

Principal:

Jane Dennett

Deputy Principals:
 Alison Gambino
 Carla Marchesin
 Megan Clarke (Relieving)
School Captains:
 Kieran Pain
 Lily Giles
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**Congratulations**

to the Year 10 Debating Team. On Friday 31 July, they were zone winners by defeating Hornsby Girls in the inter knockout round. They will be competing next week in the regional quarter finals.

**Student Achievements****Congratulations – 5 Gold Medals**

What a fantastic result from Katya Buryak (Year 10) at the Combined High Schools (CHS) Gymnastics carnival on Monday 3 August. Katya successfully won all 5 Gold Medals.

Katya placed first overall and first in all four apparatus (hoop, rope, ribbon and clubs) in Division A (Level 9) in the 2015 NSW CHS Rhythmic Gymnastics Championship. Katya was part of the Sydney North team at the competition.

Adam Bruckshaw
 PDHPE Head Teacher

Congratulations – Silver Medals

Amélie Sands (Year 7) competed at the Combined High Schools (CHS) gymnastics carnival on Monday 3 August.

Amélie won Silver medals on all her apparatus and was awarded silver overall in Division C (level 6), Rhythmics. Amélie was a Sydney North Representative.

Adam Bruckshaw
 PDHPE Head Teacher

Boys' Knockout Baseball Team

Congratulations to the Killara High School boys' knockout baseball team who defeated Tamworth 13-0 in Tuesday's game in the Golden Guitar Country town of Tamworth.

Congratulations to all of the players and PDHPE Teacher Ms Jennifer Downes for this great victory. Thank you to Mr Beyers for also making the trip with the team.

Mr Matt Dolan's baseball experience and enthusiasm also deserves credit for their success with the early morning training sessions throughout Terms 1 and 2.

The baseball team will now compete in the final 16 of the state.

Goran Petkovski
 PDHPE Teacher



Calendar

AUGUST 2015

7	Sports Council Mufti Day Opening Night – Art Exhibition Year 12 Music Night 7.00pm – 9.00pm
8	DEAS Bronze Qualifying Expedition (2 Days)
10	Open Day 12.00pm – 5.00pm Year 12 Music Night 7.00pm – 9.00pm Year 9 & 10 Ski Trip (3 days)
12	Year 7 & 8 Drama Ensemble Excursion
13	Year 8 Japanese Restaurant Excursion
18	Year 12 NS5 Careers Expo CB1 LEPS Workshop and Performance 12.30pm
19	P&C Meeting
21	Boys Volleyball, Schools Cup
24	Year 10 Commerce Excursion
26	All PAE Ensembles Farewell to Year 12 Concert 7.00pm
27	Year 7 Vaccination and Year 11 Catch Up
28	Year 10 Geography Excursion NS5 Culinary Cook-off
31	Year 12 Modern History Excursion Year 7 Archibald Prize Excursion School Tour 9.00am – 10.30am

SEPTEMBER 2015

1	Year 7 Archibald Prize Excursion
2	Year 8 Gala Day
3	CHS Athletics Carnival (4 days)
4	DEAS Silver Qualifying Expedition (3 days)
7	Year 9 & 10 History Incursion
15	Year 7 Taronga Zoo Excursion
17	Year 12 Assembly, Picnic & Ekuba
18	Last day of Term 3

OCTOBER 2015

6	Students return for first day of Term 4
14	CB2 GEPS Performance 10.30am – 12.30pm P&C Meeting

Annual Open Day

Monday 10 August 2015
12.00pm – 5.00pm

Students at work
Classes to visit in all curriculum areas
Individual and group student performances

Children and families from our local primary schools especially welcome

Year 12 Music Nights

Kerrabee Theatre

Friday 7 August
and
Monday 10 August
7.00pm

Everyone Welcome

NAPLAN 2015 Student Reports

The 2015 NAPLAN student reports will be delivered to NSW schools from **Tuesday 18 August**.

All students will receive two reports:

- the mandatory national Student Report and
- the Additional Student Report which is provided by BOSTES to all NSW students.

They will be in a sealed envelope which will be mailed to parents after the results have been checked.

ACARA has also released the [NAPLAN 2015 Student reports](#) brochure which can be accessed from the web address below.

For more information, contact:

NAPLAN team
naplan.nsw@bos.nsw.edu.au
(02) 9367 8382

Liesl Williamson
Head Teacher Stage 5

Zone Athletics and Sydney North

On 24 June, 125 students attended the Zone Athletics Carnival at the Homebush Sydney Athletics Centre. Killara High School performed exceptionally well in both track and field events. We particularly excelled in the 4 x 100m relay, with 9 teams out of 12 either coming first or second in their event.

Well done to Sophie Halliday (12 Years), Jack Comeskey (12 Years), Tamara Kowcz Rosinke (14 Years), Brianna Gibson (16 Years), Nicholas O'Donohue (16 Years), and Samantha Bowden (17+ Years) who all came second in their respective age group. Congratulations to Thomas Jobling (13 Years) and Benjamin Mackay (17+ Years) who were age champions.

Killara High finished second overall; a fantastic result! All students who participated in the carnival must be congratulated on their skill and ability, as well as their positive behaviour throughout the day. Thank you too to each student who covered events due to injured or sick competitors.

The Sydney North Area Carnival was held on the 20 and 21 July. Forty five students competed from Killara High for Ku-ring-gai in both track and field events. Ku-ring-gai was successful in winning the carnival with 4964 points. Benjamin Mackay (17+ Years) must be congratulated on his fantastic result as Age champion. A total of 16 students (see student list) qualified for the CHS Carnival which will be

held on 3 and 4 September. We wish these students all the best in their training and preparation for the carnival, as they compete in their individual events.

These students qualified for the CHS Athletics Carnival:

Oliver Akayan	4 x 100m
Ethan Burgess	High Jump and 4 x 100m
Jayden Burgess	High Jump
Richard Cao	4 x 100m
Jack Comeskey	200m and 4 x 100m
Ethan Chong	4 x 100m
Brianna Gibson	Discus and Javelin
Adnan Hameed	4 x 100m
Taro Iikura	100m, 200m and 4 x 100m
Thomas Jobling	High Jump and 4 x 100m
Raymond Khattar	4 x 100m
Tamara Kowcz Rosinke	Javelin
Martin Leerburg	800m and 4 x 100m
Benjamin Mackay	100m, 400m, 400m Hurdles, 4 x 100m and 4 x 400m
Joshua Marsh	4 x 100m
Hannah Swinton	High Jump

Christina Shapiro
PDHPE Teacher



Visual Arts Exhibition 2015

Opening Night

Friday 7th August 6pm

followed by a

Year 12 Music Night

In the Theatre at 7pm

The Exhibition will then be open:

Saturday 8th August - 10am-2pm

Monday 10th August - 9am-5pm and
6.30pm-8pm followed by a Year 12 Music
Night in the Theatre at 7pm

Tuesday 11th August - 9am-3pm

The Kerrabee Centre

Koola Ave, Killara



Artist Mahalia Wilcox (detail)

Performing Arts Calendar

Term 3, 2015			
Week	Term 3		
4	Fri 7 Aug	Year 12 Music	Year 12 Music Night 7.00pm/Art Show
5	Mon 10 Aug	CB2	KHS Open Day
5	Mon 10 Aug	Year 12 Music	Year 12 Music Night 7.00pm
6	Tues 18 Aug	CB1	LEPS Workshop and Performance 12.30pm
7	Wed 26 Aug	All Ensembles	PAE Farewell to Year 12 Concert 7.00pm
Term 4, 2015			
Week	Term 4		
2	Wed 14 Oct	CB2	GEPS Performance 10.30am – 12.30pm
4	Tues 27 Oct	Strings/Orchestra	LEPS Workshop and Performance 12.30pm
6	Thurs 12 Nov	All Ensembles	Annual Performing Arts Showcase Concert 7.00pm and BBQ 5.00pm
8	Wed 25 – Sat 28 Nov	SS Choir	Schools Spectacular

HSC Students and Families

The North Shore Synagogue has, for many years, successfully maintained a tradition of hosting a HSC Shabbat, dedicated to the HSC students. As part of the evening we invite a guest to reflect on their journey post-high school.

Our guest speaker this year, Alex Zak, will be talking about his life as a former policeman in the Metropolitan Police Service in London before visiting Sydney as a backpacker and then deciding to permanently emigrate here. Alex is also qualified as a commercial and aerobatics pilot, and has started several businesses, including an import company, a development company, gyms and a day spa.

Our Annual HSC Shabbat will be held on Friday, 28 August, commencing at 6.30pm. We would

be honoured to have you and your family join us at this special service. The Service will be followed by a three course meal, for students and their families.

The cost for the evening is:

Adults	\$35.00
HSC Students	\$25.00
Children 13 - 17	\$20.00
Children 6 – 12	\$15.00

Please RSVP directly to the Shul office on 9416 3710, no later than Thursday 13 August to facilitate catering arrangements.

We look forward to having you and your family with us.

North Shore Synagogue



Health

Important Health Notice to all parents

If any student contracts Whooping Cough, please consult your doctor immediately. You are also required to contact the school via email at Killara-h.school@det.nsw.edu.au

For further information please visit:
<http://www.health.nsw.gov.au/Infectious/factsheets/Pages/Pertussis.aspx>

Jane Rountree
Head Teacher Student Support

Social Night for Year Seven Parents

WARMLY INVITING ALL YEAR 7 KHS PARENTS
TO JOIN TOGETHER FOR A CASUAL GATHERING

FRIDAY, THE 21ST OF AUGUST

AT SEVEN O'CLOCK

GREENGATE HOTEL

655 PACIFIC HIGHWAY, KILLARA

FOOD & DRINKS WILL BE AVAILABLE
FOR PURCHASE FROM THE BAR.
NO RESERVATIONS REQUIRED.

HOPE TO SEE YOU THERE!

From the Library

New fiction:

Chan, Kylie - *White Tiger [Dark Heavens #1]*

A young woman accepts a position as nanny to the young daughter of a handsome, wealthy, and mysterious Chinese businessman only to discover her new employer is really a god and every foul demon in creation is out to destroy him!

Dinsdale, Robert - *Little Exiles*

Jon Heather, proud to be nearly nine, keeps a vigil at the end of his lane. Determined not to be beaten by the cold he stands and waits for his father. It is Christmas Eve, 1948. Christmas, a time of family and a time of miracles. Although he has never once seen his father, Jon knows that he is coming home.

But Jon's father does not return, and one evening no longer able to cope, his mother leaves him by the door above which the legend reads, Chapelton Boys Home of the Children's Crusade. Several weeks later, still believing his mother will return for him, Jon finds himself on a boat set for Australia. Promised paradise and a new, better life, Jon soon realises the reality is very, very, different. [F DIN]

Oliver, Lauren - *Vanishing Girls*

Dara and Nick used to be inseparable, but that was before the accident that left Dara's beautiful face scarred and the two sisters totally estranged. When Dara vanishes on her birthday, Nick thinks Dara is just playing around. But another girl, nine-year-old Madeline Snow, has vanished, too, and Nick becomes increasingly convinced that the two disappearances are linked. Now Nick has to find her sister, before it's too late. [F OLI]

Weetman, Nova - *Frankie and Joely*

Frankie and Joely are best friends. They love each other like no one else can. But when a summer break in the country brings fresh distractions, simmering jealousies and festering secrets, can their friendship survive? It's the holidays and, together, Frankie and Joely board a train and escape the city and their mums for a week of freedom. But when Joely introduces Frankie to her country cousins, Thommo and Mack, it soon becomes clear that something other than the heat is getting under their skin. As the temperature rises and the annual New Years' Eve party looms closer, local boy Rory stirs things up even more and secrets start to blister.

Suddenly the girls' summer getaway is not panning out how either of them imagined.

Winton, Tim - *Shallows*

Shallows is set in a small whaling town in Western Australia, where land-based whaling has been a tradition for over 150 years. When Queenie Cookson decides to join an anti-whaling protest group, she defies her husband, her ancestry, and her community. Winner of the prestigious Miles Franklin Award in Australia, this eloquent and moving novel speaks with immediacy and passion of the conflict between the values of a close-knit, traditional society and the evolving mores of the wider world.

New non-fiction books

Chambers, Catherine, *How to handle discrimination and prejudice - (303.385 CHA)*

Discrimination and prejudice can take many different forms, such as racism, sexism and homophobia. All of these kinds of attitude have one thing in common: ignorance. People who are victims of discrimination and prejudice often suffer in silence. However, things don't have to be that way. Includes – Practical advice for dealing with real-life problems, suggestions as to where you can find support and advice on how to feel positive about yourself.

Chisholm, Richard & Nettheim, Garth, *Understanding Law 8th Edition - (347.94 CHI)*

A clear and engaging introduction to Australia's legal system. The law affects every Australian in all sorts of ways. But the complexity of the law and its legal traditions can make it difficult for people to manage legal problems when they arise and discourage participation in community decision-making. Designed as an accessible introduction to Australia's legal system, this popular book demystifies the law and shows its importance to our society.

De Botton, Alain, *The News - A User's Manual - (302.23 DE)*

Why do we keep checking the news? Today, the news occupies the same dominant position in our lives as religion once did. But rarely do we consider how it touches us. Here, Alain de Botton examines a number of archetypal news stories – a plane crash, a murder, a political scandal, a celebrity interview – from a fresh perspective to ask intriguing questions: why do disaster stories titillate? Why obsess over love lives of the famous? Why smile when a politician falls from

grace? In so doing he brings clear sight and understanding to a force which, above all others, informs our view of reality.

Feng, Li, *Forged from Silver Dollar - (920.72 FEN)*

The true story of four generations of inspiring women and the making of modern China. Li Feng grew up in Mao's China with her mother's motto burning in her ears – success demands two things: unconditional sacrifice and absolute mental focus. Looking back on her family history from her home of Sydney, Li began to piece together the lives of those who came before her – women who struggled to overcome the odds in the face of unimaginable tragedy and oppression. What she found was the story of four generations of women – from Silver Dollar, who fought to regain her dignity and change her destiny after being sold into a loveless marriage at twelve; to Ming Xiu, who was forced to make a choice no mother should ever have to make following the execution of her husband; to Li's mother, Rong, who grew up as an outcast but never gave up hope of a better life.

The Big Trip - 331.347 - BIG

Your ultimate guide to gap years and overseas adventures. So, you know you want to experience that ultimate overseas adventure – but where do you start? Try these ideas on for size. *Swim with dolphins off the coast of New Zealand *Learn Spanish in Guatemala *Teach children English in Ghana *Work your way around the UK's best bars *Tend orphan elephants in Sri Lanka *Get a soaking at Thailand's Songkran water festival.

Tofler, Alvin, *Future Shock - (303.4 TOF)*

Future Shock is about what is happening today to people and groups who are overwhelmed by change. Change affects our products, communities, organisation – even our patterns of friendship and love. Future Shock vividly describes the emerging global civilisation: tomorrow's family life, the rise of new businesses, subcultures, life-styles and human relationships – all of them temporary. Future Shock illuminates the world of tomorrow by exploding countless clichés about today. Future Shock will intrigue, provoke, frighten, encourage and above all change everyone who reads it.

**Francie Campbell and C Sugowdz
Teacher-Librarians**

CAREERS EXPO

For Senior Students and their Parents

Turramurra High School
Tuesday 18th August 2015
5:30pm - 8:30pm

NS5

MURRA - KURRING-GAI - ST IVES - KILLARA - CHATSWOOD

Careers Web pages

There is a new webpage exclusively devoted to careers news. This can be found on the following link: <http://www.killara-h.schools.nsw.edu.au/our-school/careers>

It has three separate links that provide specific information concerning Years 10, 11 and 12. On this page you will find information that refers to upcoming dates, early entry opportunities, scholarships, tertiary entry and much more. Please explore these pages regularly as information will change daily.

Careers Links

There are hypertext links to other webpages such as myfuture.com and MHS Careers.com. Both of these sites have a rich supply of careers specific information. MHS Careers provides a weekly newsletter providing relevant dates and events that may interest parents and students alike, www.mhscareers.com/nswact-news

Current News

Barista Course:

Anyone interested in taking part in a Barista Course should record their interest with the Careers Office before Friday 7 August. The course will be run at the Sydney Training Centre, visit: <http://www.coffee-course-sydney.com.au/> for the address and further information. Details of when the course will run will follow. The cost will be \$75 for the standard course - 3 hours. An additional

Coffee Art course will be held in the afternoon immediately following the training for an additional \$25.

Year 10 - must complete their Service Learning application and submit it electronically by Monday morning, 10 August. This has been sent to school email accounts. Service Learning and Work Experience is a compulsory program. Students with outstanding Work Experience forms need to submit their choices this week. If there are difficulties please arrange an appointment at the careers office to resolve this situation.

Year 11 and 12 are invited to the NS5 Career Expo at Turramurra High School. Please put this into your diaries Tuesday 18 August, 5.30pm - 8.30pm. Seniors need to check university Open Days for opportunities to visit these tertiary providers. These dates can be found on the Careers Home Page.

Year 12 - early entry forms need attention if students are interested in this pathway. The University of Notre Dame Australia applications closed on Friday. Late entries may be accepted. Other universities have similar schemes.

Year 12 - UAC Guides 2015-16 have been distributed. Please check the careers page for more information. Applications open on 5 August and on time applications close 30 September.

Please make an interview at the Careers Office should you need help with your application.

**Greg Baird
Careers**

Hornsby Girls' High School



Saturday 22nd August
11am - 4pm
Hornsby Girls' High School,
Edgeworth David Ave
Opposite Westfield Shopping Centre

- Huge international food fair
- Cake stall - New rides
- Cultural performances in music and dance
- Henna, origami and face painting
- Hornsby Rotary Book Fair for Lifeline
- Robotics display - Trash and Treasure



Registrations are now open for the 2015/16 season!

U9-U16/17 Teams (age as at 31st August 2015)

LDCC Juniors play in the North Shore Junior Cricket Association and train in the Lindfield area. We welcome players of all abilities and encourage friends to play in teams together. Our teams are ungraded which fosters active participation from all players. Coaching is a focus to allow skill development which leads to further enjoyment of the game.

For U13 and U14 players there is a choice of playing on Saturday afternoons or Sunday mornings. The competitions for U15+ players are on Sunday mornings. The U16/17 competition is on turf wickets.

Player Development Program

This program is designed to allow players to test their skills at a higher level, through occasionally playing a game in a higher age group and participating in specialist coaching from professional coaches. Our U16/17s train with our senior players on Thursday evenings from 4.30pm and may ultimately play some games with the seniors in the Shires competition. The Shires competition, administered by CricketNSW, is a Sydney wide competition of a high standard and an important stepping stone for young players to gain experience and achieve their ultimate cricketing goals. All this opportunity while playing with your mates, in your regular team!

Our Club is proud of its long association with Killara High School. Many of our senior players are old boys and the club built the cricket nets at the school. KHS is our 'local' high school.

Register online via the club website www.ldcc.com.au Click Juniors and then Registration. Alternatively, attend Registration Day Sunday 16th August 10am-1pm at the Lindfield Oval Clubhouse, Tryon Road.

Greg Sharp
 LDCC Junior Convenor
juniors@ldcc.com.au

Play Cricket
With your mates



West Pymble Cricket Club

Junior Cricketers wanted

Ages 6 - 16

In2Cricket: Ages 6 & 7
Week day to be confirmed

NSJCA Comp: U9 to U16
Saturday's AM/PM
Sunday's AM for selected age groups subject to NSJCA draw

Rego Opens 1 Aug

wpcc.nsw.cricket.com.au



Questions?

Registrar: Lisa McEvoy, 0437 048 247
 Club Info: Bill Easson, 042 211 5034



Help Kids & Teens to Overcome Anxiety

How to Help Kids & Teens Overcome Stress and Anxiety and Build Their Emotional Resilience

A one hour workshop for Parents and Carers presented by
 Anne Siret, Counsellor and Applied Psychotherapist

Learn priceless strategies to help your children to calm their nerves, relieve their anxiety and, overcome emotional blocks to their success in exams, public presentations, performances and social settings. Self-empower children with a simple, effective tool they can use to give them the confidence to succeed! In this workshop, Anne Siret certified EFT practitioner will introduce you to Emotional Freedom Techniques (EFT) - a user-friendly Energy Psychology approach.

You'll learn:

- How to use EFT to help kids to overcome typical childhood anxieties, such as performance anxiety, test-anxiety, social anxiety and excessive worry
- How to combine EFT with other approaches for anxiety relief, such as cognitive strategies, relaxation techniques, mindfulness and deep breathing
- How to teach kids to self-apply these techniques for anxiety self-help and stress relief

Empower your kids with this simple, effective anxiety-relief tool and set them up for life!

Anne Siret is a recognised mental health practitioner with extensive experience in helping people to overcome stress, anxiety and fear through her positive counselling. For more on Energy Psychology and Anne's approach see: www.annesiret.com

Date: Sundays 9 August or 13 September or 11 October or 28 November 2015

(Plus every month, during one hour, group work is facilitated by Anne Siret for people who would like to practice with their kids. Sundays 23/8 - 22/9 - 25/10 - 22/11 - 6/12/15)

Time: 3:30 to 4:30pm

Venue: Classroom 2 - Forest Community Arts Centre (near the library) in Forestville

Fees: \$ 25/adult - \$10/child

Bookings: call Anne Siret M: 0410 396 914 or Email: info@annesiret.com



'Pills, powders and liquids': Everything parents should know about ecstasy, 'ice' and other illicit drugs in 2015



Lane Cove Council and the Family Referral Service present:

The second in a series of two workshops for parents by Paul Dillon

Thursday 20 August 6:15pm – 8:00pm

Lane Cove Library

Paul Dillon – Drug and Alcohol Research Training Australia (DARTA) has been working in the area of drug education for the past 25 years.

About the workshop:

The workshop will center on adolescents and illicit drugs. Although alcohol continues to be the most popular and problematic drug used by Australian secondary school students it is the use of illicit drugs such as ecstasy and methamphetamine ('ice') that many parents are most concerned about.

Whereas alcohol may have been their drug of choice when they were younger, many parents have little understanding of a range of newer drugs. This presentation will provide information on some of these substances, including prevalence rates amongst secondary school students, harms associated with their use and the changes we are seeing in how these drugs are being accessed by young people

Bookings are essential and will be taken on a first come, first serve basis. To book: email each attendee's name, postcode and email address to hrose@lanecove.nsw.gov.au or call 9911 3586



ARE YOU LOSING SLEEP OVER THE HIGHER SCHOOL CERTIFICATE?

Lack of sleep is affecting your exam results, the ability to memorize, focus and concentration times. Sleep disorders are also associated with the mental health problems of anxiety and depression, and the inability to deal with stress. Teenagers who sleep less are more likely to take risks, are more accident prone, make more errors and are more likely to use inappropriate coping mechanisms such as eating junk food and using stimulants such as nicotine. The physical health problems include obesity, heart disease, diabetes, cardiovascular disease, inflammation, compromised immune function, even reduced grey matter in the brain and cancer.

BETTER RESULTS! Imagine if you could ...

- ✓ Improve spatial and declarative/explicit memory, resulting in better ATAR scores;
- ✓ Discover why sleeping better helps you study more effectively and for longer periods, due to improved attention span, ability to focus and concentration;
- ✓ Reduce stress and anxiety and the need for junk food to keep you alert;
- ✓ Elevate your mood and confidence levels.

Here is some of what will be exposed at *Secrets to Sleep* that you're not hearing other places:

- The ten insomnia types and how to recognise your underlying problems;
- The little known, simple lifestyle and environment changes that can change your sleep habits forever;
- Strategies to get the most out of your study time;
- Natural sleep solutions, easy to implement;
- How to perform better in exams;
- The shortcomings and side effects of medications;

SECRETS TO SLEEP

Sunday August 23, 2015, between 1.45 pm and 3.45 pm. Presented by Elizabeth Shannon. Ku-ring-gai Fitness and Aquatic Centre, West Pymble. Cost \$ 30.00 or \$ 27.00 for Fitness Club members. BOOKINGS ARE ESSENTIAL.

Phone Elizabeth on 0458 41 4441. Book early to avoid disappointment as limited spaces are available.

Elizabeth Shannon is a sleep evangelist, educator, author and industry expert. Introduced to brain wave technology in 1978, Shannon has been at the forefront of sleep education developing e-learning programs, the [www.SleeplessNoMore](http://www.SleeplessNoMore.com) blog, keynotes and live seminars.

Shannon is regularly featured on the Today Show, Australian national television, on radio and in the print media.



RELAX. RECHARGE. REFRESH BECAUSE YOU'RE SPECIAL TOO!



We made you a promise ...

... and thanks to some funding from Carer's NSW & our wonderful contributors listed overleaf, we are excited to announce

RELAX . RECHARGE . REFRESH

This unique day is for parents of children with ADHD, who often find daily life overwhelming, taking little time to focus on their own needs. Looking after yourself is not a selfish act but essential to being able to be the best parent you can be. You can't give of your best if you have nothing left to give!

Relax . Recharge . Refresh will allow you to take time out to invest in your personal health & wellbeing.

Our health gurus will share strategies on gaining more balance & harmony in your life - re-thinking the way you do things, exercise, nutrition, yoga, the use of essential oils & meditation. You'll totally relax with the free mini massage, lunch & morning/afternoon tea or just chatting to other parents who understand - all overlooking stunning Avalon Beach and the ocean.

Not only will you take away many life-changing strategies from our presenters, but as we've been generously supported by some beautiful, healthy & environmentally conscious companies, you'll also walk away with an inspiring gift bag to continue the experience at home.

So go on... spoil yourself...

Vivian & Louisa

Sunday 16th August 2015

9.45-3.30pm

Avalon SLSC

Tickets only \$30

Book via Eventbrite

Northern Beaches



Support Group

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/teenagers with ADHD, via monthly 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: ONDREJ BURSIK "Neurofeedback & how to regulate our brain - Drug-free approach in helping ADHD"

Ondrej Bursik is the Director of Optimal Learning Centre. On completing his BA in Psychology at Macquarie University in 1996, Ondrej undertook a two-year diploma course in Holistic Kinesiology. Ondrej currently works at Optimal Learning Centre and lectures in Holistic Kinesiology at The College of Complementary Medicine, Sydney.

- Ondrej is trained in:
- Neurofeedback assessment and analysis
 - Samonas Sound Therapy
 - Primitive Reflex Therapy
 - Interactive Metronome

Monday 17th August, 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



Venue kindly sponsored by Pittwater RSL Club

Discover real value...



Still just **\$70** giving you over **\$20,000** of value!

OR

We're fundraising with the Entertainment™ Book! With thousands of up to 50% off and 2-for-1 offers, here's a taste of what's in it for you:

CONTEMPORARY DINING	75+ OFFERS!	OTTO \$50 value	CATALINA \$50 value	BLACK \$50 value	BALLA \$50 value	Pilu at freshwater \$45 value	THE BATHERS' PAVILION \$50 value	red lantern \$40 value
CASUAL DINING	480+ OFFERS!	Braza \$40 value	CRINITI'S \$45 value	MU MU GRILL \$45 value	fix st james \$40 value	VIA ALTA \$35 value	SUSHI HUB \$50 value	chefs gallery \$25 value
TAKEAWAY AND ATTRACTIONS	215+ OFFERS!	McDonald's 2 for 1	MAD MEX \$20 value	oporito 2 for 1	Yogurtland 2 for 1	EVENT 25% off	TARONGA ZOO For the Wild 25% off	AMF 2 for 1
RETAIL AND TRAVEL	1,600+ OFFERS!	CROWN TOWERS MELBOURNE	DAVID JONES	HYATT	Emirates	Dreamworld	CALTEX Woolworths	Virgin australia

Up to 50% off Retail, Travel, Leisure and Accommodation

Killara High School

To order your Book or your Digital Membership securely online visit:

www.entbook.com.au/2033k26

Sydney and Sydney North Edition
Sydney Greater West Edition

\$70 including GST
\$65 including GST



For other editions throughout Australia and New Zealand please visit www.entbook.com.au/2033k26 Thanks for your support! 20% from each Book sold contributes to Killara High School.