

Principal:

Jane Dennett

Deputy Principals:Alison Gambino
Carla Marchesin
Megan Clarke (Relieving)**School Captains:**Jett Ho
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Congratulations

Katya Buryak (Year 10), who has been awarded the NSW Combined High School Sport Association State Blue in the sport of Gymnastics.



From the Principal

National Schools Constitutional Convention

Congratulations to Jett Ho, Year 11, who has been selected to participate in the National Schools Constitutional Convention in Canberra. This is a great honour, as few students are successful in progressing to the national level. Well done, Jett.

Schools Spectacular

This week many Killara High School students will perform at the 2015 Schools Spectacular at the Qantas Credit Union Arena. Our school is well-represented with a large number of participants, including featured artists Camille Penrose and Jordan Hare. We are excited that their talent will be showcased at this unique event, which brings public school students together from across NSW.

MindMatters

Last week we held a well-attended parent forum to examine the response from our surveys and to discuss general welfare issues. You can read more about this inside this issue, but it is worth mentioning here that we value your feedback and your participation in our efforts to build student wellbeing and resilience. Thank you Carla Marchesin and the *MindMatters* team for keeping mental health firmly in our sights always.

Working Bee

Thank you to Sally Waddington for managing our recent working bee, which focused on our school's Lone Pine ANZAC Garden. We are grateful to those who gave their time to help:

Sally Waddington, Julie Hughes, Clair-Louise Schofield, Caitlyn Whitby, Jane & Bruce Dennett, Judith and Craig McClosky, Andrew Nightingale, Tracey and Marc Stammach, Elizabeth Dwyer (Year 8), Alice Nguyen (Year 8), Rory Gunn (Year 8), Simone Conyer (Year 9), Zaalina Herbert (Year 10) and Annie Li (Year 11).

Stay safe

Please take care as we move into warmer weather. Neighbours have reported sighting snakes in the area, and we remind everyone to take great care when in or adjacent to bushland. Bushy areas on our campus are out of bounds. Please remember too that bush fire season is near. As we update our school bush fire and other emergency plans for 2016, take a look at the NSW Rural Fire Service site:

<http://www.myfireplan.com.au/index.html> and think about a bush fire plan.

Jane Dennett
Principal

Calendar

NOVEMBER 2015	
26	School Spectacular Rehearsal
27	School Spectacular Rehearsal and Performance
28	School Spectacular Rehearsal and Performance
30	Year 10 <i>Successful Seniors</i> (2 weeks)
	Year 8 Geography Excursion
DECEMBER 2015	
2	Year 7 2016 Enrolment Day P&C Christmas Meeting 7.00pm
3	World's Biggest Beep Test
10	Sports Appreciation Day
15	Year 8 Luna Park Excursion
16	Annual Awards Ceremony Last day of Term 4 for students
17	School Development Day
18	School Development Day
JANUARY 2016	
27	School Development Day
28	Years 7, 11 and 12 Return to school
29	Whole school returns

The P&C welcome everyone to their Annual Christmas get together

**Wednesday
2 December 2015
In the
A Block Common Room
7.00pm**

Year 11 2015 Update

Our students have made a really positive transition from the Year 11 to Year 12 course. This change has definitely posed some challenges for our students and it has been a big learning curve, but one they are taking on with courage and this is something we can definitely be proud of. Watching the students as they have matured and adapted to the new rigour of the final HSC course has been an inspiring time for us as Year Advisers.

In week 7 we had the pleasure of opening the Year 12 COLA to these students. This event took place with a barbecue cooked by Ms Marchesin (Year 11 Deputy Principal) and served by Mrs Dennett (Principal) which is definitely a special occasion and not one that happens often. We watched the students relish and appreciate this event. The students were addressed by Mrs Dennett and their Senior Prefects Toby and Kelly, and the COLA was officially opened by our school captains Nina and Jett. It was a significant occasion and the students now have the privilege of moving into the Year 12 COLA as well as signing in and out of school when they have a study period either period 1 or period 4, something I know they have all been waiting out for.



This term the students have also been given the opportunity to sign up for our mentoring program. This program is one that has been implemented in recent years and provides our Year 12 students the opportunity to select a teacher mentor to meet with on a regular occasion to provide a point of contact, advice or talk with as the student feels necessary. This program has been a huge success in previous years and one I hope our students can make the most of. We have been lucky enough to have 50 staff members nominate to be a part of this program and it is one that, should the students choose to engage with, they will be sure to get much from.

As the students are taking on the challenges of the HSC there are some programs that are on offer from a range of organisations that offer support and advice for our students. Please keep your eyes on the newsletter for flyers about these, and the students also need to be looking out on the Year 12 notice board. You can find the details for the TSFX Summer School Lectures that provide lectures from HSC teachers and study notes by following the link at the bottom of this page or see the information on page 13 of this newsletter for Managing HSC Stress holiday program at UTS.

**Melinda Buxton, Dane Le Rougetel and Daniella Costa
Year 12 Advisers**

http://www.tsfx.com.au/wp-content/uploads/2015/11/TSFX-NSW-SS-2016-Year-12-Brochure-FINAL-WEB.pdf?utm_source=tsfx&utm_medium=email&utm_content=:80/wp-content/uploads/2015/11/TSFX-NSW-SS-2016-Year-12-Brochure-FINAL-WEB.pdf&utm_term=2&utm_campaign=4650:%20NSW%20-%20Summer%20School%20-%20Email%201%20To%20Principals%20-%20National%20School%20Database

Wheelchair Roadshow

On 9 November, Physical Activity and Sports Studies (PASS) students had the opportunity to attend The Wheelchair Roadshow.

The Roadshow aims to raise awareness of wheelchair sports, but it also seeks to encourage acceptance and integration. The sporting participation of individuals with a disability was discussed, before students partook in a game of wheelchair basketball with their classmates. The Roadshow links to the module, Going Global, that is currently being studied in PASS. This module investigates physical activity and sport for specific groups. All students had a fantastic time, and it was great to see everyone take advantage of this unique and valuable opportunity.



Christina Shapiro
PDHPE Teacher

Counsellors corner

Information for Parents

You may find these two resources helpful in guiding you through some of the difficulties we all face with our growing children, through stressful times and in dealing with parties and alcohol.

Resources and Information

Family guide to youth suicide prevention: beyondblue website

beyondblue have put together a guide to support parents of young people who may be at risk of suicide. These pages will help parents to be aware of the warning signs and risk factors of suicide so that they will be able to identify these signs in

young people and help them find support. View the [Family Guide to Youth Suicide Prevention](#)

'Stop the Supply' Campaign: content for school newsletter

'Stop the Supply' is a campaign which aims to reduce underage drinking and young people's access to alcohol in the Northern Sydney region. We encourage schools to include the attached 'Stop the Supply' posters in their school newsletters and other publications, particularly in the weeks leading up to the school holidays. More information and poster downloads can also be found at the campaign website:

<http://www.stophesupply.org.au/>

Science Gifted and Talented Workshop – Year 3

What an exciting experience for 24 Year 3 students! These students from the Killara Schools Partnership participated in 8 different Science experiments on topics including chromatography, air pressure, simple chemical reactions, indicators, electrostatics, distillation, microscopes and desalination. They were assisted by Year 9 students from Killara High School, who helped them to understand the theory behind their observations. Every student was a keen participant

and was reluctant to leave at the end of the workshop.

Our thanks go to Ms Milena Mijakovac for producing such a great science workshop for both primary schools students and our own Year 9 students.

Ms Ann Dixon
KSP Coordinator



MindMatters Wellbeing Update

Last week on Wednesday 18 November we welcomed a number of parents to the school for our community wellbeing forum. The evening was held as part of our consultation process where we discussed the learning staff had undertaken this year as part of the introduction to *MindMatters*, and the recent surveys of which the whole school community had been a part.



Discussion was lively and facilitated in small groups led by members of the *MindMatters* team.

Three focus questions were considered:

1. What has brought you out tonight to the school?
2. What things should the school look to putting into place next year?
3. What role does the community have? What can you do?

In the next edition of the newsletter, we will publish this feedback along with the six focus questions students have been discussing this term.

Certainly, the feedback was very positive about the school's commitment to improving and strengthening wellbeing and resilience, along with a desire for more community forums.

Special thanks to the members of the *MindMatters* team who attended and facilitated discussion – Jane Dennett, Liesl Williamson, Megan Clarke, Julie Phelan, Ruth Charles, Melinda Buxton, Dane Le Rougetel, Jane Rountree and Emmy Druce.

Carla Marchesin
Deputy Principal





headspace
National Youth Mental Health Foundation

Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



Sleep well



Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



Set realistic goals

Setting realistic goals can help you to work towards a healthy **headspace**. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.



Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



Tips for a healthy headspace



Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.



Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like 'relax' or 'calm down'). Place a hand over your diaphragm to make sure you're breathing slowly – you should feel your hand move if you're doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

Play



Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

Seek help



A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local **headspace** centre or visit eheadspace.org.au. Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



headspace
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

From the Library

New fiction:

Green, John. **Paper towns [F GRE]**

The story of Agloe, New York – as outlined in this book is mostly true. Agloe began as a paper town created to protect against copyright infringement. But then people with those old Esso maps kept looking for it, and so someone built a store, making Agloe real...

Isobelle Carmody and Daniel Reed. **Evermore [F CAR]**

Rose is the princess of the dark and terrifying post-apocalyptic kingdom of Evermore, ruled by a tyrant king. Her greatest longing is to venture beyond the walls of many-towered Evermore, but it is forbidden.

New non-fiction:

Burton, David. **I love spice [641.6384]**

Over 100 recipes for people who like it hot!

Tan, Shaun. **The singing bones [730 TAN]**

Inspired by Grimms' Fairy Tales. Acclaimed narrative artist Shaun Tan breathes new life into some of the world's most beloved fairy tales, all inspiration for this remarkable gallery of sculptural works.

Australian Women's Weekly. **Cooking in 10, 20, 30, 40 minutes [641.555 COO]**

Cooking in minutes is all about beating the clock to produce a delicious meal for the family. Starters, mains and desserts are included, a clever use of time and ingredients.

Guinness world Records 2016 [030.2 GUI]

What's new in record breaking? Minecraft, Youtube, Hacking, Forensics!

Tim Riley and Peter Kennedy. **Year 12 - 4th Edition economics workbook [330.076 RIL]**

HSC Economics examination technique, the global economy, Australia's place in the global economy, economic issues, economic policies and management, plus suggested answers and solutions.

Tim Riley. **Year 12 -17th Edition economics [330 RIL]**

The global economy, Australia's place in the global economy, economic issues, economic policies and management.

Compton / Warren. **Total Food, Australian Curriculum Books 1 and 2 [641.3 COM]**

Total Food 1 has been created for Years 7 & 8 Students of Food Technology and Home Economics, and aims to encourage a fun, interactive and practical approach to the study of food and healthy eating in Australian schools.

Chris Gates and Elizabeth Morgan. **China and Revolution, Nelson Modern History [951 GAT]**

Nelson Cengage has developed this series for Australian senior secondary students of Modern History. Each book builds on narrative framework to incorporate recent research and historiography, primary and secondary sources, and learning activities.

Webb, Ken. **Leni Riefenstahl 1902-2003 [943.086092 RIE]**

Here it is: the factual detail, the historiography, revision exercises and advice on how to write responses on Leni Riefenstahl.

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

Careers Corner

COURSE & INSTITUTION INFORMATION SESSIONS FOR STUDENTS & PARENTS

ACU Make the Right Choice – Canberra Campus - Thursday 17 December 2015, 5.30pm - 7.00pm If students are still exploring study options for 2016 and need advice, academic and admissions experts will be available to answer questions at ACU's Make the Right Choice session. Students with

queries on ACU's updated education course prerequisites and education pathway options for 2016 should also attend. Visit www.acu.edu.au/apply2016

ACU Make the Right Choice – North Sydney & Strathfield Campuses - Tuesday 5 January 2016, 9.00am – 1.00pm If students are still exploring study options for 2016 and need advice, academic and admissions

experts will be available to answer questions at ACU's Make the Right Choice events. An information session on the updated ACU education course prerequisites for 2016 will be included. Visit www.acu.edu.au/apply2016

COURSES & WORKSHOPS FOR STUDENTS

NIDA HSC Individual Performance Study Day A fantastic way for students to explore the creative process and gain a practical understanding of the project area of their choice. Students will hear from award-winning director Imara Savage before breaking into groups for focused sessions with specialist tutors. Wed 28 Oct, 9.30am–3.00pm at NIDA, 215 Anzac Parade, Kensington, \$40 per student. Book at <http://nida.edu.au/schools>.

Whitehouse Institute of Design Registrations for the 2-day to 10-day 2016 Summer Workshops in Fashion Illustration | Image Styling | Sewing | Interiors Illustration are now open. The workshops will be held from 4 to 15 January 2016 at the Sydney campus at 2 Short Street, Surry Hills. For bookings phone 1300551433.

Term 4 HSC Seminars for Year 11/12 Students & Parents: UTS and Macquarie University Our popular Ace the HSC seminars are for both students and parents who are beginning their HSC Year (and those in Year 11 next year). Each session will provides an insight into the most important aspects of HSC success. The cost is a \$10 donation going directly to Father Chris Riley's Youth off the Streets charity. To read more and to register, go to <https://hscintheholidays.com.au>

Career Assessment & Coaching, Turning Point Consulting, Various Locations throughout the year Assisting students throughout their transition into the workforce we offer one-on-one strengths-based career consultations to support students in seeing their value and so potential career pathways. With experience in a range of industries we are able to build confidence as well as career tools to deliver outcomes. Partnering students to professionals, call Kathryn 0478 570 707 to discuss.

OPEN DAYS

At Whitehouse Institute of Design EVERY day is Open House! If unable to make it to the scheduled Open House in June each year, feel

free to book a private campus tour to suit your schedule, where a Whitehouse representative will be in attendance to show you around and answer all your questions. Bookings at enquiry@whitehouse-design.edu.au

Southern Cross University Info Days 2015

Southern Cross University is please to extend an invitation to attend one of our Info Days at the campus of your choice. SCU Info Day will provide the opportunity to find out more about our courses, university life and the types of services and support SCU offers our students. Coffs Harbour campus, December 7: Lismore campus, December 9: Gold Coast campus, December 11: <http://scu.edu.au/scuinfoday>

CADETSHIPS, APPRENTICESHIPS, TRAINEESHIPS

Aspire Program Apply to the Butchery or Chef HTN Aspire Program, in Newcastle or Sydney, with suitable participants offered apprenticeships with HTN. Completely free – includes knife kit and uniform! Monday 23 November to 18 December 2015. Email resume to:

recruitment@htn.com.au www.htn.com.au

This program is funded by the NSW Government by the Department of Industry, Skills and Regional Development

Automotive apprenticeships and traineeships Apprenticeships Plus is a Group training organisation that employs over 550 apprentices in the Automotive industry. We are currently seeking any person who is interested In an exciting, fast paced and technology filled career. We currently have apprenticeships in Light vehicle, heavy vehicle, spray painting, panel beating .Please call our office to organise an interview 02 9891 6900.

Apprentice Hairdresser Marie-France Group is an Australian Hairdressing Council 5 star rated salon. We are currently seeking new apprentices in our growing hair salon. An apprentice position would be suitable for those with a passion for hair/design or beauty who have the drive, determination and nous to succeed in this demanding industry. Send your resume and covering letter to mf@mariefrancegroup.com.au or call us on (02) 9418 1055

SCHOLARSHIPS

Macleay College scholarships on offer

Macleay College will be seeking the brightest budding students to be awarded an industry scholarship in 2016. 20 prestigious scholarships are on offer with a total value of \$40,000. Students will be asked to put forward their most impressive submissions for their chance to win. See our website for more details:

<https://macleay.edu.au/future-students/scholarships-financial-assistance>

AMPA SCHOLARSHIP SHOWDOWN Now open. The yearly scholarship is once again open to all year 12 students. Entrants will be in the running to receive a full scholarship for an Undergraduate degree worth \$50,000. Entries to the AMPA 2016 Scholarship showdown can be made via our website,

<http://www.ampa.edu.au/index.php/scholarship-application>

Entries close 26 October

AMPA MUSIC ACHIEVER AWARD

Nominations Now Open: One nomination may be submitted per school and should be based on the highest score received for Year 12 Music in 2015. Students who enrol at AMPA will receive a \$4,000 award upon successful completion of the first year. Each nominee will receive a certificate. More information:

Admissions@AMPA.edu.au

Entries close 9 November.

AMPA DANCE ACHIEVER AWARD

Nominations Now Open: One nomination may be submitted per school and should be based on the highest score received for Year 12 Dance in 2015. Students who enrol at AMPA will receive a \$4,000 award upon successful completion of the first year. Each nominee will receive a certificate. More information:

Admissions@AMPA.edu.au

Entries close November

100% Full Scholarship & Internship Program at AIIT

Kick off your career today for Free! That's right! Scholarships for limited number of students are available in Cert IV in Accounting and Cert IV in Leadership & Management. Get started in Management of Accounting today. The full scholarship & internship program are the perfect opportunity to get started on your future career in

Management or Accounting. Contact admin@aiit.edu.au for more information.

EARLY ENTRY

Applications for 2016 now open! Raffles College of Design and Commerce is now accepting applications and enrolments for next year! With flexible entry requirements available for all courses, students won't have to worry about year 12 results as a limitation to commence their creative studies with us. Contact us via email: contact@raffles.edu.au, phone: (02) 9633 3800 or our website www.raffles.edu.au

Whitehouse Institute of Design's VET for Senior School Students

On successful completion of the Certificate III in Design Fundamentals CUV30311, all students will not only have a portfolio of design work, they will also receive a nationally recognised VET qualification & a conditional offer letter for entry to the Whitehouse Bachelor of Design in the specialisation of their choice. Their Portfolio, VET qualification & HSC will be considered for entry.

OVERSEAS OPPORTUNITIES

Early Bird Special Ending Soon Have you ever dreamt of living overseas? WEP is offering students a \$500 discount off the 2016/17 program fee towards a semester or year program to any of the following countries departing in July – September 2016: Argentina, Austria, Belgium, Chile, China, Finland, France, Hungary, Italy, Mexico, the Netherlands, Spain, Thailand or the USA. Get in NOW at <https://wep.org.au/>

US University Application Assistance-Deadlines Approaching

US universities are now accepting applications for August 2016 intake. Each institution sets its own application deadline most between now and early January. Internationally Educated can assist students with last minute application review and ensure students are applying to appropriate institutions given their academic and extracurricular merit. Visit www.internationallyeducated.com.au for more information.

RESOURCES FOR STUDENTS – FREE

What do health students really want? Prepare prospective health students! My Health Career has been exploring issues such

as what health students want
<https://www.myhealthcareer.com.au/career-university/what-health-professional-students-want-on-clinical-placement> and the difference between a psychologist and a psychiatrist
<https://www.myhealthcareer.com.au/psychology/what-is-the-difference-between-a-psychologist-and-a-psychiatrist>

SUMMER COURSES

Whitehouse Institute of Design Registrations for the 2-day to 10-day 2016 Summer Workshops in Fashion Illustration | Image Styling | Sewing | Interiors Illustration are now open. The workshops will be held from 4 to 15 January 2016 at the Sydney campus at 2 Short Street, Surry Hills. For bookings phone 1300551433 or email:
enquiry@whitehouse-design.edu.au

ALTERNATIVE PATHWAYS

Advanced Diploma in Rudolf Steiner Education Applications are open for the Advanced Diploma in Rudolf Steiner Education. This 2 year Diploma provides a pathway into the B.Ed at a many universities. It provides Advanced Standing up to 2 years study & offers a unique approach to teacher training. The program is full time, rich in the arts, philosophy & educational practice. Info:
<http://www.sydneyrudolfsteinercollege.com>
Tel: 02 9216 4001

UNSW Prep (17-19) - A pathway into UNSW Australia An enabling course open to your students who qualify for UNSW ACCESS and receive an ATAR of 50 or over, or Indigenous students applying through Nura Gili. Students learn core academic skills in smaller classes; complete subjects fee free with a light study load, providing the foundations for their tertiary studies. For more information:
<http://www.futurestudents.unsw.edu.au/unswprep17-19>

UNSW Art & Design Portfolio Entry Workshops 16 & 18 November Join a free portfolio entry workshop in November to learn about how to prepare and develop your portfolio. Meet assessment staff who will provide personal feedback, guide you through how to produce the best possible portfolio and offer step-by-step advice about how to submit. For session information & registration:
<https://www.artdesign.unsw.edu.au/whats-on/events/portfolio-entry-workshops-0>

NEW COURSES

Bachelor of Echocardiography (Cardiac Physiology)/Graduate Diploma of Echocardiography CQUniversity is offering a one of a kind combined Bachelor of Echocardiography (Cardiac Physiology) / Graduate Diploma of Echocardiography program to be delivered from their CBD campus in Sydney. The four year program will commence in March 2016 and comprise theoretical courses in anatomy, physiology and cardiac assessment. Followed by cardiac assessment skill labs and ultrasound scanning.

Earn while you learn with RSA online An online Responsible Service of Alcohol (RSA) Skill Set is now available with TAFE now for just \$160, including the licence fee. This Office of Liquor, Gaming and Racing approved course (SITSS00024) allows students to enrol and complete in one day so they can serve alcohol responsibly in any licenced premises. To enrol, go to:
<http://tafenow.com.au/sitss00024>
Alternatively, call TAFE now on 1300 823 366.

JMC Academy now enrolling for Digital Design in Melbourne Exactly one year after JMC Academy launched its Digital Design course in Sydney, JMC will now be offering the Digital Design course in Melbourne due to start in February 2016. The new course will be centred around design for the future, designing apps, web and devices as well as spaces and experiences. Find out more here.
<http://www.jmcacademy.edu.au/courses/digital-design>

Bachelor of Teaching/ Bachelor of Exercise Science (NEW) 2016 - Brisbane, Canberra, Melbourne This course is designed for students interested in pursuing a career in Education, specifically in health, PE and personal development. Depending on the subjects students will graduate with not only health, PE and personal development teacher qualifications but will be able to teach a second teaching method as well. Visit
<http://www.acu.edu.au/courses/759766>

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

**Sophie Allen and Jasmine Crewe
Careers Advisers**

Twilight Christmas Market

Thursday 3rd December
5:30-8:30pm

Turrumurra High School,
Maxwell Street Turrumurra

Stunning jewellery, handmade cards and gift wrapping, delicious christmas delicacies, french homewares, unique gifts, Arcadian Artists stalls and many more!

Entry: Gold Coin Donation

turrumurrahighschool.com.au



Managing HSC Stress
HOLIDAY PROGRAM



Are you feeling worried about how you are going to manage all the demands of your HSC year? Are you finding yourself starting to get stressed about how you are going to manage it all and perform at your best?

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.

Come along and enjoy all of the benefits of the 4 week program in one day!!


When? Monday 18th January 2016

Time? 10am - 4pm
Lunch and afternoon tea will be provided.

Where? Health Psychology Unit
Ground Floor, 174 Pacific Highway
St Leonards
The Health Psychology Unit is a 5-10 minute walk from St Leonards train station.

Cost? \$50 per student. Medicare rebates or private health insurance may apply.

Register? Registration is essential as numbers are limited. To register call 9514 4077 or email anna.wallace@uts.edu.au



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

Amanda Goh
Clinical Psychologist & Educational Developmental Psychologist
&
Jane Cramsie
Clinical Neuropsychologist

Psychological Assessment for ADHD; What, why and when?

Amanda and Jane have vast experience in the assessment, diagnosis, monitoring and management of children and adolescents with attention issues and ADHD.

They will cover reasons for assessment, what to expect during the process and recommended timing, covering co-morbidities, such as learning difficulties, behavioural and social issues, and emotional health concerns.

Lots of time allowed for questions.

WHEN: Thur 26 November 2015
TIME: 7.00pm - 9.00pm
VENUE: Dunmore Lang College, (adjacent to Macquarie University)
130-134 Herring Road, North Ryde, NSW 2113
*Nearest cross street: Waterloo Rdnear Macquarie Uni railway station.
Both street and off-road parking. Allow extra travel time for congestion.*

RSVP: Tue 24 November 2015
DONATION: \$5.00 for catering

Come along and hear professional speakers, and meet other parents over supper.
All welcome - parents, teachers and professionals

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

Christmas Trees
For Sale
Sat 12th Dec

Support your local scouts

8am until sold




2nd Gordon Scout Hall
32c Rosedale Road Gordon

Bring your family, friends, picnic rug and nibbles, and join the fun!

All Saints' Carols on Moore
Sunday, 13th December

Sausage Sizzle at 6.30pm
and celebrate Christmas from 7.30pm
with the

All Saints' Band
&
The Beaumont Road Big Band



11 Moore Ave, West Lindfield
www.aswl.org.au

The North Shore Cartoon Camp is back!
www.illustrating-man.com.au

Monday December 21st
Theme: **Star Wars**. Dress as a Jedi™, Princess Leia™, etc...
Prizes for the best dressed.
• Draw: Beginners cartooning part 1.
• Draw: Draw R2-D2™ & BB-8™.
• Play: Cool games including 'Charge'!
• Drawing competition: Create your own robot.
• Enjoy: Mocktails.
• Draw: Captain Phasma™ & a Snow Trooper™.
• Make: Cool glasses.
• Draw: The Millennium Falcon™.
• Draw: A space city.
• Draw: Ewok™ & Mike Wazowski™.
• Draw: Skywalker™ characters.

Tuesday December 22nd
Theme: **Wizards & Magic**. Prizes awarded.
• Draw: Spiderman™ & Batman™ Minion™ style.
• Magic workshop: Professor Krumpholtz is back to do some magic tricks.
• Draw: A slug, worm & a bee.
• Draw: Cute little puppies.
• Make: Homemade Rocky Road.
• Play: Murder in the twilight.
• Draw: Cute troll characters.
• Draw: Tom & Jerry™.
• Crazy hair: Have your hair styled.
• Draw: A detailed fire dragon.
• Draw: The Good Dinosaur™.
• Drawing competition: Create your own cartoon character.

Tuesday Night Camp Part 1 (6pm - 9pm)
• Draw: Hogwarts castle™ in detailed 3D.
• Make: A straw tower.
• Enjoy: Freshly cut fruit.
• Play: Sock wrestling & junk food baseball.
• Play: Murder in the dark! Wear dark clothes.

Wednesday December 23rd
Theme: **Rock Stars**. Prizes for the best dressed.
• Draw: Beginners cartooning part 2.
• Draw: An underwater coral reef.
• Face painting: Be creative!
• Waterfight: Play if you want to.
• Bring a change of clothes & a water gun.
• Enjoy: Make delicious rainbow biscuits.
• Draw: Cartoons from the Regular Show™.
• Draw: The main Jungle Book™ characters.
• Enjoy: Yummy Canadian Snakes.
• Treasure hunt: Find the hidden treasure.
• Draw: The Peanuts™, Snoopy™, Charlie Brown™ & Woodstock™.
• Crownline ceremony: Royals & Rebels are chosen.
• Kingdom talent show: Perform in the show if you want to. Prizes for best performances.

Wednesday Night Camp Part 2 (6pm - 9pm)
• Draw: Characters from Five Nights at Freddy's™.
• Play: Sock wrestling.
• Play: Junk food baseball.
• Enjoy: Gourmet ice cream.
• Draw: Lots of Minions™.
• Play: Murder in the dark! Wear dark clothes.

Thursday December 24th
Theme: **Hippies & Rainbows**. Prizes for the most colourful clothes!
• Draw: Cartooning part 3.
• Draw: Minecraft™ characters.
• Draw: Zootopia™ characters.
• Party food: Enjoy a buffet of party food!
• Play: Exciting fun games.
• Draw: Teen Titan™ characters.
• Draw: Princess Peach™ & Toad™.
• Kingdom dance-off: Prizes for the best & worst dancers.
• Enjoy: Waterfight: Bring a water gun, etc...
• Weather permitting: Bring a water gun, etc...
• Market day: Everyone needs to prepare a stall. Bring pre-loved stuff to sell: old toys, books, etc... You can make cookies, cup cakes, lolly dips. We'll give you \$1000 Kingdom dollars to spend.

www.illustrating-man.com.au

North Shore 2015 Registration
Book & Enquiries: www.illustrating-man.com.au

1. Name of Child: _____ Age: _____
2. Name of Child: _____ Age: _____
3. Name of Child: _____ Age: _____
4. Name of Child: _____ Age: _____
Any Other Children: (Name, Date of Birth, Age, Address, etc.)
Name: _____ Date of Birth: _____ Age: _____
Address: _____
Phone: _____
Email: _____
Emergency Contact: (Name, Address, Phone, etc.)
Name: _____ Address: _____ Phone: _____
Emergency Contact: (Name, Address, Phone, etc.)
Name: _____ Address: _____ Phone: _____
Emergency Contact: (Name, Address, Phone, etc.)
Name: _____ Address: _____ Phone: _____
Emergency Contact: (Name, Address, Phone, etc.)

Consent and Indemnity
I, the undersigned, do hereby consent to my child/children attending the North Shore Cartoon Camp, and I agree to indemnify and hold harmless the organizers from and against all claims, damages, losses, costs and expenses, including reasonable legal fees, which may be incurred by the organizers in connection with the participation of my child/children in the camp, whether or not such claims, damages, losses, costs and expenses are caused in whole or in part by the negligence of the organizers.

Payment Option 1:
Cash on arrival: ☐ **Payment Option 2:**
Bank transfer: ☐ **Payment Option 3:**
Credit Card: ☐

Summary of Costs:
Registration Fee: \$15 (per child) (includes materials, campfire, etc.)
Food & Drink: \$10 (per child) (includes lunch, snacks, etc.)
Accommodation: \$20 (per child) (includes tent, sleeping bag, etc.)
Transportation: \$10 (per child) (includes bus, etc.)
Total: \$55 (per child)

Notes:
Children must be accompanied by a parent/guardian at all times.
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North Shore Sydney 2015
CARTOON CAMPS
Bookings: www.illustrating-man.com.au

Summary of Costs:
Registration Fee: \$15 (per child) (includes materials, campfire, etc.)
Food & Drink: \$10 (per child) (includes lunch, snacks, etc.)
Accommodation: \$20 (per child) (includes tent, sleeping bag, etc.)
Transportation: \$10 (per child) (includes bus, etc.)
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Welcome the world to your home!

Why not host an overseas exchange student with AFS Intercultural Programs? We have participants due to arrive in February and they require volunteer host families for their stay in New South Wales.

Make a friendship that can last a lifetime. Participants come for 5 months to 11 months and attend high schools and become an active member of the school, community and your family. They come from countries including France, Germany, Netherlands, Switzerland, Finland, Canada, Japan, Costa Rica, Argentina and Brazil.

If you are interested in going on an exchange overseas we would also love to hear from you to discuss the opportunity of becoming an exchange student.

For more information please call **Sharon Toohey** on **02 9215 0077**, aus.hosting@afs.org or contact the AFS Hosting team on 1300 131 736 or visit www.afs.org.au/host to make an inquiry.

MANY CHRISTMAS!
MUCH JOLLY!
SO TREE!
SANTA WOW!
SUCH PINE!

CHRISTMAS TREES FOR SALE

2nd St Ives Scout Troop are selling Christmas trees this year! Come buy a tree to help our fundraising ☺

Trees from \$70
Cash only

When: Saturday 12th December, from 7am onwards
Where: Corner of Mona Vale Rd and Killeaton St
COME BUY A FRESH TREE AND TALK TO US ABOUT JOINING CUBS AND SCOUTS!

PLUS!! We are scouts so there will be the obligatory sausage sizzle

<http://www.2ndstivesscouts.org.au/>