

**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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Swimming Carnival Apology

In the last newsletter we incorrectly stated the Age Champion for 13 Years Girls.

It should have been Joint Age Champions for Sophie Carroll and Mia Clark. Congratulations to both girls.

Please note that the KHS Newsletter is no longer issued in hard copy. If you wish to receive a printed copy, please advise the school.

From the Principal

Our strategic planning team is working hard to ensure that our directions are in place for Killara High School's three year roadmap. Following an extensive period of initial consultation with students, staff and families, our three priorities have emerged as *developing successful learners, transforming learning through professional growth, and fostering wellbeing across our school community*. No surprises here; the core business of any school is learning. However, it is what is known as the "Five Ps" that provide the clarity and the vision: the purpose, people, processes, products and practices. It is here that the more detailed aspects of planning come into play, as we determine not just our goals, but how we will measure our success. Our plan will be uploaded to our website before the start of Term 2, and as always, we are thankful for any feedback.

One way in which we are working to implement our plan is through the *MindMatters* program. *MindMatters* is an Australian Government endorsed program developed by *beyondblue* that supports schools to foster the mental health of its students, through the provision of training, tools and resources. Good mental health is essential for learning, and I thank Deputy Principal Carla Marchesin for her leadership of this program in our school. Find out more at <http://www.mindmatters.edu.au/>

We were delighted that Kieran Pain, Year 12, won the first round of the Lions Youth of the Year competition at St Ives. Kieran's speech, *An Australian Republic by the end of this decade*, was truly impressive, and clearly indicated his worthiness as the winner. Kieran now progresses to the next round to be held this Saturday 7 March.

Congratulations go also to Wilson Zhao of Year 11, who placed 15th in Australia in the Australian Mathematical Olympiad Invitational Program. He will now proceed to the Asia/Pacific Mathematics Olympiad, and will sit a four-hour examination while on the Jindabyne Camp next week.

Killara has had a very successful week in sport. Our swim team gave it their all at the Zone Swimming Carnival on 23 February, placing first at the meet, and at the end of the same week our rugby team was victorious in the inaugural St Ives – Killara School Of Origin match, held at St Ives High School. The most heartening aspect of these successes, however, was the spirit in which our students entered into the events. Thank you to teachers Jennifer Downes, Adam Bruckshaw, Guy Hudson and Dane Le Rougetel for their management of these sports, and to St Ives High School for hosting us on Friday.

**Jane Dennett
Principal**

Calendar

MARCH 2015

6	Stewart House Leadership Day SRC Year 7 Fun Afternoon
8	Year 11 Jindabyne Camp (6 days)
9	KSP Strings Morning 9am-1pm
10	DEAS Silver Award Information Night 6.00pm – 7.30pm
11	Sydney North Boys Softball
16	School Tour – 9am - 10.30am Sydney North Girls Soccer
17	Sydney North Swimming Carnival
18	KHS Cross Country Carnival Sydney North Girls Hockey
19	Sydney North Junior Touch
21	PAE Music Camp 9.00am – 4.00pm (2 days)
23	Year 12 Construction & Hospitality Work Placement (5 days) Sydney North AFL
24	Sydney North Boys Soccer DEAS Bronze Award Information Night 6.00pm – 7.30pm
25	Year 7 & Year 11 SPRM
26	CHS State Swimming Carnival (3 days)
27	DEAS Silver Practice Expedition (3 days)
30	Sydney North TT
31	Sydney North Boys Hockey & Rugby League

APRIL 2015

1	SRC Mufti Day Sydney North Netball
2	Last Day of Term 1 ANZAC Day Assembly
4	CB1 and CB2 National Band Championships - Sydney
20	School Development Day
21	First Day of Term 2
22	Year 11 Drama Production (2 Days)
24	Prefect Mufti Day
27	Year 8 Art Excursion
29	Year 9 Camp (3 days)
30	Year 7 Vaccinations and Year 8 & Year 11 catch up

Zone Swimming Carnival

It has been a long time coming; we have crept up the leader board and for a few years, placed second. So it is with massive pride that I announce Killara High School **takes Gold at the Zone Swimming Carnival**. We have 42 swimmers going to represent us at Sydney North, and 15 out of 17 relay teams are going through to Sydney North.

Congratulations to all swimmers (and parents) who have helped Killara High School take first place. Your efforts on the day and in the hours spent training are appreciated. The overall school results for the zone are:

School	Points
Killara High School	1007
Cherrybrook Technology High School	809.5
Carlingford High School	658.5
Turrumurra High School	632
Pennant Hills High School	589.5
St Ives High School	478
Chatswood High School	471.5
Galston High School	405
Ku-ring-gai Creative Arts High School	151

Many individual performers achieved outstanding performances in the overall individual rankings. They are:

12 Year Old girls	Carolyn Niknafs 1st
13 Year Old boys	Dennis Hui 1st
13 Year Old Boys	Matthew Thorne 2nd
14 Year Old Girls	Maya Murphy 2nd
15 Year Old Girls	Carrie Paulsen 2nd
15 Year Old Boys	Noah Djordjevic 2nd
17 & Over Girls	Alicia Walker 2nd

Congratulations to our record breakers.

Dennis Hui - 100m Butterfly	1.14.93
Alicia Walker - 50m Freestyle	28.14sec
Maya Murphy - 50m Backstroke	35.18sec
14 Years Girls 4 x 50m Relay - Pika Ksela, Maya Murphy, Noa Murphy and Karen Tsang	2.09.05

Relay teams through to Sydney North are:

12 Years Boys	12 Years Girls
13 Years Boys	13 Years Girls
	14 Years Girls
15 Years Boys	15 Years Girls
16 Years Boys	
17 Years Boys	17 Years Girls
Boys Medley Relay	Girls Medley Relay
Boys 6 x 50m Relay	Girls 6 x 50m Relay
Knock Out Relay 12 x 50m Mixed	

Jennifer Downes
PDHPE Teacher

Congratulations

On Monday 23 February, Kieran Pain, our School Captain, competed in the Lions Club, Youth of the Year Quest. This is a competition where students have to attend a panel interview followed by two impromptu speeches and a five minute speech on a topic of their choice and they are judged on their efforts.

Kieran delivered an amazing talk on why we should be a Republic. His competition consisted of outstanding candidates from Masada College,

Brigidine College, St Ives High School, Loreto Normanhurst and Roseville College.

Kieran was the winner!

He has now advanced to the regional finals and has made Killara High School very proud.

Duncan Smith
Teacher PDHPE

High School Musical – coming in June 2015

Killara High School is proud to present Disney's *High School Musical* as its major performing arts production for 2015. We have begun the long process of preparing for the show, which will hit the stage on 4, 5, 11 and 12 June this year. Our production staff were overwhelmed by the enthusiasm with which students signed up to audition, and wanted to thank and congratulate all students for their participation.

A special mention goes out to Myles Elston and Andrea Velechovsky of Year 10, for their respective successes in landing the lead roles of Troy and Gabriella. We also look forward to

seeing Jessica Ramsey of Year 11 and Renee Butler of Year 10 playing the infamous duo of Sharpay and Ryan.

The production team are excited to be working with such an outstanding group of students over the coming months; this will be a show not to be missed!

Keep an eye out for ticket sales beginning Week 1, Term 2.

Gillian O'Connor
Producer

Performing Arts Calendar

Term 1, 2015			
Week	Term 1		
7	Mon 9 March	Strings	KSP Strings – 9.00am – 1.00pm
9	Sat 21 - Sun 22 March	All Ensembles	PAE Camp 2014 – 9.00am – 4.00pm
Holidays	Sat 4 April	CB1 & CB2	National Band Championships – Sydney
Term 2, 2015			
Week	Term 2		
2	Sun 3 May	Mixed ensembles TBA	North Shore Schools Spectacular/Chatswood RSL 2.00pm
3	Tues 5 May	Vocal Ensemble	In Concert rehearsal
4	Sat 16 May	TBA	FINALS North Shore Schools Spectacular/Chatswood HS 4.00pm-8.00pm
5	Mon 18 May	Vocal Ensemble	In Concert rehearsal and performance
7	Tues 2 June	Stage band	LEPS workshop and performance
7	TBA	Instrumental Ensembles	Sydney Eisteddfod
8	TBA	Choirs	Sydney Eisteddfod
8	Tue 9 June	SB1 TBC	SPC Conference

School Attendance Policy

Parents are advised that the DEC has recently revised the School Attendance Policy. Please

see the next two pages below for information related to the policy changes.

Liesl Williamson
Head Teacher Stage 5



Education &
Communities

Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





**My child won't go to school.
What should I do?**

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to [complete their schooling](#).

Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

Further information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

<http://www.schools.nsw.edu.au/goto/school/a-z/attendance.php>

The school leaving age:

<http://www.schools.nsw.edu.au/leaving/school/index.php>

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 5129

www.dec.nsw.gov.au

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NSW Department of Education and Communities

Year 10 Parents' Social – Friday 27 March

Parent Coordinators (Year 10) Jaz Mosquera and Yvette Vink warmly invite the Year 10 parents to join them at the Greengate Hotel's Alcove for a casual gathering. Food and drinks will be available for purchase from the Bar. No reservations required.

Hope to see you there!

Date: **Friday 27 March**
Time: **From 7.00pm**
Where: **The Greengate Hotel**
(reserved Alcove)
Pacific Highway, Killara

Year 9 Parents' Social – Friday 20 March

Are you concerned that the kids seem to be having all the fun?

So let's get 2015 off to a cracking start with some Year 9 Parent drinks.

Date: **Friday 20 March**
Time: **From 7.30pm**
Where: **The Greengate Hotel**
(out the back in the Portico Bar)
Pacific Highway, Killara

Year 7 Parents' Social – Thursday 26 March

Parent Coordinators (Year 7) Aida Motahari, Khatereh Rajaei and Mahsa Sistani warmly invite the Year 7 parents to join them at the Greengate Hotel for a casual gathering.

Hope to see you there!

Date: **Thursday 26 March**
Time: **From 7.00pm**
Where: **Greengate Hotel (Reserved Room)**
Pacific Highway, Killara

Parent Information Night for Chinese and Korean Speaking Parents

If you are a new Killara High School parent, and particularly if you are new to Australia, please join us for a useful information evening. An interpreter will be available to assist on the night.

Some topics covered include what the school expects of your child, how you can best support your child so he or she engages with the work and achieves at his or her best, how to make appropriate subject choices, achieving at the HSC, how you, as a parent, can become involved in the life of the school and also the future directions of Killara High School.

Chinese parents: Tuesday 17 March
Korean parents: Monday 23 March
Time: 6.00pm - 7.30 pm
Venue: Staff Common Room, A-Block

For planning purposes, please email me on Jennifer.newell@det.nsw.edu.au and let me know the number of family members who will attend.

Jenny Newell
ESL Coordinator

From the Library

Fiction in detail:

Doyle, Roddy. ***Wilderness***

While Tom and Johnny are on a husky expedition in Finland, their half-sister Grainne stays at home, preparing to meet the mother who abandoned her. The boys think every minute in the wilderness is a thrill – but then their mother's sled doesn't make it back to the lodge one night. She's lost in the snow and it's up to them to rescue her.....

Ellis, Deborah. ***Moon at nine***

Fifteen-year-old Farrin knows how to keep secrets. It is 1988, and ever since the Shah was overthrown,

the government controls every aspect of life in Iran. Farrin's mother remains loyal to the Shah, which means Farrin has to keep a low profile at school, avoiding friendships and never stepping out of line. The day she meets Sadira, Farrin's life changes forever.

Finn, Alex. ***Beastly***

"I am a beast. A beast! Not quite wolf or bear, gorilla or dog but a horrible new creature that walks upright. I am a monster. You think I'm talking fairy tales? No way. The place is New York. The time is now. It's not deformity, no disease. And I'll stay this way forever – ruined – unless I can break the spell – the one the

witch in my English class who cast this spell on me. I used to be Kyle Kingsbury, the guy you wished you were, with money, perfect looks, and the perfect life. And then I'll tell you how I became perfectly BEASTLY...."

Foder, Fiona. **Life, death & gold leather trousers**
Riley Hart is heart-stoppingly cute. Closer has a major crush. Unfortunately, Riley is also best mates with Clover's arch-nemesis, Sophie. But right now Clover's life holds bigger problems, Jupe, her beloved rock star uncle has died, and Clover will never know what she did to make him cut her out of his life. Is that anyone who can tell Clover the truth? Could Jupe have cared, even at the end? If only Riley would leave Sophie's evil grasp and help her find out....

Geras, Adele. **Troy**
Xanthe and Marpessa are everything to each other – best friends, as well as sisters. But goddess of love Aphrodite has plans for them – and for a young warrior, Alastor. They are living on borrowed time....A story of gods, love and the Trojan War.

Murra, Kirsty, Dhar, Payal and Roy, Anita (editors). **Eat the sky, drink the ocean.**
Dazzlingly speculative stories from stellar authors. Be transported into dystopian cities and across space-time boundaries. Be amazed and beguiled by a nursery story with a reverse twist, a futuristic TV cooking show, a play script with tentacles – and more, lots more.

Touchell, Dianne. **A small madness**
Rose didn't tell anyone about it. She wondered if it showed. She looked at herself in the mirror and turned this way and then that way. She stood as close to the mirror as she could, leaning over the bathroom basin, looking into her own eyes, until they disappeared behind the fog of her breath. Looking for something. Some evidence that she was different. How could all these feelings not show? She was a woman now, but it didn't show and she couldn't tell anyone.

Non-fiction in detail:

Chemistry Units 1 & 2

Comprehensive coverage of the NSW HSC Business Studies Syllabus. Include: revision questions for each topic; sample exam paper with fully worked solutions; comprehensive glossary of Business Studies terms.

Ebrahim, Zak (with Jeff Giles). **The terrorist's son: a story of choice**

'There's a reason that murderous hatred has to be taught – and not just taught but forcibly implanted. It's not a natural occurring phenomenon. It is a lie. It is a lie told over and over again – so often to people

who have no resources and who are denied alternative views of the world. It's a life my father believed, and one he hoped to pass on to me. I've spent my life trying to understand what drew my father to terrorism, and struggled with the knowledge that I have his blood in my veins. By telling my story, my intention is to do something hopeful and instructive: to offer a portrait of a young man who was raised in the fires of fanaticism and embraced non-violence instead. I can't make any grand claims for myself, but all our lives have themes, and the theme of mine so far is this: everyone has a choice."

Hannelly Greg. **Business Studies**
Topics covered include: Operations management, marketing, financial management and human resources.

Hudson, Alice. **Taylor Swift: from the heart**
"There is really nothing like the feeling you get after you finish a song and you sit there and you just think: that is exactly how I felt."

Mackay Hugh. **The Art of belonging**
The eternal question 'who am I?' must be weighed against an even deeper question: Who are we? We are writing each other's stories as much as we are writing our own.

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

Attention Residents of Lindfield and Surrounding Suburbs

A New Heart for Lindfield - Redevelopment of Woodford Lane Car Park,
Your thoughts.....Your Preferences.....Your Feedback

- Support Lindfield is a local community group which is working collaboratively with all stakeholders to create a new heart for our village that incorporates a Community Hub. Our mission is to create a people place of hybrid spaces, a focus of Lindfield community life for all. A green, active and safe village square that integrates with an inspiring building containing a new age library, family cafes, activity/meeting/performance areas and much more, all linked to short and long term parking and station access.
- Ku-Ring-Gai Council is now entering a new phase where consultants will prepare and evaluate a master plan for each of Council's four options for this 12,000 sqm site. Each could have quite different outcomes e.g. village type and atmosphere, retail amenity, building height, cost to Council (rate payers), traffic generation, type of open space e.g. plaza and green park land.
- All of the four options include the Community Hub, short and long term basement parking and open space (village green/plaza). Commercial uses that have market demand are incorporated to help offset the cost of the community components. These uses largely centre around the extent/type of retail/supermarket and number of apartments. We have deliberately not described the four Council options here so as not to bias the survey.
- Council expects to put the four master plan options on display in March or April of this year. We will get in touch again at that stage to provide opportunities for you to have further input.

Your input is valuable....complete our survey now:

We need your help to identify the community's key priorities for the four Council options. Click on the link and complete our short 10 minute survey. We'd like to know a bit about you so that views of different segments of our community can be better understood. Be assured all personal details will remain confidential.

Click below to link to the survey
<http://supportlindfield.net/feedback/>

Thank you for your time and input
Regards,
Linda McDonald, President
Support Lindfield Inc.

Supported by.....

HSC @ willoughby



Secrets of HSC SUCCESS

Presented by Rowan Kunz
Rowan Kunz, author of *Secrets of HSC Success Revealed*, will show you how to succeed at the HSC.

Tuesday 10 March 2015 at Chatswood Library, 4.30–6pm

Bookings essential
at www.willoughby.nsw.gov.au/library



Chatswood Library on The Concourse
Lower Ground, The Concourse, 409 Victoria Avenue, Chatswood
Phone: 02 9777 7900, email: library@willoughby.nsw.gov.au,
www.willoughby.nsw.gov.au/library

HSC @ willoughby



Demystifying THE HSC

Presented by the Board of Studies
An explanation of HSC marking, scaling and ATAR.
For year 11 and 12 students, and their parents.

Thursday 26 March 2015 at Chatswood Library, 6–7.30pm

Bookings essential
at www.willoughby.nsw.gov.au/library



Chatswood Library on The Concourse
Lower Ground, The Concourse, 409 Victoria Avenue, Chatswood
Phone: 02 9777 7900, email: library@willoughby.nsw.gov.au,
www.willoughby.nsw.gov.au/library

HSC @ willoughby



HSC English – Area of Study DISCOVERY

Presented by Keira Brooks
Find out all about the new area of study, *Discovery*.
Presented by Keira Brooks, English teacher at James Ruse High School.

Monday 27 April, 2015 at Chatswood Library, 4.30–6pm

Bookings essential
at www.willoughby.nsw.gov.au/library



Chatswood Library on The Concourse
Lower Ground, The Concourse, 409 Victoria Avenue, Chatswood
Phone: 02 9777 7900, email: library@willoughby.nsw.gov.au,
www.willoughby.nsw.gov.au/library



Ku-ring-gai's got Talent 2015

AUDITION FOR YOUR CHANCE TO WIN CASH & OTHER PRIZES

Heat 1: Friday 24 April Heat 3: Friday 8 May
Heat 2: Friday 1 May Final: Friday 15 May

St Ives Community Hall - off Memorial Ave, St Ives
(behind St Ives Shopping Village)

REGISTER NOW AT kmc.nsw.gov.au/kgt

@ youth@kmc.nsw.gov.au f [facebook.com/kuringgaisgottalent](https://www.facebook.com/kuringgaisgottalent)

REGISTRATIONS CLOSE 27 MARCH | MORE INFO CALL 9424 0981







All proceeds go to local community groups

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 is run aims to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids alike.

Speaker Evening: DR RANDY BECK
Institute of Functional Neuroscience
"Learning and Attention: The Plot Thickens"

This presentation will cover the latest research and what it tells us about attention and lack of attention and how this impacts how we learn. New treatment options and some case studies will also be presented. All in all a presentation you will not want to miss.

Dr Randy Beck is a Chiropractor/Neuroscientist and Director of the Institute of Functional Neuroscience. Dr Beck is currently an Associate Professor in Clinical Neurology at the Carvek Institute for Graduate Studies in Florida, USA. He was previously Senior Lecturer in Neurology and Clinical Diagnosis at Murdoch University in Perth from 2008 to 2014. Dr. Beck is the past President of the Australasian Academy of Functional Neurology and has served as a director since 2006.

Dr Beck is currently working on two international collaborative projects with The Department of Psychiatric Medicine, Harvard Medical School, USA and the Department of Psychiatry and Clinical Neuroscience University of Western Australia School of Medicine, Perth.

Monday 9th March 2015 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Table reservations essential via
<http://www.eventbrite.com.au/org/5237148751>





Facebook: <https://www.facebook.com/BeckInstitute>
 Facebook Home: <https://www.facebook.com/groups/BeckInstituteSupportGroup>
 Email: info@nbsadhdgroup@hotmail.com
 Website: www.northernbeachesadhdgroup.com.au



Event kindly sponsored by Pittwater RSL Club

Can you sing in tune?

Find yourself tapping your feet to songs on the radio?

Got a little bit of X, Y or Z factor?

Perhaps you'd like to join our local choir!

Challis Singers is a non-auditioning community choir that performs 1-2 concerts per year. This year our first concert features music with Celtic origins, ranging from traditional folk tunes to current pop songs.

We rehearse on Monday nights in Turramurra from 7.30 - 9.30 pm.

We welcome any new members, men or women.

Contact Isabel Palethorpe on 0408 217 187 or register your interest via our website: www.challissingers.org.au

School performance and your child's mental health

Forum delivered in Mandarin

Keynote speaker Dr. Xiaoping Zhu is a registered psychologist with 20 years experience, specialising in counselling for the Chinese community.

Q&A session with experts will follow.

Thursday 30 April 2015
Hornsby Shire Council Chambers
296 Peats Ferry Rd, Hornsby
6 PM - 8:30 PM

Registration and light refreshments at 5:30 PM

Bookings essential at <http://www.trybooking.com/GUOU>

For enquiries contact Rita on (02) 9777 7992

Northern Sydney Parent Engagement Strategy CALD Community



青少年子女在学表现与心理健康息息相关

普通话座谈会

主讲人朱晓平博士是拥有超过20年经验的注册心理专家。

朱博士专注于华人社区的心理咨询服务。

演讲结束后有专家问答时间。

2015年 4月30日 (星期四)
Hornsby Shire Council Chambers
296 Peats Ferry Rd, Hornsby
晚上6点至8点30分

注册和茶点小吃供应在晚上5点30分开始

必须预约 网上登记: <http://www.trybooking.com/GUOU>

查询请电 梁女士 (Rita): 9777-7992

Northern Sydney Parent Engagement Strategy CALD Community



Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 1 – COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better and are able to build positive relationships.

- ★ Understanding teenagers today & communication skills
- ★ Emotional intelligence skills
- ★ How to prevent behaviour problems & conflict resolution

Chatswood 5 wks/2.5hrs (2/3 - 30/3, 7.00-9.30pm)

Dealing with Teens Backchat Workshop

- ★ Learn how to restore a respectful & positive relationship with your teenager
- ★ Understand what it is like being a teenager today
- ★ Learn how to talk so that they listen and how to listen so that they talk to you

Chatswood (23/2, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (24/2 - 24/3)

NEW Triple P Seminars— Chatswood (11/3, 18/3 & 25/3)

Communicating with Kids Workshop (based on PET)—Chatswood (31/3) (18/6)(18/6)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- ★ Dealing with Teens Back Chat
- ★ Transition to High School
- ★ Triple P Seminar Series (Teens)
- ★ Resilient Kids
- ★ Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- ★ Understanding Your Toddler/Discipline & Tantrums
- ★ Tucker without Tantrums/Toilet Training
- ★ Speech & Language Development/Sleep
- ★ Triple P (PPP) Seminar Series (1-12 years)
- ★ Older Sibling - New Baby
- ★ Transition to School
- ★ Grand Parenting
- ★ Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830

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



Health
Northern Sydney
Local Health District

