

Principal:

Jane Dennett

Deputy Principals:Alison Gambino
Carla Marchesin
Megan Clarke (Relieving)**School Captains:**Jett Ho
Nina Stambach**Address:**Koola Avenue
Killara NSW 2071**Telephone:**

9498 3722

Fax:

9498 2202

General Email:killara-h.school@det.nsw.edu.au**Newsletter Email:**newsletter@khs.nsw.edu.au**Website:**www.killara-h.schools.nsw.edu.au**Facebook:**<https://www.facebook.com/killarahighschool.edu.au>**P&C Grounds
Working Bee****Sunday
8 November
Commencing at 8.15am****From the Principal**

Australia has one of the highest rates of volunteerism in the world. I'm sure I've written of that previously. Indeed, we talk with students consistently about the importance of service to others, especially as we are, in relative terms and possibly absolute ones, so fortunate. According to that well-known authority, Pinterest, if you have food in your fridge, clothes on your back, a roof over your head and a place to sleep you are richer than 75% of the world. So the culture of giving back to the local and global community that is strong at Killara High School is one we value highly.

Today I want to acknowledge the outstanding local work of one of our Year 11 students, Christina Ashcroft. Christina is a participant in the Duke of Edinburgh Award Scheme, as are many Killara students. A key aspect of the program is making a positive difference to the lives of others through community service. Christina completed three years of service at Lady Gowrie Lodge, a local aged care facility, which enabled Christina to meet the Award Scheme requirements completely. However, her dedication and care for the residents has meant that she has continued to work at the facility, where she is an eagerly-awaited visitor every week, talking with residents, caring for them, and participating in programs such as "Chair Dancing" and "Chair-kwon-do". Christina's commitment and generosity of her time has led to the staff at Lady Gowrie nominating her for a Volunteers Australia Award, and she has been announced as the winner in the Northern Sydney section of this competition. The most impressive aspect of this is Christina's words – "I do it because I love it".

Thank you, Christina. The impact of your kindness and service spreads far, and you have achieved the goal of the Duke of Edinburgh program when they envisaged the role of community service.

Congratulations to the Year 10 Debating Team, consisting of Olivia Charles, Matthew Lee, Jack Rumbelow and Elissa Zhang. On 6 November they will compete against Sydney Boys High School in the state final of the Premier's Debating Competition for Years 9 & 10. These students' capacity to develop an argument within a tight time frame and argue their case in an articulate and reasoned manner is truly impressive. We wish them good topics next week, and are enormously proud of their skills and efforts. The strength of our debating program across all Stages is a clear indicator of our students' ability to think critically and creatively, and a testament also to the expert work of their coach, Ms Anne Carroll of the English Faculty. Additionally, Jack Rumbelow has been selected in the Regional Stage 5 Debating Team, and will go on to represent our school at the Junior State Debating Championships at the University of Sydney. Again, one of the most pleasing aspects of this program is that Jack and the other team members coach the younger members, sharing their gifts for the development of others.

Please consider coming along to our Gardening Day on Sunday 8 November. We will be beautifying our grounds, specifically the Lone Pine Garden and the area near Gate 2. More details can be found inside this edition.

**Jane Dennett
Principal**

Calendar

OCTOBER 2015

30 SJC Bandana/Mufti Day

NOVEMBER 2015

1 Bare Creek Trail Run

2 Schools Spectacular Dance Rehearsal

3 Strings/Orchestra LEPS Workshop & Performance 12.30am

4 HSC Exams Finish

Year 11 Food Technology Excursion

5 Drama Ensemble Evening 6.30pm

Year 11 Visual Arts Gallery Hop Excursion

Drama Ensemble Evening 6.30pm

6 Drama Ensemble Primary School Production 11.00am – 12.00pm

Year 9 Luna Park Excursion

7 DEAS Gold Qualifying Expedition (4 days)

9 Year 9 Events that changed the world Excursion

Year 9 PASS Incursion

10 Year 9-11 French Excursion

11 Remembrance Assembly 11.00am

Annual PAE Concert & Celebration 6.30pm – 9.00pm

Years 7-9 Industrial Technology Multimedia Incursion

12 Student Leaders Induction Ceremony

Year 12 Formal 6.30pm

13 Year 9 Geography Excursion

Year 11 Society & Culture Excursion

Lindfield Public School Music Spectacular

16 Year 10 Service Learning & Work Experience – 2 weeks

Year 7 Swim & Survive Program (4 days)

18 Year 11 HSC Geography Fieldwork

Elective Music Night 7.00pm

24 Year 7 2016 Small Schools Day

30 Year 10 Successful Seniors (2 weeks)

DECEMBER 2015

2 Year 7 2016 Enrolment Day

Peer Support Program

On Tuesday morning Past President Yvonne and I had the pleasure of accepting an invitation from Killara High School to attend the introductory stage of the Peer Support Program for 2016. Earlier this year we had the opportunity to view first-hand the program in action with Year 11 facilitators working with small groups of seven to eight “new” Year Sevens. The Coordinator this year is again Regine Berghofer, who with three of last year’s facilitators, spoke to us about their experiences at one of our May meetings. Our Club contributes to the Killara High School costs associated with engaging a relief teacher to fulfil Ms Berghofer’s usual duties as a Japanese Language Teacher.

On this most important day in October, we were able to observe the implementation of the Peer Support program. This first stage involves the Year 12 trainers, made up of the leadership group of 24 recently elected prefects working with some 70 or so Year 11 facilitators who will be delivering the program to next year’s Year Sevens.

These facilitators, all volunteers, will work in pairs with groups of about eight youngsters. The new Year 7 will be facing many challenges in the “big school” environment. Peer Support addresses a number of issues such as self-esteem, anxiety, developing new friends, sense of community and most importantly identifying and dealing with bullying. The trainers of today are the facilitators of yesterday and the beneficiaries of previous years. The life-skills that they develop will be translated to the community at large for the benefit of future generations.

Yvonne and I are convinced that of all the Youth Programs that Lindfield Rotary Club sponsors that this is the one that provides the “biggest bang for the buck” because some 1,600 or students currently attending Killara High School are beneficiaries of the program. That does not include the many more past graduates of this wonderful program which has been in place for more than 10 years.



Bruce Dowling
Youth Service Director
Rotary Club of Lindfield

KSP Creative Writing Roseville & Beaumont Road Public Schools

On Wednesday 21 October eager Year 5 students from Roseville and Beaumont Road Public Schools engaged in exploring sensory vocabulary. They composed a speculative story using their developed glossary of words. They collaborated on their stories across schools to edit and share different perspectives on the same genre.



These great students were fully involved in this creative writing experience. Thank you to Ms Cigana, Killara High School Head Teacher, English for leading this exciting workshop. She thoroughly enjoyed these delightful students with their positive perspectives.

Ann Dixon
Killara Schools Partnership Coordinator



KSP Wood Technology Year 5 Workshop

Lucky Year 5 students from Lindfield, Roseville, Beaumont Road and Killara Public Schools produced their own timber pencil cases at a wood technology workshop on Monday 26 October. They learnt to measure accurately, hammer carefully, saw using a hand saw and assemble all the parts. They then decorated their pencil case by adding their own personalised latch design. Next step would be to give their pencil box a clear lacquer finish.

The primary students enjoyed using the different tools and developing these new skills. The students interacted well with the students from the other schools and made some new friends on the day, and also met some Year 9 Industrial Technology Timber students who were excellent mentors in the workshop and gave the Year 5 students an insight into Killara High School life.

Thank you to Mr Brendon Francis for designing and presenting such an interesting workshop for these fortunate Year 5 students.

Some comments from the Year 5 students were "a great experience", "I want to do it again", "it was fun and I enjoyed all of it" and "we learnt a lot of the basic skills of woodwork".



Ann Dixon
Killara Schools Partnership Coordinator

From the Counsellor's desk

Welcome to National Mental Health Week
(4 - 10 October)

As just one part of bringing this commitment to Killara High School, the school counselling team would like to introduce a new, regular presence in the Killara High School Newsletter for the information of parents and students alike.

As such, let us introduce ourselves. There are currently two school counsellors, both registered educational and developmental psychologists, providing service to the school. Mrs Emmy Druce is on site 3 days a week and Mrs Julia Griffith provides 2 days a week service and is the District Guidance Officer/Senior Psychologist for the surrounding local school area. We are available to meet and work with teachers, parents, students and other practitioners supporting children at school. Consultations are by appointment and can be made by ringing the school.

In our newsletter presence, we hope to bring you items of interest – food for thought and

discussion, provide information and identify local support services that families can access as needed. As such, for your information:

- **Diary date:** *Online gaming and the internet: When to unplug.* Presenter: Dr Philip Tam. Tuesday, 20 October at 6.30pm – Bookings to youth@kmc.nsw.gov.au.
- Diary date thanks to **KYDS – Ku-ring-gai Youth Development Service** in Lindfield – www.kyds.org.au.

As it is also the week that the HSC starts, why not check out *#thereslifeafter* – or the 'There's life after Year 12 exams' celebrity videos at **ReachOut.com**

Because we all know, Mental Health Matters.

Emmy Druce
Counsellor

Performing Arts Calendar

Term 4, 2015			
Week	Term 4		
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

Grounds Working Bee

Waking up on a beautiful Sunday morning and thinking "It's 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 are there?

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

Sunday 8 November 2015
commencing at 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. **If you could bring along your own tools (spades/large buckets/gloves etc)** and the training will be provided on the day. It is a fun and easy way to contribute to your school community.

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.

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

Year 7 Sports Council Profiles

Name: Sophie Halliday
Siblings: Georgia, Amber, Max
Favourite sport: Netball, running and swimming
An Embarrassing moment: Tripping over a hurdle
What you're most afraid of: Spiders
Something you want right now: A pet dog
Biggest Pet Peeve: People who take things out of the fridge and then leave them out
Worst habit: Cracking my fingers
Favourite Flavour ice-cream: Chocolate
What would I do if I won the lottery: Go skiing in Canada or somewhere around there
Favourite place in the world: Australia
Something on my bucket list: Go skiing in another country

Name: Luke Klusman
Siblings: Adam, Ben
Favourite sport: Football and Cricket
Greatest Achievement: Prefect, area cross country, best batsman in the league for cricket
Something you want right now: Food
Biggest Pet Peeve: People chewing with their mouth open
Worst habit: Being clumsy
Favourite Flavour ice-cream: Vanilla
What I want to be when I am older: Happy doing something I love
What would I do if I won the lottery: Invest it and share it
Favourite place in the world: Australia
Something on my bucket list: Adventure/adrenalin sports like sky diving or white water rafting

Name: Jack Comeskey
Siblings: Ronan and Patrick
Favourite sport: Rugby Union
An Embarrassing moment: When I dived into a swimming race and my swimmers fell down
What you're most afraid of: Spiders
Greatest Achievement: Winning the 2015 NSW state championship for rugby
Something you want right now: Money
Biggest Pet Peeve: Snoring
Favourite Flavour ice-cream: Chocolate
What I want to be when I am older: Professional rugby player
What would I do if I won the lottery: Put it in the bank
Favourite place in the world: Wellington, New Zealand
Something on my bucket list: Sky diving

Name: Grace Baker
Siblings: Isabella Baker
Favourite sport: Running, Trampoline, Gymnastics, Netball and Basketball
An Embarrassing moment: A bird pooped on my head at Luna Park
What you're most afraid of: Slugs, Snails and Leeches
Greatest Achievement: Doing the sky walk
Something you want right now: Go in a pool or go to the beach
Biggest Pet Peeve: People who click their pens or tap
Worst habit: Rubbing
Favourite Flavour ice-cream: Salted caramel
What I want to be when I am older: A sport coach
Favourite place in the world: Australia
Something on my bucket list: Skydive or Bungy jump.



MindMatters – Killara families, we need your input

This week, all families should have received an email from us. It is an invitation to families for further conversations and feedback regarding how our school meets the needs for the mental health and wellbeing of every student in our school. It may be tempting to dismiss this as endless, meaningless consultation. It is not. These are complex challenges. There are no simple solutions and every voice matters. Here is a little of what the email said:

MindMatters is an evidence-based strategy to build and strengthen the mental health and wellbeing of our young people. A key component of MindMatters involves asking questions and listening to our community. In June this year we asked families to complete the MindMatters Family Survey. We have collated and analysed this data and it is attached to this email.

Please read the documents attached and use them to start a conversation. The MindMatters team are encouraging you to invest some of your time at home to consider and discuss some of the issues raised in the survey data. There is clearly much more that can be done and done differently. Our families are central to ensuring that this process leads to meaningful improvements for our young people.

Please contact me directly with your ideas. After reading, thinking and talking about the survey data in your family, you may have ideas worth sharing. Please email me directly, carla.marchesin@det.nsw.edu.au, with any ideas you think we need to hear, know or implement.

Lastly, you are invited to a parent forum at school on Wednesday 18 November from 7.00 - 8.00pm. This forum will be hosted by the school's MindMatters team. It is an opportunity for you to hear more detail about the MindMatters program, about what we are currently doing and what we are planning for the future mental health and wellbeing of our young people. Importantly, it is an opportunity for us to listen to your ideas and perspectives.

There are many reasons why this email might drop to the bottom of your to-do list. There is one reason why it must not - the health and wellbeing of our young people. Please engage with us as we work towards ensuring every single young person in our school is healthy, happy and positive about the future.

The parent forum on Wednesday 18 presents an opportunity for us to sit down as a community and listen. The MindMatters strategy is a long-term, whole-school approach built around consultation and evidence based action. It may seem to more “talk” and no action, but when it comes to mental health, listening and talking are some of the most powerful actions we can take.

David Browne
Deputy Principal (Relieving)

From the Library

Fiction in detail:

Mitchell, David. *Black swan green*

January 1982. Thirteen-year-old Jason Taylor – covert stammerer and reluctant poet – anticipates a stultifying year in his backwater English village. But he has reckoned with bullies, simmering family discord, The Falkland's War, a threatened gypsy invasion and those mysterious entities known as girls. Charting thirteen months in the black hole between childhood and adolescence, this is a wry, painful and vibrant novel about the stuff of life.

Scheier, Leah. *Secret letters*

Inquisitive and observant, Dora Joyce dreams of escaping her aristocratic country life to solve mysteries alongside Sherlock Holmes, who just might be her biological father. When her beloved cousin's love letters are ransomed by an unknown thief, Dora jumps at the opportunity to travel to London and enlist the legendary detective's help in saving her cousin from scandal. But Dora arrives at his doorstep to devastating news: Sherlock Holmes is dead. Her dreams of working alongside her hero are dashed, but Dora is determined to help her cousin and prove her worth. She enlists the help of young enigmatic detective Peter Cartwright, who himself is working to recover kidnapped heiress Lady Rose. When they realize that the crimes might share a culprit, Dora goes undercover at the heiress' country estate in the hopes of discovering the thief before her cousin's reputation – and Lady Rose – are beyond saving.

Non-fiction in detail:

Aden, Abdi and Hillman Robert. *Shining: the story of a lucky man*

Abdi was a happy-go-lucky fifteen-year-old when Somalia's vicious civil war hit Mogadishu and his world fell apart. Separated from his family, he fled the city with countless others, heading for Kenya. The journey was a nightmare, Abdi and his friends enduring sickness, starvation and the violent assaults of death squads. After three months, Abdi and a mere handful of survivors arrived at a refugee camp in Kenya. But the place proved to be no refugees, desperate to find his family, he turned around and undertook the dangerous journey back to Mogadishu. When the search was fruitless he relied on his quick wits and the kindness of strangers to escape Somalia, first to Romania, then Germany, and finally, Australia. He was just sixteen when he

arrived in Melbourne with no English, no family no money. Again all odds, this young man not only survived but thrived. Abdul's story is one of hardship and struggle, but also of courage, resilience and heart-warming optimism.

Burton, David. *How to be happy*

Badly wanting a girlfriend, convinced he's not normal and tormented by bullies, David searches for a way to fit in, a way to be happy. This is David Burton's memoir of his teens and early twenties. It's a funny, brave story of his search for a true and meaningful life, and the confusion, friendships and desperation he experienced along the way.

Hall, Megan Kelley and Jones, Carrie (editors). *Dear bully: 70 authors tell their stories*

Discover how Lauren Kate transformed the feeling of that one mean girl getting under her skin into her first novel, how R. L. Stine turned being the 'funny guy' into the best defence against the bullies in his class, how Lauren Oliver learned to celebrate ambiguity in her classmates and in herself.

A group of top authors for teens come together to share their stories about bullying – as silent observers on the sidelines of high school, as victims, and as perpetrators. A moving and at times, a self-effacing and deeply personal collection.

Hart, Deborah. *Guarding Eden: champions of climate action*

Twelve ordinary people take the lead on climate change... What would it take you to climb a 160-metres industrial chimney, blockade a coalmine and make a speech in front of hundreds of people? The answer for the people in this book is: climate change... All of them know that rising sea levels threaten the world's coastal cities and islands nations. That the future holds more severe floods, droughts, mega-bushfires and superstores. That warmer, acid seas might kill the Great Barrier Reef. They are demanding that our so-called leaders – our politicians and decision – makers – act decisively. Now. The twelve include a vet, a teacher, an insurance broker, a nurse, a psychologist, an entrepreneur, people in their twenties, and parents with grown-up children. Their stories can inspire us all.

**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 or call 9397 7600. Website: <http://www.latrobe.edu.au/sydney>

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>

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 10.00 – 12.00pm 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

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: 11.00 am, 15 Nov. Level 1, 65 York St, Sydney.

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 10.00am to 12.00pm. For more information, contact the Domestic Development team at 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/>

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

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 to 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 at <http://www.pgaiqi.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

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

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/kinccopal-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.

Opportunity for a 1st year Apprentice Baker/Pastry Cook at Bake My Day, East Lindfield Are you creative? Do you enjoy baking and experimenting with recipes? If you are considering baking as a career, there is an opportunity for casual work as a **bakers'**

assistant with the potential to become an Apprentice Baker / pastry cook at Bake My Day. Please email through your CV to Sev at bakemyday.el@gmail.com

Likeajob Sydney <http://www.likeajob.com.au> is a new job matching network that puts students in direct contact with multiple employers in just seconds. You create a free profile and our custom built algorithm matches you to jobs based around your location, skills, qualifications and experience. It is free to create a job seeker profile and if you 'like' a job, your profile goes directly to the employer.

OTHER NEWS

Bachelor of Musical Theatre applications close – 30/10/2015 Applications for the Bachelor of Musical Theatre close on Friday 30 October. [http://sydneytafe.edu.au/sites/default/files/files/2015 Bachelor of Arts Music Theatre.pdf](http://sydneytafe.edu.au/sites/default/files/files/2015%20Bachelor%20of%20Arts%20Music%20Theatre.pdf)

The BOSTES Literacy and Numeracy tests for school leavers

The BOSTES Literacy and Numeracy tests are available for students planning to leave school before completing the HSC. The tests focus on the literacy and numeracy skills required by school leavers for employment and further education. Results, including a diagnostic report, are available immediately after the tests are completed. A demonstration test (<https://literacynumeracy.bostes.nsw.edu.au/>) is also available to help students and teachers become familiar with the tests. Contact: Chris Thompson
chris.thompson@bostes.nsw.edu.au
(02) 9367 8069

Portfolio Submission for UNSW Art & Design Now Open Creative talent is expressed in all sorts of different forms. Some students write brilliantly. Some secure high marks in their high school subjects. Some demonstrate their creative potential by producing promising art, design and media work. Find out more or submit your portfolio at <https://www.artdesign.unsw.edu.au/future-students/portfolio-entry>

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 ph 9942 0713 or colin.frederick@tafensw.edu.au

NEW COURSES

New in 2016 – Bachelor of Business Administration – University of Notre Dame With electives in areas such as Business Research Methods, Event Management, HR Development and Finance, students are provided with an extensive mix of theoretical and practical experiences taught by leaders of their fields. Applications for Semester 1, 2016 are now open. To apply or for further details visit our website www.nd.edu.au or call the Prospective Students Office on 02 8204 4404.

Empower Students to Pursue Entrepreneurial Dreams The Entourage, Australia's largest community of entrepreneurs has recently launched a Diploma of Business specialising in entrepreneurship to help empower and educate upcoming generations of students to build the business of their dreams. Imagine what they will create when truly empowered and educated to pursue their passion. Full course info here: <http://bit.ly/1iPd0GM>

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

**Sophie Allen and Jasmine Crewe
Careers Advisers**

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 16th 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



Health
 Northern Sydney
 Local Health District

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

Northern Beaches



Support Group

A problem shared is a problem halved

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

SPEAKER EVENING: DR ROBYN COSFORD

"The Gut-Brain Connection"

Dr Robyn Cosford MBBS (Hons) FACNEM
 Director, Northern Beaches Care Centre
 Conjoint Lecturer, University of Newcastle School of Biological Sciences
 will talk on the gut-brain connection.

Monday 23rd November 2015 @ 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



Facebook: <https://www.facebook.com/BeachesADHDsupport>
 Facebook Forum: <https://www.facebook.com/groups/BeachesADHDsupportgroup/>
 Email: nbsadhdsupportgroup@hotmail.com
 Website: www.northernbeachesadhdsupportgroup.com.au
 We sell the Entertainment Book online via our website



Your guide to ADHD information, services & resources in the Northern Sydney region.
www.adhdguide.com.au



St Peters Anglican Church
 presents

East Lindfield Community

ART SHOW

110 Tryon Road, East Lindfield

NOV 7

9am-4pm

NOV 8

12noon-4pm

Traditional and contemporary
 artwork, bonsai & cards for sale

Morning and Afternoon Teas

Supporting children in Zambia through

'Blessed to Bless'

blessedtobless.com.au



ENGAGING ADOLESCENTS™

A three-session program for parents and carers of teenagers

Wednesday 4th, 11th and 18th November

6.30pm - 9.00pm

Naremburn Family Centre
40 Merrenburn Avenue, Naremburn

Engaging Adolescents is a program ideally suited for parents of young people in Years 6 - 9 that aims to equip you with knowledge, skills and tips to assist everyone through the teenage years. It aims to strengthen bonds and find new ways to resolve problems.

"An end to the arguing and yelling"

"Simple, sane and effective"

Bookings are essential as spaces are limited. To enquire or register for the course please contact us at

naremburnfamilycentre@dbb.org.au

8425 8700

\$60 per person

Course cost includes workbook, fridge magnet and supper.

CatholicCare
 Diocese of Broken Bay

This course is being run by Parentshop® licensed practitioners.
www.parentshop.com.au

Learn:

- ✓ Some common ground shared by parents and reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ Ways to respond to different behaviours
- ✓ Self check-in
- ✓ Building a relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Who's running it?

The trainers for this course are Nicola Hensler and Jacque Stone from CatholicCare. Both work at the Naremburn Family Centre within the Counselling and Family Support teams respectively. Between them, they have nearly 40 years' experience working with young people and families in Sydney's north.

They have a wide range of professional experience in the youth sector and are passionate about the benefits of early intervention and strengthening families.



Please join us for a special

Choral Evensong

to commemorate
the 105th Anniversary
of St Martin's
with the

Kings School Choir

Speaker: Rt Rev Dr Peter Jensen

Former Archbishop of Sydney

Topic: Grieving with hope

(Offertory from the service will be donated
towards the Archbishop's Appeal for
Syrian Refugees through Anglicare)

Sunday 8th November

at 3.30pm

followed by refreshments in the Parish Hall

**St Martin's Anglican Church
9B Arnold Street, Killara**

T 9880 2137

E office@stmartinskillara.org

www.stmartinskillara.org

tsfx Succeeding in the HSC
For students studying Year 11 or 12 in 2016

FREE lectures designed to maximise ATAR scores
Delivered by leading HSC experts & HSC exam markers



FREE when you donate \$10 to charity on the day
Total donated to date: \$291,390.15

Dates & Venues:

Saturday 14 November 2015
University of Sydney
(Camperdown)

Sunday 22 November 2015
University of NSW
(Kensington)

Vacancies are strictly limited



ACE THE HSC!



**HSC Seminars for Year 11 & 12
Parents and Students**

Helping you achieve HSC Success

Dates and Venues

Sunday 1st November – UTS Broadway

Sunday 8th November – Macquarie University

Cost - \$10 donation per person
to Father Chris Riley's Youth
off the Streets program



hscintheholidays.com.au