Sydney@latrobe.edu.au](mailto:Sydney@latrobe.edu.au) or call 9397 7600. Website: <http://www.latrobe.edu.au/sydney>

#### **Bachelor of Applied Management Information Session - St George College Wednesday 21 October**

Sydney TAFE is now offering a management degree that you can complete at St George College. The Bachelor of Applied Management is a degree that is offered in partnership with Federation University Australia. 6.15-7.30pm Building F, Lower Ground Level, Room FLG19, St George College.

<http://sydneytafe.edu.au/newsevents/events/bachelor-applied-management>

#### **Information Session- Diploma of Auditometry@Randwick College Saturday 31 October 9.00 -11.00am**

This session will be held in Level 4 room 4.12 Building A Randwick College Cnr of Darley Road and King Street.

<http://sydneytafe.edu.au/newsevents/events/information-session-4>

#### **Library Services Information Session@ Ultimo College - Thursday 5 November**

Come along to our information session to learn more about the course, meet the teachers and tour our purpose built facilities at Ultimo. 5.30 - 7.00pm @ Sydney TAFE, Building G, Level 3 (G3.15), Thomas St, Ultimo.

<http://sydneytafe.edu.au/newsevents/events/library-services-information-session-2>

#### **Diploma of Audiometry Information Session @ Randwick College - Saturday 31 October**

Come along to our information session to learn more about the course, meet the teachers and tour our purpose built facilities at Level 4 room 4.12, Building A,

Randwick College, Cnr of Darley Road and King Street from 9.00 - 11.00am.

<http://sydneytafe.edu.au/newsevents/events/information-session-4>

### **General course updates, changes:**

#### **UOW College 2016 Course Guide**

The UOW College 2016 Student Course Guide is now available for order and also on the website for downloading at <http://www.uowcollege.edu.au/about/brochures/index.html>.

If you have any enquiries about any of our courses, entry requirements or progression pathways to UOW, feel free to contact the UOW College Marketing Team via [uowc-marketing@uow.edu.au](mailto:uowc-marketing@uow.edu.au) or on (02) 4221 3950.

### **Courses & workshops for students:**

#### **FILM, TV & RADIO COURSES OVER SUMMER**

AFTRS Open, the short course division of the Australian Film Television and Radio School has short SUMMER SCHOOL courses over the Summer break for HSC students graduating this year. Courses run between late November and mid-February. They include: Three Week Film School, Six Week Doco School and Three Week Radio School & More!

<http://www.aftrs.edu.au/short-courses/summer-school>

### **Open days:**

#### **Open Day Saturday 14 November**

Come and join us at Sydney Design School - the Interior Specialists, for our Open Day on Saturday 14 November from 10-12pm and see what it's like to work as an Interior Designer, Decorator and Stylist. Level 2, 40 Oxley Street, St Leonards. Register at:

<http://sydneydesignschool.com.au/info-sessions/>

or

[campus@sydneydesignschool.com.au](mailto:campus@sydneydesignschool.com.au)

#### **Sydney TAFE Apprenticeship Open Day @ Ultimo College - Thursday 12 November**

This is your chance to talk to staff, graduates, employers and current students. With info sessions, demos and tours running throughout



the day plus plenty of fun stuff - there's sure to be something for you! Sydney TAFE, Ultimo College, Jones Street Mall, Ultimo from 1.00-7.00pm.

<http://sydneytafe.edu.au/newsevents/events/sydney-tafe-apprenticeship-day-ultimo>

### **The St Patrick's Pathway to Success - Full-time Diplomas of Business and Business Administration**

Our Diplomas provide Year 10, 11 and 12 leavers a pathway to a career or tertiary education. No ATAR is required and VET FEE-HELP is available. Over 95% of our graduates step straight into jobs, with starting salaries from \$40K. Our partnership with the University of New England allows the receipt of credits towards a Bachelor Business. Info Session: 11 am, 15 Nov. Level 1, 65 York St, Sydney.

### **Discovery Day TAFE NSW Various Campuses 18 & 19 November 2015**

Discovery Day is your chance to see first-hand the diversity of courses available at Hunter TAFE. Students/ school groups can customise their own Discovery Day experience to participate in tours and receive valuable career information at the following campuses: Wednesday 18 November - Ourimbah Campus; Glendale Campus; Muswellbrook Campus; Thursday 19 November - Hamilton Campus; Newcastle Campus; Kurri Kurri Campus. To register your school group, complete the online form on the Discovery Day website and select the campus of interest to secure your place!

<http://www.hunter.tafensw.edu.au/students/pages/discovery-day-campus-tours.aspx>

**Application Interview Days** As part of the ICMS application process, prospective undergraduate students may attend an application interview at the ICMS campus. Students can gain up to 10 bonus entry points based on their interview performance. Dates are Sunday 15 November, Saturday 21 November and Sunday 13 December from 10am to 12pm. For more information, contact the Domestic Development team at [start@icms.edu.au](mailto:start@icms.edu.au)

### **Expos & forums:**

#### **TAFEnow at Reinvent Your Career**

Are you heading back to work, looking to upgrade your skills, looking for a job or just want to pursue your passion? The Reinvent

Your Career Expo at Sydney Olympic Park is on the weekend of 17/18 October and TAFEnow is going to be there! Come say hi at our stand. Members of our Customer Help team will be available and can't wait to help you find a course that suits you. Tickets and expo details can be found:

<http://www.reinventyourcareer.com.au/sydney-visit-expo/why-attend/>

### **Visit UOW College at the 2015 CAA Conference**

UOW College will be exhibiting at the 2015 CAA Conference on the 23 October, 2015. We would love to chat to you about our academic pathways to UOW and career pathways for industry-seeking professionals for your previous / current / and future students. In the interim, please visit the UOW College website [\[www.uowcollege.edu.au\]](http://www.uowcollege.edu.au) for further information. We look forward to seeing you there!!

### **Scholarships:**

#### **Scholarships for 2016 are now open!**

William Angliss Institute Sydney offers a couple of generous scholarships. Applications for Semester 1 2016 are now open and will close on 12 November 2015. Please visit <http://www.angliss.edu.au/syd2016> for more information.

### **Macquarie University Scholarships - Apply Now**

Studying at university is an opportunity to change your life and the world around you. No matter what your background, we invite you to be part of the Macquarie University community. See how far you can go with a Macquarie scholarship. Find out more at [mq.edu.au/scholarships](http://mq.edu.au/scholarships)

### **Bedford College Scholarship**

Bedford College Scholarships are open to all school-leavers enrolling in our Business, Leadership and Management or Early Childhood Education courses for February 2016. The closing-date for applications is 30 November - for more information check out our website <http://www.bedford.edu.au/> or give us a call on 1300 174 174.

### **Golf Scholarships for NSW Golfers at PGA International Golf Institute**

The PGA International Golf Institute (RTO 31270) is proud to announce two new



scholarships for NSW golfers, allowing students the opportunity to study Australia's only Diploma of Golf Management at the PGA IGI Sydney Campus. The Golf NSW Scholarship & JNIG Scholarship are open for school leavers. Applications are open now [athttp://www.pgaigi.com/](http://www.pgaigi.com/)

### **Be the Chef - Cookery Partial Scholarship Competition - Kenvale College**

Be the Chef is a Kenvale run Cookery Partial Scholarship Competition for students completing Year 12 in 2015. 10 finalists will be selected to participate in a two day program involving workshops, a Kenvale Industry Partner site visit, and the opportunity to cook with our chef for the Presentation Dinner where the scholarship winner will be announced. For more details email [fidelm@kenvale.edu.au](mailto:fidelm@kenvale.edu.au)

### **Early entry:**

### **ACU Early Achievers' Program – Applications close Monday 19 October 2015**

ACU recognises that you have more to offer than your academic results. Our Early Achievers' Program considers the contribution you have made to your community through your school, workplace, community organisation, cultural and/or religious group. Applications close Monday 19 October, 2015. For more information please visit [www.acu.edu.au/early-achievers](http://www.acu.edu.au/early-achievers)

### **Overseas opportunities:**

**Dreaming of heading abroad in 2016? Apply now to snap up our Early Bird Special!** WEP Australia offers students the chance to head overseas on short or long term exchange programs. With over 25 countries to choose from, you can experience life on every corner of the globe. If you're sold on this once in a lifetime opportunity and would like to start your application now or, if you'd simply like to find out more, head to our website: [wep.org.au](http://wep.org.au)

### **Jobs & career opportunities for students:**

### **New website keeps tutoring and mentoring within the school community**

Many schools like to keep tutoring within their school community, with high achieving alumni teaching current students. A new website, <https://highschooltutors.com.au> makes this easier. The website has a page dedicated to each school. Like this one; <https://highschooltutors.com.au/schools/nsw/kin Coppal-Rose-bay> The site is also free.

### **Pre Apprenticeship courses and Job Vaccinates**

Apprenticeships plus is currently looking to fill eleven Pre Apprenticeship courses within the next 3 months. These courses are designed to get students who are looking at an automotive apprenticeship the foot in that they have been looking for. 3 weeks of theory were they complete the first 7 units of the automotive trade and then 1 week of organised work experience.

### **Alternative pathways:**

### **2016 HSC & Tertiary Preparation Course Information 2016 - TAFE NSW - Northern Sydney Institute**

Wednesday 11 November 2015, 6:00pm – 7:30pm Ground Floor, Building J (Cameraygal) - St Leonards Campus, 213 Pacific Highway, St Leonards The Prevocational Studies Section will once again be offering students the opportunity of studying units in the Certificate IV in Tertiary Preparation (TPC) and the Higher School Certificate (HSC) in 2016 - both full-time and part-time options. We encourage potential students and their parents/guardians to attend the information session where both HSC and TPC options will be discussed. School Career Advisors and teaching staff are welcome to attend also. Timetables and course information will be available at this session. Our Teaching staff will be available on the night to answer any questions you may have about both these Year 12 equivalent courses. For more information, please contact Tel: 9942 0713 or [colin.frederick@tafensw.edu.au](mailto:colin.frederick@tafensw.edu.au)

For further information on any of the above or for general inquiries please contact the careers office.

**Sophie Allen and Jasmine Crewe  
Careers Advisers**



**Neighbourhood  
watch.**

### **Neighbourhood Watch Caring about Community Safety**

**Community Engagement Day &**

**Crime Prevention Stall**

**10am – 12 noon**

**Saturday 24 October 2015**

**Koola Ave Shops, E. Killara**

**NSW Police Kuring Gai Local Area Command (LAC) and Neighbourhood Watch (NHW), invite you to a Community Engagement Day with Crime Prevention stall, taking place at the Koola Avenue Shopping Centre**

- Aware of crime in your area?
- Want to keep your home & family secure?
- Know the latest crime prevention advice and tips available?
- Know about eyewatch on Facebook and the up-to-date information you can get from your local Police and Neighbourhood Watch?
- Not into Facebook – come and sign up for our weekly eyewatch eNewsletter; a compilation of the local crime news sent directly into your inbox!
- A particular issue bothering you?



**Your local Neighbourhood Watch volunteers are looking forward to meeting you and sharing the latest crime prevention advice and FREE give-aways.**



**NSW Police Force**

**FREE** Car Rego Plate Locking Screws

**FREE** Key-rings, Screen Wipes, Magnets, etc

**FREE** colouring-in, moneybox, puzzles, tattoos, fingerprinting and balloons for the kids!

**FREE** Little Black Book of Scams!

**FREE** 'Our 20 Favourite Crime Prevention Tips' series

**Neighbourhood Watch supported by NSW Police Force Kuring-gai command**

## **RESILIENT KIDS**

### **WORKSHOP FOR PARENTS**



- Help your kids learn how to "bounce back" when faced with life's daily challenges
- Help them to recognise, accept and express their feelings
- Teach them problem solving and coping skills
- Find out how to encourage optimism, curiosity and contentment

**VENUE:** Community Health Centre, 57 Hercules St, Chatswood  
**DATE:** Monday 16<sup>th</sup> November 2015  
**TIME:** 7.00pm – 9.30p.m.  
**COST:** \$50

For all enquiries and bookings, please phone: **9887 5830**

All our course leaders are parents and trained educators.

**CHILD AND ADOLESCENT PARENTING**



**NSW**  
GOVERNMENT

**Health**  
Northern Sydney  
Local Health District

[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)

## **Dealing with Teen's Back Chat!!**



**PARENTS OF TEENS OR ALMOST TEENS**

**"Learn how to restore a respectful and positive relationship between you and your teen"**

**Topics include:**

- Similarities & differences between being a teenager today & their parent's day
- What it is like being a teenager in this fast paced & competitive world
- Assertiveness skills to deal with teen's behaviour, set boundaries & consequences
- Listening skills to find out what is going on in our teenager's world & support them

**VENUE:** Chatswood Community Health Centre  
57 Hercules St, Chatswood  
**DATES:** Wednesday 21 October 2015  
**TIME:** 7.00pm – 9.30pm  
**COST:** \$50pp

PLEASE PHONE **9887 5830** TO BOOK YOUR PLACE IN THIS WORKSHOP  
[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)

This workshop will be facilitated by a qualified Parent Educator from  
**Child and Adolescent Parenting, Northern Sydney Local Health District**



**NSW**  
GOVERNMENT

**Health**  
Northern Sydney  
Local Health District

## **BARE CREEK TRAIL RUN**

**Sunday 1st November 2015**

**[www.barecreektrailrun.com](http://www.barecreektrailrun.com)**

Registrations now open for the 6km  
or 10km course through the lovely  
Garigal National Park for anyone  
over 5 years.

**Register Here, NOW!**

**[www.barecreektrailrun.com](http://www.barecreektrailrun.com)**

**Online entries open until 26th**

**October**



**Hosted By**

